March, 2010
General Information

Time to Spring Forward:
Daylight Saving Time is just around the corner, which means the days are about to get longer! At 2:00 a.m. Sunday March 14, Daylight Saving Time will begin. Don’t forget to turn your clocks forward one hour before bedtime on Saturday, March 13th!

Reminder About New Health Insurance Waiver Requests Required Each Fall Term:
As of the Fall 2009 semester, all international students who do not wish to be charged for the University Student Health Insurance plan (Aetna) are required to apply for a Health Insurance Waiver and must provide proof of acceptable health insurance which meets the university’s requirements to the Director of Student Life at the beginning of every fall semester. Current pricing and details regarding the Aetna plan can be found online at: http://www.regent.edu/healthinsurance. All F-1 and J-1 visa holders will be automatically enrolled in and billed for the Aetna plan for the Fall 2010 semester unless they submit a new request for a waiver to the Director of Student Life. More details regarding the Health Insurance Waiver Request process will be included in the April/May OISS Newsletter. This requirement was implemented to assist international students by confirming health care coverage at the start of each academic year. If you have questions, please feel free to contact Ms. Carolyn Hughes at 757-352-4867.

Important Student Housing Reminder:
A friendly reminder from Regent University Student Housing that non-students may not reside in campus housing assignments (in Regent Commons or Regent Village). For this reason, all students who are graduating/completing their studies this May must vacate their campus housing assignments no later than July 31st, 2010. If this applies to you and you have not already submitted a notice to vacate by July 31st, 2010 please contact Ryan Brown, Director of Student Housing, at rbrown@regent.edu or 352-4898 as soon as possible.

March Birthdays
Happy birthday and blessings to the following students who were born in March:

Delores Guerrero-Rivera
Goorëka Okahaabwa
Elvia Damaris Salinas
Chelsea Thoms

Congratulations Frieder!
Congratulations to Frieder Dappen, UG Government Student, for his outstanding academic achievement and recognition in the Fall, 2009 Regent University Dean’s List! This is an honorary list for undergraduate students who achieve at least a 3.85 G.P.A. Way to go, Frieder!

Outgoing Students Feature Articles:

Oluwole “Wole” Oladele, May, 2010, M.S. Candidate

It’s really hard to believe that this is my last semester at Regent. I only have a few weeks left on this very beautiful campus. I’ve been at Regent since August of 2008 and I actually feel much more educated, informed and equipped than I was before I came here. So, I guess the educational investment was useful. But let’s see what the job market thinks of my new Masters degree. I’ve been told in the past that getting a new degree is like getting a brand new car. Once you drive a new car out of the dealership, it loses like 40% of its value...ha-ha! Okay, I’ve definitely had blessings as well as misfortunes over the last year and a half of being a Regent student – such is life – but, I prefer to focus on blessings here.

(Cont’d on pg. 2)
Ms. Chelsea Thoms, May, 2010, J.D. Candidate

My name is Chelsea Thoms and I am graduating this year from the law school at Regent. It is with a sigh of relief as well as a sigh of sadness that I finish up my degree and head back to Canada. I came here in 2007 and moved into a four bedroom suite in the Commons with two perfect strangers and one girl I had met briefly on a bus while at preweekend. That was the start of a season filled with many new friends, new experiences, and new challenges. I have felt more stretched through my time at law school than I ever expected, I have had more all nights and late nights than I ever expected, and I have felt a sense of accomplishment like I never expected. My two and a half years here in Virginia Beach have been filled with many ups and downs, many joys, many struggles and many new adventures. I have most appreciated the friends that I have made while being here, and will miss my friends more than anything else when I return to Canada. Thus, as I prepare to return to my country to practice law, I feel grateful for the people who have made Regent what it is. These are the people who have spoken into my life in various ways, people who have stayed up late studying with me to make it more bearable, people who have helped me reach my goals in whatever ways they could, people who have believed in me, and people who have been there for me. Regent, and my experience here, would not be what it is without its wonderful people.

Tax Filing Information & Assistance

► 8843 Forms Must be Filed by All F-1 and J-1 Students Who Were in the United States in 2009:

ALL international students who were physically present in the United States during the year 2009 are expected to complete an 8843 form “Statement for Exempt Individuals and Individuals With a Medical Condition” for the FEDERAL government – regardless of whether or not you received any U.S. income, scholarship, or grant funds in 2009. The 8843 form is used by the Internal Revenue Service to track the physical presence of international student visa holders in the U.S. for future tax filing purposes and must be completed by ALL F-1 and J-1 students who were physically present in the United States in 2009. The 8843 form can be completed through the special international student tax filing software called “CINTAX”, which was purchased by the OISS especially for your use. (See page 3 for details on how to apply for a CINTAX password.) However, the 8843 is a very simple and basic form that you should be able to complete on your own in just a few minutes without CINTAX. Failure to file the 8843 form could potentially result in problems with any future applications for U.S. Permanent Residency or Citizenship. You can go to the IRS website and print and complete the form yourself: www.irs.gov/pub/irs-pdf/f8843.pdf; or you can apply for a CINTAX password in the Student Services Office (SC201) to assist you with the 8843 form completion. Please see page 3 for the 8843 filing deadline and mailing address. You can also visit www.irs.gov for details.

► Watch Your Mail for Important Tax Forms (W-2s & 1042-S Forms):

Students who worked in the United States at any time during the year 2009 should have received some tax forms in the mail from their employers. One form that you might have received is called the “W-2” form. The W-2 shows how much money you earned in 2009 and how much money was withheld in taxes. Other students who received scholarship or fellowship grant funds in 2009 are likely to receive a 1042-S form. The 1042-S shows how much money you received in 2009 and how much money was withheld in taxes (if applicable). The W-2s were mailed in January, but the 1042-S forms were not mailed until February.

► W-2 Forms, 1042-S Forms, and 1040NR/NR-EZ Forms:

Students who received a W-2 form or a 1042-S form in the mail need to file a 1040NR or 1040NR-EZ for FEDERAL tax filing purposes and can use the CINTAX software to assist them with the filing of those FEDERAL forms. The CINTAX software will help you determine whether or not you need to file a 1040NR or 1040NR-EZ and which of the two forms you should use.

► Tax Filing Assistance Software Purchased for International Students:

Once again this year, the OISS has purchased a special tax filing software which our international students can use for a low cost of $15 per person. The software is called “CINTAX Complete International Tax Preparation Software” and will assist you with the filing of the FEDERAL 8843 and 1040NR/1040NR-EZ...
forms. (CINTAX does not assist with STATE tax filing.) The CINTAX software was created especially for foreign citizens who are completely unfamiliar with U.S. tax filing procedures. The $15 software fee is waived for new students who attended the Fall, 2009 International Student Orientation because the cost was included in the orientation fee. Regent staff members are not permitted/qualified to assist students with their individual tax filing, forms, and questions, so be sure to take advantage of the CINTAX software which the OISS has purchased for your use. Another alternative is to hire an off-campus international tax specialist/consultant to assist you with your tax filing obligations as a foreign national in the U.S. This may cost approximately $100-150. Some companies that assist with tax filing include:

- H&R Block: (757) 523-2356
- Liberty Tax Filing: (757) 467-5020
- Jackson Hewitt Tax Service: (757) 523-2500

**CINTAX Password Registration**

Passwords for the special international student tax filing software (CINTAX) will be available at the front desk of the Student Services Office (201 Student Center) starting on Monday, March 8 after 2 p.m. Checks for the CINTAX software passwords should be made payable to: “Regent University”.

**Students who are not in the local/Virginia Beach Area** and cannot apply for a CINTAX password in person must:

- Send an email to Leeanne (ljohnson@regent.edu) to notify her of their intention to purchase a CINTAX password; and
- Make the $15 check payable to “Regent University” and note on the check that it is for “CINTAX”; and
- Mail the $15 check to: OISS, Attn: Leeanne Johnson; Regent University, SC 201; 1000 Regent University Drive; Virginia Beach, VA 23464.

All students (local and non-local) will receive the CINTAX instructions by email once they register for a password.

**Deadlines & Mailing Address for the FEDERAL 8843 & 1040NR/1040NR-EZ:**

---For F-1 and J-1 students who did NOT receive any taxable or non-taxable wages, income, scholarship/fellowship/grant funds in 2009, but were physically present in the United States in 2009: The 8843 form should be filed, by itself, and the filing DEADLINE is June 15, 2010.

SPECIAL NOTE: If you are uncertain about whether you received taxable or non-taxable scholarship, fellowship, or grant funds, then it is best to file your taxes by the April 15, 2010 deadline.

---The **Mailing Address** for the FEDERAL 8843, 1040NR, and 1040NR-EZ forms is:

Department of the Treasury
Internal Revenue Service Center
Austin, TX 73301-0215

**▶ Interesting Statistics from Last Year on FEDERAL Tax Refunds from IRS:**

According to a CINTAX report, there were approximately 18 Regent students who completed FEDERAL tax returns through CINTAX last year. 12 out of 18 students received a “refund” from the IRS, and the average refund amount was approximately $292!!!

*How will YOU spend your refund this year?*

**▶ Importance of Photocopies:**

All students should make a photocopy of each tax form that you complete for your personal records before you mail them to the IRS and the Virginia Commissioner of Revenue. You should keep the copies for at least 3 years and use them as examples for after you graduate/return home because you may need to file taxes at that time. **Students who complete a STATE Income Tax Return** will need to make an additional photocopy of the completed 8843 and FEDERAL Income Tax Return (1040NR or 1040NR-EZ) to mail along with your STATE return. This is important! (Details on Virginia STATE tax filing are on pages 3-4.)

**▶ Virginia STATE Tax Filing Information (Form 760/760PY)**

Students who were employed in 2009 and received taxable wages (money earned from employment, internships, or assistantships), and students who received non-taxable wages (including money received from scholarships, grants, fellowships, dividend funds, etc.) would need to complete the 1040NR or 1040NR-EZ before they can determine whether or not they will need to file a Virginia STATE Income Tax Return. Rules regarding Virginia STATE tax filing were provided by the Virginia Beach Commissioner of Revenue’s Office and are as follows:

**Residents** (including dependents and students) must file an individual Virginia STATE income tax return if:

---Single, & Virginia adjusted gross income is $11,250 or more; or
Virginia adjusted gross income is your federal adjusted gross income (which can be found on the FEDERAL 1040NR/1040NR-EZ income tax return once you complete that form) plus any Virginia additions, minus the Age Deduction and any Virginia subtractions. Complete lines 1 - 9 of Form 760 to compute your Virginia adjusted gross income. Virginia adjusted gross income does not include standard or itemized deductions, the child and dependent care expense deduction, personal exemptions, or other deductions from income.

Nonresidents with income from Virginia sources are subject to the same filing requirements as residents. This means that the filing threshold for a nonresident is determined by Virginia adjusted gross income computed as a resident (see line 10 of Form 763), including income from all sources. The filing threshold for a nonresident cannot be based solely on income from Virginia sources.

Part-Year Residents are also subject to the same filing requirements as residents. In computing Virginia adjusted gross income for a part-year resident (see line 10 of Form 760PY), the Virginia subtractions include the subtraction for income received while living in another state.

Special Note: If you worked in Virginia and had Virginia withholding you should file a return to get all of your withholding back, even if you are under the filing threshold.

**Mailing Address & Deadline:** For students who live in Virginia Beach, the 760/760PY Virginia STATE Income Tax Forms should be mailed with a copy of the 8843 and a copy of your complete FEDERAL Income Tax Return (1040NR/1040NR-EZ) to this address:

Commissioner of Revenue
2401 Courthouse Drive, Bldg. #1
Virginia Beach, VA 23456-9002

**The STATE Tax Filing DEADLINE is: May 1, 2010**

For more information you can go to the Virginia Department of Taxation website @ www.tax.virginia.gov

**Assistance with STATE Tax Filing**

Assistance with the STATE Income Tax Filing can be obtained through the Virginia Beach Commissioner of Revenue’s Office at: 2401 Courthouse Drive Building #1 in Virginia Beach. The office is open from 8 a.m. – 5 p.m. and the best time to go for assistance is early morning. For further questions, please call: 385-4483.

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Important Immigration Information

Attention May Graduates & Program Completers-- Program Completion Forms & On-Campus Employment Termination:

All F-1 students who will graduate/complete their academic/degree programs in May must complete a “F-1 Student Program Completion Form” and submit it to the OISS by March 15, 2010. J-1 students who are completing their studies and returning home this spring, must complete the “J-1 Student Notification of Departure Form” and submit it to the OISS at least 2 weeks prior to your departure

Attention All F-1/J-1 Students-- I-20/DS-2019 End-Dates & Program Extensions:

Please check your Form I-20 (section 5)/DS-2019 (front page). If, for any reason, you will not complete your degree by the date listed there, you must apply for a “Program Extension” at least 30 days before the end-date listed on the I-20/DS-2019. If you qualify for an extension, a new I-20/DS-2019 will be issued to you with a revised...
program end-date. For the extension application, you will need to submit paperwork from your academic department, and you will need to show recent financial documents. This will take several weeks to prepare, so please plan accordingly. Students who do not request an extension at least 30 days before the program end-date on their I-20/DS-2019 could fall out of lawful F-1 immigration status and may not be able to complete their degrees. Application packets for F-1 & J-1 Program Extensions” are available at the OISS and online at: www.regent.edu/admin/stusrv/iss/onlineform.cfm. Please take care of this important matter as soon as possible. For questions, please call Leeanne Johnson at 352-4130.

Getting Involved & Upcoming Events

I-Connect: Connecting American and International Students.

The I-Connect program is getting ready to kick off again for the next school year. The OISS appreciates everyone who volunteered to participate in the program this last school year. It has been a learning experience for all and we are hoping to see some improvement in this coming year. If you are interested in participating in the program for the 2010-2011 school year, more information can be found under the “Current Student” link at: www.regent.edu/oiss.

OISS Information Sessions & Special Events for the Spring, 2010 Semester:

The OISS Spring, 2010 Information Session & Special Events Calendars were mailed to all students in January and are located on the OISS website under “Newsletters and Information Sessions”. All times, dates, and locations are included. May, 2010 F-1 student graduates who wish to apply for OPT should check the calendar for the mandatory OPT session dates and details. The same goes for J-1 students who are planning to apply for Academic Training this spring. F-1 students who wish to apply for Curricular Practical Training in order to do a mandatory internship will also need to attend a CPT session this spring. Here are the Information Session offerings for March:

► Money Saving Tips
Monday, March 8, 12:00 p.m., 252, Student Center

► F-1 Student Curricular Practical Training
Friday, March 12, 12:00 p.m., 252, Student Center

► F-1 Student Optional Practical Training
Friday, March 19, 1:00 p.m., 252, Student Center

► J-1 Student Academic Training
Friday, March 26, 12:00 p.m., 252, Student Center

OISS Trip to Williamsburg—Saturday, April 10:

The OISS will be sponsoring a trip to Jamestown & Colonial Williamsburg this April for Regent’s international student visa holders! Williamsburg is located in the middle of Richmond and Virginia Beach and is about 1 hour away by car. Spaces are limited and will be available on a first-come, first-serve basis. Please be sure to check your weekly emails from the OISS for more details. If you would like to attend this trip, please email Leeanne Johnson at ljohnson@regent.edu by Wednesday, March 31. (Other students will be invited if space permits after the RSVP deadline.)

ISO Board Positions, Garden Party, & Spring Elections

ISO Board Elections are coming up in April! There are five ISO board positions in total: President, Vice President, Treasurer, Secretary, and Public Relations Officer. If you have a servant heart and a strong desire to assist others, please consider this potential calling to serve your fellow students as an ISO board member & student leader. Tuition scholarships are granted to ISO board members for the time and service they provide. On Saturday March 27, 2010, the current ISO board will hold a special “Garden Party” where the candidates for the 2010-2011 board positions will have the opportunity to say a few words regarding their experiences and interests in the positions in which they wish to run. The event will be held from 5-7 p.m. at the Regent Ordinary Patio. This is a terrific way to get involved with the international student and Regent communities; to develop important leadership skills; and to serve your brothers and sisters in Christ. If you plan to attend this event, please send your RSVP to ISO by Wednesday, March 10 (iso@regent.edu). The online election for the 2010-2011 ISO board positions will be held on Tuesday, April 6. For more information, contact the current ISO board at iso@regent.edu.

ISO Garden Party & Graduate Appreciation—Saturday, March 27, 5:00 – 7:00 pm Regent Ordinary Patio

This year’s Garden Party will take the time both to honor the graduates and provide the opportunity for emerging leaders of the International Student Organization to say a few words and share their campaign thoughts. This event will also give our international students the opportunity for fellowship over food and games. Please mark your calendars for this event which will be a climax of the year for international students, and be sure to send your RSVP to iso@regent.edu by the March 10 deadline.

Spring, 2010 ISO Board’s Office Walk-in Hours:

Enoch: Monday – 1:30 to 3:30 pm
Muyiwa: Monday - 10 am to 12 pm
Frieder: Friday - 9 to 11 am
Wole: Thursday - 10 am to 12 pm
Lemuel: Wednesday - 4 to 6 pm

Please feel free to email us at iso@regent.edu.