

NEWS RELEASE
FOR IMMEDIATE RELEASE
August 9, 2010



Contact:
Debbie George
757-514-4106
757-374-1770

What's Happening in Suffolk This Week...

SUFFOLK, VA (August 9, 2010)

TUESDAY, August 10th

- *Summer Storytimes*

Join Suffolk Public Library on Tuesday, August 10, 2010, at Morgan Memorial Library and North Suffolk Library for different programs of all ages. No registration required.



Toddler Time - 10-10:20 a.m. for a short (15-20 minute) program with books, songs, and rhymes for children 1 1/2 - 2 years old.

Pre-School Time -10:30-11 a.m. for a 30-minute program with stories and songs for pre-school children ages 3-5.

- *Great Dismal Swamp Safari Tour*

Despite its' forboding moniker, the Great Dismal Swamp is one of a few remaining American wildernesses and is home to black bear, bobcats, river otters, rattlesnakes, and many rare plants. The Great Dismal boasts 200 species of birds, yellow-bellied and spotted turtles, lizards, salamanders, frogs, and toads! Visit this unique location on a 4-hour safari departing from the Suffolk Visitors Center (321 North Main Street) at 9:30 AM on Tuesday, August 10, 2010. The bus boards at 9:15 AM. Fees: \$10 adults, \$8 seniors (60+), \$8 children (ages 3-12). For more information or to reserve your space, call the Suffolk Visitor Center at 514-4130 or visit www.Suffolk-Fun.com.





- *Summer Strength & Conditioning*

Ready to improve athletic performance? Join Parks & Rec at the East Suffolk Recreation Center's Fitness Center on Tuesday, August 10, 2010, from 12-1 p.m. for Summer Strength & Conditioning. Participants will learn the basics of strength and conditioning including understanding training variables, proper lifting and spotting. Contact Mike Frickanisce, Fitness Specialist, at 514-4505 for further details.

WEDNESDAY, August 11th

- *Suffolk Farmers' Market*

Held beneath brightly striped tents at "Market Park" (the mini-park adjacent to the Seaboard Station Railroad Museum at 326 N. Main Street), the Market offers the very best in locally grown fruit and vegetables, homemade jams and jellies, fresh seafood, cut flowers, handcrafted jewelry and more. Operates rain or shine on Wednesdays from 3 p.m. to 6 p.m. and Saturdays from 9 a.m. to 3 p.m. through September. Free and open to the public.



- *Summer Storytime*

Join Suffolk Public Library on Wednesday, August 11, 2010, at the Chuckatuck Branch Library at 11 a.m. for storytime for all ages. No registration required.

- *Parks & Recreation's Annual Senior Hawaiian Luau*

Aloha! Join Suffolk Parks & Recreation's Senior Program on Wednesday, August 11, 2010, from 10 a.m. until 2 p.m. at the National Guard Armory at 2761 Godwin Boulevard for the annual Hawaiian Luau. Seniors are encouraged to come dressed in their favorite Hawaiian outfits. Enjoy festive music, a great lunch, and a wonderful time with familiar friends and new faces! There is a \$5 fee per person and pre-registration is required. For more information, call 514-4502.



THURSDAY, August 12th

- *Police Department Badge Pinning Ceremony*

The City of Suffolk Police Department will hold a badge pinning ceremony on Thursday, August 12, 2010 at 11:15 a.m. in City Council Chamber (Suffolk

Municipal Building, 441 Market Street, 2nd Floor). Four Officers will be sworn in during the ceremony: Norman W. Boring IV, Antonio P. Diggs, Jerry W. Fowler and Chad S. Hooker. Also on Thursday, Hampton Roads Criminal Justice Training Academy Graduation will be held at Nansemond River High School at 4:00 p.m.

• *Summer Story Times*

Join Suffolk Public Library on Thursday, August 12, 2010, at Morgan Memorial Library and North Suffolk Library for different programs of all ages. No registration required.

Toddler Time - A short (15-20 minute) program from 10-10:20 a.m. with books, songs, and rhymes for children 1 1/2 - 2 years old.

Pre-School Time - 30-minute program from 10:30-11 a.m. for a with stories and songs for pre-school children ages 3-5.

School-Age Storytime (*North Suffolk Library only) - 30-minute program from 11-11:30 a.m. with books and activities for children in grades K-5.



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FRIDAY, August 13th

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• *TGIF Summer Concert Series at Bennett's Creek Park, featuring Cedar Creek*

Unwind at Bennett's Creek Park after a long work week! Enjoy food and great company as you dance under the stars to the sounds of Cedar Creek. Free and open to the public. 5:30pm-9pm. Call Suffolk Parks and Recreation at 757-514-7267 for more information.



• *Friday Evening Farmers' Market at Governor's Pointe*

Hop on over to Governor's Pointe (at the Shoppes on the Village Green, Route 17 in North Suffolk) and enjoy

this fun new summer tradition. Find the freshest in local fruit, vegetables, homemade jellies, jams and treats. Live entertainment from 5 p.m.- 8:30 p.m.

SATURDAY, August 14th

• *Suffolk Farmers' Market*

Held beneath brightly striped tents at "Market Park" (the mini-park adjacent to the Seaboard Station Railroad Museum at 326 N. Main Street), the Market offers the very best in locally grown fruit and vegetables, homemade jams and jellies, fresh seafood, cut flowers, handcrafted jewelry and more. Operates rain or shine on Saturdays from 9 a.m. to 3 p.m. and Wednesdays from 3 p.m. to 6 p.m. through September. Free and open to the public.



• *Suffolk Clean Community Commission Recycling Drive*

The Suffolk Clean Community Commission is sponsoring a Recycling Drive on Saturday, August 14, 2010, from 10 a.m. to 3 p.m. at Creekside Elementary School, located at 1000 Bennett's Creek Park Road in North Suffolk. Shred-It will be on hand to provide on-site shredding of Suffolk residents' sensitive documents. There is a limit of three copy paper size boxes or three brown paper bags per person. Participants will be asked to stay with their documents until they've handed them to the Shred-It driver in the truck.

Residents are encouraged to bring the following to be recycled: Tires (12 per household), electronics, all types of paper (including magazines, catalogues and newspapers, cardboard and paper board), steel and aluminum cans, glass containers (bottles and jars) and all plastic bottles (#1 and #2).

Everyone who comes out to recycle receives a reusable shopping bag as the Commission joins forces with the community to say NO! to plastic. For more information, please contact Hattie Lester, Litter Control Coordinator, at 514-7604 or via email at hlester@city.suffolk.va.us.