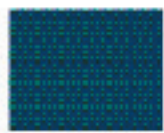


CLOSEUP Holt M. Livesay honored for his work at Paul D. Camp Community College. PAGE 4

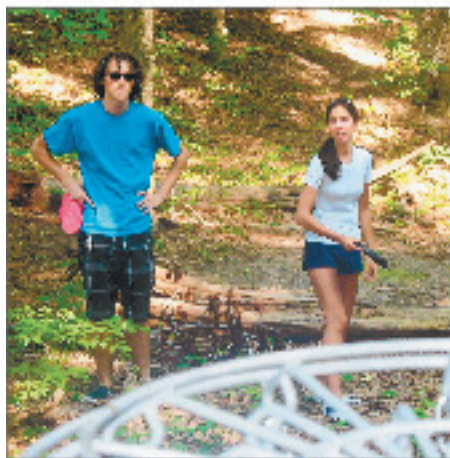
SPORTS Nansemond River football players prepare to turn program around. PAGE 6



SUN



FLYING DISC GOLF



VICKI L. FRIEDMAN | THE VIRGINIAN-PILOT

"Relax, have fun, laugh and don't be intimidated by the trees," advised Victoria Owen, right, who played the course at Bennett's Creek Park recently with friend Wren Tracy.

PLAY 18 HOLES IN SHADY BENNETT'S CREEK PARK. FREE.

By Vicki L. Friedman
The Virginian-Pilot

SUFFOLK

Sneakers are a must. Dab on some sunscreen. Money isn't necessary; it's free.

Just remember to bring your own disc. Then you're ready for a round of golf at Bennett's Creek Park.

Leave the clubs at home, though. These 18 holes are made for flying discs or, if you prefer, call them by their trademark name, Frisbees.

"Relax, have fun, laugh and don't be intimidated by the trees," advised Victoria Owen, a recent Western Branch High School graduate who, along with friends Andrew Moore and Wren Tracy, enjoyed the course buried in Bennett's Creek Park's 50 acres on a recent afternoon.

Never heard of flying disc golf? It's not terribly complicated. The Bennett's Creek disc golf course has fairways, water hazards - in this case a winding creek

See DISC GOLF. Page 5

PHOTOGRAPHY



JOSE HERNANDEZ

Jose Hernandez photographed these bald eagles fighting in March 2008. The image won an honorable mention in the 2008 National Geographic International Photography Contest.

Self-taught photographer documents his many interests

By James Thomas Jr.
Correspondent

Photographer, Jose Hernandez has seen the world through the lens of his camera for more than 30 years, and now the world is getting a glimpse at some of his work.

For example, there's a photo of three bald eagles fighting in midair over a fish in Alaska. It earned Hernandez of Carrollton an honorable mention in the 2008 National Geographic International Photography Contest.

Hernandez has never had formal training in photography, he said, nor had he ever entered a photo contest but only did so at the constant urging of friends and photographers fa-

miliar with his work. The eagle picture isn't even his favorite entry but a mere filler to complete the requirements of the contest.

"It (the picture) was like a last-minute thing," said Hernandez. "For the contest, we had to send in a landscape, a portrait or something with people and, of course, nature."

Hernandez became interested in photography in the early 1970s when he was president of the Hampton Roads Bird Club in Hampton. He bought a camera and darkroom kit and used his bathroom to develop his first pictures.

Soon after he began to take photo trips and ever since has travelled

See PICTURES. Page 4

■ "I do this for my mental health."

Jose Hernandez, photographer

ADOPT-A-THON

FIND YOUR NEXT PET AT WAL-MART SATURDAY, JULY 31

By Eric Feber
The Virginian-Pilot

It's nearly the weekend and time to review the Saturday-Wal-Mart shopping list:

Half-gallon of milk. Check.

Loaf of whole wheat bread. Check.

Paper towels. Check.

Jar of crunchy peanut butter. Check.

A new dog or cat for the family. Check and double check.

No, the store at 1200 N. Main St. in Downtown Suffolk isn't selling pet dogs or cats. But Saturday from 10 a.m. to 2 p.m., the Suffolk Humane Society, in conjunction with Suffolk Animal Control, will stage another of its Adopt-A-Thons.

"We've done several successful Adopt-A-Thons there before; in fact, we're thinking of scheduling one at the North Suffolk Wal-Mart," said Angela Chandler, president of the Suffolk Humane Society's Board of Directors. "There are so many people coming in and out of that store, and we're hard to miss. The patronage is there. And, if someone adopts a dog or cat, they can go into the store and buy the necessary (pet) supplies."

The society will set up outside next to the store's entrance, with up to seven dogs and anywhere from six

See PETS, Page 8



HOT DOG! IT'S SUMMERTIME!!!

The warm weather and sunshine can be fun, but it can also be hard on your pets. Remember to keep them cool, give them plenty of water and schedule their annual check up today!



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PETS

Continued from Page 1

to eight cats ready to be adopted.

"All will be from the animal shelter," Chandler explained. "It's another avenue for us to showcase their animals. We're bringing the shelter to the people."

Chandler said all animals up for adoption will be completely safe and healthy.

"They wouldn't open the shelter if they weren't comfortable with it," Chandler said, commenting on the recent parvo problems at the city's shelter. "They're very careful, and very proactive in handling any situation. They have high standards."

If it rains Saturday the event will be postponed and re-scheduled.

Chandler said the society will transport the dogs and cats to the Wal-Mart. There will be a volunteer handler for each animal, and a Suffolk Animal Control caretaker will be on hand to answer any questions.

Adoption fees are \$60 for cats and \$75 for dogs. That cost includes spay or neutering and all necessary shots.

"You can't get a better deal than that," Chandler remarked.

Interested individuals or families can adopt that day, and pay animal control. The dog or cat is then taken back to the shelter and immediately scheduled for the necessary spay or neuter procedure. While at the shelter, Chandler urges the new owners to visit their pet.

"I encourage the new families to come out and begin bonding with their new family member," she said.

Besides offering furry companionship, the humane society will also give out brochures and registration forms about its Second Annual Mutt Strut Dog Walk & Festival, scheduled Sept. 20 at the 66-acre Sleepy Hole Park, 4700 Sleepy Hole Road.

Co-sponsored by the city, the annual canine cavalcade will feature a fundraising dog walk. Chandler said last year's saw the participation of 333 walkers who each paid a \$15 registra-

going?

What Adopt-A-Thon

Where Wal-Mart, 1200 N. Main Street, Suffolk

When Saturday, 10 a.m. to 2 p.m.

Call 374-1476 or visit www.SuffolkHumaneSociety.com

tion fee and brought in pledge money, bringing in more than \$70,000 to benefit the humane society. This year's participation goal is 500 walkers, Chandler added.

The event will also include the Purina Incredible Dog Team, police and bomb dog demonstrations, canine games and contests, agility demos, raffles, food (for humans and pooches), prizes, exhibitors, vendors, a rabies clinic, vet corner, rescue groups, and shelter reps.

For more details about Saturday's Adopt-A-Thon or the Sept. 20th Mutt Strut, call 374-1476 or visit www.SuffolkHumaneSociety.com.

Eric Feber, 222-5203,

eric.feber@pilotonline.com

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