

New Student Survival Guide

2015-2016



Courtesy of



REGENT
UNIVERSITY

Office of Student Services

Regent University's Office of Student Services

Table of Contents

Emergencies	2
Banks.....	2
Churches.....	2
Car Registration/Property Tax	2
Utilities.....	3
Employment Opportunities/Agencies.....	3
Hospitals, Clinics & Psychiatric Care.....	4
Grocery Stores.....	5
Food.....	5
Restaurant Dining	6
Dry Cleaners	7
Laundromats.....	7
Freebies	8
Beach.....	8
Local Spots.....	8
Parks & Recreation	9
Museums	10
Places to See Outside the Tidewater Area.....	11
Shopping	12
Thrift Stores & Places to Donate Items	13
Movie Theaters	13
Video Rentals	13
Health Clubs.....	13
Books and Supplies.....	14
Information Specific to Regent University.....	14
Travel Agencies	14
Miscellaneous Information	14

Emergencies

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

Campus Police (non-emergency): 757.226.2075

University Health Center (Urgent Care): 757.352.4953

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 the area. As university students, we're always trying to invest our fortunes and get the best return. Speak to your financial advisor or meet with local bank representatives about investments.

**Some of the banks and credit unions *closest* to Regent are:

- **Bank of America** 1370 Fordham Drive (near Burger King on Indian River Rd) 757.523.5147
- **Bank of Hampton Roads** 5472 Indian River Rd | 757.366.8700
- **Southern Bank and Trust Co.** 1870 Kempsville Rd | 757.446.6950
- **BB&T** 1433 Kempsville Rd. (located across from Applebee's restaurant on Kempsville Rd.) 757.474.3280
- **Chartway Federal Credit Union** 1405 Stephanie Way | 757.552.1000
- **SunTrust Bank** 849 Kempsville Rd. (in Fairfield Plaza off Kempsville Rd.) | 757.495.2796
- **Wells Fargo Bank** 905 Kempsville Road – 757.486.9490

Churches

While the University does not endorse specific churches, a listing of area churches attended by Regent students can be found through the Campus Ministry tab once you log-in to MyRegent. We highly recommend that you visit the churches in the area to get a sense of the leadership, the people, and the ministries they offer.

The Shepherd's Guide (a Hampton Roads Christian Business Directory) lists local churches. Many of the churches have various ministries for singles, couples, single parents, support groups, outreach groups, etc. The SG itself also lists ministries, groups, and events in which you can participate. You can pick up the SG at most grocery stores, the Student Center, and the Regent Bookstore.

Car Registration/Property Tax

Department of Motor Vehicles: 804.497.7100

Hours of Operation: Mon.-Fri.: 8:00 a.m. - 5:00 p.m. | Sat.: 8:00 a.m. - 12:00 p.m.

DMV Virginia Beach Location

3551 Buckner Boulevard
Virginia Beach, VA 23453-5101

DMV Norfolk Location

5745 Poplar Hall Drive
Norfolk, VA 23502-3813

DMV Chesapeake Location

813 Greenbrier Parkway
Chesapeake, VA 23320-3647

Personal Property Tax

- **Chesapeake:** City Treasurer, Great Bridge Municipal Center, 306 Cedar Rd. | 757.382.6281
- **Norfolk:** Commissioner of the Revenue, City Hall, 810 Union St. (off St. Paul's Blvd) 757.664.7884
- **Virginia Beach:** City Treasurer, 2401 Courthouse Dr. | 757.385.4445
- **Portsmouth:** Commissioner of the Revenue, 801 Crawford St. | 757.393.8771
- **Suffolk:** Commissioner of the Revenue, 441 Market St. | 757.514.4260

Utilities

- **Electricity:** Dominion Virginia Power Company – 1.866.DOM.HELP (1.866.366.4357)
- **Natural Gas:** Virginia Natural Gas – 1.866.229.3578
- **Phone:**
 - Verizon:** 1.800.VERIZON (1.800.837.4966)
 - Cavalier Telephone:** 1.800.291.9699
 - Cox Communications:** 757.224.1111
- **Water:** Public Utilities
 - Virginia Beach:** 757.385.4171
 - Chesapeake:** 757.382.6352
- **Internet:**
 - Cox Communications:** 757.224.1111
 - Verizon:** 1.800.VERIZON

Employment Opportunities/Agencies

- **On-Campus:**
 - CBN Job Hotline:** 757. 226.3850
 - Founders Inn:** 757.366.57785
 - Regent University:** 757.352.4070 or www.regent.edu/jobs (Student Employment)
- *There is also a job board located outside of the Financial Aid office on the second floor of the Student Center.*

➤ **Off Campus:**

- **City Employment:** (More information in **blue pages** of phone book.)
 - Virginia Beach: 757.385.4157
 - Chesapeake: 757.382.6492
 - Norfolk: 757.664.4010 ext. 352
- **Virginia Employment Commission:**
 - Virginia Beach: 757.455.3960
 - Chesapeake: 757.558.4455
 - Norfolk: 757.455.3900
- **Temp. Agencies:**
 - Randstad: 757.557.0133
 - Manpower: 757.420.2782
 - Headway Corporate Staffing: 757.827.7890
- **Internet job sites:**
 - www.monster.com
 - www.careerbuilder.com
 - www.careerconnection.com
- **University Career Services:** www.regent.edu/cs (CAREERLink)

Hospitals, Clinics & Psychiatric Care

- **Clinics:**
 - Regent University Health Clinic** (for housing students) – Room 103 of Constitution Hall in the Regent Commons | 757.352.4953
 - Patient First:** located on Indian River Rd., about 1/4 mile from Regent | 757.424.2490
- **Hospitals:**
 - Chesapeake General Hospital** - 736 Battlefield Blvd. Chesapeake, VA | 757.312.8121
 - Emergency Services: 757.312.6128
 - Sentara Leigh General Hospital:** 830 Kempsville Rd Norfolk, VA | 757.261.6000
- **Psychiatric Care:**
 - Staff Counselor, Robbie Kuschel:** Student Center, Suite 218 | 757.352.4101
rkuschel@regent.edu
 - Christian Psychotherapy Service**
 - Chesapeake: 757.312.8002

Virginia Beach: 757.490.0377

Eden Counseling: 6330 Newton Road, #300, Norfolk, VA | 757.466.3336

Virginia Beach Psychiatric Center: 1100 First Colonial Road, Virginia Beach, VA
757.496.6000

Regent University Psychological Services Center (PSC): Classroom Building (CRB),
Suite 188 | 757.352.4488

Grocery Stores

- **Food Lion:** MVP card for member discounts.
 - 801 Volvo Pkwy
 - 5020 Ferrell Pkwy
 - 1920 Centerville Tnpk.
 - 6527 College Park Sq.
- **Farm Fresh:** Most locations open 24 hours.
 - 1400 Fordham Dr.
 - 1400 Kempsville Rd.
- **Kroger**
 - 5237 Providence Rd.
- **Harris Teeter:** More upscale grocer. VIC card for member discounts. Great place for “hard to find” items!
 - 5060 Ferrell Pkwy
- **Walmart Neighborhood Market**
 - 1832 Kempsville Rd.

Food

Regent Ordinary

Located on the first floor of the Student Center, the Regent Ordinary offers a wide variety of drink and meal options - everything from sandwiches, pizza, salad, and soup. Starbucks beverages are available at 10 – 15 cents less per cup. Breakfast served daily. Meal cards are available at www.regent.edu/mealcard.

Hours of Operation: Monday-Friday: 7 am - 8 pm

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 are just a few of the more popular fast food eateries:

Arby's: 5316 Indian River Rd.

Boston Market: 1300 Greenbrier Parkway

Burger King: 1386 Fordham Rd.
Captain D's Seafood: 5670 Indian River Rd
Chick-Fil-A: 5409 Indian River Rd.
Chipotle Mexican Grill: 836 Eden Way North
Fazoli's: 1204 Greenbrier Parkway
Hardees: 836 Kempsville Rd.
KFC: 1300 Fordham Rd.
McDonalds: 1828 Kempsville Rd.
Moe's Southwest Grill: Fairfield Shopping Center.
Panera Bread: 1140 North Military Highway
Pizza Hut: 1328 Fordham Rd.
Shoney's Family Restaurant: 5668 Indian River Road
Taco Bell: 1360 Fordham Rd.
Waffle House: 5656 Indian River Road
Wendy's: 5233 Providence Rd.

Restaurant Dining - (many of these have lunch specials for around \$6)

3 Amigos: Corner of Centerville and Kempsville. Authentic Mexican, inexpensive and great service.

Abuelo's: Great Mexican food. Near Greenbrier Mall.

Applebee's: Located on Kempsville Rd. near Indian River Rd. Average portions and price.

Athens Pizza: Greek food. Located on Centerville Trmpk about a mile from Regent Village Housing. Average portions and prices.

Aunt Dorian's (Soul Food Restaurant): Lynnhaven and Greenbrier Malls

Big Sam's Inlet Café and Raw Bar: Great locals' restaurant.

Blue Crab Restaurant: 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 Kems 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!

Geisha Japanese Steakhouse: Authentic Japanese cuisine prepared at your table. Reservations a must! Slightly more expensive prices. Located at Towne Place at Greenbrier.

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! Music/bands weekly. So-so atmosphere.

Mahi Mah's: Great seafood, above average prices. Amazing oceanfront view.

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.

No Frill Grill: Ghent in Norfolk

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.

Quizno's: Sub sandwiches. Located in Kemps River Plaza.

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.

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 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

Students who live in Regent Commons and Regent Village have access to laundry facilities at no additional fee per use. The laundry rooms are located on the first floor in Constitution and Foundation Halls, and in the Community Room in the Village.

In Virginia Beach:

Beach Coin Wash & Cleaners: 1021 Va. Beach Blvd | 757.491.9292

Laundry World: 921 Chimney Hill Shopping Center | 757.498.5909

Parkway Laundry: 1949 Lynnhaven Pkwy | 757.416.0116

R & J Family Laundromat: 6515 Auburn Dr. | 757.424.0662

In Chesapeake:

Coin Wash Laundry: 4319 Indian River Road, Chesapeake | 757.420.6114

Rainbow Laundromat: 2213 S. Military Hwy. | 757.545.8546

Freebies

KPC (Kempsville Presbyterian Church) Clothing Closet gives away things from clothing to cars. Call the church to get the details. 757-431-4523

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.hamptonroads.com for highlights and community events.

www.groupon.com find great deals for the Hampton Roads area (and many other locations too!)

Beach

There are many beaches in the area. The quickest way to get to the main beach is to take I-64 West to 264 East to the end (that will put you on 24th St.). The Strip (Atlantic Avenue) has all sorts of tourist shops. There are a large variety of hotels as well as many nice 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.
- The city of Virginia 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 Spots

Barnes & Noble Café: located in the Barnes and Noble bookstore on Virginia Beach Blvd. and on Greenbrier Parkway.

Café Moka: located on the corner of Centerville Road and Lynnhaven Parkway

Bean There Café: located near MacArthur Mall

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

Regent University Coffee Shop: Student Center, First Floor (Expected to open in Fall 2015)

Regent Student Center Lounge: play pool, watch television or just hang out! Student Center first floor

Panera Bread:

- 1397 Fordham Dr. in Virginia Beach
- 1412 Greenbrier Pkwy. in Chesapeake

Skinny Dip Frozen Yogurt: located in the Providence Square shopping center

Starbucks: located on Indian River Road.

Parks and Recreation

- **State Parks** - Call 1.800.933.PARK for information on Virginia State Parks
- **Mt. Trashmore:** 757.473.5237

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 fireworks 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:** 757.422.9421

There is a 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:** 757.412.2300

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). 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:** 757.426.7128

Go past Sandbridge and Back Bay National Refuge 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:** 757.721.2412

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. Kayak/Canoe Launch into the bay.

➤ **Norfolk Botanical Gardens:** 757.441.5830

Near the Norfolk 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.VA.FERRY

Park your car on the ferry and take a 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** – 757.393.4735

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!

Museums

➤ **Virginia Aquarium & Marine Science Center:** 757.385.3474

Huge seal tank, fish tank, shark tank, stingray tank, otter tank, 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**

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:** 757.596.2222

Very interesting, educational. Open Wed.- Sat. 10am-5pm. Free concerts every year starting May 31st to June 28th at 6pm Thursdays (otherwise \$12-adult, \$7-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:** 757.664.1000

This is also called The National Maritime Center. You can tour the battleship FREE. There is a fee for Nauticus, \$11.95-adults, \$9.50-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. www.nauticus.org

➤ **Chrysler Museum of Art, Norfolk:** 757.664.6200

Admission is free all day, every day. Some great and famous art and one of the best glass collections in the U.S. Closed Mon. and Tues. www.chrysler.org

➤ **The Hermitage Foundation Museum & Gardens:** 757.423.2052

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:** 757.441.2965

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). www.macarthurmemorial.org

➤ **Virginia Air and Space Museum, Hampton:** 757.727.0900

NASA exhibits. Also, Imax Theater. Tickets range in price from \$8.50-children to \$10.50-adults depending on age, discounts, etc. Imax theatre, additional fee. www.vasc.org

➤ **Naval Station Bus Tour, Norfolk Naval Station:** 757.444.7955 or 757.444.0948

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, is 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** is 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.

➤ **Outer Banks**

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** is 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** is 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

Berkeley 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 hub of specialty shops and restaurants on Laskin Rd. in Va Beach.

K-Mart– the closest one is in Kemps River Plaza off Indian River Rd.

Potomac Mills: huge outlet shopping center located approximately 3 hours from Va. Beach, in Woodridge. It will take you an entire day to go through the center. There are many outlet stores. Take Rte 95 toward DC and exit 156B

Office Max: adjacent to K-mart (near the Military Hwy. location). Also on Greenbrier Pkwy

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-

- 1316 Greenbrier Pkwy in Chesapeake
- 2060 S Independence Blvd in Virginia Beach

Wal-Mart-

- 1501 Sam's Circle in Chesapeake
- 2021 Lynnhaven Pkwy in Virginia Beach
- 1170 North Military Hwy in Norfolk

Thrift Stores/Donation Centers

King's Daughters – 757.425.5437

Salvation Army - 757.468.0185

Goodwill - 757.499.1633

*don't forget your local Church.

Movie Theaters

There are many theaters in the area. 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.

Naro Theaters- For more esoteric movies. It also has a video store nearby where you can rent foreign films. Located in Ghent in downtown Norfolk on Colley Ave, 757-625- 6276

Regal MacArthur Center 18: MacArthur Mall | 757.623.7500

Regal Pembroke Cinema 8: Pembroke Mall – 757.671.7469

Regal Columbus 12: 104 Constitution Dr., Virginia Beach, VA | 757.490.8181

Regal Cinema 13: 600 Jarman Rd., Chesapeake, VA | 757.420.0105

Cinema Café 4: Greenbrier Mall | 757.523.7469

Cinema Café: 1220 Fordham Dr., Virginia Beach, VA | 757.578.3435

AMC Lynnhaven 18: Lynnhaven Mall | 757.896.2330

Commodore Theater (Full Service Dine-In): 421 High St., Portsmouth, VA | 757.393.6962

Cinemark Military Circle Mall: 880 N. Military Highway, Norfolk, VA | 757.461.9197

Video Rentals

Red Box- Check www.redbox.com for locations and movie availability.

Health Clubs

Anytime Fitness: 5300 Kemps River Dr., Virginia Beach, VA | 757.233.0240

Bally's: 1501 Mall Ring Rd., Chesapeake, VA | 1.800.515.CLUB (2582)

Gold's Gym: 3809 Princess Anne Rd., Virginia Beach, VA | 757.471.6900

OneLife Fitness: 600 Jarman Rd., Chesapeake VA | 757.424.1600

Planet Fitness: 3877 Holland Rd., #426, Virginia Beach, VA | 757.275.8315

Virginia REC Centers: www.vbgov.com/parks

YMCA: 5660 Indian River Rd., Virginia Beach, VA | 757.366.0488 **discounts to Regent students

Books and Supplies

Regent University Bookstore: regent.edu/bookstore

Regent University Merchandise: Student Center, First Floor

Dominion Bookstore: W. 47th St., Norfolk, VA | 757.683.0048

1st and 2nd Year Students – all over campus!

Amazon.com

Information Specific to Regent University

ACLJ- American Center for Law & Justice – Robertson Hall, 4th Floor – 1.800.296.4529

Campus Parking - Visit www.regent.edu/parking for a complete rundown on University Parking Policies and Procedures. A couple of points to keep in mind:

1. If you want a great parking spot, get here at 8:00 am or around lunch time.
2. **DO NOT** park in spots that are reserved. Campus police will fine you \$50+ (\$100 for parking in the Student Center lot, and \$150 for parking in handicapped spaces) and may even have your car towed.

Regent University Switchboard Operator: 757.352.4000/226.7000 (CBN)

Regent Student Housing Office: 757.352.4890

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. Keep in mind that spaces are limited and the library is not always quiet in the main study areas.

Travel Agencies

CI Travel: 3980 Virginia Beach Blvd., Virginia Beach, VA | 757.627.8000

AAA of Tidewater: 1023 Battlefield Blvd., Chesapeake, VA | 757.963.1222

Freedom Travel: 2655 Browning Dr., Virginia Beach, VA | 757.479.4798

Miscellaneous Information

Taxi Service 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 - Brushless car wash: Special discounts with a fill-up. Located on Indian River and Reon Road.

Texaco: \$1 car wash w/8 gal. fill-up. Or \$2 you can have your car waxed.

Wawa: Convenience and gas station located off Ferrell Parkway.

Haircuts - ask for student discounts.

Jazzy Hair Salon: 5660 Indian River Road #111 | 757.455.8683

Hair Cuttery: many around. Relatively cheap prices (\$8 and up)

Fairfield Barber Shop: Fairfield Shopping Center | 757.467.1687

Rudy & Kelly's: located in the Greenbrier and Pembroke Malls

US Post Office: 1225 Kempsville Rd., Virginia Beach, VA