

NEWS RELEASE
FOR IMMEDIATE RELEASE
July 16, 2010



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What's Happening in Suffolk This Weekend...

SUFFOLK, VA (July 16, 2010)



FRIDAY-SUNDAY, July 16th - 18th

Tidewater Emergency Medical Services Educational Expo

Suffolk Fire and Rescue is joining with Bon Secours Hampton Roads Health System, the Tidewater Emergency Medical Services Council and the Virginia Office of Emergency Medical Services to host the 2010 TEMS Educational Expo from July 16-18, 2010, at the Suffolk Hilton Garden Inn. This three-day educational event is designed to increase knowledge, skills and abilities in a variety of current and emerging pre-hospital emergency medical standards of care. Keynote speakers include Steve Berry, BA, NREMT-P, and Jeff Doucette, RN, MS, CEN, FACHE, CNAAC, BC. Registration is \$75 and you can register online at www.tidewaterems.org.

FRIDAY, JULY 16th



• *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.

- *TGIF Summer Concert Series featuring A Touch of Spice*

Unwind at Constant's Wharf Park & Marina (behind the Hilton Garden Inn) after a long work week! Enjoy food, great company and music from A Touch of Spice. Free and open to the public. 5:30 p.m. - 9 p.m. Call Suffolk Parks and Recreation at 757-514-7267 for more information.

SATURDAY, July 17th

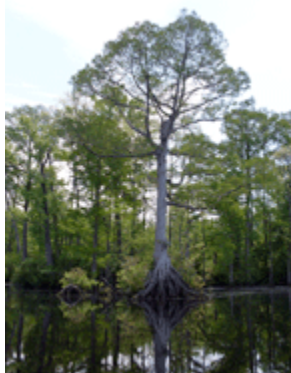
- *Suffolk Farmers' Market*

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.



- *GODHAP 4 Fitness Ribbon Cutting*

On Saturday, July 17, 2010, at 10:00 a.m., join Suffolk Mayor Linda T. Johnson and owner Rodney Sanders for a Ribbon Cutting for GODHAP 4 Fitness, located in the Creekside Village Shopping Center on Bridge Road and Lee Farm Lane. GODHAP 4 Fitness offers 1-on-1 personal training, group sessions and goal-specific programs. This new fitness center aims to create a fitness space that caters to all people, offering a revolutionary workout experience that will challenge individuals toward achieving their goals. GODHAP 4 Fitness is located at 3235 Bridge Road. Hours of operation are 6:00 a.m. – 8:00 p.m. Monday – Saturday, by appointment only. For further information contact Rodney Sanders at 757.483.0263 or email him at GODHAP4fitness@aol.com.



- *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 Saturday, July 17, 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.

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