

NEWS RELEASE
FOR IMMEDIATE RELEASE
May 16, 2011



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What's Happening in Suffolk This Week...

SUFFOLK, VA (May 16, 2011)

MONDAY, May 16

- *Law Enforcement Memorial Day Service*



Please join the Suffolk Police Department and Fraternal Order of Police for a Memorial Service in honor of National Police Week. The service is scheduled for Monday, May 16th at 2 p.m. in the City Council Chamber.

In 1962, President John F. Kennedy signed a proclamation which designated May 15th as Peace Officers Memorial Day and the week in which that date falls as *Police Week*. This year, the names of 317 officers killed in the line of duty are being added to the National Law Enforcement Officers Memorial in Washington, DC. These 317 officers include 153 officers who were killed during 2010, plus 164 officers who died in previous years. We thank you for taking the time to honor the men and women, both locally and nationwide, who have sacrificed their lives in the preservation of peace and order.

- *Healthy Recipes the Whole Family Will Enjoy...Don't Miss This Workshop!*

Registered dietitian Jean Maxwell will share tips on planning healthy meals and snacks for your family during this exciting hands-on workshop. While focusing on healthy choices, we will cook and taste delicious snacks your family is sure to enjoy. Eating healthy has never been this much fun! The workshops will be held at the following locations on the following days.



May 16, 2011- 5:30-6:30- *North Suffolk – St. Andrews Presbyterian Church, 1885 Bridge Road, *Child Care Provided*

May 17, 2011- 5:45-6:45- *South Suffolk- Whaleyville Community Center, 6235 Whaleyville Blvd.*

May 19, 2011- 5:30-6:30- *Central Suffolk- Westminster Reformed Presbyterian Church, 3488 Godwin Blvd.*

May 20, 2011- 10:00-11:00 a.m.- *East Suffolk- Department of Social Service, 3rd floor Training Room, 135 Hall Avenue.*

Please register for this free workshop by contacting Brenda O'Donnell at 757-514-7457. Space is Limited.

SATURDAY, May 21

- *Shake, Rattle and Roll Main Street Car Show*



For the third year, historic downtown Suffolk will showcase classic autos of yesteryear when a Main Street car show honors the racers, records and fans of the ol' quarter-mile concrete tract that formerly operated at Suffolk Airport. Produced by Suffolk Tourism, the Saturday, May 21, event is free and open to the public and will highlight pre-1975 vehicles, exhibits from the former raceway in a "Bill Gwyn Tribute Tent," special guest Brian Hankins and live music by *FAB*. Main Street eateries will be open for sidewalk service and additional food and other vendors will be on site. Children (age 6 and under) can try pedal-car racing down Main

Street, and children of all ages can shake, rattle and roll in hula-hoop contests at the event stage.

The Shake, Rattle & Roll car show has been “Jack Approved” by Jack Redd, a renowned drag racing news columnist. It is a very appropriate endorsement, as the very first “JA” drag meet took place at Suffolk Raceway in 1967 under the ownership of Hank Hankins.

The car show begins at 8 a.m. with awards presented at 2 p.m. on the event stage at Main and Market Streets. Main Street between Washington Street and Finney Avenue will be closed to through traffic from 6 a.m. through late afternoon. One block of Market Street and one block of Bank Street, both adjacent to Main Street, also will be closed to traffic. The event will conclude at 3 p.m. The host hotel is the riverfront Hilton Garden Inn at Constant’s Wharf.

For sponsor and vendor opportunities, contact Kevin Sary at 757.514.4133. For general information, contact the Suffolk Visitor Center at 757.514.4130. The Suffolk Visitor Center is located at 524 N. Main Street in the historic Nansemond County Courthouse. Open daily from 9 a.m. to 5 p.m. Suffolk-Fun.com

• *Northern Shores Community Day*

Bring your family and friends to Northern Shores Community day on Saturday, May 21, 2011, from 12 until 3 p.m. There will be games, food, crafts, a fashion show, bounce houses and more. This event is free and open to the public!

Northern Shores Recreation Center is located at 6701 Respass Beach Road, Suffolk, VA 23435.

This event is sponsored by Suffolk Department of Parks and Recreation. For more information, contact Rebecca Skinner at 757-514-7249.



• *Holland Founders Day*



Come and celebrate the Founding of the Ruritans on Saturday, May 21, 2011. There will be a wreath-laying ceremony at 9:45 a.m., Saturday to celebrate the founding of Ruritan in 1928. Following the Ceremony there will be Parade at 11:00 a.m. The celebration will continue with a BBQ/Chicken Cook-off and afternoon entertainment in the

Holland Village.

The first Ruritan Club was chartered May 21, 1928, in Holland, Virginia. Since that first club, Ruritan has grown throughout the United States of America, and in doing so, has become "America's Leading Community Service Organization".

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