

NEW STUDENT SURVIVAL GUIDE


2009



2010

Courtesy
Regent University
Office of Student Services

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For **Emergencies only** (Ambulance, Fire, Police): **Dial 911**

Look in the 1st page of the *White Pages* of your phone book for other important numbers.

Banks:

- There are numerous banks and credit unions in this area. As university students, we're always trying to invest our fortunes and get the best return. We all know that students are rich, so if you have a lot of money to invest, speak to your financial advisor or meet with local bank representatives.
- Some of the banks and credit unions *closest* to Regent (not necessarily advocated) are:
 - Bank of America** (near Burger King on Indian River Rd.) 523-5140
 - Bank of Hampton Roads** (5472 Indian River Road) 366-8700
 - Bank of the Commonwealth** (1870 Kempsville Road) 479-3900
 - BB&T** (located across from Applebee's restaurant on Kempsville Rd.) 474-3780
 - Chartway** (1405 Stephanie Way) 552-1000
 - SunTrust Bank** (in Fairfield Plaza off Kempsville Rd.) 495-2796
 - Wachovia** (908 Kempsville Road) 486-9490

Churches:

- A list of churches is not presented here on purpose.
- Please visit the churches in the area to get a sense of the leadership, the people, and the ministries there.
- **The Shepherd's Guide (a Hampton Roads Christian Business Directory)** lists various local churches. Many of the churches have various ministries for singles, couples, single parents, support groups, outreach groups, etc. The SG itself also lists various ministries, groups, and events that you can participate in. You can pick up the SG at most grocery stores, Student Services and at the Regent Bookstore.
- Spanish Assembly of God Church (**Centro Evangelistico Hispano: # 474-2526**) at 1308 Kempsville Road near Indian River Road for those of you who are interested. Also, **Semilla** is a Latin American group that gets together for prayer and fellowship.

CAR REGISTRATION:

Motor Vehicles – 1-800-435-5137

- **Virginia Beach** – at 3551 Buckner Blvd.
- **Chesapeake** – 813 Greenbrier Pkwy
- **Norfolk** - 5745 Poplar Hall Dr. (near Military Circle Mall)

City Stickers –

- **Chesapeake** - (382-6281) City Treasurer, Great Bridge Municipal Center
- **Norfolk** - (441-2861) Commissioner of the Revenue, City Hall, 810 Union St. (off St. Paul’s Blvd)
- **Virginia Beach** - (427-4445) City Treasurer, 409 Kempsville Rd.
- **Portsmouth** – (393-8775) Commissioner of the Revenue, 801 Crawford St.
- **Suffolk** – (925-6420) Commissioner of the Revenue, 441 Market St.

UTILITIES:

Electricity – Dominion Virginia Power Co. **1-888-667-3000**

Natural Gas - Virginia Natural Gas **466-5550**

Phone – Verizon 954-6888 or **1-800-483-4000**

Cavalier Telephone **248-4000**

Cox Communications **222-1111 (Norfolk)**

Water - Water Operations **427-4631 (Virginia Beach), 382-6352 (Chesapeake),**

Internet - Cox Communications **222-1111 (Norfolk)**

EMPLOYMENT OPPORTUNITIES/AGENCIES:

On-Campus: CBN Job Hotline Founders Inn Regent Univ.

226-3850

366-5835

352-4490

Temp. Agencies:

AccuStaff Temp Services

Manpower

Snelling Personnel

Clerical: 465-5100

420-2782

497-7500

Industrial: 499-4111

430-1785

Headway Corporate Staffing

Technical: 431-0777 627-1106 518-0550

City Employment: (job hotlines - Personnel Depts.). Look in **blue pages** of phone book.

<u>Chesapeake</u>	<u>Va. Beach</u>	<u>Norfolk</u>
382-6416	427-3580	664-4010 ext. 352

Virginia Employment Commission:

<u>Chesapeake</u>	<u>Norfolk</u>	<u>Virginia Beach</u>
547-9717	455-3900	445-3900

Internet job sites:

www.monster.com www.careerbuilder.com www.careerconnection.com

Hospitals, Clinics & Psychiatric Care*

*(See Student Services <http://www.regent.edu/admin/stusrv/> for medical services and facilities covered under student health plan)

- **Clinics:**
 - Patient First - (523-4840) located on Indian River Rd., about 1/4 mile from Regent.
 - Sentara Health Center – (1-800-736-8272) call for nearest location.
 - Doctors on Call- (495-5003) located on Kempsville Rd., near Providence Rd.
- **Hospitals:**
 - Chesapeake General Hospital - (547-8121) 736 Battlefield Blvd. Chesapeake, VA
 - Sentara Leigh General Hospital - (668-3000) 600 Gresham Dr. Norfolk, VA
- **Psychiatric Care:**
 - Barry Robinson Center - (455-6100) 443 Kempsville Rd., Norfolk, VA (this is a children and adolescent only in-patient unit).
 - Christian Psychotherapy Service - a private practice counseling group with several locations. VA Beach (490-0377), Chesapeake (398-2881).
 - Eden Counseling – (466-3336), a private Christian counseling practice.
 - FHC-Tidewater Psychiatric Institute - (461-4565) 860 Kempsville Rd.
 - Regent University Psychological Services Center - Located in the Classroom Building Suite 161. A wide range of counseling services provided: Individual, family, marital, group therapy. Call 352-4488 for more details. Services are provided at no charge to Regent Students and Family.

Grocery Stores:

- **Farm Fresh** – One of several grocery stores in the area. Located in the Kemps River Plaza off Indian River Rd., and in the plaza on the corner of Kempsville Rd. and Volvo Pkwy, Woods Corner Plaza off Centerville Trnpk and Kempsville Rd., and on Greenbrier Pkwy. It's open 24 hours. Average prices and selection.
- **Food Lion** - one of the larger groceries in the area. Located in the Woods Corner Plaza off Centerville Trnpk and Kempsville Rd. Also located on the corner of Centerville Trnpk and Mt. Pleasant Rd., on the corner of Greenbrier Pkwy and Volvo Pkwy in Chesapeake and on Ferrell Pkwy, approximately 1 ½ miles from Regent. The produce is pretty good & prices are reasonable. Ask for an MVP card to receive special discounts.
- **Harris Teeter**- is a really nice grocery store located on Greenbrier Pkwy and off of Ferrell Parkway. This store has a great variety of foods, a good produce department and a great deli/bakery. This is where you can find the out of the ordinary items you need for a special meal. The only thing to be cautious of is the prices. They average about .30-\$1.00 more on some items. When a new Harris Teeter store opens, they have grand opening prices in ALL of the stores. Advice from this shopper: Watch the paper for sales and get a VIC card.
- **Kroger**- Quality between Food Lion and Harris Teeter. Off of Providence and Kempsville. Nice variety at an affordable price.

Food:

- **Regent Ordinary** – (1st floor of Student Center) offers students a wide variety of drinks and meal options. Everything from sandwiches, pizza, salad, and soup. Starbucks and Coke beverages offered. Breakfast served daily. **Monday-Friday:** 7 a.m - 8 p.m.
- **Fast Food** restaurants are all over the place. Within a short drive of Regent you can find a whole host of appetizing menus. The following list is just a few of the more popular ones:

Arby's on Indian River Rd. in the Kemps River Plaza

Boston Market (Greenbrier Parkway) chicken is the specialty, and the sides are great too. Drive through or dine-in. Coupon in Sunday paper generally.

Burger King (on Indian River Rd)

Captain D's Seafood (on Indian River Rd)

Fazoli's-(Greenbrier Parkway) Drive through Italian. Good and Cheap.

Chick-Fil-A Located on Indian River

Hardees - (on Kempsville Rd. near Providence Rd & Indian River Rd. near Providence Rd.)

KFC (on Kempsville Rd.)

McDonalds (on Kempsville Rd. off Centerville Trnpg or on

Indian River Rd. near Kempsville Rd.**this location closed temporarily for renovations*)

Pizza Hut (on Kempsville Rd.)

Shoney's Family Restaurant (on Indian River Road)

Taco Bell (on Indian River Road)

Waffle House (on Indian River Road)

Wendy's (located on Kempsville Rd. near Volvo Pkwy in Orchard Square Shopping Ctr. and on Providence Rd. off Kempsville Rd.)

Restaurant Dining: (many of these have lunch specials for around \$5)

- **3 Amigos** – Found in the shopping center at the corner of Centerville and Kempsville. Authentic Mexican, inexpensive and great service.
- **Abuelo's** – Great Mexican food. Opening fall 2008 near the Greenbrier mall.
- **Applebee's** - Located on Kempsville Rd. near Indian River Rd. Average portions and price.
- **Athens** - Greek food. Located on Centerville Trnpg about a mile from Regent Village Housing. Average portions and prices.
- **Bennigan's** - Bar and grill. Located on Lynnhaven Pkwy in VaBeach. Average prices/food.
- **Blue Crab Restaurant** - I've been told it's exquisite but not cheap. Located in Norfolk.
- **Buffalo Wild Wings** – Great wing and sports bar. Located in the Greenbrier area.

- **Camino Real**- Great Authentic Mexican Food. Located on Indian River. Low prices.
- **China Garden Express**-Located in Kemps River Crossing next to Eckerd. Good lunch menu, good prices and a lot of food.
- **DeVines Italian Eatery** – Crossways Shopping Center off of Greenbrier Pkwy. Great relatively inexpensive Italian food. Great place for lunch!
- **El Bravos** - Good Mexican food. Located in the Providence Square Plaza across from the Fairfield Plaza on Providence Rd. Generous portions and average prices.
- **Geisha Japanese Steakhouse** – Authentic Japanese cuisine prepared at your table. Reservations a must! Slightly more expensive prices. Located at Towne Place at Greenbrier.
- **Golden Corral** - Buffet. Adjacent to Applebee's. A good buffet and average prices.
- **International House of Pancakes (IHOP)** - Located on Kempsville Road next to the Kentucky Fried Chicken. Good breakfast/lunch menu with average prices.
- **Jason's Deli** – Deli sandwiches, pasta dishes, salad bar. Average prices. Located at Towne Place at Greenbrier.
- **Jewish Mother** - Good for breakfasts and sandwiches, but is best for their desserts! Locations at Laskin Rd. and Pacific Ave. as well as in Ghent and Portsmouth. Music/bands weekly. So-so atmosphere.
- **Moe's Southwest Grill** – Mexican/Southwest cuisine prepared fresh to order. Reasonable prices. Towne Place at Greenbrier.
- **Nawab** - Indian food. Located on Military Hwy. near the corner of Va. Beach Blvd. Average portions and prices. Wonderful taste and nice atmosphere. However, they have an idolic decor, so if you can enjoy your meal without asking questions, go for it.
- **Olive Garden** - Italian food. Located in the Greenbrier Mall Shopping plaza (outside of the mall just off Greenbrier Pkwy). Average portions and prices with a nice atmosphere.
- **Outback Steakhouse** - Bar and grill. Located in the Kemps River Plaza off Indian River Rd. (near K-K-Mart). Generous portions and average prices. So-so atmosphere.
- **Paradocks East Coast Grille** – Wings, shrimp, burgers, chicken. Average prices. Located at Towne Place at Greenbrier.
- **The Purple Cow** – Family restaurant featuring salads, burgers and reasonable prices. Towne Place at Greenbrier.
- **Ruby Tuesday** – American food. Located in the Kemps River Plaza off Indian River Rd. (but also can be accessed easily off of Centerville). Brand new with a great salad bar and lunch specials.
- **Sterling's Steakhouse** – Steak, seafood, prime rib. Wonderful atmosphere although slightly expensive. Located at Towne Place at Greenbrier.

Dry Cleaners:

- **Albano Cleaners.** Many of these are around. Some of the locations are in the Kemps River Center off Indian River Rd., in the Woods Corner Plaza off Kempsville and Centerville TrnPk., and in the Orchard Square Shopping Center on the corner of Kempsville Rd. and Volvo Pkwy.
- **Crossroads Cleaners** – Christian family owned (or at least used to be) on Ferrell by the Food Lion.
- **J’s Cleaners.** Located in the Providence Square off Kempsville Rd. near Providence Rd. Also located in the Woods corner Plaza. They tend to be inexpensive, and they’re not bad either.
- **Laundry World.** Located on Indian River Rd. a few miles past the I-64 overpass.
- **Quality Cleaners.** Located in the Kemps River Shops.
- **Zoots** – Located on Indian River Road

Laundromats:

Remember, ALL Regent University students can use the Laundromat in the Regent Village Community Building. It’s open 24 hrs. a day. Please call the Village at 226-4890 to gain access code. Note: it can be crowded on Sunday evenings!

- **In Va. Beach:**
Beach Coin Wash & Cleaners: 1021 Va. Beach Blvd., 491-9292
Laundry World: 921 Chimney Hill Shopping Center, 498-5909
Parkway Coin-op & Multiservice Laundry: Parkway Shopping Center 471-3133
R & J Family Laundromat: 6515 Auburn Dr. 424-0662
- **In Chesapeake:**
Coin Wash Laundry: 4319 Indian River Road, Chesapeake, 420-6114
Rainbow Laundromat: 2213 S. Military Hwy., 545-8546

Freebies:

- **KPC (Kempsville Presbyterian Church) Clothing Closet (495-8926)** gives away things from clothing to cars. Call the church and get the details.
- **Port Folio** is a local publication that lists, among other things, many different events that are taking place in the area (i.e., art galleries, music, theaters, etc.). It lists a weekly calendar of events and tells whether they are free to the public or if there are cover charges. You can pick up the publication just about anywhere (i.e., grocery stores, restaurants, coffee shops, etc.).
- **Local Newspapers** will also periodically list different events taking place in the area.
- **www.gohamptonroads.com** for highlights and community events.

Beach:

There are many beaches in the area, some more crowded than others. The quickest way to get to the main beach is to take I-64 West to 264 East to the end (that should put you onto 24th St.). The strip has all sorts of tourist type shops on Atlantic Ave. (where 264 East ends). There are a large variety of hotels as well as many nice (pricey and reasonable) restaurants.

- You can rent roller blades, bikes, motor scooters, and jet skis from a number of different vendors and shops.
- If you have some romantic flavor in you, you can take your significant other for a stroll on the sandy shore. There are miles of beach to walk. And, if you just want to hang out, you can sit on the boardwalk benches and watch people go by.
- One word of caution, it's probably not a good idea to hang out on the main strip late at night, especially if you're alone or female. The crowd tends to be a bit wilder in some spots even though the police patrol the area. Parking tickets are given out if you don't have a Va. Beach resident sticker. There are some spots where you can park for free-just make sure you read the signs near the curbs. These spots tend to be away from the main strip (i.e., near the Sheraton Hotel area).
- The city of Va. Beach sponsors many events at the beach during the summer (i.e., music, fireworks, etc.). A good place to find out what's happening is the local newspaper and its inserts.

Local Hang-Outs and Things to do:

Coffee House:

Barnes & Noble Cafe - located in the Barnes and Noble bookstore on Virginia Beach Blvd. and on Greenbrier Parkway about the same prices as First Colony.

Bean There Café – located in Towne Place at Greenbrier. Enjoy coffee and pastries at this quaint coffee shop.

Café Xpresso - Located in the Providence Square Shopping center at the corner of Providence Rd. and Kempsville Rd. It is small but has a nice atmosphere

First Colony - located in VaBeach (has other locations too). Also serves food. Tends to be a little expensive but quaint.

Regent Ordinary - Located first floor Student Center. Serves **Starbucks** (Espresso, Cappuccino) coffees.

Starbucks – Located across from the Greenbrier Mall on Eden Way and on Indian River Road.

Parks and Recreation:

State Parks: Call (1-800-933-Park) for information on Virginia State Parks.

Mt. Trashmore (497-2157) Believe it or not, this park was built on a heap of city trash! It's actually pretty and offers residents and visitors many recreational park amenities. You can easily see it from Rt. 264 and it's not that far from Regent. On July 4th, the city sponsors a fire works display there among other events. One way to get to this park is to take Indian River Rd. toward Kempsville Rd. and make a left. Go to Providence Rd. and make a right. Go to Edwin (the first light) and make a left. Drive a couple of miles or more and the park is on your right.

Cape Henry Lighthouse at Fort Story Army Base (422-9421) fee to climb to the top of the lighthouse. Also, visit the cross where the English colonists first landed in 1607 (FREE), and historical markers (FREE) at the top of the sand dune. Lighthouse climb fee - Adults \$4, children \$2. Open 10am-5pm daily. Have ID., registration, insurance proof and expect an auto inspection to get on the Army Base. Do not miss this historical place!

First Landing State Park, great for hiking or bicycling, wooden walkways going into swampy area with Spanish moss hanging from cypress trees, beautiful. Rangers have special educational tours (check schedule). 412-2300. Cabins and camp sites available, call 1.800.933.7275 or visit www.dcr.virginia.gov/state_parks/fir.shtml for more info.

False Cape State Park (426-3657), go past Sandbridge to get there. Hiking or bicycles only. You may see wild horses, deer, many waterfowl, nutria, feral pigs, fox and turtles. Park rangers give a bus tour in the evenings, every weekend. Also, paddle tours on weekends. Reservations required (small fee). Ask about astronomy on the beach! Other events each season. Visit www.dcr.virginia.gov/state_parks/fal.shtml for more info.

Back Bay National Refuge (721-2412) Visitor contact station open Mon.-Fri. 8am-4pm and Sun. 9am-4pm, Saturdays are closed. This refuge contains over 8,000 acres, situated on and around a thin strip of coastline typical of barrier islands found along the Atlantic and Gulf coasts. Habitats include beach, dunes, woodland, farm fields, and marsh. You will see a wide assortment of wildlife, including ducks, snow geese, loggerhead sea turtles, piping plovers, peregrine falcons, and bald eagles. Free to the public!

Norfolk Botanical Gardens (664-6879) near the airport. Beautiful every season. \$7 adults, \$6 seniors and military personnel, \$5 kids, includes the shuttle tour (boat tour add \$4). After 4:30pm you get in for \$5 per carload (no shuttle available after 4pm). For additional information visit www.norfolkbotanicalgarden.org/

Jamestown/Williamsburg-Scotland Ferry (800 823-3779) Drive your car on the ferry, 20 minutes ride across the river. FREE.

Knotts Island/ Currituck Ferry (1-800-By Ferry) Free! Do not miss this 45 minute ferry ride to North Carolina. Leaves Knotts Island at 7:00am, 10:00am, noon, 2: 00pm, 4:30pm, 6:30pm. Then you can drive back up through Chesapeake or take the returning ferry back to Knotts Island. Take a picnic lunch. For this and other N. Carolina ferry schedules call the number listed above. Visit www.ncferry.org for more info.

Carrie B Harbor Cruises at Waterside, Norfolk (393-4735) This boat has a 2 ½ hour narrated tour of the harbor including the Naval Base harbor. Adults \$18, Children \$9 (12 yrs and under). This is a GREAT tour by boat. www.carriebcruises.com/ Check schedule for tour times and stops and print your \$2 off coupon!

Regent Student Center Lounge Play Pool, Watch Television or just hang out! First floor student center building.

Museums:

Virginia Aquarium & Marine Science Center (425-3474) Huge seal tank, huge fish tank, huge shark tank, huge stingray tank (you can pet stingrays), huge otter tank, huge I-Max theatre and more. Waterway boat trip costs extra but is worth it. Entrance fee charged.

Historic Williamsburg ...great every season, but especially at Christmas. You do not have to buy a ticket to enjoy many FREE sites.

Yorktown Revolutionary War Battlefield. Do not miss this if you love history. Fee charged.

Fort Monroe, Hampton (788-3391) 10:30am-4:30pm daily. FREE. Fascinating history of this fort. Jefferson Davis was imprisoned here. Have ID., registration, insurance ready to get on the fort. www.hampton.va.us/fort_monroe/index.html

Mariners Museum, Newport News (596-2222) Very interesting, educational. Open 10am-5pm. Free concerts every year starting May 31st to June 28th at 6pm Thursdays (otherwise \$12.50-adult, \$7.25-children admission, discounts available). Very educational, lots of boats from all over the world. There is an exceptional exhibit of the relics of the USS Monitor from the Civil War Battle fame. www.marinersmuseum.org

USS Wisconsin Battleship at Nauticus in Norfolk (664-1000) This is also called The National Maritime Center. You can tour the battleship FREE. There is a fee for Nauticus, \$9.95-adults, \$7.50-children. It is recommended that you get the tape and headphones (about \$5) to listen to while walking around on the battleship. You will hear some of the veterans speaking on the tape describing Navy sea life and battles.

Children's Museum of Portsmouth (436-3853) Do not miss this if you have young children to treat. Great for both adults and kids! Be sure to take a camera. Admission is \$6 –adults/children, \$5-seniors, and children under 1 are free www.childrens-museum.org/

Chrysler Museum of Art, Norfolk (664-6200) Prices from \$5 - \$7 depending on age, etc. (kids under 12, free). On Wednesdays only from 10am-9pm admission is FREE. Some great and famous art and one of the best glass collections in the U.S. Closed Mon. and Tue.

The Hermitage Foundation Museum & Gardens (423-2052) Open Mon.-Sat.10am-5pm and Sun. 1pm-5pm. Closed on Wed. Admission fee applies to house tours only: \$5-Adults, \$3-college students (with ID), \$2-Kids (ages 6-18). No fee is required for children under 6, Active Duty Military Service Personnel, and Garden tours.

www.hermitagefoundation.org

Macarthur Memorial Museum, Norfolk (441-2965) If you like WW II history this is a great museum. New gallery exhibit of the release of POWs in the Japanese prisons in the Philippines. FREE (or donation).

Virginia Air and Space Museum, Hampton (727-0900) NASA exhibits. Also, Imax Theater – Tickets range in price from \$7-children to \$9-adults depending on age, discounts, etc. Imax theatre, additional fee. www.vasc.org

Naval Station Bus Tour, Norfolk Naval Station (444-7955 or 444-7637) See the mighty U.S. Navy ships. Excellent tour. Open 7 days a week, tours 10am – 2pm every 30 minutes. \$7.50-adults, \$5-kids, \$5-seniors. This tour really makes you appreciate those who lay down their lives for our freedom. Make certain you have a valid ID with you.

Places to See Outside of the Tidewater Area:

- **Busch Gardens** - located outside of Williamsburg, it's a fairly good amusement park, especially during the non-tourist season. Look for Exit 242 off I-64 towards Williamsburg. There should be signs directing you to the park. Anticipate about 1-1.5 hour ride one-way.
- **Chincoteague Island**-Located about 2 hours away on the Eastern Shore, quaint little town that hosts The Fireman's Carnival and the annual Pony Penning Day. They actually swim wild horses across a channel to the mainland where a certain number are auctioned.
- **Kings Dominion** - another large amusement park located near Richmond. Take I-64 toward Richmond, then I-295 toward DC, then I-95 North. Look for signs to the park. It's about a 2-hour ride one-way.
- **Outerbanks:**
 - Nags Head, NC* - resort type area located about 1.5 to 2 hrs. (one-way) from Va. Beach. It's pretty and the Wright Brothers Museum is located nearby. Take 64 East to Battlefield Blvd. (which is Rte 168 South). Take 168 South (merges with Hwy. 12) all the way to Nags Head.
 - Cape Hatteras Lighthouse*- approx. 1 hour south of Nags Head
- **Washington, DC** - about 3 hours from Va. Beach off Rte I-95 North. Take I-64 West toward Richmond, then I-295 toward DC, then I-95 North into DC.

- **Williamsburg** - about 1 hour from Va. Beach, and home of the College of William and Mary as well as many, many quaint shops. Take I-64 West toward Richmond and you'll see the signs.

Shopping:

Malls

- **Chesapeake Square Mall** – Take I-64 East, to 464 North, Then I-664 North, at exit 11B on Portsmouth Boulevard at Taylor Road in Chesapeake, Virginia.
- **Greenbrier Mall** - just off Volvo and Greenbrier Pkwy. It is surrounded by lots of restaurants and has a movie theater inside.
- **Lynnhaven Mall** - located on Lynnhaven Pkwy. Take I-64 West to 264 East and get off at the Lynnhaven South Exit. It also houses 2 levels of movie theaters.
- **MacArthur Center** - Newest and largest mall in downtown Norfolk. It has a large Regal Theater.
- **Military Circle Mall** – located on South Military Hwy. Take I-64 West to 264 West and get off at the Military Hwy exit.
- **Pembroke Mall** - located on Virginia Beach Blvd. near Independence Blvd. A smaller mall than the rest but it does house a movie theater.

Other Shopping Centers:

- **Berkley Commons Outlet Center**-Located just outside Williamsburg. Lots of shops for the bargain hunters! Take I-64 East to the Lightfoot exit and follow the signs. Shop stores like: Timberland, Liz Claiborne, Brooks Brothers, Mikasa, American Eagle, Etc.
- **Fairfield** - located on the corner of Kempsville and Providence Rd. This plaza has a TJ Maxx, The Bread Shop, Becky's Hallmark and lots of other stores.
- **Ghent** - a trendy little neighborhood near downtown Norfolk. Several shops and restaurants line Colley Ave. and 21st St. It's also the site of the Naro Theater. Take I-64 West to 264 West to Waterside exit. Go to Brambleton Ave. and make a left. Go to Colley Ave. and make a right.
- **Hilltop** - a hubbub of specialty shops and restaurants on Laskin Rd. in Va Beach.
- **K-Mart** – there are a few of these around too. The closest one is in Kemps River Plaza off Indian River Rd. There is another one located on Military Highway just off I-64 East.
- **Potomac Mills** - huge outlet shopping center located approximately 3 hours from Va. Beach, in Woodridge. I'm told it will take you the whole day to go through the entire center. There are many outlet stores there. Take Rte 95 toward DC and exit 156B
- **Office Max** - adjacent to K-mart (near the Military Hwy. location).
- **Sam's Club** - adjacent to Wal-Mart (near the I-64 East location on Battlefield). Must have a membership to enter and shop, although I think a member can take you as his/her guest.
- **Target** – one located in the Greenbrier shopping center and another one on Princess Anne Rd. just past Wal-Mart.

- **Wal-Mart** – there are a few of these around. One is located on Battlefield Blvd. between the I-64 East on-ramp and Volvo Pkwy. Another one is located on Military Hwy. off Indian River Rd. Another one is located near the Lynnhaven Mall Shopping Center. Newest location is the Super Wal-Mart on the corner of Princess Anne and Lynnhaven Pkwy.

Thrift Stores and Locations to Donate Unwanted Things:

King's Daughters (366-5437) thrift shop and donations.

Salvation Army (499-0032) thrift stores and donations.

Goodwill (499-1633) thrift stores and donations

Don't forget your local Church.

Movie Theaters:

- **Commodore Theater-** Beautiful theater in Portsmouth that serves food at your table - (393-6962)
- **Naro Theaters** - For more esoteric movies. It also has a video store nearby where you can rent foreign films if you're into that sort of thing. It's located in Ghent in downtown Norfolk on Colley Ave - (625-6275 or 6276)
- **Regal MacArthur Center 18** – Located in MacArthur Mall - 623-7800
- **Regal Pembroke Cinema 8** – Located in Pembroke Mall – 671-7664
- **Regal Columbus 12** - Located off of Virginia Beach Blvd.(Constitution Dr.) – 490-1439
- **Regal Cinema 13-** Greenbrier Parkway (Jarmin Road) - 420-3456
- **Cinema Café 4** – Located in Greenbrier Mall – 420-1311
- **Cinema Cafe** – located at Kemps River Plaza on Indian River Road east – 523-0990
 - There are many other theaters around (some are quite cheap, like the Columbus Theater). The local newspaper is the best place to see what's showing and where.
 - Regal Cinema discount tickets can be purchased in the Regent Bookstore.
- **AMC Lynnhaven 18** – located close to Lynnhaven Mall – 896-2330

Video Rentals:

- **Blockbuster Video** - located on Kempsville Rd. just off Indian River Rd. Also on the corner of Volvo and Greenbrier.
- **Hollywood Video-** Located by the Wal-Mart located on Princess Anne Rd.
- **Video Update** - Kempsville Rd. just past the Blockbuster and another located by Super Wal-Mart on Lynnhaven.

Health Clubs:

- **Bally's - (1-800-846-0256)** located behind the Greenbrier Mall. Memberships are expensive, but they're known to have state of the art equipment.
- **Gold's Gym** - Located off of Princess Anne Rd. or off of Greenbrier Parkway. State of the art fitness equipment. \$35/per month for Regent students.
- **Virginia REC Centers** - there's a bunch of these too. These are a great and cheap way to exercise. Residents pay about \$50 per year for membership (must show proof of residency). Some of the REC Centers are nicer than others. You can find them in the blue pages of the phone book under Va. Beach Recreation.
- **YMCA** - there's a bunch of these around here. One is located on Indian River Rd. directly across the street from the Founders Inn in the University Shops.

Books and Supplies:

- **Regent University Bookstore: (352-4065)** located in the Student Center on the first floor. It offers much more than textbooks and supplies. They will also cash a personal check (weekly only) for up to \$10 (requires a current ID).
- **Dominion Bookstore: (423-2665)** located on West 47th St. in Norfolk, across from Old Dominion University (ODU). Books (new & used) as well as supplies can be purchased at this store
- **1st and 2nd Year Students:** don't forget to check with the 2nd and 3rd year students regarding their previous textbooks. If you don't mind bright pink highlighting, you may be able to purchase a good used book for cheap. Not every 2nd or 3rd year student wants to keep all his or her books. And, some of them are very willing to lend you their books if you promise to take good care of them.

Information Specific to Regent University

- **ACLJ (American Center for Law & Justice): (352-2489)** Robertson Hall 4th floor.
- **King's Pantry: (352-4486)** at Regent Village Student Housing. It's a means of providing emergency food for students and others in the community. The food is free (but donations are accepted) If you take advantage of this ministry, the coordinator requests that you volunteer 1 to 2 hours each time you participate.
- **Parking on Campus:** You can park anywhere on and off campus (except CBN parking lots) as long as you have a parking permit (you'll get this during registration). A couple of points to keep in mind: 1) if you want a great parking spot (you know, the one right in front of the door), get here at 8:00 am (Not!) or around lunch time, 2) stay away from parking spots that are reserved. Security will actually fine you \$10 or have your car towed.
- **Regent/CBN Police Department: 226-2075**
- **Regent University Switchboard Operator: 352-4000/226-7000-CBN**
- **Regent Student Housing Office: 352-4890**

- **Study Carrels:** You can reserve a study carrel in the Library on a first come, first served basis. Just ask one of the reps at the circulation desk for details. Don't wait too long to do this as spaces are limited. And, the library is not always quiet in the main study areas.

Travel Agencies:

- **CI Travel: (424-6599)** located at the corner of Jarman Road and Crossways Road
- **AAA of Tidewater: (547-9741)** located at the corner of Kempsville Rd. and Battlefield Blvd.
- **Freedom Travel: (479-4798)** located in the Woods Corner Plaza.

Miscellaneous Information:

- **Cab ride** to the airport from Regent is approximately \$20. Limo services (vans) are also available
- **Gas & Car Wash:**
Indian River Car Wash - Located past Kempsville and Indian River Road Intersection.
BP gas station - Brushless car wash. Special discounts with a fill-up. Located on Indian River and Reon Road.
Texaco gas station - \$1 car wash w/8 gal. fill-up. Or for \$2 you can get some wax.
Wawa – Convenience and gas station located off Ferrell Parkway.
- **Haircuts:** There are numerous places to chop off your hair. Some give discounts to students. Ask them if they offer these discounts.
Hair Cuttery - many around. Relatively cheap prices (\$8 and up).
Regis - many around. They tend to be more expensive (\$13 and up).
 Look in the Yellow Pages for additional listings. Of course, you can try something new and let your hair grow while you're at school.
Andy's Barber & Beauty Salon – Indian River Rd. west.
Fairfield Barber Shop – Fairfield Shopping Center, 467-1687.
Rudy & Kelly's – located in the Greenbrier and Pembroke Malls
- **Local Paper: (446-9000)** Virginia Pilot (morning delivery)
- **US Post Office:** on the corner of Kempsville Rd. and Kemps River Dr., next to the Cinema Cafe.

Virginia Beach Visitor Center: (1-800-446-8038). Located at 2100 Parks Ave. across from the Pavilion Convention Center at the end of Rte 264 East. They're open from 9 a.m. to 8 p.m. seven days a week, and, if you request it, they'll mail you a visitor's packet to familiarize you with the area.