

NEWS RELEASE

FOR IMMEDIATE RELEASE

September 9, 2013



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What's Happening in Suffolk This Week ...

Monday, September 9

Registration Begins for eBooks & Magazines for the Kindle Fire

Morgan Memorial Library



Do you have a Kindle Fire and desire to learn how to use it? Adults will learn how to download, install and use the apps needed to read eBooks and electronic magazines from Axis360 and Zinio on the Kindle Fire. A Kindle Fire or compatible device and a library card in good standing are required for this class. Registration begins Monday, September 9 at 9 a.m. This class will be held on Thursday, September 16, at 2 p.m. at the Morgan Memorial Library, 443 West Washington Street. For more information or to register, call 757-514-7323.

Monday, September 9

Registration Begins for Introduction to Windows

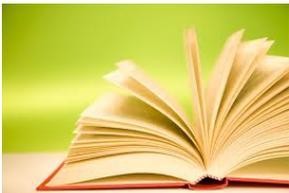
North Suffolk Library



Whether you are a computer novice or would simply like to learn more about your computer's operating system, this hands-on class is for you! Adults will be introduced to the Windows operating system by covering basic terminology, the Windows desktop and taskbar, start menu and will learn to resize and work with Windows. Registration is required and will begin on Monday, September 9 at 9 a.m. This class will be held at the North Suffolk Library, 2000 Bennetts Creek Park Road on Thursday, September 19, at 9 a.m. For more information or to register, call 757-514-7150.

Tuesday, September 10, *Open House, North Suffolk Library, and*

Wednesday, September 11, *Open House, Chuckatuck Library*



It is not just about books! That is the mantra for the Suffolk Public Library System which continues to grow and develop their catalogue of offerings. To highlight what you can discover at a Suffolk Public Library location, plan to take part in one of three Open House events set for the month of September.

The Open House sessions are scheduled for Tuesday, September 10th, from 6:30 p.m. to 7:30 p.m. (North Suffolk Library, 2000 Bennett's Creek Park Road), Wednesday, September 11th, from 10:00 a.m. until Noon (Chuckatuck Library, 5881 Godwin Boulevard), and Tuesday, September 17th, from 6:30 p.m. to 7:30 p.m. (Morgan Memorial Library, 443 West Washington Street). All three events are free and open to the public.

Find out about all the available opportunities that the Suffolk Public Library has to offer from the latest best seller to homework help and even downloadable e-books, audiobooks and films. Regular offerings include Storytime for Kids, Toddler and Preschool Time, Teen Activities, Computer Classes, Book Sales, Genealogy Research aids, early literacy, and booklists for kids.

At the Open House events, meet staff members – Library Director, Clint S. Rudy, North Suffolk Branch Manager Alicia Phinney, and Youth and Family Services Manager Allyson Lauer – as well as the front line staff. Visitors will also be able to take tours of the library and find out about library programs and resources available to them and sign up for library cards, if they are not already a member. Light refreshments will be served.

For more information, call Morgan Memorial Library at 757-514-7323, Chuckatuck Library at 757-514-7310, or the North Suffolk Library at 757-514-7150.

Wednesday, September 11

Storytime at the Chuckatuck Library



The Chuckatuck Library will host Storytime from 11 a.m. to 11:30 a.m. on Wednesday, September 11. This will be a fun program with books, songs, rhymes, and more for children of all ages. For more information, call 757-514-7310.

Wednesday, September 11 and Saturday, September 14

Farmers' Market



Don't forget to visit The Suffolk Farmers' Market at the Suffolk Visitor Center Pavilion, 524 North Main Street. Located conveniently behind the Suffolk Visitor Center, the Market is situated at the corner of Constance Road and North Main Street, the gateway to Suffolk's downtown historic

district. Market goers will enjoy a variety of fresh local produce, baked goods and handmade crafts. The first Saturday of the month also hosts live music, kiddie fun, exhibits, and more! As with all Market activities, admission is free and open to the public. The Market will operate Wednesdays 3 p.m. to 6 p.m. and Saturdays 9 a.m. to 2 p.m. through November 23, 2013. For questions, please contact the Suffolk Visitor Center at 757-514-4130 or log onto www.Suffolk-Fun.com/farmers-market.html for details. The Suffolk Farmers' Market is produced by the City of Suffolk Division of Tourism.

VENDORS INCLUDE: Acorn Hill Farms Produce, LLC; Green Pastures Farm; JC3 Family Farm; Noriega Farms; Rosa's Garden; Smithfield Orchid and Nature Co.; Sporganic Cultivations; Thomas Earl Boothe; Apron Strings; Whole-ly Rollers, LLC; Oberweis Dairy; Amelia's Heirlooms; B & C Wooden Toys; Handmade Items by Bonnie Lee Munden; The Candle Forge; Handcrafting with Wood; Norman Beckett; Perry's Totes; and Tori Sophia Designs. Potential vendors should contact Kevin Sary, Suffolk Division of Tourism, at 757.514.4130, or email VisitSuffolk@suffolkva.us. Suffolk-Fun.com

Thursday, September 12

Introduction to Computers at the North Suffolk Library



New to computers? This class is for you! The North Suffolk Library will host an Introduction to Computers class where adults will learn the parts of a computer and become familiar with how the mouse and keyboard work. Registration is required. The class will be held at the North Suffolk Library, 2000 Bennetts Creek Park Road, on Thursday, September 12 at 9 a.m. For more information, please call 514-7150.

Thursday, September 12

Suffolk Police Department Promotional Ceremony



Join us as we congratulate our police officers being promoted at the Suffolk Police Department Promotional Ceremony on Thursday, September 12, at 6 p.m. This event will take place at The First Lady, 447 West Washington Street.

Saturday, September 14

Kitty Adoption Event



Looking for the *purr*-fect kitty? Come to the Harbour View Station East Shopping Center PetSmart, located at 6243 College Drive, on Saturday, September 14 from 11 a.m. to 3 p.m. For more information about this event or to other adoptable animals, please call Suffolk Animal Care Center, 757-514-7855 or the Suffolk Humane Society at 757-538-3030.

Saturday, September 14

2013 Taste of Suffolk Street Festival



Prepare your taste buds for great food, fabulous entertainment, and plenty of fun as the 2013 Taste of Suffolk Street Festival returns to Main Street in downtown Suffolk on Saturday, September 14, 2013, from 11 a.m. until 5 p.m.

Celebrating its seventh year, Taste of Suffolk never fails to attract hundreds of resident and visiting foodies from all over Hampton Roads.

The Main Street festival will stretch from Finney Avenue to Washington Street and offer plenty of free parking. Vendors will line Main Street with a variety of goods and services, while many of Suffolk's best restaurants present their most delectable delights. Visitors will enjoy great food and shopping while rocking to the beat of all day entertainment that is sure to get everyone on their feet.

Taste of Suffolk is sponsored by Suffolk Economic Development Authority, Suffolk Parks & Recreation, Monarch Bank & Mortgage, and Pender & Coward. Organizers would like to thank First Baptist Church, Suffolk Christian Church, the Suffolk Center for Cultural Arts, and the Suffolk Art League.

For more information, visit www.suffolkva.us/TasteofSuffolk.

September 7 - October 25

Suffolk Art League Hosts "Waterways: A Juried Exhibition of Works Relating to the Waters that Surround Us", and "Matt Eich: The Seven Cities"



The Suffolk Art Gallery and Suffolk Art League will present "Waterways: A Juried Exhibition of Works Relating to the Waters that Surround Us" and "Matt Eich: The Seven Cities," photographs from the seven cities of Hampton Roads. "Waterways" will feature sixty-eight artworks by 34 Hampton Roads artists working in a variety of mediums including oil, photography, acrylic, pastel, wood, mixed media and clay. These images

were inspired by the waters that surround us - from the rivers and lakes to the ocean and swamps.

"Matt Eich: The Seven Cities" has been organized by the Virginia Museum of Contemporary Art (MOCA). Matt Eich has investigated the many facets of his own community and what makes them unique. Included in this exhibit will be photos Eich has taken of Mayor Linda T. Johnson and other Hampton Roads Mayors. As a photojournalist, his client list includes publications such as TIME, National Geographic and The Wall Street Journal. Matt was a recipient of a Suffolk Art League Student Scholarship in 2000 as well as exhibited his early work in the Suffolk Art Gallery's Annual Juried Photography Exhibits.

These exhibits will remain on display through October 25. For more information about these and other programs offered by the Suffolk Art League and Suffolk Art Gallery, please call 757-925-0448 (SAL) or 757-514-7284 (SAG).

September 7 – September 28
September 19 – October 3

Quilting Class Hosted by the Suffolk Art League



Have you ever wanted to make a family heirloom quilt or maybe simply a quilted pillow or wall hanging? Suffolk Art League is offering a Quilting Class for adults on Saturdays, September 7 to September 28, and on Thursdays, September 19 to October 3. Both sessions will be held from 10 a.m. to 12 p.m. at the Suffolk Art Gallery, 118 Bosley Avenue. Basic sewing experience is required. The registration fee is \$30 for SAL members and \$33 for non-members for each four week session. For more information or to register, please call 757-925-0448.

September 10 – October 23

Bootcamp Blast!



Blast off those pounds and get ready for the holidays! Enjoy a break from the same old exercise routine and try this medium intensity group workout that stresses flexibility, strength and cardiorespiratory fitness. While safely progressing, each week promises a fun, new and challenging program.

Classes meet in the East Suffolk Recreation Center gymnasium, 138 South 6th Street, every Tuesday from 6:30 p.m. to 7:30 p.m., September 10th through October 29th. The cost is \$20 for this session. For more information, call Mike Frickanisce at 757-514-4504, 757-514-4500 or email Mike at mfrickanisce@suffolkva.us.

September 10 – October 15

Pastel Classes Hosted by the Suffolk Art League



Would you like to learn or improve your drawing skills? The Suffolk Art League will host a Beginning/Intermediate Pastel class where adults will learn basic drawing and color exercises on Tuesdays, beginning September 10, from 9 a.m. to 11 a.m. If you are a more advanced artist, the

Suffolk Art League will host an Intermediate/Advanced Pastel class on Tuesdays, beginning September 10, from 11 a.m. to 1 p.m., where students will utilize pastel techniques on subjects of their own choosing. Classes will be held at the Suffolk Art Gallery, 118 Bosley Avenue. The registration fee is \$48 for SAL members and \$55 for non-members for each session. For more information or to register, call 757-925-0448.

September 18 – October 23

Art Explorations Hosted by the Suffolk Art League



Children, ages 6 to 14, will use a variety of art materials and techniques to help improve their drawing, painting and composition skills. Students will look at a variety of artists and art genres for inspiration to create their own art. All necessary materials are included and registration is required. This class will be held on Wednesdays, September 18 – October 23, from 4:30 p.m. to 6:00 p.m., at the Suffolk Art Gallery, 118 Bosley Avenue. The registration fee is \$45 for SAL members, and \$55 for non-members. For more information, call 757-925-0448.

Register Now for Adult Coed Volleyball

Suffolk Parks & Recreation



Are you looking for a place to meet new people while experiencing the fun and excitement of volleyball? If so, join the City of Suffolk Parks & Recreation Department for its 2013 Indoor Adult Coed Volleyball League.

The 2013 Adult Indoor Volleyball League will run from late September through early December. This is a six-on-six league meant for adults 18 and older to get out, be active and play some volleyball! Games will be played at Mack Benn, Jr. Recreation Center, 1253 Nansemond Parkway, on Monday nights from 6 p.m. to 9 p.m. The cost for registration is \$150 per team and is due by 5 p.m. on September 13. League play begins Monday, September 23. For more information, please call 514-7270.

Register Now for NETA Personal Trainer Certification Workshop Class

Suffolk Parks & Recreation & the National Exercise Trainers Association (NETA)



Get Certified! Interested in joining the exciting and growing world of fitness by becoming a Certified Personal Trainer? Now you have the opportunity.

Suffolk Parks & Recreation and the National Exercise Trainers Association (NETA) are co-sponsoring a nationally recognized, NCAA accredited, 2-day Personal Trainer Certification Workshop that will cover exercise science review, communication skills, exercise programming, health assessments and more.

Workshop registration includes written exam and 2-year certificate. The workshop will be held at the East Suffolk Recreation Center, 138 S. 6th Street on Saturday, September 21 from 8 a.m. to 5 p.m. and Sunday, September 22 from 8 a.m. to 3 p.m.

To register, please call 1-800-237-6242, or register online at www.netafit.org. Workshop fees apply. For more information, call Mike Frickanisce at 757-514-4504, 757-514-4500 or email mfrickanisce@suffolkva.us

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