

NEWS RELEASE
FOR IMMEDIATE RELEASE
July 29, 2011



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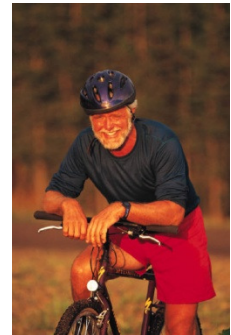
What's Happening in Suffolk This Weekend...

SUFFOLK, VA (July 29, 2011)

SATURDAY, July 30

- *Lone Star Lakes Scenic Bicycle Ride*

Suffolk Department of Parks and Recreation invites everyone to join us for a scenic bicycle trail ride through Lone Star Lakes Park on Saturday, July 30, 2011. The 12-mile ride will begin at 8:00 a.m. at Lone Star Lodge, 1001 Pembroke Lane. All riders are asked to please bring your trail bike, helmet and a bottle of water. Children under 12 years of age must be accompanied by an adult.



For more information, please contact Mike Kelly at 514-7258.

SATURDAY, July 30

- *Suffolk Farmer's Market*



Launched in 2006, the Suffolk Farmers' Market is an open-air gathering place offering fresh, locally-grown foods, value-added products and crafts. Held beneath brightly striped tents at "Market

Park” (the mini-park adjacent to the Seaboard Station Railroad Museum at 326 North Main Street), the Market will operate rain or shine on Saturdays from 9 a.m. to 3 p.m. and Wednesdays from 3 p.m. to 6 p.m. through the fall. The Market and all associated activities are free and open to the public.

For more information, contact the Suffolk Visitor Center at 757-514-4130 or log onto Suffolk-Fun.com

SATURDAY, July 30 and SUNDAY, July 31

- *Humane Society Adopt-A-Thon Weekend*

In response to an overabundance of homeless kittens at Suffolk Animal Control, the Suffolk Humane Society and Suffolk Animal Control will sponsor a special “All About Kittens” Adopt-A-Thon at the Chesapeake Square *PetSmart* store, 4300 Portsmouth Blvd., Chesapeake, VA 23321, on Saturday, July 30th from 11:00 a.m. to 3 p.m. Then on Sunday, July 31st from 11 a.m. to 3 p.m., join us for our “Sizzling Summer” Adopt-A-Thon featuring dogs, cats, puppies and kittens.



Visit www.SuffolkHumaneSociety.com each week to get the latest information about the group’s activities, including information about the fourth annual Mutt Strut Dog Walk and Festival scheduled for September 18th and to view up-to-date photos of the adoptable animals at Suffolk Animal Control, 124 Forest Glen Drive. Call the Suffolk Humane Society at 757-538-3030 for more information.

SUNDAY, July 31

- *National Night Out Sunday*



We have designated Sunday, July 31st as “Citywide National Night Out Sunday”, and ask that our City come together as one to pray for

our youth, communities, and the law enforcement officers who protect us. Churches throughout the City were given special anonymous cards where members of their congregation can report drug, gang or other criminal activities or community issues to the Suffolk Police Department or other responsible City department.

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