

Locales

"Que el espejo te diga 'wow' no 'ouch'"
Deseo para año nuevo.

Sentara targets bone health, fall prevention for seniors

By: Dale Gauding

"A broken bone is a big deal," read a mailing from Sentara Health Plans to Medicare members who have suffered a broken bone. "Don't forget to tell your Primary Care Provider."

The mailings have a two-fold purpose. One is to make sure primary care providers know what's going on with their patients. The second is to encourage members to think about why they broke a bone, and how to prevent another one.

"Ask your PCP these questions," the mailing urged:



- Did weak bones cause my break?
 - Do I need to be tested for weak bones?
 - What is a Bone Mineral Density test?
 - What can I do to make my bones stronger?
- Osteoporosis, or loss of bone density, is common as we age. A painless bone mineral density scan can help determine if patients have weak or brittle bones. Preventing broken bones is

paramount for seniors to live full, active lives with quality and independence.

Sentara Health Plans has a web page dedicated to fall prevention, which includes an online Fall Risk Assessment members can use to gauge their risk, and earn points.

Falls are traumatic. The Level I trauma program at Sentara

Continúa en WWW. TWHISPANICNEWS.COM

Hampton Roads Community Foundation Supports Online Tutoring Through Chesapeake Bay Academy

CadetNet Virtual Academy offers FREE Tutoring for Middle School Students in Virginia Beach, Va. —Chesapeake Bay Academy (CBA), a leader in the education of children with learning differences, has received a grant to provide high-dosage tutoring for middle school students in need of special education services. Thanks to the generous support of the Hampton Roads Community Foundation, CBA will offer free high dosage tutoring to middle schoolers beginning

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It's not too early to get ready for the 2026 tax season

IR-2025-116, Nov. 26, 2025

Washington — The Internal Revenue Service encourages taxpayers to take steps now to prepare for the upcoming filing season by visiting IRS.gov/GetReady for tips on what is new and what to consider before filing. This is the first in a series of special IRS "Get Ready" reminders to help taxpayers prepare in early 2026 for the upcoming tax filing season. A little advance work preparing paperwork and organizing information now can help with filing tax returns quickly and accurately.

It is important for

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Virginia Beach Completes Review to Help Maintain Residents' Discounts on Flood Insurance

Virginia Beach, Va. (Nov. 20, 2025) — Virginia Beach has completed an annual review of its progress toward reducing the City's vulnerability to flooding and other natural threats. This review is required for annual recertification through the federal

residents and business owners to save 15% on flood insurance premiums.

Because Virginia Beach has maintained its rating as a Class 7 community in the Community Rating System (CRS), Virginia Beach

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The SCC Decides: Dominion's Rates and Profits Go Up, New Rules on Data Centers

By Steve Haner

12/3/2025 — The massive data centers behind a growing energy crunch in Virginia will begin to pay substantially more for electricity in Dominion Energy's territory, but not until 2027. The State Corporation Commission's (SCC) approval of a new rate structure for the largest users will probably only intensify debates about what is their "fair share."

On November 25, the Commission issued its final order on a Dominion general rate review, approving the new GS-5 rate class for the large digital

customers and a general rate increase for all customers. It was the same day the SCC approved another Dominion application, this one to build a contested natural gas generation plant in Chesterfield County.

It wrapped up the first general review of the utility's revenues, profits and operating rules since the 2023 General Assembly had relaxed some of the mandates it had imposed to protect the utility's profits. At the time, the Thomas Jefferson Institute praised the discretion returned to the SCC, but warned it would not

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Out Of The Box Series Returns To Virginia Beach With Eight Free Local Shows

December, 2025 (Virginia Beach, Va.) — The Out of the Box: Emerging Artist Series returns to the Sandler Center for its twelfth season with a brand-new line-up of rising local talent. Join us every Thursday from January 8, 2025 through March 5, 2025* for a FREE concert by one of Hampton Roads' best local bands, curated by WHRO's Paul Shugrue. This unique after-work concert event is held in the Sandler Center's

Continúa en WWW. TWHISPANICNEWS.COM

THE AMERICAN TEATHER

Hampton Roads Philharmonic: Holiday Classics! Sunday - December 14th At 2:30 Pm Experience an uplifting orchestral Christmas special! We'll bring together cherished holiday

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Virginia Chamber Orchestra Announces December Holiday Concerts

Season of Storytelling Series Brings Two Holiday Concert Events to Northern Virginia Tysons, Virginia - The Virginia Chamber Orchestra (VCO) will present two festive holiday concert this

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VBSO to hold mass swearing-in ceremony Dec. 13 at Mount Trashmore

Virginia Beach, Va. - The Virginia Beach Sheriff's Office (VBSO) will hold a special mass swearing-in ceremony on Saturday, Dec. 13, 2025, at 10 a.m. at Mount Trashmore Park, marking the first four-year term of Sheriff Rocky Holcomb and the

reaffirmation of the oath of office by all VBSO sworn personnel.

This ceremony follows a unique sequence of special elections that required Holcomb and his deputies to retake their oaths annually over the

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Applicants Needed For City Boards And Commissions

Chesapeake — The Chesapeake City Council is seeking residents who may be interested in serving on various boards and commissions. Boards

and commissions provide a vital service to various City departments, agencies, and City Council. Citizens wishing to serve must complete an application form.

Continúa en WWW. TWHISPANICNEWS.COM

Paz mediante la fuerza:

La nueva estrategia de dominio hemisférico de Estados Unidos

Viene de la página 7

—centradas en la extracción de recursos sin redistribución local— son, en muchos casos, el motor mismo de esos desplazamientos.

"La propuesta profundiza una lógica colonial y extractivista, y luego busca bloquear sus consecuencias sociales: los movimientos migratorios derivados de esa misma desigualdad", resume.

Otro cambio significativo radica en el tratamiento que el texto otorga a Europa. Allí se presenta un retrato sombrío: debilidad productiva,



"Resulta improbable reconfigurar el mapa del poder sin recurrir al componente militar. De hecho, ya se observan señales de coerción directa: desde presiones abiertas a gobiernos del norte de Sudamérica hasta amenazas de operativos terrestres en territorio mexicano"

Sin embargo, al mismo tiempo insta a los países del viejo continente a asumir un rol más activo en

su propia protección o defensa, y sugiere, de forma contundente, avanzar hacia un alto el fuego en Ucrania

para restablecer una relación más predecible con Moscú.

Para Pulgar, el mensaje es inequívoco: "Washington no piensa retirarse del espacio europeo, sino reorientarlo".

"Lo que se busca es que Europa reoriente su política exterior hacia el Pacífico, y que la OTAN deje de centrarse únicamente en el flanco este para convertirse en una herramienta activa contra China", precisa.

El Medio Oriente, por su parte, ha perdido relevancia primordial en la agenda de seguridad, un indicio de la redefinición geopolítica que

Aunque la nueva hoja de ruta se presenta bajo el eslogan "Paz mediante la fortaleza" y promete dejar atrás guerras prolongadas, persiste la duda sobre si un giro de tal magnitud puede realizarse sin el concurso de la fuerza armada.

impulsa la Casa Blanca.

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