

## NEWS RELEASE

FOR IMMEDIATE RELEASE

January 23, 2012



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## WHAT'S HAPPENING IN SUFFOLK THIS WEEK...

SUFFOLK, Virginia (January 23, 2012)

**Tuesday, January 24, 2012**

- *Chuckatuck Town Hall Meeting*



A Town Hall Meeting with Councilman Mike Duman has been scheduled for Tuesday, January 24, 2012 from 6:30 to 7:30 p.m. at the Oakland Elementary Joint Use Facility located at 5505 Godwin Boulevard, Suffolk, VA 23434. The meeting is open to the public and residents of the Chuckatuck Borough and other interested parties are invited to attend.

**TUESDAY, January 17, 2012- TUESDAY March 6, 2012**

- *Back from the Holiday Boot Camp Blast*



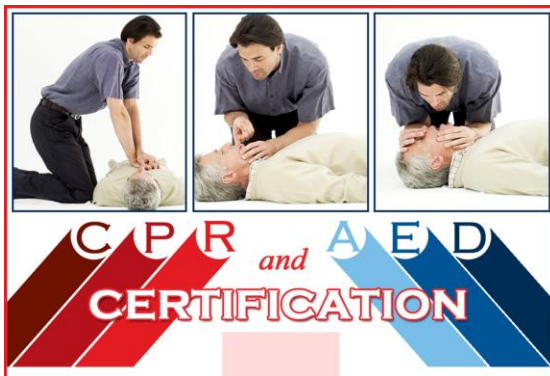
Blast off those holiday pounds with our eight-week "Back from the Holidays Boot Camp Blast" program. This medium-intensity workout stresses flexibility, strength, and cardiorespiratory fitness. The weekly "Back from the Holidays Boot Camp Blast" will be held on Tuesdays from

January 17 until March 6, 2012, at the East Suffolk Recreation Center, in the gymnasium.

This program is \$20 per person and participants must be 16 years of age to participate. For more information, contact Mike Frickanisce at (757) 514-4500. East Suffolk Recreation Center is located at 138 South 6th Street.

### **Thursday, January 26, 2012**

- *American Red Cross CPR/AED Adult and Child Certification*



American Red Cross CPR/AED Adult and Child certification training classes are now being offered at East Suffolk Recreation Center. The first class is set for Wednesday, January 25, and Thursday, January 26, 2012. A second class will be held Wednesday, March

21, and Thursday, March 22, 2012. Both sets of classes will be held from 4:30 until 8:00 p.m. The fee is \$30 per class and you must be 18 years of age or older to participate. For more information, contact Mike Frickanisce at (757) 514-4500. East Suffolk Recreation Center is located at 138 South 6th Street.

### **Thursday, January 26, 2012**

- *Suffolk Police Department "Pinning of the Badge Ceremony"*



Suffolk Police Department will hold a Pinning of the Badge Ceremony on Thursday, January 26, 2012 at 10:00 a.m. The event will be held in the Suffolk City Council Chamber, located at 441 Market Street. At this ceremony, the most recent graduates of the Hampton Roads Criminal Justice Training Academy will receive their

Suffolk Police badges. Those officers include: Kurt Michael Carter, David Keith Gawryluk , Khandi Sue Johnson, June Carlene Raymond, Ricardo Serrat, Jr., Darnicia Shacara Smith, Casey Marie Thomas

- *National “Thank Your Mentor Day”*



January marks the 11th Anniversary of National Mentoring Month, which is an annual campaign to recruit volunteer mentors. Suffolk Parks & Recreation’s 757 Protégé-Suffolk Mentoring program is here to help close the mentoring gap in Suffolk. This year’s theme is “Invest In The Future...Mentor a Child.” It doesn’t take special skills to be a mentor, just the willingness to listen, offer encouragement, and share what you’ve learned about life through your own experiences. 757 Protégé-Suffolk encourages local citizens throughout the city to become a mentor to a young person. We invite you to join us on Thursday, January 26th, at 6:00 p.m. at East Suffolk Recreation Center, located at 138 South 6th Street, for national “Thank Your Mentor Day.” This event is free and open to the public, but you must reserve your seat.

For information regarding National Mentoring Month, becoming a mentor with 757 Protégé-Suffolk, or to reserve your seat at National Thank Your Mentor Day, call or email Ashley Sessoms at (757) 514-7244 or [asessons@suffolkva.us](mailto:asessons@suffolkva.us).

- *Suffolk Parks and Recreation Bounce Play*



Suffolk Parks and Recreation is excited to present Bounce Play, an event that is sure to make children leap for joy! This program provides an opportunity for pre-school children to play in the gym on the many

wonderful inflatables that Suffolk Parks & Recreation has to offer. Bounce Play allows children to meet new friends and bounce until their hearts are content! Bounce Play will be held on January 27, 2012, from 10:00 a.m. to 12:00 p.m. at East Suffolk Recreation Center. There is a fee of \$2.00 per child, which includes a bag of cotton candy. Pre-registration is required by January 25, 2012, and space is limited.

For more information, contact Rebecca Skinner at (757) 514-4502.

East Suffolk Recreation Center is located at 138 South 6th Street.

**SATURDAY, January 7, 2012- SATURDAY, January 28, 2012**

- *Suffolk Art Gallery Winterim Exhibit "Forever Green"*

The "Winterim" exhibit at the Suffolk Art Gallery will be "Forever Green," an



exhibit honoring the 100th Anniversary of Girl Scouting. This exhibit will feature artifacts, photographs and other ephemera. "Forever Green" will be on display January 7-28, 2012, with a closing reception on January 28th, to coincide with the Annual Craft Expo.

*The Suffolk Art Gallery is located at 118*

*Bosley Avenue, Suffolk, 23434*

## **SATURDAY, January 28, 2012**

- *Chili Cook Off to Benefit Suffolk Humane Society*



A. J. Gators at Chesapeake Square, 4300 Portsmouth Blvd. Chesapeake, will host its fourth annual chili cook off to benefit Suffolk Humane on Saturday, January 28. The event, which starts at 11 a.m., will feature live music, drawings and prizes. The event is free and open to the public. The entry fee is \$20 to compete in the cook off. Entrants bring a one gallon crock pot of their favorite red or white chili and receive a free event tee shirt. Entrants need to have their chili at the

restaurant by 11 a.m. Judging will start no later than 12:00 p.m. Entry forms are available at the restaurant. Contestants are limited to the first 50 to turn in registration forms. Chili samples will be on sale at the event for \$0.50 each. There will be live music, prizes and drawings. Call (757) 729-2554 for more details.

## **SUNDAY, January 29, 2012**

- *Suffolk Humane Society Adopt-a-Thon*



Don't forget the new year is resolution time, and Suffolk Humane and Suffolk Animal Control encourage you to "resolve to adopt" at their joint adopt-a-thon on January 29 at the PetSmart Charities Adoption Center, located inside

the Chesapeake PetSmart store, 4300 Portsmouth Boulevard, Chesapeake. Each event is from 11 a.m. – 3 p.m.

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