

NEWS RELEASE

FOR IMMEDIATE RELEASE _____

October 6, 2017



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What's Happening in Suffolk This Week

Monday, October 9

Suffolk City Offices Closed – Columbus Day Holiday



Suffolk City offices will be closed Monday, October 9, 2017. Normal operations will resume Tuesday, October 10, 2017, at 8:30 a.m.

Suffolk Public Works Department will pick up trash as scheduled next week. TFC Recycling will also conduct their normal recycling collection routes. **Suffolk Public Works Department** reminds you that trash must be placed at curbside no later than 7:00 a.m. on the day of collection. For more information on refuse collection, please call Public Works at 757-514-7630.

Tuesday, October 10

Itsy Bitsy Babies



Itsy Bitsy Babies is a program featuring songs, rhymes, bounces and more for babies ages up to 12 months and their caregivers. Join us at the North Suffolk Library, 2000 Bennetts Creek Park Road, on Tuesday, October 10th from 9:30 a.m. to 10 a.m. For more information, call 757.514.7323.

Tuesday, October 10

Anxiety and Stress Reduction: Meditation at the Library



The purpose of Mindfulness Meditation is personal transformation. Learn how to reduce anxiety and stress in this class led by mindfulness teacher, Maury Cooke, from Sattvic Space on Tuesday, October 10th from 10 a.m. to 11 a.m. at the North Suffolk Library, 2000 Bennetts Creek Park Road. All skill levels are welcome. Registration is required. For more information, call 757.514.7323.

Tuesday, October 10 and Wednesday, October 11

Toddler Time and Preschool Time



The Suffolk Public Library is offering *Toddler Time* and *Preschool Time* programs. *Toddler Time*, a program designed for children ages 18 months to 3 years, includes stories, songs and activities designed for toddlers. The Morgan Memorial Library, 443 West Washington Street, and the North Suffolk Library, 2000 Bennetts Creek Park Road, will host *Toddler Time* from 10:15 a.m. to 10:45 a.m. each day.

Children ages 3 to 5 will enjoy *Preschool Time*, a program featuring stories, educational activities, rhymes and more! *Preschool Time* will be held at 11 a.m. on October 10th at the North Suffolk Library and at 11 a.m. on October 11th at the Morgan Memorial Library. For more information, call 757.514.7323.

Tuesday, October 10 and Wednesday, October 11

Growing Up Kindergarten



Prepare your child for kindergarten with this educational, interactive, and developmentally appropriate storytime series from 12:30 p.m. to 1:15 p.m. on Tuesday, October 10th at the Morgan Memorial Library, 443 West Washington Street, and on Wednesday, October 11th at the North Suffolk Library, 2000 Bennetts Creek Park Road. Participating children should be a rising kindergartner. Registration is required and children will attend each class independently. For more information, call 757.514.7323.

Tuesday, October 10

Afternoon Conversations: 7 Cities PARANORMAL



Have you ever wondered about those weird noises your house makes at night? Well, come on out and ask the experts about it on Tuesday, October 10th from 2 p.m. to 3 p.m. at the North Suffolk Library, 2000 Bennetts Creek Park Road. The 7 Cities PARANORMAL Investigative Team will answer questions about your paranormal experiences. For more information, call 757.514.7323.

Tuesday, October 10

Lego Club



Drop in and use your imagination to test your building skills and create cool LEGO projects on Tuesday, October 10th from 4:30 p.m. to 6 p.m. at the Morgan Memorial Library, 443 West Washington Street. This program is for children ages 6 to 12; children younger than 6 may attend if accompanied by an adult. For additional information, call 757.514.7323.

Tuesday, October 10

Tech Trek: Makey Makeys



Take a tech trek with the Morgan Memorial Library, 443 West Washington Street, on Tuesday, October 10th at 6:30 p.m. Join us as we take a journey through technology, coding, and programming. We will become inventors through the use of Makey Makeys. Ages 8 to 11; registration required. For more information, call 757.514.7323.

Tuesday, October 10

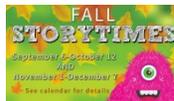
Teen Reads Week: John Green Day



Nerdfighters: Come celebrate all things John Green in honor of his new book *Turtles All the Way Down* on Tuesday, October 10th from 6:30 p.m. to 7:30 p.m. at the North Suffolk Library, 2000 Bennetts Creek Park Road. Button making, book talks, and Vlog Brothers videos will be included in the program. For more information, call 757.514.7323.

Wednesday, October 11

Babies Tots Combo and Tiny Tots



The *Babies Tots Combo Class* is a combo storytime that includes books, songs, rhymes, and more for ages up to 24 months. Join us on Wednesday, October 11th from 9:30 a.m. to 10 a.m. at the Morgan Memorial Library, 443 West Washington Street.

Tiny Tots, a storytime for ages 12 to 24 months, will be held at the North Suffolk Library, 2000 Bennetts Creek Park Road, from 9:30 a.m. to 10 a.m. For more information, call 757.514.7323.

Wednesday, October 11

My Storytime and Picnic and Play



Bring your children ages up to 5 years to the Chuckatuck Library, 5881 Godwin Boulevard, on Wednesday, October 11th from 11 a.m. to 11:30 a.m. for an early literacy-based storytime filled with stories, songs, rhymes, and more!

Bring a bag lunch/drink and join us after My Storytime for a picnic and playtime outside. There will be bubbles, hula hoops, jump ropes, lawn bowling and more. Come have fun with old and new friends. The program will be moved inside in the case of inclement weather. For more information, call 757.514.7323.

Wednesday, October 11

Homeschool Hub



Homeschooling families are invited to the North Suffolk Library, 2000 Bennetts Creek Park Road, on Wednesday, October 11th from 2 p.m. to 3 p.m. for a special hands-on event that will include various activities to enrich their curriculum. For more information, call 757.514.7323.

Wednesday, October 11

Teen Urban Fiction Expo



You asked and we listened! On Wednesday, October 11th from 6:30 p.m. to 7:30 p.m., come to the Morgan Memorial Library, 443 West Washington Street to browse, learn, and check out the latest and greatest in Young Adult urban fiction titles and series just added to our collection. Chill music and refreshments will be provided. For more information, call 757.514.7323.

Wednesday, October 11

Sensory Storytime



Join us at the North Suffolk Library, 2000 Bennetts Creek Park Road, on Wednesday, October 11th from 6:30 p.m. to 7 p.m. for a storytime perfect for little ones with Autism Spectrum Disorder, Sensory Processing Disorder, and other Sensory Seekers. Typical Peers are welcome to attend, as well. This program will feature a visible agenda, age appropriate books, fingerplays, and music. For more information, call 757.514.7323.

Thursday, October 12

Medicare Benefits Counseling



Receive information and advice from a counselor about applying for Medicare, Medicaid, or Medicare Part D from 1 p.m. to 3 p.m. on Thursday, October 12th at the North Suffolk Library, 2000 Bennetts Creek Park Road. These services are free and confidential. For more information, call 757.514.7323.

Thursday, October 12

Great Dismal Swamp Safari



The Great Dismal Swamp is anything but dismal! On Thursday, October 12th from 9:30 a.m. to 1:30 p.m., learn about the history, lore, vegetation and wildlife with this adventure that includes a brief walk to Lake Drummond. This tour departs from the Suffolk Visitor Center, located at 524 North Main Street, and is not recommended for very small children. Tickets are \$10 for adults and \$8 for seniors 60+, military, and children ages 3 to 12. Reservations are required. Call the Suffolk Visitor Center at 757.514.4130 to reserve your spot.

Thursday, October 12

Historic Suffolk Narrated Bus Tour



See Suffolk through the eyes of years gone by. Suffolk's rich heritage dates back to the early 17th century when Captain John Smith first encountered the Nansemond Indians on the Nansemond River. Guided by a Suffolk historian, you meet the people and places that made Suffolk the City it is today. Highlights of this windshield tour include Cedar Hill Cemetery, Riddick's Folly House Museum, Constant's Wharf, College Court and Suffolk's historic Lakeside neighborhood. The Historic Suffolk Narrated Bus Tour departs from the Suffolk Visitor Center, conveniently located at 524 North Main Street, on Thursday, October 12th at 2 p.m. Tickets for each tour are \$8 for adults and \$6 for seniors, military and children ages 9 to 12. For more information, call 757.514.4130.

Thursday, October 12

Book Talk: 13 Reasons Why



Join us in a book talk for the popular Netflix series, *13 Reasons Why*, on Thursday, October 12th from 6 p.m. to 7 p.m. at the North Suffolk Library, 2000 Bennetts Creek Park Road. We will compare the book to the series and discuss how the show points on current issues teens are facing in society today. Ages 13 to 17 welcomed. For more information, call 757.514.7323.

Thursday, October 12

October Chiller Thriller: Insidious



Enjoy light refreshments while watching the Chiller Thriller of the week on Thursday, October 12th from 6 p.m. to 8 p.m. at the Morgan Memorial Library, 443 West Washington Street. Movie is rated for those ages 17 or older unless accompanied by a parent or guardian. For more information, call 757.514.7323.

Thursday, October 12

Coloring Club



Relax and relieve stress with coloring pages, bubbly non-alcoholic drinks, and friends at the North Suffolk Library, 2000 Bennetts Creek Park Road, on Thursday, October 12th from 6:30 p.m. to 7:30 p.m. Open to all ages and abilities. For more information, call 757.514.7323.

Saturday, October 14

Suffolk Farmers' Market



Come get the freshest, locally-grown fall produce, decorative pumpkins, gourds and more at the Suffolk Farmers' Market located at the Suffolk Visitor Center Pavilion, conveniently located behind the Suffolk Visitor Center at the corner of Main Street and Constance Road. Open on Saturday, October 14th from 9 a.m. to 1 p.m. you'll also find fresh eggs, honey, homemade jams and jellies, baked goods, fresh cut flowers, plants and handmade jewelry and crafts. Free and open to the public, the Market will host a variety of Family Fun Days, special guest speakers and performers, petting zoos, book signings, workshops, crafts and more. The Suffolk Farmers' Market will run through November 18, 2017. For more information or to become a vendor, contact the Suffolk Visitor Center at 757.514.4130 or email VisitSuffolk@suffolkva.us.

Saturday, October 14

So Let's Sew – Hand Sewing Crafts



What could you do with a fall decorated bag? Carry your library books, collect Halloween candy, pack to go to Grandma's? On Saturday, October 14th from 10:15 a.m. to 11:15 a.m. at the Morgan Memorial Library, 443 West Washington Street, we will use felt and other fabric scraps, yarn stitches, and other items to create a design on a tote bag. This program is for ages 6 to 11 and parents are encouraged to participate by assisting their child. No sewing experience needed; just bring your creative ideas. Registration required. Let's have fun learning basic sewing skills! For more information, call 757.514.7323.

Saturday, October 14

AHA! Art History Appreciation



Do you like art? Would you like to learn about famous artists? Come to the North Suffolk Library, 2000 Bennetts Creek Park Road, on Saturday, October 14th from 10:30 a.m. to 11:30 a.m. for a program that will focus on art and art history. Ages 8 to 11 will enjoy learning facts and creating fun art projects! Registration required; for more information, call 757.514.7323.

Saturday, October 14

Researching African American Ancestors

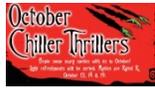


In celebration of Family History Month, on Saturday, October 14th from 11 a.m. to 1 p.m. at the Morgan Memorial Library, 443 West Washington Street, reference archivist Cara Griggs will discuss methods and resources for African American genealogy prior to the end of the Civil War. Attendees will learn how to determine whether an individual was enslaved or free and what types of records will be useful for further research. The lecture will focus on the Library of Virginia's collections including cohabitation registers, free Negro registers and lists, wills, deeds, and tax records as well as selected federal records that can be accessed through its databases. Following the talk, there will be an

opportunity for residents to record stories about their families or special memories during a live recording session of Suffolk Speaks. Registration required; for more information, call 757.514.7323.

Saturday, October 14

October Chiller Thriller: The Babadook



Enjoy light refreshments while watching the Chiller Thriller of the week on Saturday, October 14th from 2 p.m. to 4 p.m. at the Morgan Memorial Library, 443 West Washington Street. Movie is rated for those ages 17 or older unless accompanied by a parent or guardian. For more information, call 757.514.7323.

Saturday, October 14

Just Kickin' It: Relay Games



Come kick it with the whole family at our Chuckatuck Library, 5881 Godwin Boulevard, on Saturday, October 14th from 2 p.m. to 3 p.m. Play relay races, complete tasks and test your family's strength. Prepare to work together, get dirty and have some fun. Registration is encouraged but not required. For more information, call 757.514.7323.

Saturday, October 14

Unleash Your Story: A Teen Read Week Event



Close out Teen Read Week by sharing something fun and interesting about yourself through art, poetry, and music on Saturday, October 14th from 2 p.m. to 3 p.m. at the North Suffolk Library, 2000 Bennetts Creek Park Road. For more information, call 757.514.7323.