

NEWS RELEASE

FOR IMMEDIATE RELEASE

October 25, 2010



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WHAT'S HAPPENING IN SUFFOLK THIS WEEK

Tuesday, October 26

"Start and Grow your Suffolk Business"

The City of Suffolk's Economic Development Department along with the U.S. Small Business Administration (SBA) is pleased to offer a seminar titled "Start and Grow your Suffolk Business". The last in a series of FREE seminar will be October 26th, from 6 p.m. – 8 p.m. at the Suffolk Workforce Development Center, 157 N Main Street, 2nd floor. To register or for further information, contact Jennifer Schmack, Suffolk Economic Development at 757.514.4047 or jschmack@city.suffolk.va.us

Friday, October 29

Do you know the Legends of Sleepy Hole?



Join Suffolk Parks & Recreation for a night of fright at Sleepy Hole Park. On Friday October 29, Sleepy Hole Park will transform from a lush, serene setting into a forest full of surprises and scares. The Legends of Sleepy Hole is from 6:00 p.m. until 10:00 p.m.

Sleepy Hole Park is located at 4616 Sleepy Hole Road, Suffolk, VA. This event is for ages 10 & up, but there will be a fun area for younger children to enjoy. The cost is \$5 per person with a portion of the proceeds

benefiting the City of Suffolk's United Way Campaign. For more information about this event, please call Lori Carter at 757-514-7267. Interested in volunteering as a character or at Legends of Sleepy Hole? Call Jason Pittman at 757-514-7268 for more information.

Saturday, October 30
Pumpkin Palooza

Join the North Suffolk Library for Pumpkin Palooza on Saturday, October 30th at 10:00 am. The fun fall celebration includes refreshments, story time, and a pumpkin carving contest! Bring your carved pumpkin between 9:00 and 10:00 a.m., enjoy story time at 10:15 am, and winners will be announced at 11:00 a.m. Both children and adults are welcome to participate, and costumes are encouraged!



Please call the library reference desk for more information at (757) 514-7150. The North Suffolk Library is located at 2000 Bennett's Creek Park Road, Suffolk, Virginia 23435.

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