

## In honor of Father's Day, June 16, 2019

### My Dad

By Vicky Frye, June 2015

If I could write a story,  
 It would be the greatest ever told.  
 I'd write about my daddy,  
 For he had a heart of gold.  
 My dad, he was no hero  
 Known around this world.  
 He was everything to me,  
 For I was his baby girl.  
 I'd write about the lessons.  
 He taught me right from wrong.  
 He instilled in me the values  
 That one day I'd be strong.  
 He taught me to face my fears,  
 Take each day as it comes,  
 For there are things that we can't change.  
 He would say what's done is done.  
 He would say hold your head up high,  
 Carry yourself with pride.  
 Thanks to him, I am somebody,  
 I will never run and hide.  
 If I could write a story,  
 It would be the greatest ever told.  
 I'd write about my daddy,  
 For he had a heart of gold.



## Active Threat Citizen Defense

(A.T.C.D.) is a free workshop put on by the Virginia Beach Police Department on Saturday, June 1, from 10am - 2:30pm. The workshop, hosted by Coastal Community Church, 2800 S. Independence Blvd., Virginia Beach, VA 23462 aims to enhance preparedness for citizens to "rise to the occasion" instead of "settle to the level of their training." Having to face an armed individual with bad intentions is every person's worst nightmare. You can't stop evil, you can only respond to it. The aggressor's actions are not your fault; failure to plan and failure to train, is. All persons can help prevent and prepare for potential active threat situations. Preparation can lessen the risk of one of these incidents and, if one occurs, can mitigate or reduce the number of potential victims.

Instruction will show you how to:



- Recognize hostile situations and how the mind reacts.
- Realize how items around you can be utilized to defend yourself and save your life.
- Understand how the body reacts during stressful situations.
- Perform a "no-skills needed" maneuver to combat a gunman.

The training is open to everyone and preregistration is required. To RSVP or if you have any questions, please contact Master Police Officer David J. Nieves at [dnieves@vbgov.com](mailto:dnieves@vbgov.com) or reach Officer Nieves at 385-1338 if you don't use computers. There will be a 30 minute lunch break so pack a lunch.