

NEWS RELEASE
FOR IMMEDIATE RELEASE
May 14, 2012



Contact:
Diana Klink
757-514-4104
757-359-1845

Tim Kelley
757-514-4103
757-871-3039

What's Happening in Suffolk This Week...

Monday May 14 – Sunday, May 20, 2012

MONDAY, May 14

Youth Public Safety Academy Graduation



Join us as we congratulate the graduates from the Suffolk Youth Public Safety Academy on Monday, May 14, 2012, at 7 p.m. in the City Council Chamber, located at 441 Market Street. During this free 11-week after-school program focused on at-risk youth between the ages of 13 and 17, students gain hands-on experience in what it's like to be a police officer, firefighter and CSI Technician. Participating youth are mentored by police officers and firefighters, while experiencing the value of teamwork and social responsibility.

(more)

WEDNESDAY, May 16

Coupons for Everyone



Do you want to learn how to get the best deals on the things you buy every day? Laura Oliver of afrugalchick.com is here to help! The North Suffolk Library is proud to present *Coupons for Everyone*, a two-hour couponing class that will help get you started on the road to savings!

Get your scissors ready and join us on Wednesday, May 16, 2012, from 5:30-7:30 p.m., in the lobby of the North Suffolk Library. Free and open to the public. The Library is located at 2000 Bennett's Creek Road, Suffolk, VA 23435. For more information, call 514-7150.

THURSDAY, May 17

Introduction to Grant Writing



Learn the basics of applying for grants! Join us on Thursday, May 17 from 10 a.m.–12 noon at the North Suffolk Library as Lillian Bailey of TCC's Non-Profit Academy will discuss:

- Grant Preparation
- Key Components of a Proposal
- Overview of Proposal-Writing Basics
- Common Mistakes and How to Avoid Them

If you're new to grants and would like to pursue one for yourself or an organization, you won't want to miss this! For more information, contact 514-7150. The Library is located at 2000 Bennett's Creek Road, Suffolk, VA 23435.

(more)

THURSDAY, May 17

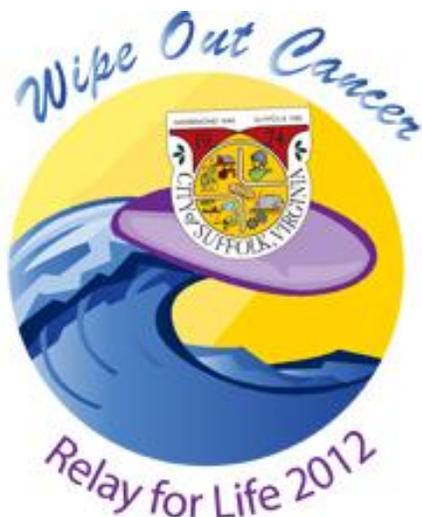
Suffolk Humane Society B.A.R.K.S.



Suffolk Humane Society and St. Paul's Episcopal Church have partnered to bring the B.A.R.K.S (Books and Reading for Kids in Suffolk) Program to Suffolk children. The program allows children to read one on one to a therapy dog and their handler in a non-threatening environment and utilizes therapy dogs because they are non-judgmental listeners. Your child will feel confident while reading to a furry friend! In addition to reading, there will be treats for the children and coffee & donuts will also be available. Free and open to the public, 6:30-8:30 p.m. Walk-ins are welcome, and enrollment is first come, first-served. St. Paul's Episcopal Church is located at 213 North Main Street in downtown Suffolk. To get more information, please contact Michele Thames at (757) 538-3030, ext. 4, or through email at MicheleThames@SuffolkHumaneSociety.com.

FRIDAY, May 18 – SATURDAY, May 19

Suffolk's Rockin' Relay for Life at Bennett's Creek



Cancer never sleeps. Show your support for The American Cancer Society by joining us for Suffolk's Rockin' Relay for Life. The event kicks off Friday, May 18 at 6 p.m. and runs until 6 a.m. on Saturday, May 19 at Bennett's Creek Park, 1000 Bennetts Creek Park Road.

What Is Relay?

- Overnight relay-style event
- Teams of people camp out around a track
- Members of each team take turns walking around the track for the duration of event
- Food, games and activities provide entertainment and fundraising opportunities
- Family-friendly environment for the entire community

The only requirement to participate in **Relay For Life** is the \$10 registration/commitment fee (per person) that is due upon registration. After that, anything you can raise through individual team or online fundraising is graciously accepted. Checks can be made payable to the American Cancer Society. Your donations truly make a difference here in our own community.

SATURDAY, May 19

Farmer's Market Grand Opening



The Suffolk Farmer's Market kicks off the 2012 season in the brand new Visitor Center Pavilion, conveniently located behind the Suffolk Visitor Center at the corner of Main Street and Constance Road.

Enjoy the best in locally-grown fresh fruits and vegetables, along with eggs, honey, homemade jams and jellies, baked goods, fresh cut flowers, plants and handmade jewelry and crafts. Opening day will

include live music, entertainment and kiddie fun! Free and open to the public, 9 a.m. to 3 p.m. The Visitor Center is located at 524 North Main Street in downtown Suffolk.

REGULAR SCHEDULE: Wednesdays, 3 p.m.-6 p.m.; Fridays during TGIF Concerts at the Wharf, 4-7 p.m.; and Saturdays, 9 a.m.-1 p.m.

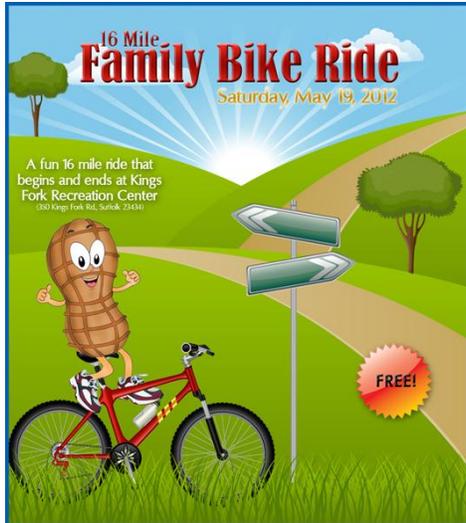


For more information or to become a vendor, contact the Suffolk Visitor Center at (757) 514-4130 or e-mail VisitSuffolk@suffolkva.us.

(more)

SATURDAY, May 19

Family Bike Ride



Join Suffolk Parks & Recreation and Suffolk on the Move for the fun Family Bike Ride on May 19, 2012, a fun 16-20 mile bike ride that begins and ends at Kings Fork Recreation Center, located at 350 Kings Fork Road, Suffolk, VA 23434.. Ride will depart promptly at 10 a.m. No one will be left behind; ride is at a leisurely pace. Helmets are required for all participants. Kids 12 and under must be accompanied by an adult. There will be on-site registration. For more information, contact Jason Pittman at (757) 514-7268

or jpittman@suffolkva.us. You may also visit us at www.Suffolkva.us/parks.

SATURDAY, May 19

Hershey Track and Field Meet



The Summer Olympics are fast approaching and you can participate in some of the same events in which the athletes in London will be competing. The Hershey Track and Field

Meet for Suffolk is set for the King's Fork High School track, located at 351 King's Fork Road, on Saturday, May 19, 2012, from 10 a.m. until 3 p.m. Boys and girls from ages 9 to 14 will be able to demonstrate their athleticism in running, throwing and jumping.

This is a FREE event which will qualify some participants to advance to the North American Final Track Meet in Hershey, Pennsylvania. Registration is required and will

(more)

run April 2 – May 19, 2012. All participants must provide proof of age and complete a registration and waiver forms. Competitors may register online at www.hersheystrackandfield.com or at the Suffolk Parks and Recreation Administrative Office at 134 South Sixth Street. For more information, call David Clark at (757) 514-7270 or email jclark@suffolkva.us.

SUNDAY, May 20

“Let’s Play in May” Pet Adopt-a-thon



Spring has sprung, and that means nice, warm days to play with a new furry best friend. There will be lots of potential best friends available at the adoption center at the North Suffolk PetSmart store, located at 6243 College Drive, Suffolk, VA 23435, on Sunday, May 20, 2012, from 11 a.m. to 3 p.m. Suffolk Humane Society volunteers will

available to talk with you about their organization and the adoptable animals at Suffolk Animal Control. This event is free and open to the public. For more information, call the Suffolk Humane Society at (757) 538-3030.

SUNDAY, May 20

heART & Soul of Downtown Suffolk: A Walkable Art Destination



The heART & Soul of Downtown Suffolk, a walkable arts destination, presents lots to do and see on Sunday, May 20, 2012, from 11 a.m. to 4 p.m. Watch artists at work, view artwork by youth and adult artists and enjoy brunch at the artsy Mosaic Café at the Suffolk Center for Cultural Arts.

The Suffolk Art Gallery will have Ryan Gothrup and his mobile Hot Glass Studio on the grounds at 118 Bosley Avenue, from 1-4 p.m. Mr. Gothrup is a visiting artist through the Virginia Museum of Fine Arts Statewide Outreach program. Watch him create blown glass forms.

In addition, five other area artists will be in the Suffolk Art Gallery demonstrating their media. This includes Basket Making by Sherry Matthews, Painting by John Taylor, Precious Metal Clay and Fused Glass Techniques by Cynthia Quesenberry, Wood Carving by Ed Morrison and Silk Painting by Angelia Armstrong.

Just off the main square, visit Shooting Star Gallery, 118 North Main Street, from 2-4 p.m. for the opening of "The Joy of Life" featuring four Hampton Roads women artists: Betsy Brothers and Nancy Dempsey, both of Suffolk, and Doris Jordan and Edith White of Norfolk. Through oils and watercolors, the exhibit chronicles the lives of these senior women with decades of life experience. This exhibition continues through June 30.

The Suffolk Center for Cultural Arts (SCCA) invites everyone to brunch at Mosaic Café from 11 a.m. to 3 p.m. A special heART & Soul menu is featured. Visit the Center's galleries from 1-4 p.m. and view "Me As a Child," held in conjunction with the Minds Wide Open statewide initiative, "Celebrating Children and the Arts 2012." This traveling exhibit features international children's art. Light refreshments will be available. While at the Center, be sure to stop in at Jester's Gallery Shop between 1-4 p.m. for original hand-made work by American artisans.

Other venues to visit include The Plaid Hatter, located at 116 W. Washington Street, where you can enjoy a taste of different teas to be featured in their new tea room, or The Plaid Turnip, located at 115 N. Main Street, for fine food and where local art is always featured on the walls. Also be sure to stop in at Rosa's Coffee Cantina, located at 149 N. Main Street, where an array of fine coffees and local artwork is featured.

(more)

There is no admission charge at these venues so come and enjoy the “heART & Soul of Downtown Suffolk, a walkable arts destination.”

For more information, contact the Suffolk Art Gallery at (757) 514-7284 or Suffolk Art League at (757) 925-0448.

###