

NEWS RELEASE

FOR IMMEDIATE RELEASE

September 13, 2013



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What's Happening in Suffolk This Weekend ...

Friday, September 13

Registration Ends Today – 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.

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

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.

Saturday, September 14 – November 2

A Century of Planters in Suffolk: 100 Years of Planters Memorabilia



Celebrate history and success as the City of Suffolk and the Suffolk Center for Cultural Arts present *A Century of Planters in Suffolk: 100 Years of Planters Memorabilia*. The memorabilia and collectables showcased highlight the success story of industry and municipality and will be on display Tuesdays to Saturdays, September 14 through November 2 from 11 a.m. to 4 p.m. at the Suffolk Center for Cultural Arts, 110 West Finney Avenue. This event is free and open to the public. For more information, please call 514-4130.

Sunday, September 15

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 find more information about other adoptable animals, please call Suffolk Animal Care Center, 757-514-7855 or the Suffolk Humane Society at 757-538-3030.

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 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).

Register Now

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

Register Now

Precious Metal Clay – Silver Class Hosted by the Suffolk Art Gallery



Students, ages 16 to adult, can learn to make their own charms, earrings, pendants, and other works of art with silver Precious Metal Clay (PMC). All tools and materials for texturing, cutting, joining and decorating will be provided. You can register now through September 20 for this class which will be held on Saturday, September 28 from 10 a.m. to 5

p.m. at the Suffolk Art Gallery, 118 Bosley Avenue. The registration fee is \$65. For more information, call 757-514-7284.

Register Now

“How to Draw What You See” Hosted by the Suffolk Art League



If you have ever been frustrated at the task of drawing what is in front of you, this is the class for you! Students, ages 16 to adult, will explore the essential skill involved in drawing from life; the “art of seeing.”

Register now through September 26 for this fast paced, informative and entertaining course that will be held on Thursdays, October 3 to November 14 from 7 p.m. to 9 p.m. at the Suffolk Art Gallery, 118 Bosley Avenue. The registration fee is \$60 for SAL members and \$75 for non-members. For more information or to register, call 757-925-0448.

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