

## **NEWS RELEASE**

**FOR IMMEDIATE RELEASE**

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**Suffolk**  
VIRGINIA

*It's a good time to be in Suffolk*

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## **East Suffolk Community Day provided Fun and Learning for All**

SUFFOLK, VIRGINIA (October 19, 2010) A warm, sunny October day provided a great backdrop for the East Suffolk Community Day and Open House. The event took place October 16 at the East Suffolk Recreation Center. The open house stressed the importance of being physically fit, keeping safe and raising gang awareness and how to give kids tools to avoid them. It also introduced the community to resources offered by the Suffolk Parks and Recreation Department and other Suffolk Departments.

There were presentations from the Police Department on Sexting, Gang Awareness, a live canine presentation and bicycle rodeo to promote bicycle safety. Crime Scene Investigation was on hand to complete fingerprinting for the youth. The Suffolk Youth Advisory and Office on Youth provided information on programs and activities to prevent youth violence and crime. Police officers also inspected child car safety seats.

The Suffolk Fire Department lent its expertise on fire safety. One of the easiest ways to remain safe is to have properly working smoke detectors. The fire department also reminded people to have a fire evacuation plan and do drills.

There were lots of activities to keep people jumping. In this age of everything being computers, kids and adults need to know that getting away from

technology and having fun through physical activity is a way to stay sharp mentally as well as physically. A number of health agencies also offered screenings and spoke about nutrition.

Kids also had the chance to let their creative side show, literally. Several kids went through a sort of transformation thanks to face painters. The designs used colors not typically associated with fall, allowing the kids to “put on a happy face”.

The open house allowed the community to tour the East Suffolk Recreation Center and new Parks and Recreation Administrative Offices. The City recently won an award for its work renovating the Recreation Center. The building houses a full size gym, a commercial kitchen, a multi-purpose room and a fitness room among other amenities.

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