

# Virginia Beach Sun

March 2 to April 6

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Ashlee Drum, on left, and Cassidy Atchison were among the Cox High School student athletes set to play collegiate sports in the fall. (Courtesy photo.)

Cox HS athletes sign intent letters  
National signing day - Please see Page 13

## Virginia Beach Sun

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## “We refuse to stand by” and hope for change

Virginia Beach Police Department recruitment expo draws 130 people, 31 applications; city working to build more crime-fighting community partnerships to keep neighborhoods safe; trying new approaches

By Pat Gallagher  
Contributor

### Community

“Recruiting new police officers isn’t the same as it used to be.”

This is a common sentiment of many police executives who are challenged to staff their respective agencies to reflect the diverse communities they serve.

In 2012, the city of Virginia Beach commissioned a report, forecasting what our community would look like several decades in the future. The final report, entitled “Envision Virginia Beach 2040,” gave us that

glimpse of things to come.

A quote taken directly from the report addresses the idea of a diverse community directly:

“Our community-wide culture embraces and values all citizens and visitors with regard to ethnicity, national origin, gender, sexual orientation, age, socioeconomic standing, physical abilities or religious beliefs. We address the processes and norms that ensure engagement, collaboration, fairness, respect, understanding and trust exists



The Virginia Beach Police Department is reaching out in its recruitment efforts to be more inclusive.

between all populations within the community.”

This future reality of our changing demographics in Vir-

ginia Beach has created both challenges and opportunities

Continues on Pages 8 and 9

## Bishop Sullivan wins its 10th Blue Crab Bowl

Has sights set on national finals in Oregon

Bishop Sullivan Catholic High School students have won the Blue Crab Bowl, a regional ocean science academic competition that is part of the National Ocean Sciences Bowl (NOSB).

Held recently at the Virginia Institute of Marine Science and co-organized with Old Domin-



Bishop Sullivan High School winning ocean science team.

ion University, the event is part of a nationwide competition that tests students’ knowledge of ocean science disciplines through buzzer-style, multiple-choice questions and

Continues on Page 13



## In the Sunshine: Axie Brooks

Cox High School held its annual “Idol” event recently with junior Axie Brooks taking this year’s title. Sophomore Zoe Knox won the second place spot. Pictured, left to right: News Channel 3 meteorologist Myles Henderson, 2015 Cox Idol winner Jack Colgan, this year’s winner Axie Brooks and The Virginian-Pilot Fashion Editor Jamesetta Walker enjoyed the competition.

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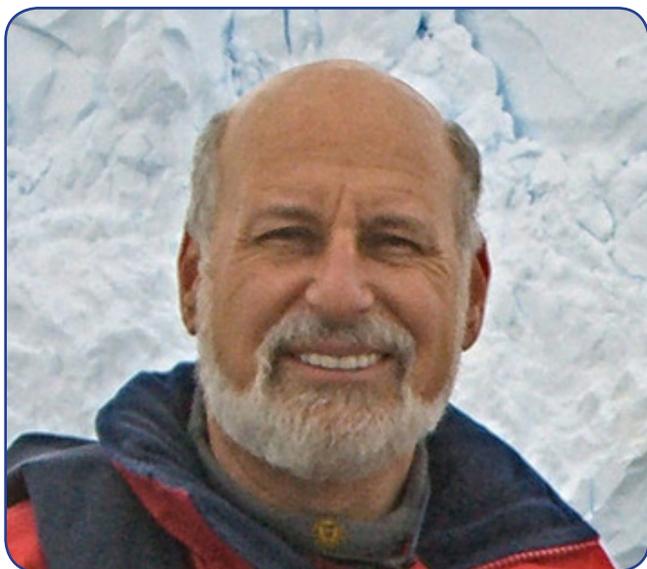
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## Environment



John Englander will speak on sea level rise.

### Aquarium hosts Englander

John Englander will discuss sea level rise at the Virginia Aquarium on Sunday, March 12 at 2 p.m. Free and open to the public, the event is part of the Eleanor and Henry Watts Conservation Speaker Series in the aquarium's National Geographic 3D Theater. Admission free, seating limited. He is an author, oceanographer, consultant and a sea level rise speaker.

## Opinion

Editor:

In reading about town hall meetings currently taking place around the country, constituents are concerned about the role Russia is playing in U.S. politics.

It seems that several representatives do not believe that an independent investigation is warranted. Because our Legislative Branch is so partisan, it only seems right that an outside investigation take place.

However, U.S. Attorney General Jeff Sessions must recuse himself from any inquiries in this matter; his relationship with the Trump administration is way too cozy to not arouse suspicion; and, citizens should not be distracted from their concerns by politicians who wish to make light of this very important issue.

C. Menkes  
Avenue of the Americas  
New York, New York  
February 24, 2017

## Honors and Awards



Cox High School's girls varsity soccer team celebrates its conference win last season.

### NSCAA honors Cox' varsity soccer teams

As spring sports season quickly approaches, it is notable that both the Girls and Boys Varsity soccer teams at Cox High School were recently awarded the National Soccer Coaches Association of America (NSCAA) team academic award. In order to receive the NSCAA award, team members must collectively earn a 3.25 grade point average. Last year, the girls team had a 3.76 GPA, winning the award for the 10th time. Also notable, former girls varsity soccer player and graduate Alex Davidson, now a freshman on the Old Dominion University women's soccer team, was also recognized by the NSCAA as a high school All-American. Davidson was one of only two All-Americans in the state of Virginia, also earning a spot on 1st team All-State.

## Inspiration

### Ocean Lakes HS hosts some 20 special speakers

Ocean Lakes High School kicked off its annual Founders Week with a presentation by 23-year-old Mariah Smith. She is the founder of Blankets for the Homeless encouraged Dolphins to bring in new or gently used blankets for her cause, which was this year's Founders Week philanthropy.

Other speakers, like Stephanie Lask, shared "the art of expression," through her spoken word poems, with hundreds of her fellow Ocean Lakes High School students during its annual Founders Week, a tradition Dr. Jerry Deviney began when the high school first opened its doors.

More than 20 inspirational speakers shared messages designed to motivate students to believe that "Change Starts With You!," which was this year's Founders Week theme.

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## Honors and Awards

### Human Rights Commission honoring Cox HS's Victoria Sachar-Milosevich

At its April 6 annual awards ceremony at center

The Virginia Beach Human Rights Commission (HRC) has selected Cox High School teacher and Gay-Straight Alliance (GSA) sponsor Victoria Sachar-Milosevich to receive a human rights award at its 23rd Annual Award Ceremony on Thursday, April 6 at 7 p.m., at the Virginia Beach Convention center.

"Each year, the commission recognizes noteworthy individuals and/or groups in the community who have aided in the understanding of cultural diversity, social awareness and human rights," said Commission Chairman Cliff Rice. "Honorees are then selected by commission members based on efforts made in these specific areas."

Sachar-Milosevich was chosen on behalf of Human Rights Commissioner Michael Berlucchi for her work with the recent GSA Assembly held at the school.



GSA sponsor Victoria Sachar-Milosevich spoke at a recent GSA Assembly held at the school.

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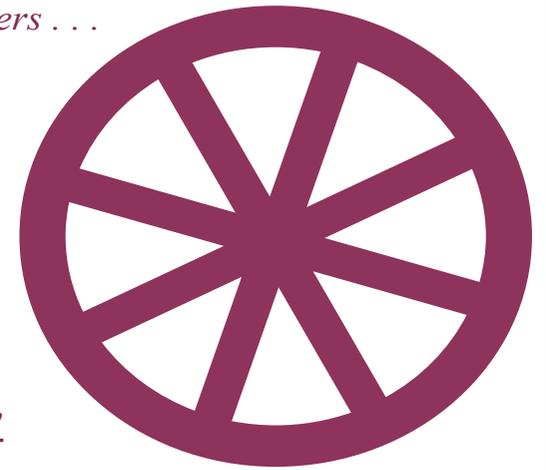
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The Virginia Beach Sun honors and serves the city of Virginia Beach, its residents, businesses, community leaders, public servants and institutions, schools, houses of worship, farmers, visitors, the military and more by providing a trusted, independent local media outlet where opinions may be expressed and information obtained.

Local news and leisure magazine and website serving the Oceanfront, Princess Anne, Lynnhaven, Rose Hall, Bayside, Kempsville, Centerville, Town Center, Shore Drive and of Virginia Beach since 2012.

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See Subscriber box on Page 10

Editor: Greg Goldfarb

## Opinion - Book Review

# Salem HS grad James Grymes' *Violins of Hope* traces violins' history through historical tragedy

By Rabbi Israel Zoberman  
Contributor

Author James A. Grymes, a noted professor of musicology at the University of North Carolina-Charlotte, grew up in Virginia Beach and is a Salem High School graduate.



Zoberman

His latest book, *Violins of Hope*, is truly a unique contribution to Holocaust literature and the outcome of a significant labor of love. It is dedicated to those whose violins made a difference at a time of monumental challenge, when Nazism sought to silence the free flow of humanity's transforming music and the arts in general.

The meticulously researched account by the academic author is far from dry; the reader will even shed tears - beginning with the Weinstein family in Tel Aviv, Israel, whose second generation continues to repair violins along with broken hearts. Those violins serve as eloquent, though bruised, witnesses not only to the Holocaust's vast tragedy, but also to the power of music to save lives and even move ardent Nazis.

Both Moshe and Golda Weinstein, who moved to then Palestine from Lithuania as professional musicians in 1938, lost their entire families in the Holocaust. The crying absence of the many slaughtered relatives was deeply felt at holiday time, when Moshe, Golda and their children, Amnon and Esther, sat at a table along with "four hundred ghosts."

Upon Moshe's passing in 1986, his son, Amnon, took over the business and later on grandson, Avshalom, was trained to become a luthier, as well. Amnon repressed the Holocaust for years following his traumatic exposure early on to the nightly

cries of the refugees who were housed in his home. He changed course when approached by a survivor, who played his violin in Auschwitz, but had not touched it since.

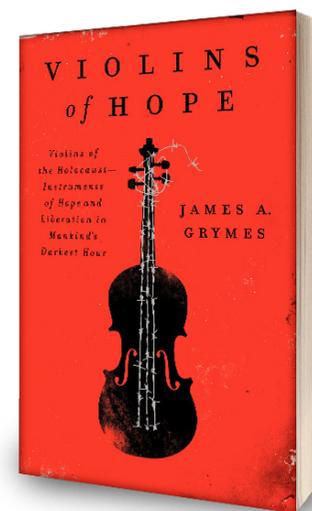
The man, who finally decided to give it to his grandson, wanted Amnon to restore the damaged instrument. Upon opening up the violin, Amnon shockingly found human ashes that blew into it from Auschwitz's crematorium, while ordered to perform outdoors. However, only in the 1990s, he felt the need to find and restore those special Holocaust violins. A well-received 1999 presentation by Amnon in Drezden, Germany, before the Association of German Violinists and Bowmakers, would spur him on in his sacred world-wide project of collecting Holocaust-related violins, especially those unidentified ones are most dear to him, representing the many unknown victims. The simply built violins are priceless to Amnon, testimony to the ordinary Jews who lovingly sustained their culture. "Amnon has never known the names of any of his uncles, aunts, and cousins who died in the Holocaust. Since they were buried in mass graves, there are no graveyards to help him piece together his genealogy...his only way of connecting with his family is through the craft his father taught him: repairing violins...each violin is a tombstone for a relative he never knew."

The author was motivated to write this book following a week's visit with Amnon and his wife, Assi, in Tel Aviv back in February, 2011. Assi, a journalist, is the daughter of one of the heroic Bielski brothers, the fighting partisans immortalized in the book and film, *Defiance*.

There is a theory that the violin, featured prominently in Jewish cultural life and Klezmer music, was created by Jews ex-

pelled from Spain in 1492 who ended up in Italy. Some Jewish violinists, such as Jascha Heifetz, Yehudi Menuhin and Isaac Stern, acquired universal acclaim. Itzhak Perlman, Pinchas Zukerman and Shlomo Mintz are acknowledged virtuosos. The author exposes us to the Palestine Orchestra's (now the famous Israel Philharmonic Orchestra) both trying and triumphant history with its opening performance in Tel Aviv on December 26, 1936, and conducted by no other than Arturo Toscanini of the New York Philharmonic. Giant Toscanini pledged not to visit his homeland Italy nor Germany given their fascism and anti-Semitism.

The founder of the Palestine Orchestra, celebrated Jewish violinist Bronislaw Huberman, also stood up to Nazism. When Jewish musicians could no longer be employed in Germany, he conceived of establishing a first-rate Jewish orchestra in Palestine that would disprove the Nazi propaganda that Jews were not great artists. While putting together what the New York Times described on February 9, 1936, as an "Orchestra of Exiles," from 1935 to 1939 Huberman saved about 1,000 lives. Following the Holocaust's heavy losses, some anguished musicians destroyed their German-made violins, with others



*Violins of Hope (Violins of the Holocaust-Instruments of Hope and Liberation in Mankind's Darkest Hour)* by James A. Grymes. Harper Perennial. 2014. Pp.319. \$15.99.

practically giving them away to Moshe Weinstein. At the declaration of the founding of the State of Israel on May 14, 1948, this unique orchestra played the national anthem, *Hatikvah* (The Hope) of a reborn people. Indeed "Wherever there were violins, there was hope."

Dr. Israel Zoberman is the founding rabbi of Congregation Beth Chaverim, Virginia Beach. He is Honorary Senior Rabbi Scholar at Eastern Shore Chapel Episcopal Church.



James A. Grymes.

## On the Sunnyside



Senior Julia Wickard and her father, Andrew Wickard, enjoying a snow selfie moment.

### Ocean Lakes HS holds Big Chill day for parents and students

Ocean Lakes High School recently celebrated its annual Big Chill Day, hosting 426 parents who attended class with their child until they finished the day with a PTA meeting in the media center. Division Superintendent Aaron Spence stresses the importance of the correlation between parental involvement and student scholastic achievement.

*In Memoriam*  
**Fred P. White**

.....

Fred P. White, age 66, of Atlanta, Ga., passed away on Saturday, February 18, 2017. He was preceded in death by his parents, Fred P. and Elizabeth R. White. He is survived by his children, Fred Pershing White, III, and wife, Katharina, Jacksonville, Fla., Brittany and Alex Bowles, Buford, Ga., and Jennifer White, Washington, D.C.; grandchildren, Madison Bowles, Micah Bowles and Noah White; sister, Molly Catron, Kingsport, Tenn.; and nieces and nephews.

Mr. White was born October 9, 1950 in Virginia Beach, Va. He was a 1968 graduate of Princess Ann High School in Virginia Beach, Va., and a 1974 graduate of Old Dominion College, having graduated with the highest degree in Economics. He was a project manager.

Graveside services were held on Thursday, February 23, 2017, at Broadlawn Memorial Gardens in Buford, Ga. The family received friends at the funeral home.

To express condolences, please sign our online guest book at [www.flaniganfuneralhome.com](http://www.flaniganfuneralhome.com). Arrangements by Junior E. Flanigan of Flanigan Funeral Home and Crematory, Buford, Ga., (770) 932-1133.



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The Virginia Aquarium and Marine Science Center will hold another recycling event next year.



The E-recycling event focused on electronics and household hazardous waste.

## Virginia Aquarium collects 24 tons of electronics and hazardous waste

The Virginia Aquarium and Marine Science Center hosted its annual E-cycling event recently and helped divert 8,388 pounds, or over 24 tons, of discarded material from local landfills.

Collected electronics and household hazardous waste included, 23,100 pounds of mostly electronic materials collected by Goodwill Industries; 11,620 pounds of latex paint; 9,240 pounds of cathode ray tube televisions; 2,065 pounds of solid materials; 675 gallons of liquid materials; 564 pounds of lead acid batteries; 422 pounds of household batteries; 75 fluorescent bulbs and 21 propane tanks.

This event diverted more than 16 tons, or 32,340 pounds, of electronics waste from landfills and safely processed more than 15,448 pounds, or 7.5 tons, of household hazardous waste.

Held in partnership with Goodwill Industries, the city of Virginia Beach Public Works and TFC Recycling, another recycling event is set for next fall at the aquarium.



The E-recycling event was sponsored by Goodwill Industries, the city of VB and TFC Recycling.

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## Market Musings

# What's the best way to handle funds for people looking ahead to retirement?

By Chris Anders

As adults, we know the importance of saving for retirement.

It's really easy. Just set up an automatic withdrawal from each month's paycheck and direct it into a retirement account.

What becomes trickier is the amount we should be saving and how we should best invest it.

But what happens as we enter retirement? We've been saving money our entire lives. In theory, we know what's needed—simply rely on savings, Social Security, and if we have one, a pension.

Put another way, we are in a transition period that moves us away from retirement planning to retirement income planning.

Over the years, I've had many clients and colleagues reach out to me as they recognize that the seemingly simple concept of relying on savings really isn't so simple.

At this juncture, I could stuff this article with facts and information, overwhelming many readers.

Instead, I want to provide a high-level over-

view of two key components of retirement income planning.

A survey a couple of years ago by the American Institute of CPAs revealed that two prime retirement income planning concerns are running out of money and how to more efficiently and effectively tap into assets.

That shouldn't be a surprise. "How much money do I have to live on each month?" is a common question.

And, "Which accounts and in what amounts should I pull funds from?" comes up often.

Let's start with the first question.

Sources of income during retirement may include Social Security, assets, earnings from part-time work, earnings from an annuity and a pension. Social Security, a pension, and the annuity are reasonably stable. For most folks, however, it's not enough to live on, and a lifetime of savings plays a key role in filling the gap.

Some people are in a position to live off interest and dividends, only withdrawing principal for special needs. Many, however, must rely on carefully meting out and using much of their lifetime

*Continues on Page 12*

## Concerned about Retirement?

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*Prior to 1990, American policing did a poor job in defining the criteria in determining who to recruit. The 'old school' belief of what made a good police officer was similar to what made a good infantry soldier: discipline to obedience, regimented processes, strict adherence to policies, a bureaucratic view of procedures and implicit bias that size and strength is more desirable than other qualifications such as human relations skills. (Virginia Beach Police Department photos by Tom Smigel.)*

## Expo appealed directly to minority and female citizens

*Continued from Page 1*

between these new realities facing police agencies. The Virginia Beach Police Department's recruitment strategy must embrace a new vision, rather than relying on what has been done in the past to attract police candidates, as our current methods are not meeting our current demands.

For example, in 1970, approximately 16 out of every 17 police recruits were white, heterosexual males who were high school graduates with possibly some military or blue collar work experience. By the time Ronald Reagan became President in 1981, the tide started to shift with non-white and female representation that began to emerge within many police forces, albeit very slowly.

In 1968, when Richard Nixon was elected President of the United States, three times as many students sought degrees in Zoology (6,000) than in Criminal Justice (2,000). By 1980, those receiving Criminal Justice degrees rose to 14,000. By 1995, the number in-

creased to over 25,000. By 2010, it almost doubled to 48,000.

*Education had become* more relevant and police departments throughout the country began to actively recruit more college-educated employees. Despite the number of criminal justice graduates, many police agencies continued to actively recruit those who sought out the excitement of the position: e.g. blood and guts, foot chasing, vehicle pursuits arresting bad guys; a Dirty Harry meets Sherlock Holmes job opportunity promoted by Hollywood movies and television shows. To cite a well-used adage; "be careful what you wish for; you just might get it."

These types of candidates were exactly what most police departments were seeing in the men and women entering the field of American policing. Comparing American policing with other professions is a good way of understanding that what is sought is often what is obtained. Take for example the National Football League's criteria for offensive linemen: The top areas of interest that coaches

and scouts look for in determining talent are athleticism, technique and strength. Intelligence, temperament and a pleasant demeanor are not qualities that factor into the equation with any real relevance. All National Football League (NFL) linemen have three things in common; the aforementioned athleticism, technique and strength. Not to offend any NFL linemen (not a wise thing to do), but intelligence and a friendly disposition are not a universal quality shared, nor valued, by all.

Prior to 1990, American policing did a poor job in defining the criteria in determining who to recruit. The 'old school' belief of what made a good police officer was similar to what made a good infantry soldier: discipline to obedience, regimented processes, strict adherence to policies, a bureaucratic view of procedures and implicit bias that size and strength is more desirable than other qualifications such as human relations skills. As such, police recruitment,

*Continues on Page 9*

## Community



Virginia Beach Police Chief James Cervera speaks with some people who may be interested in community policing. He challenges the younger generation to get involved and see the nobility that comes with police work.



New recruiting efforts seek to emphasize the notion that Millennials can have the best of both worlds: a career in policing that offers excitement but also provides a gratifying sense of service in which one person can make a difference.

# VBPD continues to adapt and overcome obstacles

Continued from Page 8

hiring and training either intentionally or unintentionally, mirrored those qualities and beliefs. As a result, these qualities, along with “get tough on crime” policing strategies, served to alienate police from the communities they served. Police officers were taught to be soldiers engaged in a war with criminals, tending to isolate officers from citizens into an “us- versus-them” mentality.

In the early 1990’s policing philosophies shifted towards the idea of “Community Policing,” an early form of policing envisioned by Sir Robert Peel, considered the father of modern policing. The police profession and police leaders began to redefine the criteria and characteristics for the optimal police officer recruit. Police strategies began to focus on partnerships with the community in problem solving.

There was a shift from the police officer warrior mentality back to a guardian approach, espoused by Peel, to serving the community, and as community caretakers to address a variety of social issues including mental illness, youth development and cultural competencies.

This is not to suggest that tactics, physical fitness and officer safety concerns were minimized or replaced, but rather they were and continue to be folded into a more desired quality in a candidate to be a more complete package that includes positive human relations qualities.

Today, police officers shoulder more responsibilities compared to those who entered the field decades earlier and they must balance the need to be a guardian, and when need be, a warrior, all of which means getting the right person who can be properly trained and who receives constant reinforcement. Today, procedural justice and fundamental fairness drives our police mission, which requires a different mindset among potential police recruits.

The Virginia Beach Police Department has taken a leading role in managing this fundamental shift, which begins with how we conduct our recruitment program. As Baby Boomers and their worldviews retreat, we are shifting ever-increasingly to newer generational motivations, thinking, and beliefs. Our effort to recruit the next generation of American police officers begins with this under-

standing. However, the melding of old traditions with these newer perspectives, in meeting the needs of a 21st century population, requires a careful application of these changes.

Today’s workforce constitutes a majority of millennials who are less concerned with fostering old ideas and are more accepting of nontraditional means of accomplishing a task. Creating opportunities that appeal to a technological generation that is less interested in longevity is critical to selling the city’s police department. What compels today’s younger generation and emerging work force is the ability to make an immediate “difference” in their work product, not necessarily an older belief that one had to “wait his or her turn” to achieve the necessary seniority for perks and recognition.

As stated earlier, policing was once seen as an isolated profession; one that was peripheral to the mainstream. Police officers were judged by many in the community to be different from others in the community, and not necessarily in a good way. Many ‘new school’ millennials are not accepting of serving in a position based on such negative stereotypes of police officers of the past. Part of the problem contributing to this is that those of us in a leadership role within American policing have not actively combated those stereotypes until very recently. Our past beliefs that our recruiting efforts would benefit from the excitement portrayed on the “big screen” detracted from the reality of what policing is and was really all about.

As such, new recruiting efforts seek to emphasize the notion that Millennials can have the best of both worlds: a career in policing that offers excitement but also provides a gratifying sense of service in which one person can make a difference. New efforts focus more on the intrinsic value of public service. The VBPD recently initiated a recruiting campaign entitled, “# I am VBPD,” in which several officers from different ethnic and social backgrounds were selected to highlight a personal characteristic, such as being adopted or the father of three. This campaign seeks to humanize police officers and separate them from their uniformed personas.

The VBPD held its first recruiting expo recently at its Law Enforcement Academy, with a direct appeal to minority and females citizens. The images from the “#I am VBPD” campaign were distributed throughout our region in addition to radio, TV and social

media advertisement. The city worked directly with Old Dominion University, Norfolk State University and Tidewater Community College to promote interest in this event. The intention was to create a campaign that would appeal to non-traditional police candidates from female, LGBT, Hispanic, African-American and other under-represented communities. Our expo was a huge success. We hosted over 130 diverse citizens, resulting in 31 new employment applications completed that day.

Virginia Beach Police Chief Jim Cervera frequently quotes Gandhi when challenging young people to seek the nobility inherent within the police profession: “be the change you want to see.” This ‘call to arms’ fuels our current efforts.

While our agency is not where we want in terms of a police department that directly reflects the community it serves, we refuse to stand by and continue to hope for change. As an agency, we, like our citizens, continue to adapt and overcome obstacles in our desire to attract and recruit the most qualified and suitable people to help us achieve the outcomes our community demands.

Patrick L. Gallagher  
is a deputy police chief  
in the Virginia Beach  
Police Department.



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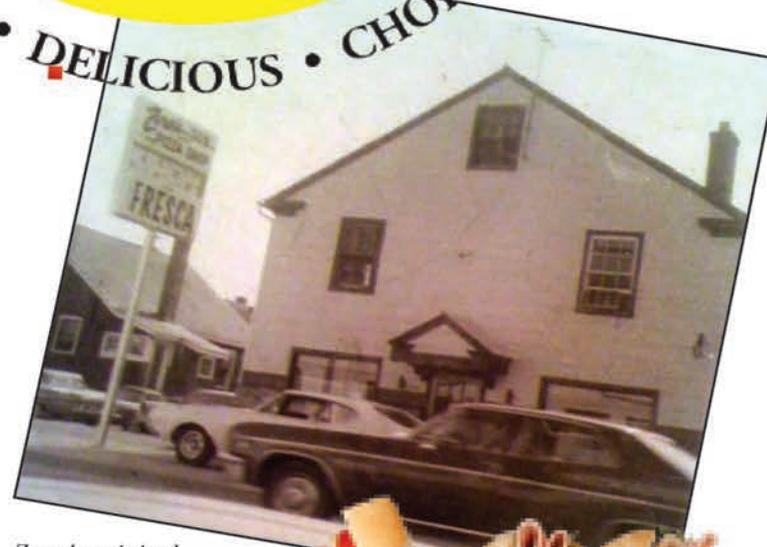
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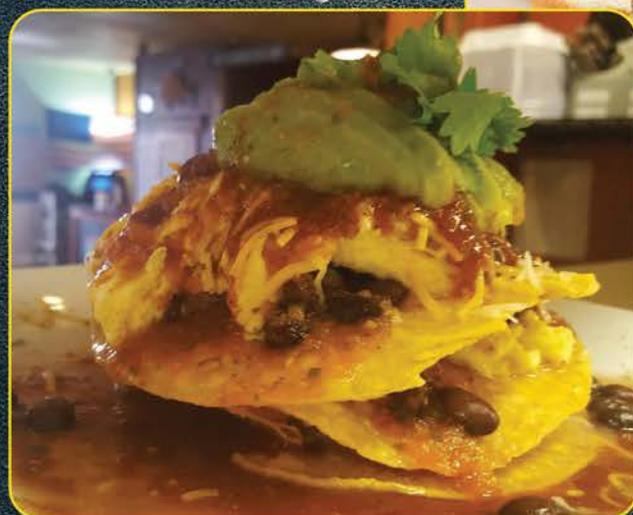


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## Rise Against Hunger



Strawbridge Elementary School students recently visited The Hampton Roads Show. (Courtesy photo.)

### Strawbridge kids visit TV show

Strawbridge Elementary School third-graders were featured recently on the Hampton Roads Show. The students have partnered with Rise Against Hunger to raise money and awareness to help end hunger.

## Market Musings

Continued from Page 7

savings. One approach is to employ what's called a "sustainable withdrawal rate."

One common method is called the 4 percent rule, which some of you may have heard of.

Simply stated: Withdraw 4 percent each year from your

savings, an amount you may decide to keep constant or increase to keep pace with inflation.

This was once a helpful rule of thumb, but low interest rates have made it less than ideal for today's retirees.

*Chris Anders is a financial planner with Virginia Asset Group, Virginia Beach, Va.*

## Local History



Kristina Deluise, far left, and her husband, Charles Deluise, far right, and Robert Hitchings. (Courtesy photo.)

### Lynnhaven Parish honors Hitchings

Lynnhaven Parish Chapter historian, NSDAR, Kristina Deluise, and her husband, Charles Deluise, presented Robert Hitchings, historian, archivist and Norfolk County Historical Society president, with a brass, framed lithograph engraving of the Declaration of Independence during a recent meeting of the Norfolk County Historical Society. (Submitted by the Lynnhaven Parish Chapter, National Society of the Daughters of the American Revolution.)



Tony Williams and Rear Admiral Donna Crisp, who retired in 2010 with the rank of two star and is the current regent of the National Society of the Daughters of the American Revolution, Great Bridge Chapter. (Courtesy photo.)

### DAR Tidewater regents host Tony Williams

The chapter regents of the Tidewater Area, Virginia Daughters of the American Revolution, recently held their annual luncheon in observance of George Washington's Birthday at the Princess Anne Country Club on Pacific Avenue at the Oceanfront. While members and their guests enjoyed stuffed chicken, mushroom crepes, muffins and vanilla ice cream with a cherry sauce, they listened to the keynote speaker and author, Tony Williams, talk about "Washington and Hamilton, The Alliance That Forged America," which is also the title of one of his five books. (Submitted by Kristina Deluise, historian, Lynnhaven Parish Chapter, NSDAR.)

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## Sports and Recreation

### Bishop Sullivan

Continued from Page 1

open-ended, team-challenge questions.

The Bishop Sullivan Catholic High School team is no stranger to this competition, as it was their tenth win in a row. They will join winners from 24 other regional bowls April 20 to 23 at Oregon State University in Corvallis, Ore., for the NOSB finals.

The NOSB is helping to build society's next generation of marine scientists, policy makers, teachers, explorers, researchers, technicians, environmental advocates and informed citizens by educating them in timely and relevant ocean science topics

that are already a part of the future, said a spokesperson.

This year's theme is "Blue Energy: Powering the Planet With Our Ocean" and includes discussion of the continuous movement of surface winds, tides, and currents, as well as, differences in salinity and temperature, which all offer a naturally abundant source of energy from the sea that can generate power.

"We're thrilled to have kicked off our 20th year of competitions," said Kristen Yarincik, director of the NOSB at the Consortium for Ocean Leadership. "It is the high quality and caliber of participating students,

coaches and volunteers who make this program possible – this year and for the last 19 – and I look forward to seeing all of our finalists in Oregon."

Marine renewable energy can be one of the many solutions to reduce greenhouse gas emissions, preserving a quality way of life and securing a healthy and productive ocean for the generations to come.

A Roman Catholic secondary school located at 4552 Princess Anne Road in Virginia Beach, Bishop Sullivan High School was founded as Norfolk Catholic High School in 1949 and moved to Virginia Beach in 1993.

### Cox High School student athletes sign letters of intent

Cox High School student athletes signed letters of intent at a national signing day event held recently in the school's gymnasium.

Among them, field hockey players Ashlee Drum, who will be attending Iowa University, and Cassidy Atchison, who is going to

Boston College.

Other Cox players signing letters of intent, and their chosen college or university, include:

Field hockey player Georgia Drescher, Randolph Macon; soccer player Caeman Bay, Randolph Macon; baseball players Andrew Teixeira,

Randolph Macon; Hogan Brown, VCU; Peyton Porter, Hampden Sydney; football players Jaren Jefferson, North Carolina Wesleyan; Jake Wallace, Shenandoah; A.J. Smith, VCU; Jordan Williams, Clemson; field hockey player Alexis Gingerich, ODU.

### Public libraries closing one day for training, except the one at TCC

All Virginia Beach Public Library locations, except for the TCC/City Joint-Use Library, will be closed Wednesday, March 8, so that library staff may attend

an in-service training day.

The TCC/City Joint-Use Library, on the corner of South Rosemont Road and Faculty Boulevard, will be open from

7:30 a.m. to 5 p.m.

Pick-up and due dates for books and materials have been adjusted so they will not occur on March 8.



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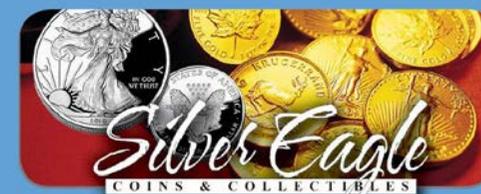
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## Education



Students begin classes in the new Old Donation School, located in the city's Bayside area, next to Haygood Shopping Center, on Monday, April 3.



The school's set to earn a Leadership in Energy and Environmental Design (LEED) for Schools Gold Certification, due to the building's sustainability features.



ODS serves the division's gifted students in grades two through eight and also hosts its Elementary Dance and Arts Program. The school can also serve as a Category II hurricane shelter.

### Classes begin April 3 for new \$63 million Old Donation School in Bayside

The public recently toured the city's newest school, the 225,000 square foot, \$63 million Old Donation School.

For an hour, guests were able to tour the state-of-the-art facility at 4633 Honeygrove Road, off Independence Boulevard, next to Haygood Shopping Center. They were able to visit the school's outdoor classroom areas, differentiated learning spaces in the hallways and classrooms, 800-seat community theater, as well as, an outdoor stage.

The school's set to earn a Leadership in Energy and Environmental Design (LEED) for Schools Gold Certification, due to the building's sustainability features. For example, through the strategic use of windows, more than 75 percent of the school's interior spaces

are lit via sunlight. In addition, its water use is dramatically reduced with rainwater captured on school grounds and reused for irrigation and flushing toilets in the building. The school can also serve as a Category II hurricane shelter.

ODS serves the division's gifted students in grades two through eight and also hosts its Elementary Dance and Arts Program.

Students begin classes in their new school, Monday, April 3. The project's cost was \$63,615,000. Its capacity is 1,375.

Old Donation Center and Kemps Landing Magnet were combined in a single consolidated facility to provide gifted and talented services for grades 2 through 8. It's one of the city's largest public schools.



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## The Sun Virginia Beach Sun Shines in Virginia Beach Public Libraries

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**Meyera E. Oberndorf Central Library**, 4100 Virginia Beach Boulevard, circulation - (757) 385-0120, reference/information - (757) 385-0150, municipal reference - (757) 385-4644; manager, Sasha Matthews, Monday to Thursday 10 a.m. to 9 p.m., open Friday and Saturday 10 a.m. to 5 p.m., Sunday 1 p.m. to 5 p.m. (first Sunday after Labor Day to Sunday before Memorial Day weekend).



**Bayside Special Services Library**, 936 Independence Boulevard, (757) 385-2680, library manager, Susan Paddock, open Monday to Thursday 10 a.m. to 7 p.m.; Friday and Saturday 10 a.m. to 5 p.m.



**Great Neck Area Library**, 1251 Bayne Drive, (757) 385-2606, manager, Matthew Lighthart, open Monday to Thursday 10 a.m. to 7 p.m.; Friday to Saturday 10 a.m. to 5 p.m.



**Kempsville Area Library**, 832 Kempsville Road, (757) 385-2627, library manager, Denise Walker, open Monday to Thursday, 10 a.m. to 7 p.m., Friday and Saturday, 10 a.m. to 5 p.m., Sunday, 1 p.m. to 5 p.m.



**Joint-Use Library (TCC/City of VB Joint-Use Library)**, 1700 College Crescent, TCC Campus, Building L, (757) 822-7800, community services manager, Neva White, open Monday to Thursday, 7:30 a.m. to 9 p.m.; Friday, 7:30 a.m. to 5 p.m., Saturday, 9 a.m. to 5 p.m., closed Sunday. Holiday hours may vary along with the TCC campus; view the library's website for more information about holiday hours.



**Oceanfront Area Library**, 700 Virginia Beach Boulevard, (757) 385-2640, library manager, Kellye Carter, open Monday to Thursday, 10 a.m. to 7 p.m., Friday and Saturday, 10 a.m. to 5 p.m.



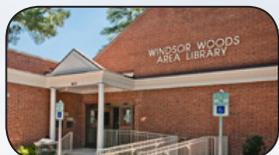
**Princess Anne Area Library**, 1444 Nimmo Parkway, (757) 385-2610, library manager, Terri Tresp, open Monday to Thursday, 10 a.m. to 7 p.m., Friday and Saturday, 10 a.m. to 5 p.m., Sunday, 1 p.m. to 5 p.m. (first Sunday after Labor Day to Sunday before Memorial Day weekend).



**Pungo-Blackwater Library**, 916 Princess Anne Road, (757) 385-7790, library manager, Sarah Bell, open Monday to Thursday 10 a.m. to 7 p.m., Friday and Saturday, 10 a.m. to 5 p.m.



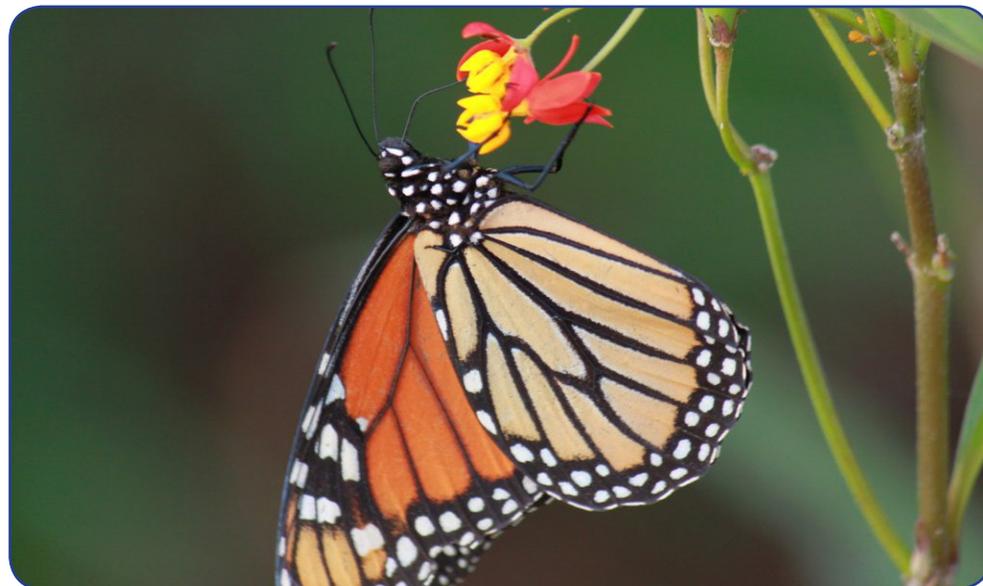
**Wahab Public Law Library**, 2425 Nimmo Parkway, Judicial Center, Building 10B, (757) 385-4419, library manager, Jean Tancredi, open Monday to Friday, 8:30 a.m. to 4:30 p.m., closed Saturday and Sunday.



**Windsor Woods Area Library**, 3612 South Plaza Trail, (757) 385-2630, library manager, Tamara Sarg, open Monday to Thursday, 10 a.m. to 7 p.m., Friday and Saturday, 10 a.m. to 5 p.m.



## Nature and Leisure



A Monarch butterfly, sipping on tropical milkweed and preparing for the journey south, is featured on the Virginia Beach Master Gardeners' Facebook page. Other similarly-marked winged creatures are found in many Beach back yards.

### Start planning now for beautiful, fun, colorful back yard gardens

Winter is a great time to assess your yard or garden's winter interest. Are there areas that look bare and boring? Make note of these spaces. Once planting season arrives, keep these areas in mind and choose plants to add that will liven up the garden when everything else is sleeping. Evergreen trees and shrubs, plants that bloom in winter, or deciduous specimens with eye-catching bark or shapes are all good choices. Be sure to consider other important site factors when choosing - sun/shade, mature size of the plant and watering needs. Order seeds from your favorite catalogs if you need to start them now. Many cold-season edibles can be started in the garden or transplanted early for harvest in the spring. Winter is also a good time to take stock of your garden tools, clean and oil them, sharpen blades, and have everything organized before spring arrives. Several upcoming workshops have been scheduled to help you with your garden plans. March's arrival brings with it the start of rain barrel workshops with Virginia Beach Master Gardener Water Stewards. Workshops are offered on the second Saturday of each month, March - October, at the Virginia Beach Farmer's Market. Learn the importance of keeping storm water on your property and how rain barrels can help improve the health of the Chesapeake Bay, while also saving money in irrigation. The cost is \$50 per barrel and includes a diverter kit for installation on an existing downspout. Registration is required. Visit [vbm.org](http://vbm.org) for more information. Take heart - winter won't last forever and soon enough we'll all be out, getting our hands dirty. In less than a month, the first day of spring will arrive! Have gardening questions? Help is available year round through the Virginia Beach Master Gardener Help Desk by calling 757-385-8156 or email your question to [vbmghelp@vbgov.com](mailto:vbmghelp@vbgov.com).



March's arrival brings with it the start of rain barrel workshops with Virginia Beach Master Gardener Water Stewards. Workshops are offered on the second Saturday of each month, March - October, at the Virginia Beach Farmer's Market.

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Dr. Aaron C. Spence, superintendent, VBSPS, along with Shawna Allen and Mrs. Janice Clifton. Spence was the ceremony's keynote speaker.



Teachers, from left to right: Christina Stepanovich, Mona Brandl, Matthew Brinton, David G. Holland, Shawn Bolling, Joshua Petrice and Charles Traub. (Courtesy photos.)

## DAR chapters present American History Excellence Awards

By Kristina Deluise  
Contributor

The 40th annual ceremony in recognition of Excellence in American History was recently held at the Virginia Beach City Public Schools' administration building and was sponsored by Adam Thoroughgood, Francis Land, Lynnhaven Parish and Princess Anne County Chapters, Daughters of the American Revolution (DAR).



Kristina Deluise

Caryn Johnson, corresponding secretary, Princess Anne County Chapter, presided over the ceremony. She informed everyone that the Daughters of the American Revolution is a non-profit, non-political volunteer women's service organization dedicated to promoting patriotism, preserving American history and securing America's future through better education.

The Pledge of Allegiance to the Flag of the United States was led by the Anna M. Spence, regent of the Francis Land Chapter. Donna Hoberg, regent of the Adam Thoroughgood Chapter, led everyone with the American's Creed. Dr. Aaron C. Spence, superintendent of Virginia Beach City Public Schools, was the keynote speaker.

Each chapter sponsors an Outstanding American History teacher from each school.

Christina M. Stepanovich, from First Colonial High School, was presented her award by Caryn Johnson, corresponding secretary, Princess Anne County Chapter.

Charles Traub, IV, from F.W. Cox High School and Joshua

Petrice, from the Renaissance Academy, were presented their awards by Donna Hoberg, regent, Adam Thoroughgood Chapter.

Russlyn Rose Wilki, from Bayside High School, who was unable to attend the ceremony, Mona R. Brandl, from Creeds Elementary, and David G. Holland, from Tallwood High School were presented their awards by Anna M. Spence, regent, Francis Land House.

Sheila Brady, regent, Lynnhaven Parish Chapter, presented Outstanding American History Teacher award to Matthew L. Brinton from Kempsville High School; and Shawn M. Bolling from Landstown High School was presented by Sheila Brady, regent, Lynnhaven Parish Chapter.

The Outstanding American History students were selected from each of the high schools and were presented a certificate along with a ¾-bronze medal with red, white and blue ribbon, with a figure of the American Eagle and Excellence in History DAR award written around the medal.

Emma J. Jacobs from First Colonial High School, Grace N. Helmick from Kellam High School and Sean R. Diment from Ocean lakes High School were presented their certificates and medals by Jennie Lou Pangle, historian, Princess Anne County Chapter.

Dominick La Caze from Cox High School, and Justin T. Thornton from Princess Anne High School, were presented their certificates and medals by Wanda Vannoy, historian, Adam Thoroughgood Chapter.

Brooklyn N. Jacobs from Bayside High School, Ralph S. Tamakloe from Salem High School and Jacob B. Mills from Tallwood High School were presented their certificates and medals by Amy Homesley, historian, Francis Land Chapter.

Ana Carolina Valverde from Green Run Collegiate, Jessica E. McDonough from Green Run High School, Amarah K. Gray from Kempsville High school and Leeann A. Salas from Landstown High School were presented their certificates and medals by Kristina Deluise, historian, Lynnhaven Parish Chapter.

The fourth grade winner of the Flag of the United States of American essay contest in her red, white and blue socks, was Shawna E. Allen from Creeds Elementary School, presented by Amy Homesley, historian, Francis Land Chapter.

Following the presentation of awards, honorees and guest adjourned to a reception in the conference room where refreshments were provided by the Francis Land Chapter.

The ceremony will be televised during the month of March on Mondays at 6 p.m., Wednesdays at 9 p.m., Thursdays at 8 a.m. and 3 p.m. and Saturday at 6 p.m., on Cox Channel 48 and Verizon 45.



Students, front row, left to right: Justin Thornton, Dominic Lacaze, Sean Diment, Grace Helmick and Emma Jacobs; back row, left to right: Leeann Salas, Amarah Gray, Jessica E. McDonough, Ana Carolina Valverde, Jacob Mills, Brooklyn Jacobs and Ralph Tamakloe.

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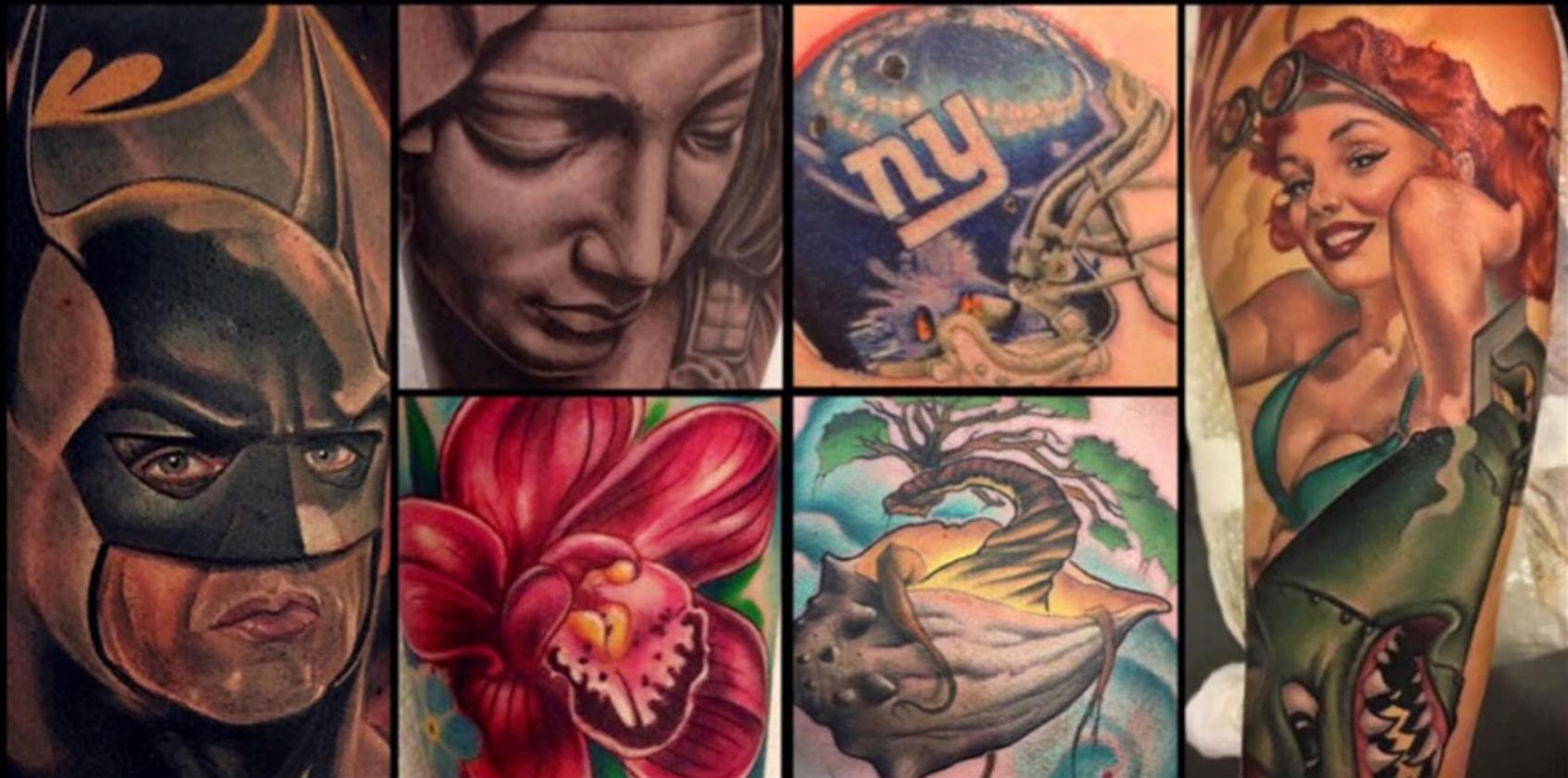
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