

NEWS RELEASE
FOR IMMEDIATE RELEASE
July 23, 2010



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What's Happening in Suffolk This Weekend...

SUFFOLK, VA (July 23, 2010)

FRIDAY, JULY 23rd

• *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 Strictly Bizzness and National Night Out Self-Defense Exhibition*

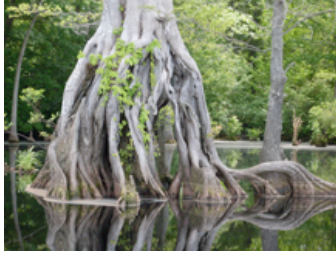
Unwind at Constant's Wharf Park & Marina (behind the Hilton Garden Inn) after a long work week! Enjoy food, great company and music from Strictly Bizzness. During the band's break, fine-tune your self-defense skills with a dynamic demonstration by karate classes from Triple T Sports, sponsored by the National Night Out 2010 Committee. Be sure to stop by the NNO tent for giveaways, safety info and a list of participating communities in this year's event! 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 24th



- *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.



- *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 24, 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.



- *Adoption Opportunity at Suffolk Animal Shelter*

Swimming, boating, frisbee on the beach...need someone to share in the summertime fun? Your new best friend may be waiting for you at the Suffolk Animal Shelter! Cuddly canines and furry felines of all shapes and sizes are in need of good homes and great owners. To help connect wonderful pets with fantastic owners, Suffolk Animal Shelter has partnered with the Suffolk Humane Society for an Adoption Event at the Animal Shelter on Saturday, July 24, 2010, from 10 a.m. to 3 p.m. Suffolk Animal Shelter is located at 124 Forest Glen Drive, or visit them on the web at http://www.suffolk.va.us/anml_ctrl.

SUNDAY, JULY 25th

Petsmart Adoption Event

Animal Shelter personnel will have pets in need of homes at the Chesapeake Square Petsmart on Sunday, July 25, 2010, from 10 a.m. to 2 p.m. Make a difference in the life of a needy animal when you provide a forever home for your new best friend. Suffolk Animal Shelter is located at 124 Forest Glen Drive, or visit them on the web at http://www.suffolk.va.us/anml_ctrl.