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KEEPING RESIDENTS INFORMED + INVOLVED



Ready **VB**

Five Tips from Virginia Beach Emergency Management to Safeguard Critical Documents

While we are still in the midst of Atlantic hurricane season, Virginia Beach Emergency Management wants to ensure residents are prepared in the event of an emergency and have a plan in place. Safeguarding critical documents such as insurance and medical records is an easy step in planning ahead. Knowing where these important documents and contact information are can help you start the recovery process quickly should a natural disaster or other emergency occur.

[Be ReadyVB](#)



Volunteer Paramedic Earning Global Experience With VBEMS

Laura Grabarczyk spent two weeks learning Germany's EMS system and practicing new ways to help those in need here in VB.

[Read More](#)



From Landfill to Landmark: 50 Years of Mount Trashmore

This year, Mount Trashmore celebrates 50 years as one of Virginia Beach's signature parks. In 1973, over 640,000 tons of garbage in the city's landfill was converted from literal trash to treasure, creating the 165-acre Mt. Trashmore park. Virginia Beach Parks & Recreation invites you to join the celebration of this iconic landmark by sharing your memories with us on VBPR's Facebook page. Reminisce and post a story or nostalgic photos of the city's most-visited park.

[#TrashmoreVB50](#)



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