

A full-page background image showing a sunset over a body of water. The sun is a bright white circle just above the horizon, casting a long, shimmering reflection on the water. The sky is filled with horizontal bands of orange, yellow, and red clouds. Numerous small birds are scattered across the sky, mostly concentrated around the horizon line. The overall mood is serene and scenic.

Experience *the* 757

2020

H A M P T O N R O A D S
CHAMBER

CELEBRATING MORE THAN 400 YEARS



Governor's Palace, Williamsburg



Atlantic Intercoastal Waterway between
the Chesapeake Bay and Albemarle Sound



Early Colonial soldiers



GREETINGS

From the Hampton Roads Chamber

Welcome to *Experience the 757*, a magazine highlighting one of the best places in the world. That's what we truly believe here at the Hampton Roads Chamber. As the region's premier business organization dedicated to setting the conditions for businesses to succeed, we know that helping to build an amazing quality of life for our residents and visitors is at the heart of our every endeavor.

The Hampton Roads Chamber means business. We are an inspiring ignitor, powerful economic partner, impactful advocate and regional collaborator for the business community.

Our business community is strong. With premier geography and industry, the area boasts miles of beaches along the Atlantic Ocean and the Chesapeake Bay, generating tourism dollars. We also have the Port of Virginia, the world's largest natural deep-water harbor. The port connects our region to the rest of the country and the world as goods and products flow through.

The 757 is a true Red, White and Blue military community. Here we fly our Nation's flag proudly as America's First Region and one of the few areas that can boast to having all five military services. We also provide unmatched opportunities for retirees, veterans, Wounded Warriors and military family members to call Hampton Roads their permanent "hometown".

The Hampton Roads Chamber can act as your liaison to the business community. We are dedicated to workforce development and can help link military spouses and veterans to job resources. And if you want some fun, just check out our members. From golf, to parachuting, to wind surfing, to adventure and theme parks we have it all. Beyond 9-to-5, Hampton Roads is a hive of creativity, offering the kind of cultural attractions you might expect of only larger metropolitan cities such as the opera, ballet, theater, museums, and much more. The 757 is constantly adding new business, new attractions, and new opportunities.

We are happy you are here in the 757. Please keep *Experience the 757* for a reference guide and consider the Hampton Roads Chamber your resource as well.

Sincerely,

A handwritten signature in blue ink.

Bryan K. Stephens
President & CEO, Hampton Roads Chamber

Welcome to America's First Region

The Hampton Roads Chamber is the voice of business in Hampton Roads since 1801. A membership in the Chamber is one of the best investments you will ever make for your business. The Chamber staff working with our partners serves the region with programs, services and initiatives that address every aspect of your business. The Chamber is a vigorous advocate for the economic success of its member businesses, which employ nearly 250,000 men and women in southeastern Virginia.

Mission

The Hampton Roads Chamber is the premier pro-business organization serving as an Impactful Advocate, Powerful Economic Partner, Inspiring Ignitor, and Regional Collaborator setting the conditions for businesses to succeed.

Vision

The Hampton Roads Chamber commands the most influential position for shaping public policy related to business issues and ensuring a flourishing environment for business prosperity.

Values

Excellence, Selfless Service, Leadership, Diversity, Integrity

For more information,
visit HamptonRoadsChamber.com
or call 757-622-2312.

WE ARE THE 757

Backed by a nine-month research effort which included surveying more than 3,000 people, the Envision 2020 Regional Branding Initiative has found one regional name that resonates most strongly across all of Hampton Roads' communities.

And it happens to be one many use to describe the region already: The 757.



To learn more about the Envision 2020 Regional Rebrand process, visit www.Envisioning2020.com

H A M P T O N R O A D S
CHAMBER

Means Business

WHAT'S INSIDE



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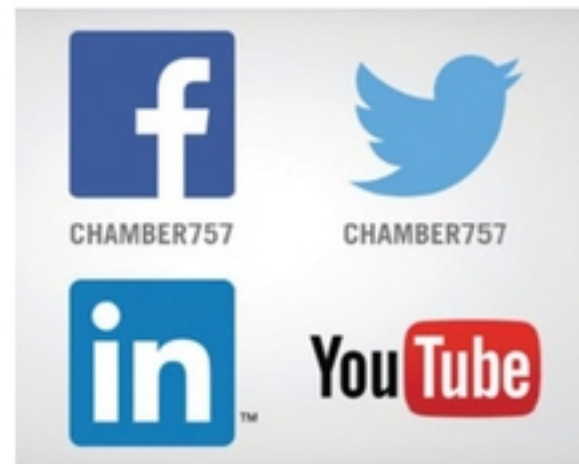
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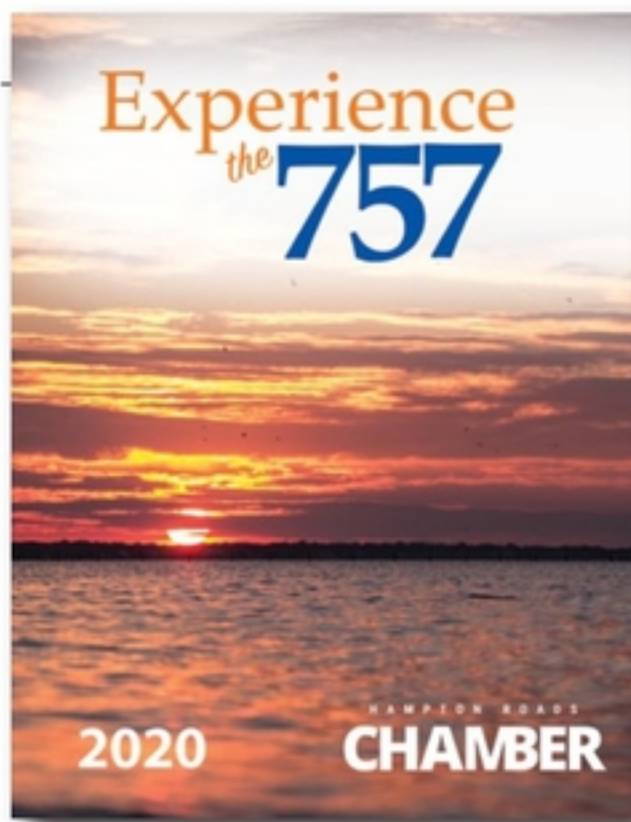
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Visit our interactive digital version at
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The TIDE

Hampton Roads Transit (HRT)

HRT provides public transportation to the cities of Chesapeake, Hampton, Norfolk, Newport News, Portsmouth, and Virginia Beach, carrying passengers on 51 routes, covering all major work centers, military facilities, shopping areas, and local points of interest. Most buses are accessible for persons with disabilities; para-transit services available for ADA.

Visit gohrt.com or call 757.222.6100 (TTY Dial 711).

Williamsburg Area Transport (WATA)

WAT provides public transportation to James City County, Williamsburg and the Bruton District of York County. WAT offers bus routes which run all week and cover all major area attractions, hotels, shopping, recreational locations, and selected neighborhoods. Transportation service for persons with disabilities is available.

Visit gowata.org or call 757.220.5493.

Trains

Passenger rail service is available through Amtrak with stations in Norfolk, Newport News and Williamsburg to Petersburg; Richmond; Washington, D.C.; Philadelphia; New York; and Boston; and connecting bus service to Norfolk and Virginia Beach.

Visit amtrak.com or call 800.872.7245.

Commercial Bus Lines

Greyhound Bus Lines provide transcontinental bus service at various locations in Hampton Roads. Visit greyhound.com or call 800.231.2222.

Virginians For Better Transportation (VBT)

VBT is an advocacy group working to improve the transportation infrastructure in Virginia.

Call 804.237.1399 for more information.

EXPLORING HAMPTON ROADS



Geography

HAMPTON ROADS is situated in the middle of the Eastern seaboard where the James, Nansemond and Elizabeth rivers pour into the mouth of the Chesapeake Bay. It is recognized as the 37th largest Metropolitan Statistical Area (MSA) in the United States and eighth largest metro area in the Southeast U.S. and the second largest between Atlanta and Washington, D.C. Six of the 10 largest population centers in the U.S. are located within 750 miles of Hampton Roads.

In 1983, Hampton Roads became the official name for the region, unifying the Southside with the Peninsula. Home to 1.7 million people, the region includes the cities of Chesapeake, Franklin, Hampton, Newport News, Norfolk, Poquoson, Portsmouth, Suffolk, Virginia Beach, and Williamsburg; and the counties of Gloucester, Isle of Wight, James City, Mathews, Southhampton, Surry, York, and Currituck in North Carolina.

The term "Hampton Roads" is a centuries-old reference that originated when the region was a struggling British outpost 400 years ago. Hampton Roads honors one of the founders of the Virginia Company, Henry Wriothesley – third Earl of Southampton. Signifying the safety of a port, "roads" in nautical terminology means "a place less sheltered than a harbor where ships may ride at anchor."

As you explore Hampton Roads, this brief geography lesson will help you navigate through the birthplace of Colonial America, where centuries of history blend with modern technology, economic prosperity, livable communities, a rich culture, lively entertainment and shopping districts, a thriving maritime industry, a strong military presence, and breathtaking landscapes surrounded by water. ■

Sources: Hampton Roads Economic Development Alliance; Hampton Roads Planning District Commission; Independent research





South Norfolk Jordan Bridge

Getting Around In Hampton Roads

Highways

Interstate 64 is more than 300 miles from Hampton Roads to the Virginia/West Virginia Line. **Interstate 264** is approximately 13 miles long and runs through the cities of Chesapeake, Portsmouth, Norfolk, and Virginia Beach. State Route 164, the **Western Freeway** is a primary state highway connecting **Interstate 664** and U.S. Route 17 in northeastern Suffolk with U.S. Route 58 northwest of downtown Portsmouth. It also connects to downtown Norfolk at its east end via the Midtown Tunnel (US 58). **Interstate 464** is approximately six miles long and connects Interstate 64 in Chesapeake to Interstate 264 in Norfolk. **Interstate 564** is approximately three miles long and runs from Interstate 64 to Naval Station Norfolk. **Interstate 664**, approximately 18 miles long, runs from the I-64/I-264 interchange in the city of Chesapeake to I-64 in the city of Hampton. **Other important routes in and out of Hampton Roads include** state Routes 13, 17, 58, 60, 258, and 460. The **Chesapeake Expressway** is a timesaving, direct access route (Route 168) from I-64 and I-464 to North Carolina and the Outer Banks. The expressway's lower 6.4 miles is a toll road. Visit chesapeakeexpressway.com for toll rates.

Tunnels

The **Downtown Tunnel** is one of two tunnel facilities under the Elizabeth River, links Norfolk and Portsmouth. Along with the Berkley Bridge, connecting on the Norfolk side, this tunnel carries more than 2.5 million people monthly on four lanes of I-264. The **Midtown Tunnel** connects Norfolk and Portsmouth, carrying four lanes of traffic on State Route 58 between the cities. Nearly one million vehicles use it per month. The downtown and midtown tunnels are tolled. Visit driveert.com for toll rates. The **Hampton Roads Bridge-Tunnel** on I-64 is the oldest tunnel between the Southside and the Peninsula, averaging 88,000 vehicles daily and exceeding 100,000 during tourist season. The Hampton Roads Bridge-Tunnel is the 3.5-mile-long Hampton Roads crossing for Interstate 64. It is comprised of bridge trestles, man made islands, and tunnels under the main shipping channels for Hampton Roads harbor. It connects Norfolk to Hampton. The **Monitor Merrimac Memorial Bridge-Tunnel** is an underwater crossing between the Peninsula and Southside. This 4,500-foot tunnel carries

four lanes of traffic on I-664 completing a full interstate loop around the Hampton Roads region. For nearly 50 years, the **Chesapeake Bay Bridge-Tunnel** has captured worldwide attention as a modern engineering wonder. Connecting Hampton Roads with the Eastern Shore, this amazing four-lane, 20-mile-long vehicular toll crossing of the lower Chesapeake Bay saves travelers 95 miles over inland routes when traveling the East Coast. Visit cbbt.com for more information or call 757.331.2960.

Bridges

The **Berkley Bridge** (part of the I-264 Downtown Tunnel complex) connects Norfolk and Portsmouth. It opens for maritime vessel signal at 9 a.m., 11 a.m., 1 p.m. and 2:30 p.m., Monday-Friday. The **Coleman Bridge** is the second-largest double swing-span bridge in the world, connects State Route 17 between historic Yorktown and Gloucester Point; pay a toll when traveling south to north. Almost a million vehicles cross each month. The new four-lane **Gilmerton Bridge** on Military Highway in Chesapeake opened in November 2013. The new \$140 million vertical lift bridge, replaced the bridge built in 1938, will ease congestion for the 35,000 vehicles that use the bridge daily. The **High Rise Bridge**, part of the Hampton Roads Beltway on I-64 in Chesapeake, crosses the South Branch of the Elizabeth River and carries more than two million motorists a month. Opens upon vessel demand and remains closed from 6-9 a.m. and 3-6 p.m., Monday-Friday, except federal holidays. The **James River Bridge**, a 4.5 mile connector between the Peninsula and Southside, carries Route 17 and Route 258 traffic between Newport News and Isle of Wight County. To use, from I-64, take exit 263A to Route 258 South.

The **South Norfolk Jordan Bridge**, a new, modern bridge opened in October 2012, replacing the former Jordan Bridge that closed November 8, 2008. By providing an additional crossing of the Elizabeth River's Southern Branch between I-264 and I-64, it restores a critical transportation route between Chesapeake and Portsmouth. The high-level fixed span bridge means no bridge lifts or railroad crossings to stop traffic. Drivers pay \$2.35 each way with an E-ZPass. For more information, visit www.snjb.net. ■

ROAD SYSTEMS

Get up-to-date traffic and travel Information on highways, tunnels and bridges, **call 511** or tune to **1680 AM**. To view traffic cameras throughout the region: virginiaDOT.org



Monitor Merrimac Memorial Bridge-Tunnel

Use your E-ZPass on all toll roads with specially marked "E-ZPass" lanes. This currently includes the following roads:

- Chesapeake Bay Bridge Tunnel (Route 13)
- Chesapeake Expressway (Route 168)
- Elizabeth River Crossings (Downtown and Midtown Tunnels)
- South Norfolk Jordan Bridge

For more information, visit ezpassva.com

FACTS

Population: 238,004 CB: 240,397
Area: 353 square miles

Median Household Income: CB:
\$72,214



Real Estate Tax Rate: \$1.04 (non-mosquito controlled) \$1.05 (mosquito controlled) per \$100 of 100% assessed value

Personal Property Tax Rate (Business Property):
Assessment Ratio = 20% of the original cost; Nominal Tax Rate/\$100 of Assessed Valuation = \$4.08; Effective Tax Rate*=\$0.82

Public Schools: 47

Colleges/Universities: 11

Hospitals: 1

Government:
City Council with an elected body of nine members; election of Mayor

Major Employers:
Chesapeake Regional Healthcare;
Sentara Healthcare
QVC Chesapeake
Cox Communication

Source:
Hampton Roads Economic Development Alliance
CB: Census Bureau

CHESAPEAKE



City Hall

A Dynamic Environment

Chesapeake was formed through the merger of the city of South Norfolk and Norfolk County in 1963. It's a community of communities, each with a distinctive history. Chesapeake is replete with beautiful parks, lakes and rivers, culturally diverse events, and some of the best places to shop on the East Coast. Chesapeake has more miles of deepwater canals than any other city in the country and is part of the Intracoastal Waterway, stretching from Maine to Florida.

Chesapeake continues to achieve national attention and has been named one of the "Best Places to Live" by *Money Magazine*. *Parenting* magazine also included Chesapeake on its list of "Best Places to Raise a Family," calling the city "an outdoor lover's paradise." As early adopters of consumer technology, *Men's Health* ranked Chesapeake No. 9 on its list of most iPad-friendly cities in the U.S. Chesapeake is a vibrant community that enjoys the best of two worlds; one of urban variety, culture and excitement, and another of rural landscapes and relaxed country living. It is also consistently ranked by the FBI as one of the five safest U.S. cities with populations over 200,000, which lends to the safe, community atmosphere that residents enjoy.

Over the last decade, many national and international companies have taken advantage of the city's port related activities, atmosphere and highly-qualified labor market by relocating to Chesapeake. The city embraces the global village concept, blending the best of America with the cosmopolitan influences of almost 70 foreign-based companies from 18 countries. Chesapeake combines industrial, commercial and agricultural pursuits with a wholesome, family oriented community to create one of the hottest towns in the East.

Chesapeake's attractive residential areas provide affordable living for its citizens, many of whom are employees of the numerous companies that

have relocated here. Chesapeake's neighborhoods offer a variety of comfortable housing alternatives, from apartments and town homes to single-family residences. Most importantly, Chesapeake is a haven of the good life. It's a dynamic city that is located in one of America's most popular vacation regions, with beautiful beaches, theme parks, fine art and science museums, and historical meccas just a few minutes away. ■

cityofchesapeake.net



Chesapeake Regional Medical Center



FRANKLIN & SOUTHAMPTON COUNTY



Cotton Field

Rich in Soil & Traditional Values

Welcome to Franklin-Southampton in Southeastern Virginia! Whether you're visiting or settling here, we invite you to slow down, quietly connect, and enjoy this colorful and picturesque, rural landscape of azaleas, pine trees, magnolias, peanut and cotton fields, and all of its natural beauty.

Discover well-preserved antebellum homes and contemporary ones sharing the same shade-drenched streets, quality schools and hospital, a world-class YMCA, wide-open spaces, lush dense forest and numerous waterways – an outdoorsman's paradise. And, the best part of all ... people greet you by your first name!

Speed it up – recreation on the water, ball fields, tennis courts, the newly-remodeled bowling center, and the USGA sanctioned 18-hole golf course at the quaint country club. Or, slow it down – cultural offerings through the libraries, the Rawls Museum Arts (an affiliate of the Virginia Museum of Fine

Arts), the Southampton Agriculture and Forestry Museum, and special events such as the Community Concert Series.

Woodlands cover more than half of Southampton County, with three rivers and numerous creeks supporting a local passion for hunting, fishing, and water sports.

One of the greatest assets is quality, affordable housing, offering both diverse and ample options. Residents take great pride in their neighborhoods as evidenced by attractive homes and well-manicured landscaping.

The Franklin-Southampton area boasts an award-winning hospital, Southampton Memorial Hospital, and has one of the region's finest retirement communities, The Village at Woods Edge. And, education is a top priority from elementary through college. Paul D. Camp Community College partners with Norfolk's Old Dominion University to offer coursework for bachelor's and master's degree programs.

The area is poised for tomorrow's challenges with its varied economic base, ample labor supply, excellent transportation network, attractive tax rates and real estate prices, and plentiful natural resources. So come for a weekend ... where you are still quietly connected ... you might just decide to spend a lifetime! ■

southamptoncounty.org
franklinsouthamptonva.com



Downtown Franklin

FACTS

Population: 26,528
 CB: 25,926
 Area: 610.4 square miles



Country Store

Real Estate Tax Rate: Franklin
 \$.99 per \$100 of assessed value; Southampton \$0.85 per \$100 of assessed value

Public Schools: 10
 Colleges/Universities: 1

Hospitals: 1

Government: Franklin City Manager with a seven-member City Council; Southampton County Administrator with a seven-member Board of Supervisors

Major Employers:
 Franklin:
 Southern Memorial Hospital
 Walmart Stores
 Paul D Camp Community College;
 Village at Woods Edge
 Care Advantage
 Median Household Income:
 CB: \$38,760

Southampton:
 Deerfield Correctional Center;
 AEC Virginia;
 Gretna Healthcare Center,
 Enviva Management Co., LLC
 Meherrin Agricultural and Chemical Company

Median Household Income: CB:
 \$53,681

Source:
 Hampton Roads Economic Development Alliance
 CB: Census Bureau

FACTS

Population: 136,520
CB: 134,669

Area: 51.41 square miles

Median Household Income:
CB: \$52,021



Virginia Air & Space Center



Hampton Marina

Real Estate Tax Rate: \$1.24 per
\$100 of assessed value

Personal Property Tax Rate
(Business): \$4.25 per \$100 of
assessed value
(Automobiles): \$4.50 per \$100
of assessed value

Public Schools: 33

Colleges/Universities: 2

Hospitals: 2

Government: City Council
with elected body of seven
members including the Mayor
and Vice-Mayor

Major Employers:
NASA Langley Research
Center,
Sentara Healthcare,
Hampton University,
Howmet Casting & Service,
Inc.

Source:
Hampton Roads Economic
Development Alliance
CB: Census Bureau

HAMPTON



Peninsula Town Center

Where Coastal Living Meets An Urban Lifestyle

Located on the mouth of the Chesapeake Bay, Hampton is graced with miles of shoreline and breathtaking water views. The city is literally in the heart of the Hampton Roads region and the center of the East Coast.

Established in 1610, Hampton is one of America's oldest cities and is also one of the fastest growing cities in the region...a city on the move! Rich in history with small-town charm, Hampton has been recognized by Money magazine as one of the best places to live, as well as a national model for youth development and civic engagement. Stroll the streets of our vibrant, waterfront community and you will quickly see what makes Hampton a great place to live, work and play.

In Hampton, we take great pride in partnering with our citizens and collaborating with a diverse array of businesses, universities and other government entities. Hampton is home to the Hampton University Proton Therapy Institute, a state-of-the-art cancer treatment center and Sentara Careplex, a technologically advanced facility featuring the area's first dedicated orthopedic hospital.

The Peninsula Town Center and other developments have re-established Hampton as the premier shopping, dining and entertainment destination of Hampton Roads. Peninsula Town Center features retail, dining, entertainment, office and residential opportunities. Other developments include The Power Plant of Hampton Roads with Bass Pro Shops Outdoor World, the Hampton Roads Convention Center, Embassy Suites hotel and new residential communities.

Hampton's neighborhoods are as diverse as they are unique with prices, styles and sizes to meet

residents' needs. Options range from beautiful waterfront properties and exquisite turn-of-the century Victorians to new urban condominiums and convenient downtown living.

The quality of life is a breath of fresh air and one of the best kept secrets on the East Coast. A waterfront city with a mild climate, Hampton has one of the lowest crime rates in the region. The city has been named one of the most technology-advanced cities in the nation by the Center for Digital Government for 14 of the past 15 years and one of the top 20 hot spots for young professionals to live and work by Next Generation Consulting.

There is also an abundance of things to see and do in Hampton. The city has a vibrant arts community, distinctive festivals, signature events and cultural attractions that include the Fort Monroe National Monument, Virginia Air and Space Center, Hampton History Museum, Hampton Coliseum, The American Theatre, harbor tours, cruises and more!

Hampton's impressive school division is a region leader in National Board-Certified teachers, and the school's parent approval rating has been nearly 10% above the national average. The school division prides itself on the individual development of every child with its many progressive programming choices offered to parents and students. Other educational institutions include Hampton University and Thomas Nelson Community College.

hampton.gov

NEWPORT NEWS



Boating on the James River

Where Great Things are Happening

On the north side of Hampton Roads Harbor where the Chesapeake Bay meets the James River, the city of Newport News is recognized for its advanced research and technology resources, state-of-the-art shipbuilding and naval engineering, cultural and recreational activities, historic preservation efforts, military facilities, and economic development opportunities.

Residents and visitors alike can step back into the past with tours of four historic homes: Endview Plantation, the James A. Fields House, Lee Hall Mansion, and The Newsome House Museum & Cultural Center; or attend one of the many military reenactments or living history programs. The Downing-Gross Cultural Arts Center welcomed back the Flow Theater, presenting two nationally acclaimed theatrical productions. The world renowned Mariners' Museum and its USS Monitor Center, the Virginia Living Museum and the Peninsula Fine Arts Center are just four of an array of cultural attractions to be found here.

The region's important military ties are captured at the U.S. Army Transportation Museum at Fort Eustis and the Virginia War Museum. In addition, Newport News is home to more than 30 city parks including Newport News Park, one of the largest municipal parks east of the Mississippi River, public boat ramps, championship golf courses, seasonal festivals, and an active recreation program that reaches out to all citizens. The Ferguson Center for the Arts at Christopher Newport University, with its annual star-studded performance calendar, is a major part of the urban revival that continues to take place in Newport News.

Newport News is home to the Thomas Jefferson National Accelerator Facility (Jefferson Lab), a leader in particle physics research and photonic applications, which has developed the world's most powerful light source, the Free Electron Laser. The city's Economic Development Authority owns the 122,000 square foot, seven-story Applied Research Center next to Jefferson

Lab. Here, scientists from the Lab, the university community and private industry collaborate on a wide range of new technology.

On the Newport News downtown waterfront sits another world-class research and development facility – the Virginia Advanced Shipbuilding & Carrier Integration Center. Huntington Ingalls Industries, Virginia's largest manufacturer, teamed with other defense contractors and Virginia universities to design the next generation of nuclear aircraft carriers, integrating systems and the application of emerging technology. The city is actively engaged in creating a highly livable community to attract knowledgeable workers and creative individuals needed to support high-tech and corporate headquarters such as Ferguson Enterprises, and High Liner Foods.

City Center at Oyster Point, a high-density, high quality, mixed-use development surrounding a magnificent five-acre fountain plaza, has added more class-A office space, luxury apartments and condominiums, a Marriott Hotel & Conference Center, and an upscale retail district. Port Warwick, the region's first new "urbanist" community, has been wildly successful with its town squares and public art and is a recognized model for developers of neo-traditional communities elsewhere. The city's historic sites, museums and recreational facilities foster a superb quality of life. ■

nnva.gov



Shops at City Center Oyster Point

FACTS

Population: 183,805
CB: 179,388
Area: 69.2 square miles
Median Household Income:
CB: \$51,082



Victory Landing Park

Real Estate Tax Rate: \$1.22 per
\$100 of assessed value

Personal Property Tax Rate
(Automobile): \$4.50 per \$100
of assessed value

Personal Property Tax Rate
(Business): \$4.50 per \$100
of assessed value

Schools: 42

Colleges/Universities: 7

Hospitals: 3

Government: City Council with
an elected body of six
members serving districts,
and a Mayor at large

Major Employers:
Huntington Industries/Newport
News Shipbuilding,
Riverside Health Systems,
Ferguson Enterprises,
Christopher Newport University,
Canon Virginia, Inc.

Source:
Hampton Roads Economic
Development Alliance
CB: Census Bureau

FACTS

Population: 247,307
CB: 244,703

Area: 66 square miles

Median Household Income:
CB: \$47,137



Kroc Center

Real Estate Tax Rate: \$1.15 per
100 of assessed value

Personal Property Tax Rate
(Automobile): \$4.33 per \$100
of assessed value

Public Schools: 53

Colleges/Universities: 7

Hospitals: 6

Government: Head of Govern-
ment, who is appointed by
Council. An elected Mayor and
7 wards

Major Employers:
Sentara Healthcare,
Children's Hospital of the King's
Daughters,
Eastern Virginia Medical School,
Bon Secours DePaul Medical
Center,
Portfolio Recovery Association

Source:
Hampton Roads Economic
Development Alliance
CB: Census Bureau

NORFOLK



Norfolk All-America City 2013: Recognized by the National Civic League for innovation programs

Life Celebrated Daily...Strong, Stable, Smart, Energetic & Cultured

Norfolk is renowned worldwide as the home of the world's largest naval station and a strategic location for global commerce. It's a shining star on the mid-Atlantic coast and the business, cultural, education, financial and medical center of the region. This historic, urban, waterfront city is reinventing itself with a new breed of artistic experiences as well as an expansion of cultural, recreational and transportation amenities resulting in new community engagement and investment. We're transforming industrial areas with breweries and bakeshops, and reviving old storefronts into an arts and culture district where young artists and museum offerings coexist. Throughout the city, neighbors are building neighborhoods and adding character with more walkability, bike access, community gardens and organic happenings. Modern lifestyle housing choices offering upscale amenities are providing new and prospective residents exciting choices. This catalytic energy is evident in the \$1.5 billion in projects redefining Norfolk as an urban destination of choice.

Approximately one-third of our residents are between the ages of 20 and 34, and 46,000 in-town college students are helping to make Norfolk the place they want to thrive. In fact, Norfolk is becoming a hotspot for entrepreneurs and was named in the top 5 by *Entrepreneur Magazine* as a Best Place for Entrepreneurs. The Tide, our light rail starter line is under study for expansion and Amtrak provides direct service to Washington D.C, NYC and Boston.



Waterside Live!

Major Downtown projects recently completed include The Main, Norfolk's new \$124 million hotel and conference center; revitalization of Waterside Live! into an entertainment complex; and the stunning, state-of-the art Slover main library, all a short walk from the Half Moone Cruise Center. MacArthur Center offers exclusive brands and unique retailers, and a new upscale



Ocean View Fishing Pier

Simon Premium Outlet Center, located on US Route 13, opened June of 2017. The Chrysler Museum, Chrysler Glass Studio, Virginia Opera, Virginia Stage Company, Norfolk Botanical Garden, Nauticus and Virginia Zoo are yours to enjoy. History lovers are drawn to MacArthur Memorial, Battleship Wisconsin and walks through our historic neighborhoods.

We welcome you to Norfolk – you'll be enticed with our ever-changing scenery on the rivers and beaches of the Chesapeake Bay making it a fascinating place to be. ■

norfolk.gov

POQUOSON



Whitehouse Cove Marina

Celebrating Over 35 Years of Excellence

Poquoson is the place. An enviable combination consisting of low crime rates, outstanding schools, civic-minded citizenry, great recreational programming, and conveniently located shopping areas, firmly position this City of approximately 12,000 as a quality-of-life jewel in Hampton Roads. National awards have further highlighted Poquoson's excellence, including *Bloomberg Business Week's* selection of the City as "Best Affordable Suburb" in Virginia and *CNBC's* inclusion of Poquoson on its U.S. list of "10 Perfect Suburbs". In 2013 the City was ranked #3 in the nation on the list of "Top 10 Small Towns for Mobile Entrepreneurs" by nationally recognized business expert Michael Michalowicz and most recently Movoto Real Estate declared Poquoson the #1 Safest Place to Live in Virginia.



Poquoson's business corridor is home to a variety of shopping and dining opportunities framed in a relaxed, unhurried setting, making it a perfect day trip for visitors. In fact, Poquoson's natural market area includes nearly 40,000 people, and many of these patrons utilize the City's library, DMV, and service/commercial area for its time-saving convenience and quality of offerings.

Poquoson boasts 87 miles of shoreline and its coastal areas are home to abundant wildlife and beautiful marshes. These inviting and navigable waters serve as popular trails for both Kayaker's and Paddle Boarder's. The City's convenient boat access to the Chesapeake Bay combined with year-round boat slip rentals and outstanding marina and charter services make Poquoson a natural gateway for recreational boaters and fishermen alike.

The City's public school system routinely ranks as one of the finest in the state of Virginia and a number of Poquoson students, clubs, and athletic teams compete with much success in State and National Competitions each year.

Poquoson's attractiveness for residents, visitors and businesses alike is heightened further with its convenient proximity to the Hampton Roads transportation corridor. Both I-64 and the Newport News/Williamsburg International Airport are typically within 15 minutes travel time.

Download our City Mobile Phone App for city information at your fingertips at EnjoyVA.com or contact the Economic Development & Community Recreation Department at 757-868-3580 for more information.

Poquoson is The Place to Be...And you're invited! ■

EnjoyVA.com

FACTS

Population: 12,051
CB: 12,053
Area: 16 square miles
Median Household
Income: \$88,328



Real Estate Tax Rate: \$1.07 per
\$100 of assessed value

Personal Property Tax Rate
(Automobile): \$4.15 per \$100
of assessed value;
(Business) Unknown

Public Schools: 5

Colleges/Universities: 1

Government: City Council with
an elected board of seven
members divided into three
precincts and one at-large
representative serving
as Mayor

Major Employers:
Farm Fresh,
Food Lion,
Golden Living Center,
McDonald's,
Village Williamsburg

Source:
Hampton Roads Economic
Development Alliance
CB: Census Bureau

FACTS

Population: 96,194 CB: 94,572

Area: 33.65 square miles

Average Household
Income: CB: \$48,727



nTelos Wireless Pavilion

Real Estate Tax Rate: \$1.30 per
\$100 of assessed value

Personal Property Tax
(Automobile): \$5.00 per
\$100 of assessed value

Schools: 20
Colleges: 2

Hospitals: 2

Government: City Council/
Manager form of government
with an elected Mayor

Major Employers:
Bon Secours Health System,
Virginia International Gateway
(VIG),
Ceres Marine Terminals,
Pines Residential Treatment,
Metro Machine Corp.

Source:
Hampton Roads Economic
Development Alliance
CB: Census Bureau

PORTSMOUTH



Ships on the waterfront

Historic Charm Meets New Urbanism

Portsmouth is a rare find. The City's authentic, pedestrian-friendly downtown sits on the Elizabeth River at the center of Hampton Roads (a major metropolitan market), combining small-town charm with urban advantages.

Founded in 1752, Portsmouth's historic communities rub elbows with modern, contemporary ones. The City's nearly 100,000 residents are as diverse and eclectic as the neighborhoods they call home. Waterfront neighborhoods adjoin traditional inland developments. An urban downtown mingles with quaint, charming areas. Young families and empty nesters live amongst singles and senior naval officers. Artistic types share the sidewalks with CEOs.

With a net daily in-commute of 6,000 employees, Portsmouth is a hub for jobs. From Federal government and ship repair to the healthcare and software development, the variety of industry is as diverse as the neighborhoods. Some major players in the local economy include the Norfolk Naval Shipyard, the U.S. Fifth District Coast Guard Command, Naval Medical Center Portsmouth and Bon Secours Maryview Medical Center. Portsmouth is also home to the North American headquarters of Massimo Zanetti Beverage USA. Portsmouth's locally inspired boutiques, one-of-a-kind merchants, quaint antique shops, hip art galleries and unique fine dining complement a growing mix of national retailers opening throughout the city.

Many of Portsmouth's attractions are clustered within walking distance of each other, making it the perfect place to spend the day or a lifetime. The influx of convention guests is growing thanks to the Renaissance

Portsmouth Hotel and Waterfront Conference Center. The nTelos Wireless Pavilion at Harbor Center, a 6,500-seat waterfront amphitheater, features nationally known jazz, rock, country, and alternative artists with sold out shows annually from May to October.

It's an easy stroll to five downtown museums, including the Children's Museum of Virginia and the Virginia Sports Hall of Fame. Water sports, including boating on the Intracoastal Waterway, are great ways for people to soak up the sun on the city's 85 miles of shoreline. And, Bide-A-Wee, a championship golf course, is not only



Children's Museum of Virginia

a local favorite, but it also attracts hundreds of golfers to several professional tournaments. The Olde Towne Holiday Music Festival, Gosport Arts Festival and Umoja Festival are just some of the annual events drawing guests from all over the region who are looking for entertainment.

Portsmouth makes it easy to enjoy a wealth of natural beauty, cultural delights and recreational opportunities for all ages. ■

portsmouthva.gov

SUFFOLK



Yes Suffolk

Harbour View Towne Bank Vista

Backed by an impressive 8.4% population surge since 2010, the highest in Hampton Roads, it is clear that people are saying "YesSuffolk". The construction of a new elementary school, a new middle school, new recreation centers, increased waterway access and numerous public infrastructure projects are just a few examples of direct municipal responses to the welcoming population.

Suffolk attracts a diverse mix of industries thanks to its prime mid-Atlantic location, room for expansion and pro-business climate. Each year brings a host of new businesses who opt to establish roots in Suffolk because they are confident that it is the smartest growth strategy for them.

The tremendous growth of Suffolk inhabitants has also spurred substantial commercial development. New, mixed-use developments featuring a variety of housing scenarios combined with desirable retail and/or office suites have emerged in busy development corridors of the city. World-class medical and healthcare providers such as Sentara and Bon Secours,



Cypress Trails at sunset

new hotel construction, restaurants and a multitude of vibrant and livable neighborhoods can all speak to the strength of Suffolk's economy.

Proximity to the Port of Virginia and convenient access to rail and highway are important facets of an efficient supply chain to many of Suffolk's industrial companies. Advanced manufacturing, food and beverage processors and many distribution centers rely on Suffolk's infrastructure network in order to receive and ship out materials or finished product. Established icons such as Planters Peanuts, Lipton Tea and Birdsong Peanuts have long called Suffolk home. Other well-known existing companies such as Target, Ace Hardware, Massimo Zanetti Beverage USA, Smucker's and soon, Peet's Coffee & Tea all manage industrial operations within the city boundaries.

The technology sector in Suffolk is ripe with opportunity. Navy Cyber Information Dominance Forces employ a significant number of cyber warriors whose goal is to protect our military and country from intelligence threats. Their DoD neighbors include J7 Joint Staff, who train and develop joint programs across branches of DoD. Old Dominion University's Virginia Modeling & Simulation Center (VMASC) is an enterprise research center focused on advances in modeling and simulation and data analytics.

It truly is a good time to be in Suffolk. With outstanding schools, AAA bond rating, qualified labor force, workforce development programs, buy-local pride and an overall excellent quality of life, it is easy to see why so many say "YesSuffolk".

YesSuffolk

FACTS

Population: 88,982
CB: 90,237
Area: 430 square miles
Median Household
Income: CB \$68,089



Suffolk Visitor Center



Mr. Peanut

Real Estate Tax Rate: City Wide
\$1.07 per \$100 of assessed
value; Route 17 District \$1.27
per \$100 of assessed value;
Downtown: \$1.175 per \$100 of
assessed value

Personal Property Tax Rate
(Business): \$4.25 per \$100 of
assessed value

Public Schools: 18

Colleges/Universities: 2

Hospitals: 3

Government: City Council/
Manager form of government
with an elected body of seven
that sit on the City Council and
an elected Mayor

Major Employers:
Navy Information Dominance
Force,
Sentara Healthcare,
J7 Joint Staff,
QVC Distribution,
Towne Bank

Source:
Hampton Roads Economic
Development Alliance
CB: Census Bureau

FACTS

Population 455,407
CB: 450,435

Area: 248 square miles
250 square miles land and
59 square miles water, 38
miles of beaches

Median Household
Income: CB \$70,500



*Home of the East Coast
Surfing Championship*

Real Estate Tax Rate: \$1.00 per
\$100 of assessed value

Personal Property Tax Rate
(Automobile):
\$4.00 per \$100; (Business)
Unknown

Public Schools: 86

Colleges/Universities: 2

Hospitals: 3

Government: City Council
with an elected body of
11 members representing
seven districts plus three
at large members and an
elected Mayor

Major Employers:
Sentara Healthcare,
STIHL, Inc.
Gold Key PHR,
Amerigroup,
Geico

Source:
Hampton Roads Economic
Development Alliance
CB: Census Bureau

VIRGINIA BEACH



Oceanfront and Rudee Inlet

People Are Talking About Virginia Beach

It's easy to see why people are talking about Virginia Beach. Not only is it one of the best places to live in America, it's also one of the best places to work.

Virginia Beach is the 39th largest city in the United States. Its prime location along the Atlantic Ocean and Chesapeake Bay makes it a popular destination for travelers and a beacon for people seeking a lifestyle that is rich with recreational, educational and professional opportunities.

Virginia Beach has 38 miles of shoreline, 79 miles of scenic waterways and 60 miles of biking trails. The city maintains 265 parks encompassing 4,000 acres. A towering bronze sculpture of King Neptune flanks Neptune Park, one of several waterfront parks. Recreation includes swimming, surfing, sailing, scuba diving, horseback riding, fishing, canoeing, jet skiing, parasailing, tennis, and 16 public golf courses.

The Virginia Beach metropolitan region has the largest concentration of military installations in the country, and its corporate employer base offers competitive salaries and a wealth of professional opportunities. With a cost of living that is 80 percent that of Washington, DC, and a highly skilled workforce, it's no wonder Virginia Beach was named by *CNN Money* as the best city in America in which to start a business in 2013. Leadership plays a key role in the success of the City, as well, which is why Virginia Beach was recognized in 2012 by *24/7 Wall Street Journal* as the Best-Run City in America.

The city offers one of the nation's best public school systems. The Advanced Technology Center provides opportunities for high school and community college students to earn additional training in industry-certified programs that support the area's high-tech businesses. The city is also home to Regent University, Virginia Wesleyan University, ECPI College of Technology, and

has campuses for Old Dominion University, Tidewater Community College, Hampton University, Virginia Tech and University of Virginia.

Virginia Beach is rich in historic, scientific, performing arts, and entertainment offerings. The Virginia Aquarium & Marine Science Center is a popular attraction. It is ranked as one of the 10 most visited aquariums in the country. The Farm Bureau Live at Virginia Beach brings national artists to the 20,000-seat venue, and oceanfront stages offer free concerts. The Virginia Museum of Contemporary Art explores the significant art of our time with international and national exhibitions. The Sandler Center for the Performing Arts is an exquisite 1200-seat performing arts theatre in Virginia Beach's Town Center.

In 2016, Facebook ranked Virginia Beach as the fittest city in the U.S. In 2016 Wallet Hub ranked Virginia Beach as the 5th best city for a family. Residential offerings fit any lifestyle from oceanfront beach houses to urban lofts or country homes. Virginia also placed 46th on Wallet Hub's 2016 ranking for best city to start a business. With all it has to offer, it's easy to see why people are talking about Virginia Beach. Visit and discover Virginia Beach for yourself. ■

vbgov.com



The Town Center of Virginia Beach

WILLIAMSBURG



The Governor's Palace

Virginia's Colonial Capital

Williamsburg, the Colonial Capital of Virginia, was established in 1699 and celebrated its 300th Anniversary in 1999. Each year, hundreds of thousands of visitors flock to Colonial Williamsburg to experience life in early America.

In Colonial Williamsburg's 301-acre Historic Area stand hundreds of restored, reconstructed, and historically furnished buildings. It is the country's largest outdoor museum. Costumed interpreters tell the stories of the men and women of the 18th-century city – black, white, and Native American, slave, indentured, and free – and the challenges they faced, and helping the future learn from the past.

A stroll down Duke of Gloucester Street – referred to by Franklin Roosevelt as the most historic street in America – offers the inspiration of Colonial Williamsburg with added amenities of unique shopping, dining, entertainment, and culture. Nearly a mile in length, the street ends with The College of William & Mary, the second oldest college in the country.

Life in Williamsburg offers more than just history. Its prime location, educated workforce, and high quality of life make the city an attractive and engaging setting for any business, large and small. You'll also find that this city offers friendly neighbors nestled in beautifully landscaped neighborhoods, an excellent school system and a great place to raise a family.



Williamsburg Trolley at High Street

It's no secret that the city's local economy is largely supported by tourism, but education and a creative economy also play a significant role. The majority of business establishments either fall into the retail trade or accommodation/food industry. This offers discerning businesses and families a wonderful opportunity to work and live in close proximity. So, whether you're walking, bicycling or driving, you can leave your commuting woes behind.

The Williamsburg area offers a unique mix of year round shopping venues. You'll find traditional crafts, candles, clothing, and boutiques, along with a growing selection of upscale outlet malls. And, the city is fast becoming one of the nation's top golf destinations. The Golden Horseshoe Golf Club of the Colonial Williamsburg Foundation offers 45 holes of championship golf blissfully free from encroaching real estate. In fact, the Gold, Green, and Spotswood courses are designated as Audubon sanctuaries. Designed by Robert Trent Jones Sr. and son Rees Jones, each course is consistently highly rated by golf publications.

High Street Williamsburg, a mixed-use development, offers retail and office space and residential living. Beautiful streetscapes and traditional architectural style unify the neighborhoods of homes, storefronts and a central plaza with outdoor dining terraces. The village is anchored by an 8-Screen Movie Tavern, showing first-run movies and offering an upscale bar and full table service. High Street offers three residential housing options: luxury apartment homes, town homes and a mid-rise condominium. All have been carefully integrated into a unified, pedestrian-friendly master plan.

Whether your interest is history and archaeology, outdoor adventures, spas and golf, the arts, Williamsburg has what you're looking for, and it's all against a backdrop of a charming historic town and breathtaking natural beauty. ■

williamsburgva.gov

FACTS

Population: 15,031
Area: 9.02 square miles

Median Household Income:
\$50,091



Waller Mill Canoe Dock



Colonial March

Real Estate Tax Rate: \$0.57 per
\$100 of assessed value

Personal Property Tax Rate
(Automobile): \$3.50 per \$100
of assessed value;
(Business): \$3.50 per \$100
of assessed value

Public Schools: 14

Colleges/Universities: 2

Hospitals: 3

Government: City Council
with an elected board of five
members appoint the Mayor,
Vice-Mayor, City Manager, City
Attorney, and Clerk of Council

Major Employers:
The College of William & Mary;
Colonial Williamsburg
Foundation; Aramark Campus,
LLC; National Center for
State Courts

Source:
Hampton Roads Economic
Development Alliance
CB: Census Bureau

Population: 26,331

Area: 527 square miles/ Land area: 261 square miles-Water area: 265 square miles

Median Household Income: \$61,086
Real Estate Tax Rate: \$0.48 per \$100 of assessed value
Personal Property Tax Rate: \$0.48 per \$100 assessed value

Public Schools: 10
College: 1
Government: Elected Board of Commissioners with seven commissioners representing five election districts plus two at-large seats

Major Employers:
Currituck County Government; Currituck County Board of Education; Academi Training Center, LLC; Food Lion; Sentara Internal Medicine Physician

Source:
Hampton Roads Economic Development Alliance
CB: Census Bureau

COUNTIES OF HAMPTON ROADS

CURRITUCK A Sportsman's Paradise



Wild horses on the beach

Currituck County in Northeast North Carolina is a peaceful, family-oriented community that enjoys a diverse geography and wide range of interests.

Thousands of visitors flock to the Currituck Outer Banks each summer, while others find adventure on Currituck's expansive mainland, secluded Knotts Island and the tranquil waters of the Currituck Sound. A variety of businesses, restaurants and attractions can be found in Currituck. Motor sports enthusiasts make Digger's Dungeon a must see, as it is home to the world-famous Grave Digger monster truck. Golfing, wineries, specialty shops, and farmers markets line the main roads through Currituck. History buffs will enjoy locations such as Currituck's Historic Courthouse, Old Jail and Whalehead Club. Beachgoers delight in visiting Corolla with miles of beaches, and historic attractions such as the Currituck Beach Lighthouse. Outdoor enthusiasts find ample fishing, hunting, kayaking, and well-kept county parks. ■

currituckgovernment.com

GLOUCESTER The Land of the Life Worth Living



Victorian houses

Quaint and historic, Gloucester County offers the charm of rural living combined with urban day to day amenities. The Gloucester Court House Village has many independent businesses providing an eclectic mix of restaurants, shopping and professional services. Visitors will find wonderful and unique shopping experiences and dining on Main Street.

Gloucester Point has many wonderful places to live or to visit. River Club at Twin Island on the York River and Coleman's Crossing are great places to call home. Enjoy Gloucester Point Beach, great peanuts from Whitley's, or

catch a movie at YRC. The Virginia Institute of Marine Science, the marine science school of the College of William and Mary is located in Gloucester Point.

New companies have come to Gloucester's business park including Sentara, Haywood Flooring and Canon Environmental Technologies, Inc..

Gloucester continues to keep its rural charm while growing into a century community. ■

gloucester.va.us



ISLE OF WIGHT COUNTY TOWN OF SMITHFIELD TOWN OF WINDSOR

Hams, History & HeART

Established in 1634, Isle of Wight County is one of the oldest county governments in the United States. Nestled on the shores of the James River, residents enjoy the rural nature of the county coupled with the quaint atmosphere of the two incorporated towns, Smithfield and Windsor.

With its strong economic base, location and scenic beauty, the county has become one of the most appealing communities for business. It is also an ideal place for residents and visitors alike. Here you are reminded of your link to the past – through its



WCP River Trail, Isle of Wight



Downtown Isle of Wight

history, homes, landmarks, and even its food.

Many visitors come to trace their roots at The Isle of Wight Courthouse of 1800, which contains some of the best kept Pre-Revolutionary War records in Virginia. If history isn't your cup of tea, the area offers many shops and antique stores, art galleries, and specialty food items including Smithfield Ham and peanuts.

So, stop by, trace your heritage in the Isle, buy a ham in Smithfield, the "Ham Capital of the World," and enjoy the friendly neighbors in Windsor. Or better yet, consider moving here – the welcome mat awaits you. ■

co.isle-of-wight.va.us smithfieldva.gov windsor-va.gov

JAMES CITY

Discover Engage Prosper

James City County was founded by the Virginia Company more than 400 years ago as America's first business venture. Strategically located on the Virginia peninsula, James City County is a 144-square mile community providing convenient access to the deepest port on the East Coast, three international airports, major rail and highway systems, military and scientific research hubs, and highly regarded and diverse educational institutions. Since its inception, the County has earned a reputation for attracting and developing business endeavors of all sizes. Whether you're an entrepreneur launching a new venture or an international firm looking to relocate or expand, James City County offers a professional business climate that will help put any business venture on the fast-track to success.

James City County has a strong industrial base that includes several Fortune 500 companies and numerous manufacturing operations. The County offers a wide range of commercial space, ranging from single and multi-tenant industrial to Class A and B office buildings. From mixed-use to stand alone buildings, the County has locations suited for all types of business.

As one of America's most historic and attractive locations, the area draws millions of visitors each



New Town, James City

year, supporting exciting hospitality and retail industries. James City County offers access to impressive attractions including historic Jamestown, Colonial Williamsburg, the James River, Williamsburg Winery and Busch Gardens. Additional amenities such as the Kingsmill Resort, 16 golf courses, outlet and boutique shopping and five-star dining experiences, add to the County's international draw.

For residents, James City County offers an award-winning public school system, low cost of living, low crime rate and a full range of housing options, including beautifully developed neighborhoods, planned communities, historic districts and rural settings. James City County offers all of the amenities and services of a major metropolitan area, but with a warm charm and appeal.

Come discover why so many businesses, visitors and residents have identified James City County as their destination of choice. ■

jamescitycountyva.com

Population: Isle of Wight 36,552;
Smithfield 8,304; Windsor 2,643

Area: 319 square miles

Median Household
Income: \$64,491

Real Estate Tax Rate per \$100 of
assessed value: Isle of Wight \$0.85;
Smithfield \$0.16; Windsor \$0.10

Personal Property Tax
(Automobile) per \$100 of
assessed value: Isle of Wight \$4.50;
Smithfield \$1; Windsor \$0.50

Public Schools: 9

Government: Isle of Wight-Board of
Supervisors with an elected body
of five members representing each
of the county's election districts;
the Towns of Smithfield and
Windsor operate under a Council/
Manager form of government.

Major Employers:
Smithfield Packing Company;
Smithfield Foods, Inc.;
Keurig Green Mountain; Cost Plus
World Market;
International Paper

Source:
Hampton Roads Economic
Development Alliance
CB: Census Bureau

Population: 73,325
Area: 144 square miles

Median Household
Income: \$74,464

Real Estate Tax Rate: \$0.84 per
\$100 of assessed value

Personal Property Tax (Automobile): \$4 per \$100 of assessed value (Business): \$4 per \$100 of assessed value

Public Schools: 12

Colleges/Universities: 3

Hospitals: 2

Government: Board of
Supervisors with an elected
body of five members
representing each of the
county's election districts

Major Employers:
Ball Metal; County of James City;
Lumber Liquidators; Owens-Illinois;
Sentara Healthcare; Smithfield
Foods; Walmart
Import Distribution Center

Source:
Hampton Roads Economic
Development Alliance
CB: Census Bureau

Population: 8,782
 Area: 252 square miles
 Median Household Income: \$64,049
 Real Estate Tax Rate: \$0.575 per \$100 of assessed value
 Personal Property Tax (Automobile): \$3.70 per \$100 of assessed value
 Public Schools: 3
 Government: Board of Supervisors with an elected body of five members representing each of the county's election districts
 Major Employers: Starfields, LLC; Island Seafood Company, Inc.; Ocean Products Research; Zimmerman Marine, Inc.
 Source: Mathews County Economic Development Department; Census.gov

MATHEWS Welcome to the Pearl of the Chesapeake



Crab pots, East River

Mathews County is a charming, small, rural community located on Virginia's Middle Peninsula. Surrounded by more than 200 miles of shoreline, this county is ideal for fishing, sailing and water sports. And while the Bay beckons, the rivers and marshes have their own allure for kayakers and

canoe enthusiasts. With the earliest English settlement in 1650, Mathews County is rich in historical landmarks. Among the buildings, churches, estates, and centuries-old grave sites are a circa 1795 courthouse that is still in use today and the Tabernacle, one of the last remaining outdoor pavilions for religious use.

The great outdoors is a theme in Mathews. Flat back roads and excellent bicycling routes offer cyclists plenty of adventure. Mathews Birding Trails, part of the Virginia Wildlife & Birding Trail system, leave birdwatchers in awe. If town life is more your speed, enjoy local antique shops, specialty shops, and charming B&Bs and guest cottages.

Mathews County is a destination for all seasons. And if you'd like to experience these colorful offerings year-round, consider making a home here. ■

Population: 6,540
 Area: 279 square miles
 Median Household Income: \$56,632
 Real Estate Tax Rate: \$0.71 per \$100 of assessed value
 Personal Property Tax (Automobile): \$4.00 per \$100 of assessed value
 Personal Property Tax (Business): \$4.00 per \$100 of assessed value
 Public Schools: 3
 Government: Board of Supervisors with an elected body of five members representing each of the county's election districts
 Major Employers: Dominion Virginia Power; S. Wallace Edwards & Sons; Seward Lumber Co.; Spring Grove Transport; Windsor Mill; Dollar General
 Source: Surry County; Census.gov

SURRY Surry is Something Special

Surry County, located on the James River in Virginia, has both an interesting past and an exciting future. Before the first English settlers sailed up the James in 1607, the county was home to Native Americans. With the coming of the English, who first landed in Surry County before building their fort on Jamestown Island, Surry was considered part of the Jamestown Settlement. In 1652 Surry County separated from James City County and extended south as far as North Carolina. Surry is home to several sites of historic note, including:



Surry County Courthouse

Smith's Fort Plantation, built between 1751 and 1765, stands on land given as a Dower tract by Powhatan to John Rolfe upon the occasion of his marriage to Pocahontas.

Bacon's Castle which was built in 1665, is the oldest documented brick house in English North America.

Chippokes Plantation State Park, which is one of the oldest working farms in the United States.

Surry is accessible via Route 10 from Richmond and Hampton Roads, and from the Williamsburg area by the Jamestown-Scotland Ferry. Surry offers low taxes, a planned industrial park, an outstanding workforce, a progressive government, excellent housing sites and a first-rate school system. The Surry County of today looks back with pride and cherishes its history and rural nature; but at the same time Surry is excited to offer opportunities for economic development and business growth. ■

surrycountyva.gov

YORK America's Future Since 1781



York County Monument

York County is a living national treasure, part of "America's Historic Triangle – Jamestown, Williamsburg, Yorktown," attracting millions of visitors annually. Low taxes, superior public schools, abundant waterfront property, a quality labor force, and varied development sites make this county a

preferred business and residential location and one of the fastest growing areas in Virginia.

Some of the country's most revered history occurred in Yorktown, where Lord Cornwallis and his British troops surrendered to George Washington in 1781. Visitors can immerse themselves in 300 years of history, and enjoy 18th century homes, revolutionary battlefields and lodging along village streets or the York River. Picturesque streets are the backdrop for art galleries, museums and antique and specialty shops.

Stroll through Yorktown's waterfront retail experience, Riverwalk Landing; take a ride on the free Yorktown Trolley (spring through the fall); march to the beat of the Fifes and Drums; dine at a variety of charming restaurants, some with river views; or enjoy a sunset sail on the York River. Whether you are visiting Yorktown or calling this national treasure your home, there's something for everyone. ■

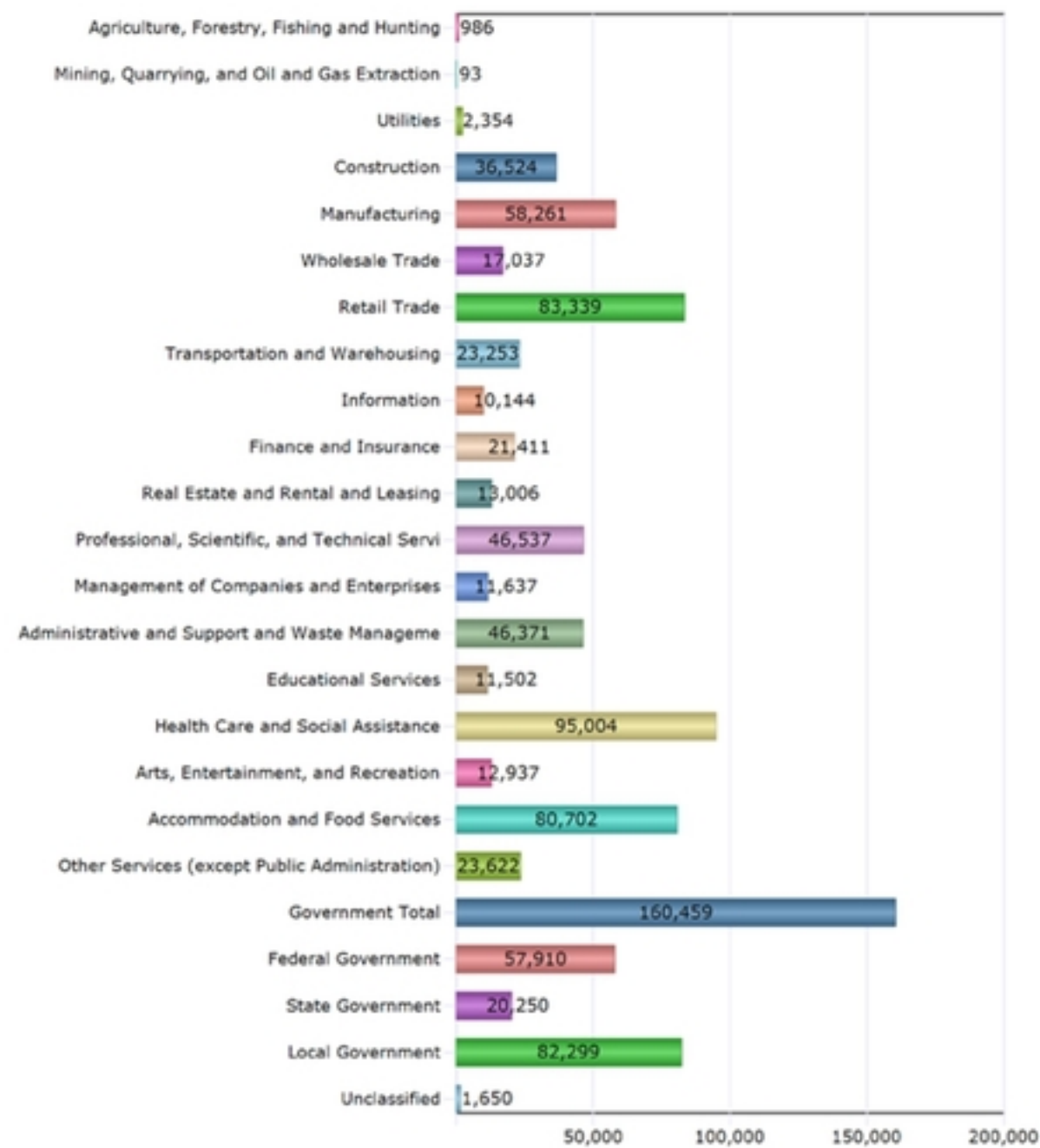
Population: 68,890
 Area: 108 square miles
 Median Household Income: \$83,410
 Real Estate Tax Rate: \$0.795 per \$100 of assessed value
 Personal Property Tax (Business): \$4.00 per \$100 of assessed value
 Public Schools: 18
 Government: Board of Supervisors with an elected body of five members representing each of the county's election districts
 Major Employers: Great Wolf Lodge; Naval Weapons Station/Cheatham Annex; York County School Division; Walmart; York County Government; United States Coast Guard Training Station; Sentara Williamsburg Regional Medical Center; Wyndham Vacation Ownership
 Sources: York County

MAJOR EMPLOYERS

Hampton Roads is home to many large corporations including three Fortune 500 companies. Listed below are some of the major employers operating throughout the region with 1,000 or more employees.

Source: Hampton Roads Economic Development Alliance as of 2018: (4 omissions)

Employment by Industry



Total: 756,829

Note: Asterisk (*) indicates non-disclosable data.

Source: Virginia Employment Commission, Economic Information & Analytics, Quarterly Census of Employment and Wages (QCEW), 2nd Quarter (April, May, June) 2019.



Shiptitters Josh Thorn (left) and Darrell Butler are among 21,000 employees who comprise Newport News Shipbuilding, the largest industrial employer in Virginia. Newport News Shipbuilding is the sole designer, builder and refueler of nuclear-powered U.S. Navy aircraft carriers, and one of two providers of nuclear powered U.S. Navy submarines.

1. U.S. Department of Defense
2. Huntington Ingalls Industries, Inc.
3. Sentara Healthcare
4. City of Virginia Beach Schools
5. Wal Mart
6. City of Virginia Beach
7. Riverside Regional Medical Center
8. Chesapeake City Public School Board
9. Norfolk City School Board
10. Food Lion
11. City of Norfolk
12. Newport News Public Schools
13. City of Chesapeake
14. City of Newport News
15. Old Dominion University, Norfolk
16. Anthem
17. Target Corp
18. Hampton City School Board
19. U.S. Navy Exchange
20. Children's Hospital of the King's Daughters
21. Postal Service
22. Busch Entertainment Corp.
23. City of Hampton
24. College of William and Mary
25. Smithfield Fresh Meats Corporation
26. Kroger
27. Maryview Hospital
28. Portsmouth City Public Schools
29. Tidewater Community College
30. Ferguson Enterprises Inc.
31. Suffolk Public Schools
32. Williamsburg James City County School Board
33. U.S. Department of Veterans Affairs
34. Chesapeake General Hospital
35. Stihl
36. Lowes' Home Centers, Inc.
37. Harris Teeter Supermarket
38. U.S. Department of Homeland Defense
39. Dominion Virginia Power
40. York County School Board
41. Nat'l Aeronautics & Space Admin.
42. Norfolk Naval Station
43. City of Portsmouth
44. Norfolk Cent YMCA
45. Portfolio Recovery Association
46. The Home Depot
47. Virginia International Terminal
48. Cox Communications Hampton
49. Eastern Virginia Medical School
50. QVC Chesapeake

Source: Virginia Employment Commission, Economic Information & Analytics, Quarterly Census of Employment and Wages (QCEW), 4th Quarter (October, November, December) 2018.

Distribution/Transportation/Logistics/Public Utilities

Ferguson Enterprises, Inc.
Postal Service
Virginia International Terminal

Education Public

Chesapeake City Public Schools
College of William & Mary
Hampton City School Board
Newport News City Public Schools
Norfolk City Public Schools
Old Dominion University, Norfolk
Portsmouth City Public Schools
Suffolk City Public Schools
Tidewater Community College
Virginia Beach City Public Schools
Williamsburg/James City County School Board
York County School Board

Government/Military (Civilian)

City of Chesapeake
City of Hampton
City of Newport News
City of Norfolk
City of Portsmouth
City of Virginia Beach
Nat'l Aeronautics & Space Admin
NASA Langley Research Center
Norfolk Naval Shipyard
U.S. Department of Homeland Defense
U.S. Navy Exchange

Health Services

Anthem
Children's Hospital of the King's Daughters (CHKD)
Chesapeake Regional Healthcare
Eastern Virginia Medical School
Maryview Hospital
Riverside Regional Medical Center
Sentara Healthcare
U.S. Department of Veterans Affairs

Manufacturing

STIHL Inc.
Huntington Ingalls Industries, Inc.
(Newport News Shipbuilding)

Professional & Business Services

Cox Communication Hampton
Dominion Virginia Power

Leisure & Hospitality

Busch Entertainment Corp.
Norfolk Cent YMCA

Finance, Insurance, Real Estate, Retail Trade

Food Lion
Harris Teeter Supermarket
Kroger
Lowes' Home Centers, Inc.
QVC Chesapeake
Smithfield Fresh Meats Corporation
Target Corp.
The Home Depot
Wal Mart

BUSINESS & INDUSTRY

Dynamic Business Trends in Hampton Roads

Business Services

Business in Hampton Roads is healthy, and the best part is businesses worldwide are taking notice. For those interested in beginning or growing a business, the Small Business Development Center of Hampton Roads, a public/private venture, provides business advice, counseling and assistance at no cost. Visit hrsdbc.org.

The Old Dominion University Institute for Innovation & Entrepreneurship (ODU IIE) is the University's entry point for the business community, providing companies and government entities of all sizes a dedicated resource to help solve problems, expand capabilities, and create new ventures. ODU IIE offers services matched to market needs. These include consulting, advanced manufacturing and technology solutions, training and professional development, and services to veterans and disadvantaged companies. For more information visit ODU.edu/iie.

The Center for Innovative Technology (CIT) creates new technology companies through capital formation, market development, and revenue generation services. To facilitate national innovation leadership and accelerate the rate of technology adoption, CIT creates partnerships between innovative technology start-up companies and advanced technology consumers. Visit cit.org.

Workforce development is recognized as an important factor for economic development in Hampton Roads. To lure new business into the area, it's necessary to prove that we have a skilled labor force. The Hampton Roads Workforce Development Board is a volunteer board of directors responsible for developing policy and overseeing local workforce development initiatives in partnership with local elected officials. Opportunity Inc. serves as the staff organization to the board. Visit opp-inc.org.

Thomas Nelson Community College Workforce Development is dedicated to creating customized programs that successfully develop and enhance the Virginia peninsula workforce; through tailored training for the individual and organizations, small and large. Visit tncc.edu/workforce or call 757.825.2937.

TCC's Center for Workforce Solutions, We are South Hampton Roads' most comprehensive workforce training resource for businesses and individuals. Visit tcc.edu/workforce or call 757.822.1234.

Labor

Virginia is an employer-friendly state with its "Right to Work" and "Employment at Will" labor structure. Business costs, including Workers' Compensation and Unemployment Insurance, are among the lowest in the nation. In April 2018, Virginia's unemployment rate was 3.3%*. Hampton Roads workforce is nearly 800,000 with 14,000 individuals graduating from Hampton Roads' eight colleges and universities annually. It is replenished annually by 13,000 highly-skilled, exiting

military personnel; more than 30,000 military spouses and more than 106,000 university and community college students. (*Source: Virginia Labor Market Information website data.virginalmi.com.)

Transportation

One of the most appealing attributes of Hampton Roads is its accessibility to the world. The Port of Virginia, which is owned and operated by the Virginia Port Authority, is the third busiest general cargo port on the U.S. East Coast and one of the top 10 ports in the nation. It has a set of natural attributes that are unmatched on the East Coast: 50-foot deep shipping channels and an ice- and obstruction-free harbor that is situated 18 miles from the open ocean.

In 2017, the port handled more than 2.84 million cargo units, or TEUS (twenty-foot-equivalent units). More than 95 percent of the world's shiplines call on the Port of Virginia, linking the Commonwealth to more than 380 ports in more than 100 countries.

The port is within a day's drive of two-thirds of the nation's population and is linked by rail to some of the East's most important manufacturing and population centers. The port and its correlating maritime industry are responsible for 374,000 jobs, \$41 billion in total revenues throughout the Commonwealth.

The region is serviced by freight rail transportation giants Norfolk Southern Corporation and CSX Corporation. Norfolk Southern operates approximately 20,000 route miles in 22 states and D.C. serving every major container port in the eastern U.S., and providing efficient connections to other rail carriers. CSX operates about 21,000 route miles of track in 23 states, D.C., and two Canadian provinces.

Norfolk Southern's Heartland Corridor – one of the most extensive railroad engineering projects in modern times and a template for public-private partnerships that strengthen the nation's transportation infrastructure – officially opened for business in September 2010. The Heartland Corridor is a public-private partnership between Norfolk Southern and Virginia, West Virginia, Ohio, and the federal government to create the shortest, fastest route for double-stacked container trains moving between the Port of Virginia and the Midwest. The new routing improves transit time from Norfolk to Chicago from four days to three and is nearly 250 miles shorter than previous circuitous routings making the Port of Virginia a very desirable location.

Amtrak provides daily passenger rail service between Norfolk; Newport News; Petersburg; Washington, D.C.; Philadelphia; New York; and Boston. In December 2012, Amtrak train service began from Norfolk and is connecting passengers to destinations north of the city. For more, visit AmtrakVirginia.com.

Commercial air service is very convenient from Norfolk



A portrait of Rob Shuford, Jr., a middle-aged man with short brown hair and glasses, wearing a dark pinstripe suit, a white shirt, and a green patterned tie. He is looking directly at the camera with a slight smile.

**“WHEN LOCAL
BUSINESS THRIVES,
WE ALL SUCCEED.”**

Rob Shuford, Jr.
President & CEO

Old Point is 100% committed to
this community. We all live, work,
and shop in Hampton Roads.

We know your family.
We know your business.
You matter to us.

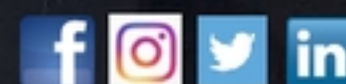


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NATIONAL BANK

Local Matters to Us

OldPoint.com | 757.728.1200

#localmatterstous



Member FDIC

BUSINESS & INDUSTRY

International Airport and Newport News/Williamsburg International Airport. There are flights to hundreds of cities daily, including direct non-stops to 26 airports. These two airports serve more than four million passengers annually.

Hampton Roads Transit and Williamsburg Area Transport provide bus routes offering riders greater mobility. A light rail system, The Tide operates in Norfolk. State funded programs such as TRAFFIX, TeleworkIVA and NuRide are providing employers with alternatives to driving solo and are helping employees save money.

Economic Base

The Hampton Roads regional economy has become increasingly dependent upon defense spending over the past decade and Department of Defense (DOD) spending accounts for 37.1% of all regional economic activity. (*Source: Old Dominion University's 2017 State of the Region) Threats to DOD spending in the region include: general defense spending, Base Realignment and Closure Commission (BRAC) and the movement of assets including an aircraft carrier.

The region still maintains a manufacturing sector and a significant agriculture industry. Hampton Roads' population is 1.66 million (source: VirginiaLMI), the eighth largest metro area in the Southeast U.S., and the second largest between Washington, D.C., and Atlanta. Add in a temperate climate, central location, transportation advances and a skilled labor force, and you have the recipe for dynamic business activity.

Ultimately, the bulk of the region's industry and employment is clustered around the region's assets such as the natural deep water ports, the concentration of the military, and the historic and recreational attractions.

Agriculture

Although it accounts for a small percentage of jobs, agriculture has long been a mainstay of the Hampton Roads economy. Peanuts, soybeans, corn, and livestock are the major products. From Suffolk's thousands of acres of peanuts to miles and miles of Virginia strawberries to Isle of Wight County's hog farms, many of the workers tending to these businesses are descendants of farming families. Visit vdacs.virginia.gov.

Education

Twenty-three school districts, and public and private institutions employ more than 51,300 people in the region. From the standpoint of employment as an economic driver, and the caliber of educational services produced, education, in all forms, cannot be overlooked when assessing Hampton Roads' economic base.

From the public school system to top research institutions, Hampton Roads has an excellent education system. Local community colleges offer workforce development programs that help the region's job force. Institutions driven by research bring focus to the region, making Hampton Roads a leader in technology, innovation and medicine; and development projects by

universities such as Old Dominion University are having a positive economic impact in multiple areas.

Government

State and local government play important roles in the Hampton Roads economy. And, with such a high concentration of military installations in the region, Department of Defense employment remains strong. Recently, government employment in Hampton Roads reached nearly 142,750 personnel (source: HREDA 2015). With more than 100,000 employees, the military is the region's second largest industrial sector.

Manufacturing

In the region, there are more than 125 local manufacturing firms that each employ 50 or more people. The local manufacturing sector, including the ship repair industry, employs nearly 59,000 workers. The top three manufacturers in Hampton Roads are shipbuilding and repair companies Huntington Ingalls/Newport News Shipbuilding with 24,000 jobs, Norfolk Naval Shipyard with 9,000 manufacturing jobs, and BAE Systems Norfolk Ship Repair, Inc. with 2,200 positions. In addition, Smithfield Foods, Inc. has 2,500 jobs in meat processing and packing. STIHL, Inc. in Virginia Beach, employs over 2,000.

Technology

In recent years, Hampton Roads has focused on bringing more technology-based industries to the area, bringing with it a large concentration of engineers and scientists. In fact, Hampton and its immediate area have the largest per-capita number of engineers and scientists outside of Silicon Valley.

Major research facilities are constantly making new discoveries that affect the world. These Hampton Roads-based facilities include the Jones Institute for Reproductive Medicine, Marie V. McDemmond Center for Applied Research, NASA Langley Research Center, Thomas Jefferson National Accelerator Facility (Jefferson Labs), Virginia Advanced Shipbuilding and Carrier Integration Center, Virginia Institute of Marine Science, and the Virginia Modeling Analysis and Simulation Center (VMASC)

Lockheed Martin, a leader in technology information, selected the city of Hampton for its Air & Space Operations Center Weapon System Integrator program. The facility supports the efforts of the U.S. Air Force to modernize and standardize its air and space operations throughout the world.

Technology Hampton Roads is the technology nerve center of Southeastern Virginia. This member-based association of technology organizations is transforming the region and its companies into world-recognized technology leaders. Visit hamptonroadsinnovations.org for information.

Tourism

Hampton Roads has it all – beautiful beaches, historic landmarks, and world-class museums and attractions,



BUSINESS & INDUSTRY

making tourism a substantial economic base in the region. The region's hospitality industry continues to thrive and creates more than 10,000 seasonal jobs.

Hampton Roads markets itself as a year-round destination with recent developments of city convention centers and town centers. Festivals and events play a major role in tourism. The Rock 'n' Roll Half Marathon in Virginia Beach draws 18,000 runners each year and the annual Shamrock Sportsfest, a Boston Marathon qualifier, hosts more than 30,000 runners.

Development Projects – Real Estate & Retail

According to CoStar research, the office vacancy rate in the Hampton Roads market area was at 10.8% in 2017's first quarter. The rate held from the previous quarter.

City Centers are the "new Downtown" concept sweeping the region. The centers feature residential housing, class A office space, retail and restaurants at their core.

With an eclectic mix of shopping, dining, entertainment, and living options covering 17 city blocks, Town Center in the heart of Virginia Beach has become one of Hampton Roads' hottest destinations. Enjoy world-renowned performers at the Sandler Center for the Performing Arts, or free live entertainment and festivals in the plazas. Shop at popular brand retailers and upscale boutiques

like Ann Taylor Loft and Brooks Brothers.

Launched in 2007, Towne Place at Greenbrier, just off Greenbrier Parkway in Chesapeake, hosts a free Summer Concert Series in the plaza surrounding the fountain. It is a center for retail and restaurants with special events and promotions held year-round creating a welcome community gathering place.

City Center at Oyster Point has created a downtown for Newport News, featuring high-end retail, office and living space around a five-acre fountain, a public plaza and 230,000 sq. ft. of retail shops and restaurants. It is inspired by the rich maritime history of the city, landscaped in a southern living style.

In 2016, the Marketplace at Tech Center opened in Newport News, a \$250 million development with 260,000 sq feet of retail space, 50,000 sq feet of office, and 300 residential units. It is located at the busiest intersection in Newport News.

In 2010, the Peninsula Town Center in Hampton, a \$200 million project with more than 50 stores, opened, heralding the official grand opening of the 1.1 million square foot Peninsula Town Center, the largest economic development project in the history of the city of Hampton and a major new employer and shopping/office/residential destination for the region. ■



H A M P T O N R O A D S CHAMBER 2020 Means Business

MISSION

*The Hampton Roads Chamber Means Business. We are the premier pro-business organization serving as an **Impactful Advocate**, **Powerful Economic Partner**, **Inspiring Ignitor**, and **Regional Collaborator** setting the conditions for businesses to succeed.*

VISION

The Hampton Roads Chamber commands the most influential position for shaping public policy to ensure a thriving environment for regional business prosperity.

VALUES

- ◆ **INTEGRITY**
- ◆ **INCLUSIVITY**
- ◆ **SELFLESS SERVICE**
- ◆ **BOLD LEADERSHIP**
- ◆ **COMMITMENT TO EXCELLENCE**

LEARN MORE ABOUT THE HAMPTON ROADS CHAMBER
WWW.HAMPTONROADSCHAMBER.COM

SALUTE TO OUR MILITARY

MILITARY IN HAMPTON ROADS

We are proud of the fact that the world's largest naval base sits in our backyard. We are also proud of the Air Force, Army, Coast Guard, and Marine presence in our region and welcome all military personnel and their families.

Fleet & Family Support Centers

Being in the military presents unique challenges and opportunities for service members and their families. FFSC offers free programs and services such as Counseling, Deployment Support, Family Advocacy, Family Employment, Military LifeSkills Education, Personal Financial Management, Relocation Assistance, and Transition Assistance. Call or visit, to learn more about our beneficial services.

JEB Little Creek/ Fort Story
(757) 462-7563

NAS Oceana/ Dam Neck
(757) 433-2912

NAVSTA Norfolk/ Portsmouth
(757) 444-2102

Newport News Shipyard
(757) 688-6289

NSA HR, Northwest Annex
(757) 421-8770

NWS Yorktown
(757) 887-4606

www.cnic.navy.mil/navylifema

USS Dwight D. Eisenhower
(CVN 69), Norfolk



U.S. Navy photo August 2011 by Mass Communication Specialist 2nd Class Rafael Martie/Released

Brave Men & Women in Uniform

Undeniable Assets

The Hampton Roads area is home to one of the world's largest populations of military personnel, with more than 80,000 active duty Sailors, Soldiers, Marines, and Airmen (source: <https://www.hreda.com/data-research/military/>). Hampton Roads is home to the largest Naval Base in the world and the only NATO command on U.S. soil. The number of active-duty military members makes it the region's second-largest industrial sector.

The total Department of Defense population, including active duty, reserve, retirees, and family members, totals approximately 350,000 in an area with a total population of 1.7 million. And more than 40,000 civilians are employed in the industry (source: <https://www.hreda.com/data-research/military/>). Each year, roughly 13,000 military personnel leave their respective branches of service and enter the private sector, offering businesses in the region an abundance of skilled, experienced, and highly disciplined workers.

Major military units and headquarters include NATO's Allied Command Transformation, Allied Command Operations Joint Forces Command, U.S. Fleet Forces Command, U.S. Marine Corps Forces Command, and the U.S. Army Training and Doctrine Command (source: https://www.nato.int/cps/ic/natohq/topics_50114.htm). The military currently has 68 ships homeported in the area and 37 aircraft squadrons. It also has a variety of Navy Special Forces and support units (source: <https://www.cnic.navy.mil/content/dam/cnic/cnrma/pdfs/-----/2018/18-28.pdf>).

Military Installations in Hampton Roads

Joint Base Langley-Eustis

In January 2010, Langley Air Force Base realigned with the Army's Fort Eustis in Newport News, Virginia, to become Joint Base Langley-Eustis. Fort Eustis is the Peninsula's largest military installation. It is located in northwestern Newport News and employs 8,900 active-duty personnel and 4,400 civilian personnel. In 1918, the U.S. Government procured 8,248 acres to create Camp Eustis, home of the U.S. Army Transportation Corps and Transportation Corps Regiment. It was later designated Fort Eustis. In 2009, Training and Doctrine (TRADOC) functions at Fort Monroe relocated and centralized at Fort Eustis.

Langley Air Force Base, one of the Air Force's ten major commands, is located in Hampton and is home to more than 11,000 military and civilian personnel assigned to Langley. It is also headquarters for Air Combat Command and is the oldest active Air Force base in the United States. Langley hosts the Air Force's 1st Fighter Wing, maintaining combat capability for the Air Force and Air Combat Command, which provides air combat forces. Visit www.jble.af.mil

Joint Expeditionary Base Little Creek-Fort Story

In October 2009, the Joint Expeditionary Base Little Creek-Fort Story was established, the first Joint Base in Hampton Roads. Joint Expeditionary Base Little Creek-Fort Story is the country's premier installation for housing and training the nation's Expeditionary Forces. It is one command with two properties: Joint Expeditionary Base East (Fort Story) and West (Little Creek). The Joint Expeditionary Base is comprised of the former Naval Amphibious Base Little Creek and the Army Post, Fort Story. Fort Story witnessed the humble beginnings of our country at the 1607 first landing site. Little Creek began as a dynamic training ground for World War II amphibious forces. Together they comprise the crown jewel of America's military bases. Visit cnic.navy.mil/JEBLCFS

Coast Guard

The Fifth Coast Guard District office is located in Portsmouth, Virginia. From these administrative offices, all Fifth District units are managed and supported. The boundaries of the Fifth Coast Guard District encompass the states of Delaware, Maryland, Virginia, North Carolina, and parts of New Jersey and Pennsylvania.

Carrying out the Fifth District's many missions, including search and rescue, law enforcement, national security, environmental response, and aids to navigation, are 5,338 active duty members and 810 reservists. Nearly 6,800 Coast Guard Auxiliarists in the district aid in the mission of research and development of safer boating practices and equipment, and coordination and enforcement of industrial and boating safety standards. Visit atlanticarea.uscg.mil/our-organization/district-5

SALUTE TO OUR MILITARY

Marines

Marine Corps Forces Command (MARFORCOM) is headquartered aboard Naval Support Activity (NSA) Hampton Roads in Norfolk, Virginia. MARFORCOM sources Marine Corps forces for global deployment in support of combatant commander requirements and is composed of Marines, Sailors, Civilian Marines, and Civilian Contractors. MARFORCOM's official mission statement: Commander, U.S. Marine Corps Forces Command (COMMARFORCOM), commands Active Component (AC) Service-retained operating forces; executes USMC force generation actions across the AC/RC Components in provisioning of joint capable Marine Corps forces, and directs deployment planning and execution of Service-retained operating forces in support of Combatant Commander (CCDR) and Service requirements; serves as Commanding General, Fleet Marine Corps-Navy integration of operational initiatives and advises Commander, U.S. Fleet Forces Command (USFF) on support to Marine Corps forces assigned to U.S. Navy ships, bases, and installations; and conducts Service-directed operational tasks as required.

Visit marforcom.marines.mil

Navy

Naval Air Station Oceana in Virginia Beach is the most sophisticated, operationally productive, and critical air station in the U.S. Navy. Currently home to 11 F/A-18 Hornet squadrons and seven of the 10 Super Hornet squadrons, the air station encompasses 6,000 acres with seven miles of runways. The NAS Oceana base employs approximately 28,000 active-duty, civilian personnel, and reservists.

Visit cnic.navy.mil/oceana

(source: <https://www.cnic.navy.mil/content/dam/cnic/cnrma/pdfs/2018/18-28.pdf>)

Naval Air Station Oceana, Dam Neck Annex employs over 5,600 active-duty and civilian personnel. Located on 1,100 acres of wetlands, marshes, coastal beaches, and sand dunes, Dam Neck preserves a delicate ecological balance through active environmental preservation and recycling programs.

Visit cnic.navy.mil/oceana

Naval Medical Center Portsmouth, is the oldest continuously running hospital in the Navy. 4,300 Officers, Sailors, and Civilians work in locations from Yorktown to Chesapeake to deliver health care to the 420,000 Active Duty members, family members, and retirees living in Hampton Roads. These men and women carry on a tradition of caring and service to their country, dating back to revolutionary times.

Visit med.navy.mil/SITES/NMCP

Naval Station Norfolk occupies about 4,300 acres of Hampton Roads real estate in a peninsula known as Sewells Point. It is the world's largest Naval Station; based on the supported military population, it is the largest military station in the world. The Base is home to approximately 64 ships and 187 aircraft and employs 46,000 active-duty military and 21,000 civilian personnel. When the Base's ships and aircraft are not at sea, they are alongside one of the 13 piers or inside one of the 16 aircraft hangars for repair, refit, training, and to provide the ship's or squadron's crew an opportunity to be with their families. Naval Station Norfolk is homeport to aircraft carriers, cruisers, destroyers, large amphibious ships, submarines, and a variety of supply and logistics ships. Visit cnic.navy.mil/norfolksta



A Great Experience Every Time

You can't be everywhere at once, but we'll ensure it looks like you are. With the scale and national resources to handle geographically dispersed portfolios and an unrelenting focus on consistency and quality, our team makes sure an exceptional guest experience begins from the moment they set foot on your property.

Contact Us

Gale Paige
757 525 1769
Gale.Paige@brightview.com
www.brightview.com



One Partner for All Your Landscape Needs
Design • Develop • Maintain • Enhance



Hampton National Cemetery

Cemetery Road at Marshall Avenue, Hampton. The cemetery includes The Union Soldiers monument, and 2 granite blocks inscribed "To Our Confederate Dead".
757.723.7104

Tidewater Veterans Memorial

1000 19th Street, Virginia Beach. The waterfall sculpture honors the service and sacrifice of the Hampton Roads war veterans from the Revolutionary War to present-day.
800.822.3224

Chesapeake Veterans Memorial

306 Cedar Road, Chesapeake. Commemorates the service and sacrifice of Chesapeake citizens who have served or are serving in the military.
757.382.6151

Norfolk Armed Services Memorial

Town Point Park, Waterside Drive, Nfk. Constructed from twenty letters, enlarged and cast in bronze, written by soldiers serving in America's wars and also the site of the cast bronze statue "The Homecoming."
757.664.6620

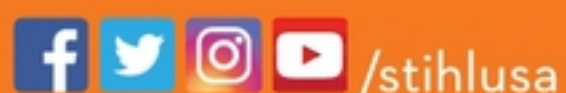
West Point Monument

at Elmwood Cemetery, 238 Princess Anne Road, Norfolk. Built in 1909, the memorial is a tribute to African-American veterans of the Civil War and Spanish-American War.
757.441.2653

REAL PRIDE

Since planting our roots in Virginia Beach more than 45 years ago, we've grown from assembling one single model of chain saw to manufacturing more than 80 product models and exporting to over 90 countries. While we are proud of our products' worldwide reputation for innovative technology and outstanding performance, we are equally proud of the work we are doing right in our backyard.

**Built in America.* Believing in America –
and in Hampton Roads – since 1974.**



STIHLUSA.COM

*A majority of STIHL gasoline-powered units sold in the United States are built in the United States from domestic and foreign parts and components. ©2019 STIHL



STIHL



REGGIE HOLLAND
ASSEMBLY

TONY BREHON
ASSEMBLY

WINERIES & BREWERIES

Hampton Roads is full of great local breweries, wineries and distilleries. Whatever your taste, you're sure to find it. So grab some friends and enjoy!



BREWERIES

Alewerks Brewing Co.

189 Ewell Road, Williamsburg
(757) 220-3670, alewerks.com

Back Bay Brewery Co.

614 Norfolk Ave, Virginia Beach
(757) 531-7750, facebook.com/backbaybrewing

Bearded Bird Brewing Co.

727 Granby St, Norfolk
(757) 938-6685, beardedbirdbrewing.com/

BenchTop Brewing Co.

1129 Boissevain Ave, Norfolk
(757) 321-9482

Big Ugly Brewing Co.

845 S. Battlefield Blvd., Chesapeake
(757) 609-2739, biguglybrewing.com/

Blue Moon Taphouse

333 Waterside Drive, Norfolk
(757) 426-7433, watersidedistrict.com/tenant/blue-moon-taphouse/

Bold Mariner Brewing Co.

1901 East Ocean View Ave., Norfolk
(757) 952-6533, boldmariner.com/

Bull Island Brewing Co.

758 Settlers Landing Rd, Hampton
(757) 884-8884, bullislandbrewing.com

Capstan Bar Brewing Co.

2036 Exploration Way, Hampton
(757) 788-7276, capstanbarbrewing.com

Coelacanth Brewing

760-A West 22nd Street, Norfolk
(757) 383-6438, facebook.com/coelacanthbrewing

Commonwealth Brewing

2444 Pleasure House Rd, Virginia Beach
(757) 305-9652 commonwealthbrewingcompany.com/

Deadline Brewing Project

2272 W. Great Neck Rd., Virginia Beach
(757) 502-4980, deadlinebrewing.com

Elation Brewing Co.

5104 Colley Ave., Norfolk
(757) 452-6584, elation.beer

Gordon Biersch

4561 Virginia Beach Blvd., Virginia Beach
(757) 490-2739, gordonbiersch.com/

Home Republic Brewing Co.

328 Laskin Road, Virginia Beach
(757) 226-9593, homerepublicvabeach.com/

Legend Brewing Depot

1 High St - N. Landing #B, Portsmouth
(757) 998-6733, legendbrewing.com

MoMac Brewing Co

3228 Academy Ave, Portsmouth
(757) 383-9572, momacbrewing.com

New Realm Brewing Co.

1209 Craft Lane, Virginia Beach
(757) 302-8550, newrealmbrewing.com

O'Connor Brewing Co.

211 W. 24th St, Norfolk
(757) 623-2337, oconnorbrewing.com

The Oozlefinch Craft Brewery

81 Patch Rd, Fort Monroe
(757) 224-7042, oozlefinchbeers.com

Pleasure House Brewing
3025 Shore Drive, Virginia Beach
(757) 496-0916 pleasurehousebrewing.com/

Reaver Beach Brewing
1505 Taylor Farm Rd, Virginia Beach
(757) 563-2337, reaverbeach.com

Rip Rap Brewing Co.
116 25th St, Norfolk
(757) 632-0159, ripapbrewing.com/

Smartmouth Brewing Co.
Pilot House: 313 32nd St., Virginia Beach
Headquarters: 1309 Raleigh Ave, Norfolk
(757) 624-3939, smartmouthbrewing.com/

St George Brewing Co.
204 Challenger Way, Hampton
(757) 865-7781, stgbeer.com

Starr Hill Market Bar
333 Waterside Dr., Norfolk
(757) 427-7433, watersidedistrict.com/tenant/starr-hill-market-bar/

Tradition Brewing Co.
700 Thimble Shoals Blvd., Newport News
(757) 592-9393

The Virginia Beer Co.
401 2nd Street, Williamsburg
(757) 378-2903, virginiabeerco.com

Wasserhund Brewing Co.
1805 Laskin Rd, Suite 102, Virginia Beach
(757) 351-1326, wasserhundbrewing.com

Wharf Hill Brewing
25 Main St, Smithfield
(757) 357-7100, wharfhillbrewing.com

The Whiskey Kitchen
2149 General Booth Blvd, Virginia Beach
(757) 689-8860, hewhiskeykitchen.com/

Yardhouse
4549 Commerce St, Virginia Beach
(757) 490-9273, yardhouse.com

Young Veteran Brewing Co.
2505 Horse Pasture Rd #104, Virginia Beach
(757) 689-4021, yvbc.com/

WINERIES

Copper's Hawk Winery & Restaurant
733 Lynnhaven Mall Loop, Virginia Beach
(757) 213-7777, chwinery.com

Mermaid Winery
330 W 22nd St., # 106, Norfolk
4401 Shore Dr., Virginia Beach
(757) 233-4155 mermaidwinery.com

Pungo Ridge Winery
1665 Princess Anne Rd, Virginia Beach
(757) 426-1665, pungoridgewinery.com

Silver Hand Meadery
224 Monticello Ave., Suite C, Williamsburg
(757) 378-2225, silverhandmeadery.com

Smithfield Winery
117 N. Church St., Smithfield
(757) 869-9698, smithfieldwinery.com

Vintner's Cellar Winery & Restaurant
1213-C George Washington Memorial Hwy, Yorktown
(757) 223-4261, vintnercellaryorktown.com

Virginia Beach Winery
152 N. Newtown Rd., #108, Virginia Beach
(757) 995-4315, vbwinery.com

The Williamsburg Winery
5800 Wessex Hundred
(757) 229-0999, williamsburgwinery.com

DISTILLERIES

8 Shires
7218 Merrimac Trail, Williamsburg
(757) 378-2456, 8shires.com

Chesapeake Bay Distillery
437 Virginia Beach Blvd., Virginia Beach
(757) 498-4210, chesapeakebaydistillery.com

Ironclad Distillery
124 23rd St, Newport News
ironcladdistillery.com

Tarnished Truth
4200 Atlantic Ave., Virginia Beach
(757) 965-9652, tarnishedtruth.com

The Vanguard Brewpub & Distillery
504 N. King St., Hampton
(757) 224-1216, thevanguard757.com

Dead Reckoning
312 W. 24th St., Norfolk
(757) 535-9864, deadreckoningdistillery.com

Great Dismal Distillery, Inc.
1549 Juniper St., Norfolk
(757) 853-3606

Blue Sky Distillery
200042 Isle of Wight Industrial Park Rd., Smithfield
(757) 746-8342, blueskydistillery.com

Chesapeake Bay Distillery LLC
437 Virginia Beach Blvd., Virginia Beach
(757) 498-4210, chesapeakebaydistillery.com

RD Wilhelm Distillery
1120 West Olney Rd., Norfolk
(757) 233-9168

Three Brothers' Distillery, Inc.
9935 County Line Rd., Disputanta
(757) 204-1357, threebrotherswhiskey.com

Copper Fox Distillery
901 Capitol Landing Rd., Williamsburg
(757) 903-2076, copperfoxdistillery.com



ONE STOP BEER SHOP

bottleBox craft beer to-go
325 B 21st Street, Norfolk
(757) 918-9932, bottlebox.beer

Mix It Up Beer Mixers and More
2973 Shore Dr. #103, VA Beach
(757) 412-1200

Mix It Up
5911 Harbour View Blvd, #101, Suffolk
(757) 977-1201

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Teacup ride, Busch Gardens Williamsburg



Red panda at the Virginia Zoo

FUN SEEKERS & EXPLORERS



FOR YOUR AMUSEMENT

American Indoor Karting (2736 N Mall Dr., Virginia Beach). State-of-the-art European racing machines allow drivers an incredible racing experience with speeds of 40mph and lateral G's of 1.5 and above. Visit americanindoorkarting.com or call **757.486.3003**.

The Adventure Park at Virginia Aquarium (801 General Booth Blvd., Virginia Beach) is an outdoor facility located in the woods with zip lines, bridges, and other fun obstacles. Visit virginiabeachadventurepark.com or call **757.385.4947**.

Busch Gardens Williamsburg (1 Busch Gardens Blvd., Williamsburg) is situated on 383 action-packed acres; an international-themed park boasting more than 50 thrilling rides and attractions. Visit buschgardens/Williamsburg or call **757.229.4386**.

Dave & Buster's (701 Lynnhaven Pkwy., Virginia Beach) is a great place to play different arcade games, eat & drink, and watch sports games. Visit daveandbusters.com/virginia-beach or call **757.785.3500**.

Escape Room Virginia Beach (408 Investors Place, Suite 107, Virginia Beach) is a fun, interactive puzzle that has you searching for clues to find an item that will help you escape from the room. Visit escaperoomvirginiabeach.com or call **757.228.7577**.

Hampton Carousel (602 Settlers Landing Rd., Hampton at Hampton History Museum). Restored to its original 1920's beauty, it is one of only 170 antique

wooden merry-go-rounds in existence in the U.S. Visit hampton.gov/2130/hampton-carousel or call **757.727.1610**.

iFLY Virginia Beach Indoor Skydiving (2412 Pacific Ave., Virginia Beach) provides a realistic experience of skydiving in a safe indoor flight chamber. Visit iflyworld.com/virginia-beach/ or call **757.754.4359**.

Motor World Family Thrill Park (700 S. Birdneck Rd., Virginia Beach) is your place for fun with Grand Prix kart models, Skycoaster, paintball facility, mini golf, and more. Visit vbmotorworld.com or call **757.422.6419**.

Ocean Breeze Waterpark (849 General Booth Blvd., Virginia Beach) offers family fun with 13 water slides, a million-gallon wave pool, a kiddie's section, concerts, and more. Visit oceanbreezewaterpark.com or call **757.422.4444**.

Topgolf Virginia Beach (544 Greenwich Rd., Virginia Beach) is a three-story driving range that incorporates competition with entertainment. Visit topgolf.com/us/virginia-beach or call **757.544.9217**.

Water Country USA (176 Water Country Pkwy., Williamsburg) is Mid-Atlantic's largest water park, featuring water rides and slides, high-speed toboggan race, entertainment, and more. Visit watercountryusa.com/en/williamsburg or call **757.229.4386**.

GUIDED & WALKING TOURS

Cannonball Trail (401 E. Freemason St., Norfolk)

FUN SEEKERS & EXPLORERS

is a walk-it-yourself tour and heritage trail with 400 years of American history, connecting historic sites with attractions in downtown Norfolk. Visit downtownnorfolk.org or call 757.664.6620.

Colonial Williamsburg (101A Visitor Center Dr., Williamsburg) is part of the Historical Triangle and offers acres of authentic 18th century taverns, shops and homes. Enjoy original and reconstructed buildings, colorful gardens, interpretive programs, historic trades and crafts, and character interpreters. Visit colonialwilliamsburg.com or call 888.965.7254.

Driving Tour of African-American Historic Sites (6467 Main St., Gloucester) shares the heritage that has significantly influenced the county's development of the African-American culture. Visit gloucesterva.info or call 804.693.2355.

Historic Triangle Tours offers a variety of walking and guided tour packages. For Colonial Williamsburg, Jamestown Settlement and Yorktown Victory Center, visit www.historyisfun.org or call 757.253.4838.

Smithfield Historic District Walking Tour (319 Main St., Smithfield) is a self-guided tour of the charming homes along the tree-lined streets featuring Colonial, Federal and Victorian architectural gems. Visit visitsmithfieldisleofwight.com or call 757.357.5182.

Walking Tour of Historic Gloucester (6467 Main St., Gloucester) invites you to discover the stories and secrets behind the historic store fronts with friendly proprietors, distinctive food and merchandise. Visit gloucesterva.info or call 804.693.0014.

Walking Tour of Olde Towne Portsmouth (6 Crawford Pkwy., Portsmouth) is a self-guided tour of the 18th and 19th century historic district with tidbits from Revolutionary and Civil War eras. Visit oldetowneportsmouth.com or call 757.405.3500.

HISTORIC HOMES & MUSEUMS

Adam Thoroughgood House (1636 Parish Rd., Virginia Beach), built circa 1719, is an English country manor-style house – one of the earliest permanent brick structures in Virginia. Visit museumsvb.org or call 757.385.5100.

Bacon's Castle (465 Bacon's Castle Trail, Surry) with its cruciform shape, triple chimneys and curvilinear gables, is a rare surviving example of Jacobean architecture in America. Visit preservationvirginia.org/historic-sites/bacons-castle or call 757.357.5976.

Cape Henry Memorial (Fort Story Military Reservation, Virginia Beach) marks where English Colonists landed at Cape Henry on April 26, 1607. Those same English colonists went on to establish the first, permanent, English speaking settlement in America at Jamestown, Virginia, on May 13, 1607. A granite cross was erected in 1935 by the National Society Daughters of the

American Colonists in memory of the wooden cross erected by the English colonists in 1607. Visit nps.gov/come or call 757.898.2410.

Chippokes Farm & Forestry Museum (Route 634 off Route 10, Surry) is an antique farm and historic mansion located on one of the oldest farmed plantations in the country. Visit virginia.org/listings/historicsites/chippokesfarmandforestrymuseum or call 757.294.3439.

Endview Plantation (362 Yorktown Rd., Newport News), restored to its 1862 appearance, is a living museum where visitors talk with soldiers and civilians from Civil War era Virginia. Visit endview.org or call 757.887.1862.

Francis Land House (3131 Virginia Beach Blvd., Virginia Beach) is a beautiful, early 19th century home furnished with period antiques and reproductions. Tours are led by costumed guides. Visit www.museumsvb.org/ or call 757.385.5100.

Gloucester Museum of History (6539 Main St., Gloucester) is housed in a pre-Revolutionary brick tavern built in 1770. Enjoy county archaeology; Civil and Revolutionary War displays. Visit gloucesterva.info/museum or call 804.693.1234.

Gwynn's Island Museum (on Route 633, Mathews) preserves the history of Gwynn's Island and Mathews County. Enjoy military and Merchant Marine displays; Indian and Colonial artifacts; and antiques. Visit gwynnsislandmuseum.org or call 804.725.5022.

Hampton History Museum (120 Old Hampton Ln., Hampton) showcases permanent galleries and shares Hampton's history from its early occupation by the Kecoughtan Tribe through the 20th century. Visit hampton.gov/history_museum or call 757.727.1102.

Hampton University Museum (11 Frissell Ave., Hampton) was founded in 1868 and is the oldest African-American museum in the U.S., and one of the oldest museums in Virginia. Visit museum.hamptonu.edu or call 757.727.5000.

Hermitage Foundation Museum (7637 N. Shore Rd., Norfolk) is an English Tudor-style mansion on the Lafayette River. Enjoy paintings, sculptures and Chinese figurines from the T'Ang Dynasty. Visit thehermitagemuseum.org or call 757.423.2052.

Hill House (221 North St., Portsmouth) is a four-story English basement house built in the early 1800's and is furnished entirely with original family belongings. Visit thehillhousemuseum.org or call 757.393.0241.

Historic Rosewell (Old Rosewell Ln., Gloucester) was built in 1725 and sits on the banks of the York River. It showcases the ruins of one of the finest mansions ever built in the colonies. Visit rosewell.org or call 804.693.2585.

GUIDED & WALKING TOURS



Chamber walk

HISTORIC HOMES & MUSEUMS



Jamestown huts

HISTORIC HOMES & MUSEUMS



Gloucester Museum, Gloucester



Lee Hall Mansion, Newport News

FUN SEEKERS & EXPLORERS

Historic St. Luke's Church (14477 Benns Church Blvd., Smithfield), circa 1632, is the oldest existing church of English foundation in the U.S. and the only surviving original brick Gothic church. Visit historicstlukes.org or call 757.357.3367.

Hunter House Victorian Museum (240 W. Freemason St., Norfolk), circa 1894, is decorated with the Hunter family's Victorian furnishings and arts, including Renaissance Revival furniture. Visit hunterhousemuseum.org or call 757.623.9814.

Isle of Wight County Museum (103 Main St., Smithfield) showcases Indian artifacts, fossils from the James River and Civil War relics. Learn the history and curing process of the world-famous Smithfield hams. Visit historicisleofwight.com or call 757.356.1223.

Jamestown Settlement and Yorktown Victory Center is part of the Historical Triangle and shares the story of America's beginnings. Through film, artifact-filled galleries and outdoor living history, these museums engage visitors in nearly two centuries of our nation's history. Visit historyisfun.org or call 757.253.4838.

Lynnhaven House (4409 Wishart Rd., Virginia Beach) is a small, but stately brick structure constructed by Francis Thelaball in 1725 and features 18th-century furnishings. Guided tours by costumed interpreters. Visit museumsvb.org/museums/lynnhaven-house or call 757.385.5100.

Lee Hall Mansion (163 Yorktown Rd., Newport News) is an Italianate mansion constructed by affluent planter Richard Decauter Lee Hall – Confederate Generals Magruder and Johnston used Lee Hall as a headquarters. Visit leehall.org or call 757.888.3371.

Moses Myers House (331 Bank St., Norfolk), built in 1792, is the only historic house in the U.S. interpreting traditions of early Jewish immigrants. Seventy percent of the art and furnishings are original. Visit chrysler.org or call 757.664.6200.

Nelson House (508 Main St., Yorktown), restored mansion of Georgian architecture, was home to Thomas Nelson, Jr., a signer of the Declaration of Independence and Governor of Virginia. Visit nps.gov/york/learn/historyculture/nelson-house.htm or call 757.898.2410.

Newsome House Museum & Cultural Center (2803 Oak Ave., Newport News) takes you back in time to the 1899 Victorian home of Joseph Thomas Newsome, a prominent black attorney. Visit newsomehouse.org or call 757.247.2360.

Norfolk History Museum at the Willoughby-Baylor House (601 East Freemason St., Norfolk) was built in 1794 by Captain William Willoughby and

showcases various aspects of Norfolk's rich history. Visit chrysler.org or call 757.664.6200.

Riddick's Folly (510 N. Main St., Suffolk), built in 1837, is a Greek-revival home listed on the National Register of Historic Places. Signatures from Union soldiers are visible on the walls of the home. Visit riddicksfolly.org or call 757.934.0822.

St. John's Church (100 W. Queens Way, Hampton) is the oldest continuous English-speaking parish in the U.S. The church features a stained-glass window depicting the baptism of Pocahontas. Visit stjohnshampton.org or call 757.722.2567.

St. Paul's Church (201 St. Paul's Blvd., Norfolk) is the lone survivor of the British destruction of the city by Lord Dunmore in 1776. A cannonball fired during the attack is still embedded in the wall. Visit saintpaulsnorfolk.org or call 757.627.4353.

Tompkins Cottage (27 Brickbat Rd., Mathews) is the oldest wooden structure in the historic courthouse district and was used as a mercantile store in 1815. Historical exhibits and gift shop onsite. Visit virginia.org/listings/museums/tompkinscottage or call 804.725.4229.

Upper Wolfsnare (2040 Potters Rd., Virginia Beach) is a handsome Georgian manor built circa 1759 and is owned by the Princess Anne County/Virginia Beach Historical Society. Visit virginiabeachhistory.org or call 757.491.3490.

Whalehead Club at Currituck Heritage Park (1100 Club Road, North Corolla), built in 1922. This landmark boasts impressive displays of Art Nouveau architecture. Home of the Outer Banks Center for Wildlife Education. Visit visitwhalehead.com or call 252.453.9040.

OUR NAUTICAL HERITAGE

Cape Henry Lighthouse (Fort Story Army Base, Virginia Beach), first federally-constructed lighthouse in the U.S., began to crack in 1870 and was replaced with the country's tallest cast-iron lighthouse. Visit preservationvirginia.org or call 757.422.9721.

Currituck Beach Lighthouse (1100 Club Road, North Corolla) is distinct in appearance, showcasing an exterior of natural brick; featuring Victorian double keepers' house and cisterns. Visit currituckbeachlight.com or call 252.453.4939.

Hampton Roads Naval Museum (inside Nauticus, 1 Waterside Dr., Norfolk) shares two centuries of naval activity in and around the harbor of Hampton Roads. Explore the historic decks of the Wisconsin. Visit history.navy.mil/history/museums/hrnm.html or call 757.322.2987.

FUN SEEKERS & EXPLORERS

Hog Island Lighthouse Lens (High Street Landing on the Riverfront, Portsmouth) The first Hog Island Lighthouse was built in 1852 and lasted until 1896. The 10-foot high lens, a first order produced by the Henry-LePaute company in France, was removed from the lighthouse before its final destruction. Visit virginia.org/listings/historicsites/hogislandlighthousefirstorderlens or call 757.404.3500.

Lightship Museum (London & Water Sts., Portsmouth) invites you aboard this 1915 lightship that aided mariners in avoiding danger, ensuring safe entry into the harbors at night. Visit portsmouthnavalshipyardmuseum.com or call 757.393.8591.

New Point Comfort Lighthouse (south of Route 600, Mathews) was first illuminated in 1805. It is a 63-foot sandstone tower and the third oldest lighthouse on the Chesapeake Bay. Observe from walkway only. Visit visitmathews.com/new-point-comfort-lighthouse/ or call 804.725.7172.

Path of History links two of the nation's oldest Navy facilities, the Naval Medical Center and Naval Shipyard with brick walkways and features two 75,000-pound propellers from naval supply ships. Visit oldtowneportsmouth.com/listings/path-of-history-self-guided-tour/ or call 757.393.5111.

Portsmouth Naval Shipyard Museum (2 High St., Portsmouth) showcases 18th and 19th century Naval Shipyard memorabilia such as Navy diver helmets, a 1700's ship's log and artifacts. Visit portsmouthnavalshipyardmuseum.com or call 757.393.8591

Virginia Beach Surf & Rescue Museum (24th St. and Boardwalk, Virginia Beach) depicts the history of the U.S. Life-Saving and Coast Guard Service and shipwrecks along the Virginia coast. Visit vbsurfrescuemuseum.org or call 757.422.1587.

Watermen's Museum (on Water Street under the Coleman Bridge, Yorktown) invites you to hear the story of Wooden Boats and Iron Men; showcases artifacts of the men who harvested the Chesapeake Bay. Visit watermens.org or call 757.887.2641.

OUR MILITARY HISTORY WAR MUSEUMS & MEMORIALS

Air Power Park & Museum (413 W. Mercury Blvd., Hampton) invites you to feel the air power with outdoor sights of jets, rockets, missiles, and space artifacts. Visit visithampton.com/air-power-park or call 757.727.8311.

Battleship Wisconsin (1 Waterside Dr., Norfolk) is one of the largest and last battleships ever built by the U.S. Navy. This Iowa-class battleship is a veteran of World

War II, the Korean War and the Gulf War. Visit nauticus.org or call 757.664.1000.

Fighter Factory (1341 Princess Anne Rd., Virginia Beach) is a group of professionals specializing in the recovery/ restoration of World War II era propeller aircraft. View a unique collection of vintage aircraft. Visit fighterfactory.com or call 757.539.8440.

MacArthur Memorial (MacArthur Square, Bank St. and City Hall Ave., Norfolk) is the final resting place for Gen. MacArthur; enjoy the story of MacArthur's life through exhibit galleries, archives and more. Visit macarthurmemorial.org or call 757.441.2965.

The Mariners' Museum (100 Museum Dr., Newport News) showcases 500 years of seafaring adventure and features Chris-Crafts, miniature ship models, and artifacts from the USS Monitor. Visit mariner.org or call 757.596.2222.

NAS Oceana Tour is a 90-minute narrated tour of the world's largest Master Jet Base in Virginia Beach and home to more than 300 jet aircraft, including F/A-18 Hornets. Visit cnic.navy.mil/regions/cnrma/installations/nas_oceana/about/visitor_information.html or call 757.721.7767.

Nauticus, The National Maritime Center (1 Waterside Dr., Norfolk) is an exciting educational science and technology center featuring over 150 exhibits, and is home to the Hampton Roads Naval Museum. Visit nauticus.org or call 757.664.1000.

Naval Station Norfolk Tour (9079 Hampton Blvd., Norfolk) showcases the world's largest naval station; is homeport to ships, aircraft squadrons and more. Visit visitnorfolk.com/things-to-do/tours/tour-norfolk-naval-base or call 757.444.7955.

U.S. Army Transportation Museum (300 Washington Blvd., Fort Eustis) boasts nearly 100 Army vehicles and aircraft from the Revolution to the present day. Visit transportation.army.mil or call 757.878.1115.

Victory Arch (25th Street & West Avenue, Newport News). Originally built in 1919, returning WWI troops disembarked from ships and marched through the arch in victory parades. The arch was reconstructed to its current state in 1962 and on Memorial Day in 1969, an eternal flame, donated by the American Legion, was added. Today, the arch serves as a memorial with the eternal flame continually burning for all the men and women of the armed forces. Visit newport-news.org/visitors/things-to-do/outdoors-and-recreation/14/victory-arch or call 757-247-8523.

Virginia War Museum (9285 Warwick Blvd., Newport News) houses galleries documenting America's wars from the American Revolution to present day conflicts. Visit warmuseum.org or call 757.247.8523.

OUR NAUTICAL HERITAGE

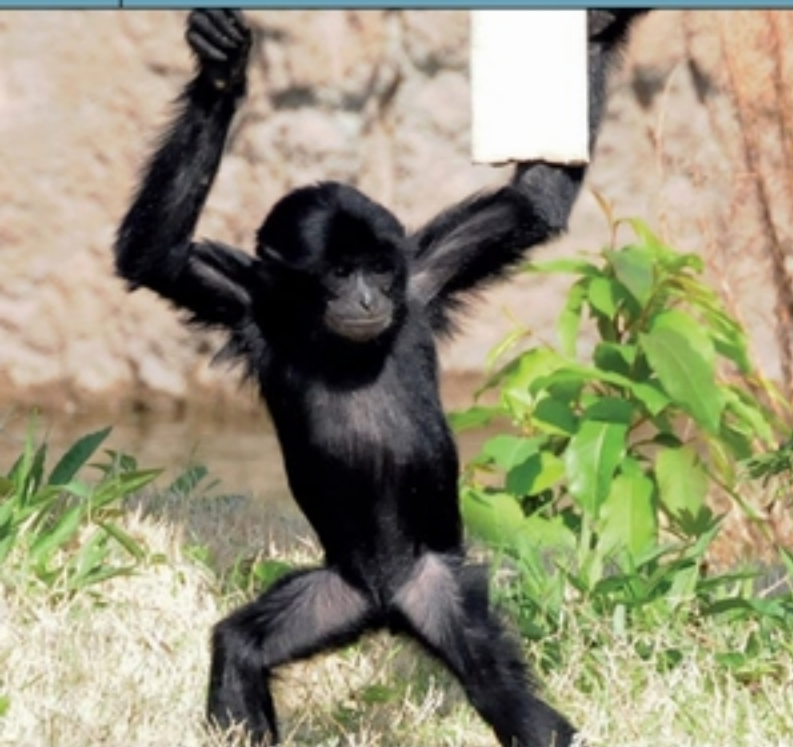


USS Wisconsin at Nauticus Museum

ZOOLOGICAL & WILDLIFE EXHIBITS



Virginia Aquarium & Marine Science Center



Lola, a baby siamang, at the Virginia Zoo

SCIENCE, DISCOVERY & TECHNOLOGY



Children's Museum of Virginia

FUN SEEKERS & EXPLORERS

ZOOLOGICAL & WILDLIFE EXHIBITS

Atlantic Wildfowl Heritage Museum (1113 Atlantic Ave., Virginia Beach) is located in the oldest remaining structure on the oceanfront, historic deWitt Cottage. The museum features historical wildfowl artifacts. Visit awhm.org or call 757.437.8432.

Hoffler Creek and Wildlife Preservation (4510 Twin Pines Road, Portsmouth). This 142-acre site includes vast wetlands, a heavily wooded forest and a unique saltwater lake. Walking trails, kayaking and bird watching are activities that can be enjoyed here. Located on the shores of Hoffler Creek, the preserve is the last viable wilderness area in Portsmouth and is a thriving habitat for countless species of plants and animals native to Southeastern Virginia. Visit hofflercreek.org or call 757-686-8684.

Outer Banks Center for Wildlife Education (1100 Club Rd., N. Corolla) houses over 250 decoys, an aquarium and exhibit gallery. Classes offered such as decoy carving and kayaking. Visit ncwildlife.org or call 252.453.0221.

Virginia Aquarium & Marine Science Center (717 General Booth Blvd., Virginia Beach) is the state's largest aquarium, featuring 800,000 gallons of aquariums, live animal habitats and IMAX® 3D Theater. Featured exhibits include Journey of Water and Restless Planet. Visit virginiaaquarium.com or call 757.385.FISH.

Virginia Living Museum (524 J. Clyde Morris Blvd., Newport News) offers indoor/outdoor attractions, a wildlife park, aquarium, planetarium, observatory, and more. Visit thevlm.org or call 757.595.1900.

The Virginia Zoo (3500 Granby St., Norfolk) currently displays nearly 400 animals with featured exhibits: Asia-Trail of Tiger, the ZooFarm, the African Okavango Delta exhibit and the newly opened World of Reptiles. The Virginia Zoo is committed to saving and protecting the world's wildlife by inspiring a passion for nature and taking conservation action at home and around the world. Visit virginiazoo.org or call 757.441.2374.

SCIENCE, DISCOVERY & TECHNOLOGY

Chesapeake Planetarium (312 Cedar Rd., Chesapeake) is the first of its kind built by a public school system in Virginia; provides programs on astronomy for the public. Visit cpschools.com/planetarium or call 757.547.0153.

The Children's Museum of Virginia (221 High St., Portsmouth). The largest children's museum in Virginia with 72,000 sq. ft. of exhibit space, featuring dozens of interactive exhibits including: Bubbles; Working Port; Tot Yard; Train collection; My Backyard and Beyond. Visit childrensmuseumvirginia.com or call 757.393.5258.

Ripley's Believe It Or Not Museum (1735 Richmond Rd., Williamsburg). Wherever Robert Ripley went, he searched for the odd and the unusual. Whenever possible he brought home artifacts from his journeys, which today form the heart of the greatest collection of oddities ever assembled. Ripley's Believe It or Not! museum and 4D theater in Williamsburg, Virginia, is your destination for the strange, unusual, and bizarre! Visit ripleys.com/williamsburg/ or call 757.220.9220.

Virginia Air & Space Center, (600 Settlers Landing Rd., Hampton). Your imagination will soar as you launch a rocket, pilot a space shuttle, come face-to-face with the Apollo 12 Command Module and a DC-9 passenger jet. Experience a 3D IMAX® film in the Riverside IMAX® Theater...you have to see it to believe it! There is always something new landing at the Virginia Air & Space Center! Visit vasc.org or call 757.727.0900.

Virginia Beach Planetarium (3080 S. Lynnhaven Rd., Virginia Beach) invites you to tour the night sky and see the position of visible planets, the moon, and major constellations. Visit planetarium.vbschools.com or call 757.648.4940.



Virginia Air & Space Center

BIG STAGE VENUES



Union Bank & Trust Pavilion, Portsmouth

Art Centers, Performance Halls & Stage Venues

The American Theatre (125 E. Mellen St., Hampton) seats 400 and is a landmark building newly renovated to include state-of-the-art acoustics and sight lines. Visit HamptonArts.net or call **757.722.ARTS**.

Attucks Theatre (1010 Church St., Norfolk), circa 1919, is America's oldest remaining theater financed, designed, constructed, and operated by African-Americans. Visit sevenvenues.com or call **757.664.6464**.

The Charles H. Taylor Arts Center (4205 Victoria Blvd., Hampton), home of the Hampton Arts Commission and Hampton Arts Foundation, showcases the best of regional contemporary artists. Visit HamptonArts.net or call **757.727.1490**.

CHARTWAY Arena (4320 Hampton Blvd., Norfolk) has a capacity of 10,000 and has become one of the hottest local venues with an enviable schedule of national performers. Visit chartwayarena.com or call **757.683.4444**.

Chrysler Hall (215 E. Brambleton Ave., Norfolk) offers seating for 2,500, hosts distinctive theater and concert events and is home of the Virginia Symphony and Norfolk Forum. Visit sevenvenues.com or call **757.664.6464**.

The Commodore Theatre (421 High St., Portsmouth) is a restored 1945 Art Deco style motion picture theatre presenting first run films with fine dining restaurant within the main auditorium. Visit commodoretheatre.com or call **757.393.6962**.

Ferguson Center for the Arts (Christopher Newport University, Newport News) offers a 1,700-seat concert hall, 500-seat music and theatre hall and 200-seat studio theatre; and features national headliners. Visit fergusoncenter.org or call **757.594.8752**.

Hampton Coliseum (1000 Coliseum Dr., Hampton) is recognized as one of the most versatile and successful facilities in America, offering 13,800 seats. Visit hamptoncoliseum.org or call **757.838.4203**.

Kimball Theatre (4242 W. Duke of Gloucester St., Williamsburg) is home to current films and live performances. Visit kimball.wm.edu/ or call **1.800.249.0179**.

Harrison Opera House (160 E. Virginia Beach Blvd., Norfolk) is home of the Virginia Opera. Visit vaopera.org or call **1.866.OPERA.VA**.

The Naro Theatre (1507 Colley Ave., Norfolk) was established in Historic Ghent in 1936. This restored theater has a reputation for being a haven for protest, independent and foreign films. Visit narocinema.com or call **757.625.6276**.

Norfolk SCOPE (201 E. Brambleton Ave., Norfolk) seats 12,600 and is the host to a wide variety of events, including Ringling Bros. and Barnum and Bailey Circus, conventions, concerts and family shows. Visit sevenvenues.com or call **757.664.6464**.

The Norva (317 Monticello Ave., Norfolk), a restored 1920's movie palace and vaudeville house holds approximately 1,500 people for live music performances. Visit thenorva.com or call **757.627.4547**.

The Roper Performing Arts Center (340 Granby St., Norfolk) is owned by Tidewater Community College, seats up to 900 and is fitted with state-of-the-art technology. Visit tccropercenter.org or call **757.822.1450**.

The Sandler Center for the Performing Arts (201 Market St., Virginia Beach) is a cultural centerpiece that showcases local, national, and international performing artists. Visit sandlercenter.org or call **757.385.2787**.

Suffolk Center for Cultural Arts (110 W. Finney Ave., Suffolk) promotes visual and performing arts with national acts performing regularly. Visit suffolkcenter.org or call **757.923.0003**.

Union Bank & Trust Pavilion (16 Crawford Cir., Portsmouth) is an outdoor performing arts amphitheater located on the waterfront that features the biggest names in live concert. Visit pavilionconcerts.com or call **757.393.8181**.

Veterans United Home Loans Amphitheater (3550 Cellar Door Way, Virginia Beach) is a 20,000-seat outdoor concert venue hosting performances by artists from all music genres. Visit livenation.com or call **757.368.3000**.

Wells Theatre (108 E. Tazewell St., Norfolk) stands out as Norfolk's magnificent historical theater. The Theatre is home to the Virginia Stage Company. Visit vastage.com or call **757.627.1234**.

LIVE!

If you like live performances, then you're in luck. Hampton Roads has some of the best stage venues in the country. Sit back and enjoy the show, or depending on the event, rock on!



The Attucks Theatre, Norfolk



Harrison Opera House, Norfolk

CULTURE & FINE ARTS



Bay Youth Orchestras of Virginia



Fifes and Drums of Yorktown



Virginia Opera's production of "The Marriage of Figaro"

Hampton Roads has an impressive array of distinguished visual and performance art. The art shows and performances are wide in scope. Enjoy world-class museums, nationally acclaimed symphony and opera companies, all types of theater, dance, art galleries, and more.

ARTS ORGANIZATIONS

This list is a sampling and is not intended to represent a complete list.

The Academy of Music, founded in 1991, is the only independent, not-for-profit community music school in Hampton Roads, and is fully accredited by the National Guild of Community Schools of the Arts. Visit aomva.org or call 757.627-0967.

Franklin-Southampton Community Concert Association includes a subscription series of six concerts featuring national and international artists and performing arts groups. Visit franklinsouthamptonconcerts.org or call 757.653.7914.

The Governor's School for the Arts Foundation invests in the next generation of artists, innovators and community leaders. Visit gsarts.org or call 757.451.4711.

Tidewater Bluegrass Music Association was formed in 1990 as an association of individuals who have similar interests in the unique form of music known as Bluegrass. Visit tidewateracoustic.org.

The Tidewater Friends of Acoustic Music is dedicated in bringing quality music to the Hampton Roads area. Presenting Blues, Bluegrass, Celtic, Old Time and Americana. Visit tidewateracoustic.org.

Young Audiences of Virginia implements programs that allow students to experience the beauty and educational power of classical music. Visit yav.org or call 757.466.7555.

ORCHESTRAS, ENSEMBLES and BANDS

This list is a sampling and is not intended to represent a complete list.

Bay Youth Orchestras of Virginia provides students with high-level instrumental music training and features the best young musicians in Hampton Roads. Visit bayyouth.org or call 757.618.1800.

Chesapeake Bay Wind Ensemble performs six times per season at various Peninsula venues, and offers scholarships to graduating seniors to further their musical interests. Visit cbwe.org.

Eastern Virginia Brass Quintet, a non-profit professional chamber ensemble, performs as a solo, trio or quintet at various venues throughout Hampton Roads. Visit easternvirginiabrass.org.

Feldman Chamber Music Society, founded in 1946, brings outstanding chamber music to Hampton Roads through a series of concerts. Visit feldmanchambermusic.org or call 757.552.1630.

The Fifes and Drums of Yorktown trains youth volunteer performers as historic ambassadors at more than 100 performances yearly. Visit fifes-and-drums.org.

Peninsula Concert Band provides musical entertainment for citizens and communities in Hampton Roads. Visit peninsulaconcertband.org.

The Peninsula Youth Orchestra provides orchestral experiences for string, wind and brass players. Visit peninsulayouthorchestra.com/.

Portsmouth Community Concerts celebrates five concerts featuring national and international artists and performing arts groups. Visit portsmouthcommunityconcerts.com or call 757.686.5447.

CULTURE & FINE ARTS

Symphonicity, the symphony orchestra of Virginia Beach, is a 100+ piece symphonic orchestra conducted by Daniel W. Boothe. Visit symphonicity.org or call 757.671.8611.

Tidewater Pipes & Drums is the premier pipe band in Southeastern Virginia and among the most successful in the eastern United States. Visit tidewaterpipesanddrums.org.

Tidewater Winds is a professional concert and Sousa band that performs at various venues in Hampton Roads. Visit tidewaterwinds.org or call 757.480.0953.

Virginia Symphony Orchestra is Southeastern Virginia's pre-eminent professional symphony orchestra, which is ranked in the top 10% of professional orchestras nationwide. Visit virginiasympphony.org or call 757.892-6366



JoAnn Felletta, Conductor,
Virginia Symphony Orchestra

CHORALES, CHOIRS AND CHORUSES

This list is a sampling and is not intended to represent a complete list.

Boys Choir of Hampton Roads (formerly Park Place Boys Choir) was organized as a resource for the boys in Park Place area of Norfolk, to expand their positive image activities. Visit boyschoirofhamptonroads.homestead.com.

Virginia Beach Chorale is one of the oldest continuous performing arts groups in Virginia Beach. Visit virginiabeachchorale.org.

Virginia Children's Chorus is one of the finest children's vocal ensembles in the region. Visit vachildschorus.org or call 757.440.9100.

Virginia Chorale is the Commonwealth of Virginia's only professional choral ensemble offering a broad repertoire of choral music by professional singers. Visit vachorale.org or call 757.627.8375.

Virginia Opera brings world-class performances to Hampton Roads with four spectacular productions at Norfolk's elegant Harrison Opera House every season, from September through April. Virginia Opera has been among the first companies to introduce audiences to performers such as Renée Fleming, Barbara Dever and Diana Soviero. Distinguished as the official opera company of the Commonwealth of Virginia, the company also performs in Richmond and Fairfax, and operates one of the most extensive opera education programs in the nation. Visit vaopera.org or call 757.627.9545.

The Williamsburg Choral Guild performs three concerts each year, and participates in numerous community performing arts events. Visit williamsburgchoralguild.org.

Williamsburg Women's Chorus is a group preserving women's choral music for future generations. Visit williamsburgwomenschorus.org or call 757.645.3431.

Yorktown Chorale provides an opportunity for singers to perform classical and popular choral works in their original style. Visit yorkcountyva.org or call 757.594-8204.

DANCE INSTRUCTION & PERFORMANCE GROUPS

This list is a sampling and is not intended to represent a complete list.

Ballet Virginia International is a dance academy and performing company. Visit balletvirginia.org or call 757.446.1401.

Institute for Dance Chamber Ballet for education in the art of dance. Students perform ballet, hip-hop, tap jazz, character, Celtic, and musical theatre numbers for the public. Visit institutefordance.org or call 757.229.1717.

Music in Motion Dance Company specializes in dance styles including ballet, jazz and modern dance. Visit musicinmotionva.com or call 757.340.1534.

Old Dominion University Dance Theatre performs two to three major recitals per year and features a variety of dance styles including classical ballet, modern dance, jazz, and ethnic. Visit odu.edu/commtheatre/dance or call 757.683.3828.

Todd Rosenlieb Dance performs an original modern dance repertoire blending classical modern forms, the "downtown" spirit, hints of pop culture, and a keen sense of musicality. Visit trdance.org or call 757.626.3262.

Virginia Beach Conservatory of Dance provides a performing outlet for talented local dancers. Visit vbconservatoryofdancelimited.com or call 757.714.2997.

William & Mary Dance Program receives students of all levels of experience and provides opportunities for live performance. Visit wm.edu/as/tsd/dance/index.php or call 757.221.2785.

The Williamsburg Heritage Dancers come together every Tuesday from 8-10 p.m. to dance socially the English Country Dances (The Dances of Colonial America). Visit williamsburgheritagedancers.org.



CULTURE & FINE ARTS



Todd Rosenlieb Dance

THEATER GROUPS

This list is a sampling and is not intended to represent a complete list.

Broadway Across America (Chrysler Hall, Norfolk) presents Norfolk's only Broadway season featuring first-class national touring companies from the best of Broadway. Visit broadwaynorfolk.com or call 757.664.6464.

Court House Players, community theatre for Gloucester, Mathews and Middlesex, performs dinner theatre, children's plays and musicals. Visit courthouseplayers.org or call 804.815.4504.

Generic Theater, led by a professional staff, is an award winning theater maintaining a reputation for its intimate 77-seat theater. Visit generictheater.org or call 757.441.2160.

The Hurrah Players, under the direction of founder Hugh Copeland, is hailed "Virginia's Leading Family Theatre Company," providing quality entertainment with six shows annually. Visit hurrahplayers.com or call 757.627.5437.

Little Theatre of Norfolk is a non-profit, all volunteer community theatre producing five shows per season. Visit ltnonline.org or call 757.627.8551.

Little Theatre of Virginia Beach is an all-volunteer organization presenting amateur productions. Visit ltvb.com or call 757.428.9233.

Old Dominion University Theatre (ODU campus, Norfolk) is a core company of students with guest artists producing four productions annually. Visit odu.edu/commtheatre/dance or call 757.683.3608.

Peninsula Community Theatre (10251 Warwick Blvd., Newport News) offers year-round live performances, including musicals, concerts, comedies, dramas, and children's theatre. Visit pctlive.org.

Regent University Theatre (1000 Regent University Dr., Virginia Beach) produces dramatic works that entertain from Shakespeare to musical theatre. Visit regent.edu/theatre or call 757.352.4245.

Smithfield Little Theatre (210 N. Church St., Smithfield) was developed by the Smithfield Recreation Association and offers seasonal shows to entertain the whole family. Visit smithfieldlittletheatre.org or call 757.357.7338.

Virginia Musical Theatre (Sandler Center for Performing Arts, Virginia Beach) produces musical theatre revivals and new works. Visit vmtheatre.org or call 757.340.5446.

Virginia Stage Company (Wells Theatre, Norfolk) is the region's primary, fully professional theater company, serving an audience of more than 100,000 annually. This company has achieved a national reputation as one of the country's

foremost regional theaters. Since they were founded, Virginia Stage Company has presented more than 185 plays through more than 3,700 performances; revitalized and renovated the historic Wells Theatre; provided educational programs for students; and preserved the legacy of live theater for future generations. Visit vastage.com or call 757.627.6988.

Williamsburg Players, an all-volunteer organization, produces a season of plays for community audiences. Visit williamsburgplayers.org or call 757.229.1679.

ART MUSEUMS

This list is a sampling and is not intended to represent a complete list.

Bay School Cultural Arts Center & Gallery (279 Main St., Mathews) invites students to explore the arts with classes in painting, sculpting, glass blowing, bead working, basket weaving, and more. Visit bayschool-arts.com or call 804.725.1278.

Blue Skies Gallery (26 S. King St., Hampton) includes works of 120 Hampton Roads artists in more than 35 media. Visit blueskiesart.com or call 757.727.0028.

The Chrysler Museum of Art (1 Memorial Pl., Norfolk) has fifty galleries, a growing collection of more than 30,000 objects, an interactive space for families, and the only glass studio of its kind in the Mid-Atlantic region. Best of all, admission is free. Visit Chrysler.org or call 757.664.6200.

Courthouse Galleries, (420 High St., Portsmouth), housed in the historic 1846 Courthouse building, offers visual art exhibits, lectures, classes, and performances. Visit portsmouthartcenter.com or call 757.393.8543.

d'ART Center (740 Duke Street, Norfolk). is a unique working art center home to 50 resident artists showcasing expertise in painting, clay, metal, photography, fiber, jewelry, calligraphy, glass, and mixed media. Visit d-artcenter.org or call 757.625.4211.

DeWitt Wallace Decorative Arts Museum (Francis & South Henry, Williamsburg) houses the finest accessories and furnishings used to decorate American and English homes from 1600 to 1830. Visit history.org or call 855.776.1765.

Gallery 21 (115 21W 21st Street, Norfolk VA 23510) creates a fine art space for the Hampton Roads Community to connect with talented local artists. gallery21norfolk.com or call 757.625.8429.

Gallery on the York (7907 A George Washington Memorial Hwy., Yorktown) offers changing exhibitions and fine arts and crafts by regional artists at this charming gallery. Visit visityorktown.org/213/gallery-at-york-hall or call 757.396.1108.

The Hermitage Museum and Gardens (7637 N. Shore Road, Norfolk) is an early 20th century arts and crafts estate on the shore of the Lafayette River. Visit theheritagemuseum.org or call 757.423.2052.

Imagine Art Studio (131 Main St., Smithfield) offers beautiful, original art by regional and national artists. Visit imaart.com or call 757.903.9547.

Jones Art Gallery (Virginia Beach Towne Center) features three generations of internationally renowned painters from Hampton Roads, offering nature-based paintings in a variety of stunning styles. Visit jonesart.com or call 757.557.6868.



Virginia Museum of Contemporary Art



Virginia Museum of Contemporary Art



Wells Theater, Norfolk

CULTURE & FINE ARTS



Rawls Museum Arts, Courtland

Mathews Art Gallery (1 Main St., Mathews), a cooperative with over 50 artists, offers works from oils and acrylics to photography and jewelry. Visit or call **804.725.3326**.

Nancy Thomas Studio Gallery (145 Ballard St., Yorktown) offers artwork by nationally known contemporary artist Nancy Thomas. Visit **nancythomasgallery.com** or call **757.898.0739**.

On the Hill Gallery (402 Main St., Yorktown) has all local work by local artists on display in the gallery. Visit **onthillgallery.com** or call **757.369.1108**.

Rawls Museum Arts (22376 Linden St., Courtland) is a nonprofit museum and fine arts center dedicated to promoting an appreciation for and practice of the arts. Visit **rawlsarts.com** or call **757.653.0754**.

ShootingStarGallery (120 Market St., Onancock, VA) offers fine arts and crafts by regional and national artists; and travel exhibit. Visit **shooting-star-gallery.com** or call **757.641.8861**.

Smithfield Arts/Isle of Wight Galleries (346 Main St., Smithfield) rotates art exhibits among three galleries; classes available with access to six working artist studios. Visit **smithfieldarts.org** or call **757.357-7707**.

Suffolk Art Gallery (118 Bosley Avenue, Suffolk) offers changing art exhibits, as well as concert series, artist demonstrations and an array of art classes. Visit **suffolkva.us** or call **757.514.7284**.

Williamsburg Contemporary Art Center (110 Westover Ave., Williamsburg) exhibits a wide variety of contemporary paintings, sculpture and crafts by outstanding regional and national artists. Visit **visitwcac.org** or call **757.229.4949**. ■

Virginia Museum of Contemporary Art (2200 Parks Ave., Virginia Beach) The Leading Contemporary Art Institution in Virginia regularly changing exhibitions feature painting, sculpture, photography, glass, video and other visual media from internationally acclaimed artists as well as artists of national and regional renown. Visit **virginiamoca.org** or call **757.425.0000**.



d'ART Center, Norfolk



Courthouse Galleries, Portsmouth



The Hermitage Foundation
Milestone Courtyard, Norfolk



Chrysler Museum of Art, Norfolk

PUBLIC BEACHES



Virginia Beach Boardwalk

CRUISES & HARBOR TOURS

This list is a sampling and is not intended to represent a complete list.



Spirit of Norfolk

Carrie B Showboat Tours, Norfolk & Portsmouth, carrieb.com or call 954.768.9920.

Miss Hampton II Harbor Cruises, Hampton, misshamptoncruises.com or call 757.722.9102.

Rudee Tours, Virginia Beach, rudeetours.com or call 757.425.3400.

Yorktown Sailing Charters, Yorktown, sailoryorktown.com or call 757.639.1233.

Spirit of Norfolk Harbor Cruises, Norfolk, spiritcruises.com/norfolk or call 757.304.2469.

Tall Ship Cruises aboard the American Rover, Norfolk, americanrover.com or call 757.627.SAIL



American Rover, Norfolk

JUST ADD WATER



King Neptune at Neptune's Park, Virginia Beach

Hampton Roads-A Story of Life on the Water

From the beauty of the Chesapeake Bay and beaches to picturesque lakes and rivers, it's no wonder people love living here!

The name Hampton Roads is a nautical term meaning "protected anchorage" or "safe harbor." Designated in the late 17th century as the world's

largest natural harbor, the ports of Hampton Roads have served as a beacon for shipping interests and mariners worldwide.

Many times, it's the water that entices people to stay for a lifetime, offering everything from pro-bass fishing to catching waves on the beaches of the Atlantic. Dive in!

YOUR PUBLIC BEACHES

This list is a sampling and is not intended to represent a complete list.

Gloucester County

Gloucester Point: Off Route 17, next to the Virginia Institute of Marine Science.

Hampton

Buckroe Beach: Near the intersection of Pembroke Avenue and Mallory Street

Grandview: At the edge of Grandview Natural Preserve in the Fox Hill part of Hampton

Newport News

Huntington Park: Just over the James River Bridge

King-Lincoln Park: Near the intersection of 6th Street and Jefferson Avenue

Norfolk

Community Beach Park: 700 E. Ocean View Avenue

Sarah Constance Beach Park: 300 W. Ocean View Avenue

Ocean View Beach Park: 150 W. Ocean View Avenue

Virginia Beach

Chick's Beach (Chesapeake Bay Beach): 4536 Ocean View Avenue

Croatan Beach: Off General Booth Boulevard heading away from the resort area

Oceanfront (Resort Strip): 800-7800 Atlantic Avenue 31 blocks of boardwalk and beach

Sandbridge: 2200-3800 North and South Sandfidler Road off Sandbridge Road

The Narrows (First Landing State Park): Atlantic Avenue and 64th Street

Yorktown

Yorktown Waterfront Beach: Just off Route 17 along Water Street

The Virginia Marine Resources Commission serves as steward of Virginia's marine and aquatic resources. They protect tidal waters and homelands for future generations. Their website offers information on everything from fishing permits to tournaments. Visit mrc.virginia.gov or call 757.247.2200.

SURF'S UP IN HAMPTON ROADS!

Surfing in Hampton Roads is a favorite pastime. Currituck in Northeast North Carolina, is a haven of hot surf spots, too. In Virginia Beach, there are eight designated surfing areas north of Camp Pendelton down to Croatan Beach.

Learn to ride the waves! Contact Virginia Beach Parks and Recreation to take advantage of their surfing lessons. You can get more information at vbgov.com/parks.

VIRGINIA

For Virginia Beach's 1st Street Jetty Surf Report, go to surf-forecast.com/breaks/first-street-jetty.

Sandbridge (Virginia Beach) Report go to surflines.com/surfdata/spot_forecast.cfm?id=5207

NORTH CAROLINA

For Currituck, North Carolina surf report, go to corollasurfshop.com/surf-report.

Hatteras, North Carolina Report go to surf-forecast.com/breaks/Hatteras-Light-House.

JUST ADD WATER FISHING



A Bad Day Fishing Beats a Good Day at Work!

FISHING CHARTERS

This list is a sampling and is not intended to represent a complete list.

Chesapeake

Chesapeake Fishing: captainkenny.com 757.548.6991

Hampton

Capt. Hogg's: captainhoggscharters.com 757.876.1590

Hampton Roads

Charter: hamptonroadscharter.com 757.868.FISH

Jerry's: 757.288.1081

Mathews County

Mathews Outdoor Adventures: visitmathews.com/
boating-boat-tours

Norfolk

Finao Sportfishing: finaosportfishing.com: 757.652.8260

Knot Tell'n: knottellncharters.com 804.687.5199

Virginia Beach

AquaMan: fishaquaman.com 757.200.0200

The Bluewater Bullet

Dockside: fishingvabeach.com 757.481.4545

Fin Seeker: 757.621.6780

Four Winds: charterfishingchesapeakebay.com 757.713.2275

High Hopes: highhopessportfishing.com 757.286.3842

Ocean Pearl Charters: oceanpearlcharters.com . 757.481.7517

Tango: tangofishingcharters.com 757.236.5909

Virginia Beach

Fishing Center: virginiafishing.com 757.491.8000

Williamsburg

York River Charters: yorkriver.net 757.645.8397



FISHING

The waters of Hampton Roads have almost 300 species of resident and migratory fish.

Licenses

For hunting and fishing license information, visit the Virginia Department of Game and Inland Fisheries at **dgif.virginia.gov** or call **804.367.1000**.

Public Fishing Piers

This list is a sampling and is not intended to represent a complete list.

Gloucester Point

1255 Greate Road
Gloucester • 804.693.2355

James River

7601 River Road
Newport News • 757.247.0364

King-Lincoln Park

600 Jefferson Avenue
Newport News • 757.888.3333

Little Island

3820 S. Sandpiper Road
Virginia Beach • 757.385.PARK

Ocean View

414 W. Ocean View Avenue
Norfolk • 757.583.6000

Outer Banks, NC

8901 Old Oregon Inlet Rd.
South Nags Head • 252.441.5740

Riverwalk Landing

425 Water Street
Yorktown • 757.890.3370

Seagull

Chesapeake Bay Bridge Tunnel
Virginia Beach • 757.331.2960

Virginia Beach

15th Street
Virginia Beach • 757.428.2333

For the local fishing report, go to: **Tidalfish.com**

THE GOLDEN YEARS

SENIORS



A temperate climate, outstanding residential options, and engaging activities... it's no wonder seniors find Hampton Roads an attractive place to live.

Agencies & Organizations Assisting Seniors

Administration on Aging
aoa.gov • 202.401.4634

Navy & Retired Activities Office
Norfolk • 757.445.4380
Little Creek • 757.462.8663

Senior.com – An Online Community for Seniors
senior.com

Social Security Administration
ssa.gov • 800.772.1213

Virginia Department for the Aging
vda.virginia.gov • 800.552.3402

**Senior Straight Talk
“Your SS and Better Real Estate and Resource Guide”**
seniorstraighttalk.com

Note: This is not intended to be a complete listing.



An Environment for Retirement

According to 2013 data from the U.S. Census Bureau's American Community Survey, 14.9% of the U.S. population is 65 years of age and over, while approximately 15.1% percent of the Hampton Roads region's population is 55 or better. (*source: census.gov/quickfacts/fact/table/hamptoncityvirginiacounty/age29521*) You'll be pleased to know that Hampton Roads offers plenty of programs and activities for experienced adults from sports and recreation, study, arts and entertainment, travel excursions, job and volunteer placement, to food delivery programs, long-term care, and more.

Lifelong Learning

Retirement may offer the time you need to take advantage of continuing education programs. Colleges and universities in Hampton Roads enjoy having students with life experience in their classes. For instance, check out the LifeLong Learning Society of Christopher Newport University in Newport News. It's a membership organization dedicated to persons of retirement age who seek opportunities for learning in an environment of sharing and fellowship. You can learn more at lifelonglearning.cnu.edu or go to the Higher Learning section in this book for more information on area colleges, institutes and universities.

The Peninsula Agency on Aging provides programs in cooperation with other community agencies in Hampton, Newport News, Williamsburg, Poquoson, James City, and York to assist older Virginians with independent and productive living. Services include senior outreach programs, home-delivered meals, group dining, care coordination, caregiver support, long-term care, insurance information, transportation, and more. Visit paainc.org or call **757.873.0541**.

Senior Navigator, Virginia's resource for health and aging, combines online assistance with a volunteer

network. The program pulls together resources from over 21,000 sources, including information about caregivers, seniors with disabilities and much more. Senior Navigator is a public/private partnership with the Virginia Department for the Aging, the Commonwealth of Virginia, local governments, and various private sector partners. Visit seniornavigator.org or call **804.525.7728**.

Senior Services of Southeastern Virginia is a regional organization in South Hampton Roads that provides services for older residents in Chesapeake, Franklin, Norfolk, Portsmouth, Suffolk, Virginia Beach, Isle of Wight, and Southampton. Services include care-giving, in-home care, home-delivered meals, wellness and meal programs, prescription drug assistance, legal aid, educational programs, volunteer opportunities, and more. Visit ssseva.org or call **757.461.9481**.

Senior Living in Hampton Roads

One of the best kept secrets today could be living in senior-friendly Hampton Roads. Here, seniors of every persuasion – zesty, adventurous types, pot-luck planners, age 55 and better – can live their dream.

Hampton Roads boasts one-story ranch-style homes, some intended for 55 and better, townhouses or condos with first floor bedrooms and easy-living neighborhoods. These options provide a place to stay every day or a place to come home to when you return from your travels.

The current real estate market equates to a great deal for retirees. So, if you are thinking of downsizing, this is the perfect market to make a smooth transition.

Hampton Roads has something for everyone. Visit seniorstraighttalk.com. ■

SPORTS

Hampton Roads has a lot to offer sports enthusiasts. If you like golf, we've got greens. If you like hockey, there's ice with your name on it. If baseball is your speed, we

have that, too. Consider yourself a jock of all sports? You're in luck. Hampton Roads has the games, the facilities, and the team spirit to keep you a sports fan for life.

Baseball

The Norfolk Tides are Hampton Roads' only Triple-A affiliate for MLB. The "farm team" of the Baltimore Orioles, and a member of the International League since 1992, the Tides have been among the league's annual attendance leaders. The season runs from April through September, with outstanding giveaways and exciting promotions scheduled throughout the year. Home games are played at beautiful Harbor Park (12,067 seats), 150 Park Avenue, Norfolk. Visit norfolktides.com or call 757.622.2222.

The Peninsula Pilots, a member franchise of the Coastal Plain League, runs their season May through August. Located at Historic War Memorial Stadium (3,750 seats) 1889 W. Pembroke Avenue, Hampton. Visit peninsulapilots.com or call 757.245.2222.

Hockey

The Norfolk Admirals, under their NHL parent club, Nashville Predators, organized in 1989 and became the Norfolk Admirals of the American Hockey League beginning in the 2000-01 season. You can witness them slamming the "biscuit" in the "basket" October through April. In 2012, the Norfolk Admirals won their Eastern Conference as well as the Calder Cup Championship, the first time in franchise history. In 2015 the Admirals affiliated with Edmonton Oilers and the ECHL. Games are played at the Norfolk Scope (8,700 seating capacity), 201 E. Brambleton Avenue, Norfolk. Visit norfolkadmirals.com or call 757.640.1212.

NASCAR

Langley Speedway has offered race enthusiasts excitement and speed over the years and has been one of the top 10 NASCAR® Weekly Racing Series tracks in the country, typically running four to six races per weekend program. Located at 11 Dale Lemonds Drive, Hampton. Visit langley-speedway.com or call 757.865.7223.

Soccer

Lionsbridge FC is a USL's League Two soccer team located in Newport News. In its 2018 inaugural year, Lionsbridge FC earned 3rd place in the South Atlantic Division with a record of 4-5-5. Home games drew an average attendance of 1,350, a great showing for its first year.

Why "Lionsbridge FC?" Since 1932, the Lions Bridge has been an iconic Peninsula landmark, majestically situated in The Mariners' Museum and Park on the banks of the James River. The bridge has long served as a gathering place for our residents and Lionsbridge FC will add to this history.

Lionsbridge FC games are at Christopher Newport University's TowneBank Stadium. And each game is

about more than soccer. It's community. It's a family night out. It's local flavor. Every game is a community festival with something for everyone: music, local beer and wine, food trucks, bounce houses and after select home games, fireworks. Visit lionsbridgeFC.com.



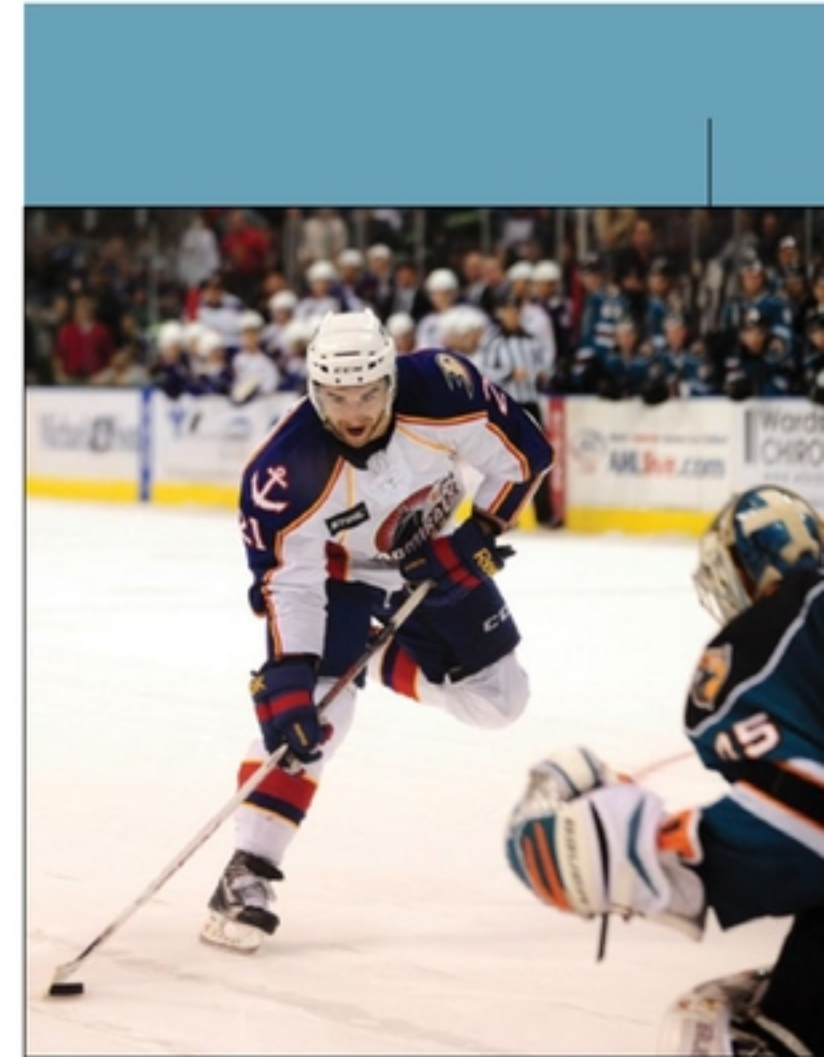
The Hampton Roads Sports Commission (HRSC)

The Hampton Roads Sports Commission (HRSC), an affiliate of the Hampton Roads Chamber, is a non-profit organization that is committed to strategically attracting, creating, and hosting high-caliber sports events while fostering strong city cohesiveness and enhancing the economy, image and quality of life for the region. The HRSC recruits major amateur and youth sporting events of all sizes to the region and is currently comprised of the following cities: Chesapeake, Norfolk, and Virginia Beach.

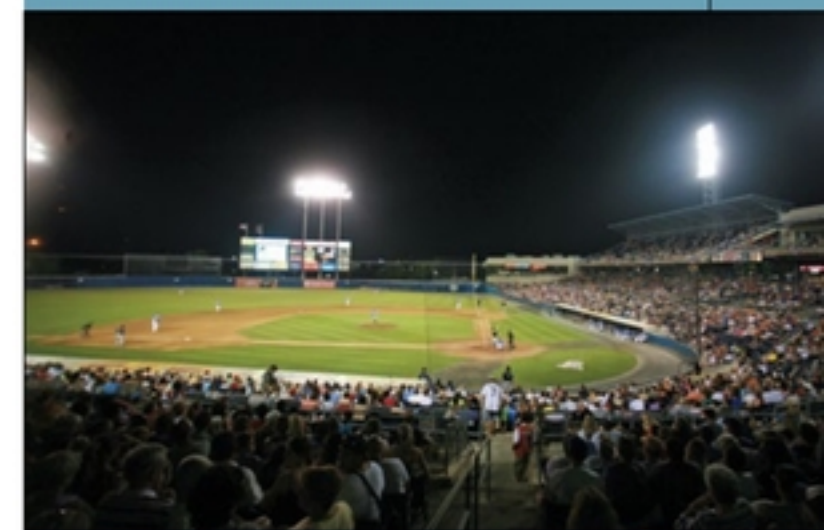
Over the last 20 years, the HRSC has recruited and hosted a plethora of events. Additionally, the HRSC has focused on regional collaboration and enhancement, while creating home-grown, quality of life sporting events for the community. Past events recruited and hosted by the HRSC include: the Red Cross Hero Games (2004, 2005), the National Senior Games (2003), USA Gymnastics Level 4 and Level 5 State meets (2005), AAU Team Gymnastics (2003), the Virginia Sports Summit (2019), and the AAU Junior Olympic Games (1998, 2001, 2006, 2010, 2015). The HRSC has been awarded the AAU Junior Olympics Games for 2020 and 2025 as well. Some of the quality of life events over the past several years include: the Sand Kickball Tournament, co-hosted with the Hampton Roads Chamber (2012, 2013, 2014 and 2015), Celebration of College Athletics Awards Dinner (2012 and 2013), Recruiting, Eligibility and Compliance (REC) Forum (2013), Ladies' Day to Play Golf Tournament (2015, 2016 and 2017), Hampton Roads Corporate Challenge (2016 -2019), Hampton Roads Hero Games (2016 and 2017), Hampton Roads Sports Awards (2017), the Hampton Roads Sports Council (2016 - 2019), the COVA Open (2018), and the Water Country USA Kids Triathlon (2019).

The Hampton Roads Sports Commission is your avenue to all things sports-related! The organization's up-to-date website provides many resources, including a regional sports calendar, specific event information, membership information, information about youth and adult sports leagues, local venues and local sports news. The HRSC is the gateway for sports in Hampton Roads.

For more information on the Hampton Roads Sports Commission, visit www.hamptonroadssports.org. Follow the HRSC on Facebook and Twitter, @HRSC757.



The Norfolk Admirals



Harbor Park, Norfolk



Lionsbridge FC, Newport News



GET A MOVE ON!

Parks and Recreation Facilities

From pottery to Pilates®, arts and crafts to aquatics, your local Parks and Recreation departments have it all!

Chesapeake Parks & Recreation 757.382.6411
cityofchesapeake.net/government/City-Departments/
Departments/parks-recreation-tourism.htm

Currituck County Parks & Recreation 252.232.3007
co.currituck.nc.us/Parks-and-Recreation.cfm

Franklin Parks & Recreation 757.562.2475
franklinva.com/government/departments/parks-and-
recreation/

Gloucester County Parks & Recreation 804.693.2355
gloucesterva.info/ParksandRecreation

Hampton Parks & Recreation 757.727.6348
hampton.gov/1187/Parks-Recreation

Isle of Wight County Parks & Recreation 757.357.2291
co.isle-of-wight.va.us/parks-and-recreation/

James City County Parks & Recreation 757.259.5351
jamescitycountyva.gov/635/Parks-Recreation

Mathews County Parks & Recreation 804.725.7171
mathewscountyva.gov/be-here/port-fun-park

Newport News Parks & Recreation 757.926.1400
nngov.com/parks-and-recreation

Norfolk Parks & Recreation 757.441.2400
norfolk.gov/rpos

Poquoson Parks & Recreation 757.868.3580
ci.poquoson.va.us/236/Parks-Recreation

Portsmouth Parks & Recreation 757.393.8481
portsvaprls.com/

Suffolk Parks & Recreation 757.514.7250
suffolkva.us/parks

Surry County Parks & Recreation 757.294.3044
surrycountyva.gov/165/parks-recreation/

Virginia Beach Parks & Recreation 757.385.1100
vbgov.com/government/departments/parks-recreation/
Pages/default.aspx

Williamsburg Parks & Recreation 757.259.3760
williamsburgva.gov/government/departments-i-z/parks-
recreation

York County Parks & Recreation 757.890.3500
yorkcounty.gov/634/parks-and-recreation

It's no secret that an active life is the key to a long, healthy life. Living a fit and healthy lifestyle is a social activity!

If you're looking for recreational activity in Hampton Roads, you won't have to look far. There are more than 360 public tennis courts, 330 ball fields and 276 public basketball courts throughout the region.

The following listings are not intended to represent a complete list.

Sports and Fitness Organizations

■ AAU ATHLETICS

The Amateur Athletic Union (AAU) is one of the largest, non-profit, volunteer, sports organizations in the United States. In August 2010, the Hampton Roads Sports Commission, an affiliate of the Hampton Roads Chamber, produced the AAU Jr. Olympic Summer Games. This event will return to Hampton Roads in 2015, 2020 and 2025. Call **757.664.2573** for more information. Visit **aausports.org** to connect to local sports and teams.

■ LITTLE LEAGUE™

You can find Little League™ play throughout Hampton Roads. Visit **littleleague.org** to find the league closest to you.

■ RAY AND JOAN KROC CORPS COMMUNITY CENTER

The Ray and Joan Kroc Corps Community Center opened its doors to the community on April 28, 2014. The Salvation Army has been bringing a new level of Salvation Army programs and services to Hampton Roads, all to be housed at The Salvation Army Ray and Joan Kroc Corps Community Center. Visit **hamptonroadskroc.org/** for more information or call **(757)622.KROC**

■ YMCA OF SOUTH HAMPTON ROADS

The YMCA of South Hampton Roads is an inclusive organization of men, women and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility. Its charitable mission allows Y programs and services to be available to all members of our community, regardless of their ability to pay. Experience how the Y fulfills its mission to put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. Visit **YMCAshr.org** for more information or call **757.962.5555** for the location nearest you.



Family swimming at the Y



"Paddle for the Border" at Dismal Swamp Canal in Chesapeake

GET A MOVE ON!

Activities

Whatever it is, archery, baseball, basketball, cheerleading, cycling, dancing, diving, equestrian, football, gymnastics, ice hockey, jump roping, karate, kayaking, lacrosse, martial arts, rugby, running, swimming, tennis, ultimate frisbee, volleyball or wrestling, it is probably present right here in Hampton Roads.

■ CYCLING

The Virginia Department of Transportation (VDOT) provides a comprehensive listing of bike trails and routes. Visit virginiadot.org/bikemap for more information. And Trails.com offers in depth information about mountain bike trails throughout coastal Virginia (more than 175 miles of great trails). Or you can contact your local bicycles shop and join a ride anytime!

Peninsula Bicycling Association pbabicycling.org
Pace Bikeshare ridepace.com
Virginia Bicycling Federation vabike.org
Williamsburg Area Bicyclists wabonline.org

■ CANOEING AND KAYAKING

Kayak Nature Tours, Ltd.,
Virginia Beach 757.480.1999
Kayaking and Canoeing in Hampton 757.850.5134
Mattaponi Canoe & Kayak 800.769.3545
Wild River Outfitters, Inc.,
Virginia Beach 757.431.8566

■ DANCE, RECREATIONAL AND COMPETITIVE

Mambo Room mamboroomdance.com
Peanut City Cloggers peanutcitycloggers.com
Shooting Stars Square
Dance Club shootingstarssquaredance.club
The Rhythm of Ireland School
of Irish Dance roidance.com
Tidal Waves Square and
Round Dance Club . squaredancersorg.tidalwaves.html

■ GOLF

Walking the course while carrying your clubs can burn up to 474 calories per round and Hampton Roads is a preeminent golf destination. From public courses to private clubs, the area boasts some of the finest greens on the Eastern Seaboard. In fact, there are 78 courses between Williamsburg and the Eastern Shore! Top Golf in Virginia Beach offers fun for all ages.

■ HIKING, WALKING AND RUNNING

ERT (Elizabeth River Trail) realdealtrack.org
Norfolk Real Deal AAU Track Club realdealtrack.org
Peninsula Pathfinders peninsulapathfinder.org
Peninsula Track Club peninsulatrackclub.com
Tidewater Striders tidewaterstriders.com
Tidewater Appalachian Trail
Club (AHS) Norfolk tidewateratc.com
Virginia Running Club Directory run757.com
Williamsburg Colonial
Road Runners colonialroadrunners.org

■ HORSEBACK RIDING

Easy Does It Riding Academy, Pungo 757.721.4646
EQUI-KIDS Therapeutic Riding Program,
Virginia Beach 757.721.7350
Stonehouse Stables, Williamsburg 757.566.0666

■ KICKBALL

WAKA® is the World Adult Kickball Association® the preeminent adult kickball organization and the world authority and governing body of kickball. WAKA® is a social-athletic organization created to advance the joy of kickball around the world. We're celebrating 10 Years of WAKA® Kickball and it's never been a better time to join, play, and party and enjoy the full WAKA® social-athletic experience. To register and get involved, visit kickball.com, enter your zip code, and start playing!

■ SWIMMING

Regular swimming builds endurance, muscle strength and cardio-vascular fitness. It can serve as a cross-training element to your regular workouts. Most YMCA and Parks and Recreation programs offer swimming lessons and aquatic activities like diving and water aerobics. Visit usaswimming.org and go to the "Swim Clubs" tab to find a Club near you.

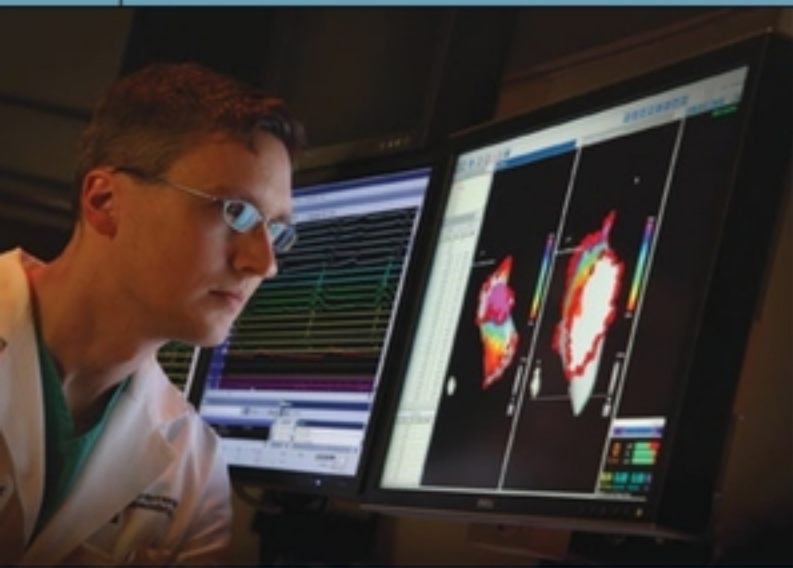
■ TENNIS

Playing tennis on a regular basis can help maintain or improve balance, mobility, agility, strength and fitness. It also helps burn calories. Research shows that three hours of moderate aerobic exercise every week can cut the risk of developing heart disease by 50 percent. Visit Hampton Roads Tennis, Your Total Tennis Source, at tennishamptonroads.com for information on courts, equipment and lessons. ■



HOSPITALS

In addition to offering a variety of services, these facilities provide emergency and acute care.



Ryan Suetter, MO, FACC, Cardiac Electrophysiologist with Bon Secours Heart and Vascular Institute.



Sentara Norfolk General Hospital, Norfolk



Riverside Regional Medical Center, Newport News



Children's Hospital of The King's Daughters

Sources: Individual health systems, medical centers, hospitals and healthcare facilities.

PROMOTING GOOD HEALTH

MAJOR PROVIDERS

Bon Secours Hampton Roads Health System includes hospitals and outpatient services throughout Hampton Roads. Bon Secours provides good help to those in need through quality patient care, early detection and prevention services and community outreach. From advanced inpatient care to primary care in your neighborhood, from weight loss and sports performance services, to home and hospice care, they deliver expert knowledge and compassionate care.

Bon Secours strives to give you the care you need, where you need it. Bon Secours Medical Group consists of over 175 providers in a wide variety of specialties at over 40 locations throughout Hampton Roads. Bon Secours Hampton Roads Health System offers comprehensive care for all stages of life. For a complete listing of all Bon Secours physicians, services and facilities, please visit bshr.com or call 757.889.CARE.

Chesapeake Regional Healthcare, located at 736 Battlefield Boulevard North, Chesapeake, provides cutting-edge capabilities with the personalized service only an independent, community hospital can offer. As the recipient of multiple Women's Choice Awards along with their highly ranked maternity, breast and pelvic, they are the region's best choice in providing care to women. Their interventional cardiology, neurosciences, colorectal services, metabolic weight loss program and other minimally invasive surgery programs use state-of-the-art technology and techniques aimed at providing advanced care and treatment from their highly regarded physicians. With 310 licensed beds, they are well known for their excellent outpatient, care, cancer services, diagnostic imaging, home care, hospice, and assisted living.

Chesapeake Regional Healthcare is committed to putting you first. For a complete listing of programs, services and facilities, visit chesapeake.com or call (757) 312 8121

Children's Hospital of The King's Daughters (CHKD), located at 601 Children's Lane in Norfolk, was founded in 1961 to meet the healthcare needs of children from birth to age 21 through Hampton Roads, the Eastern Shore of Virginia and northeastern North Carolina. The 206-bed not-for-profit hospital provides the highest designation of neonatal intensive care and specialty units for pediatric intensive care, rehabilitation, cancer treatment, medical and surgical care, and transitional care.

Twenty pediatric surgeons, more than 100 pediatric specialists and more than 100 board-certified pediatricians provide care to children in the region through Children's Health System at 35 locations, including the main hospital in Norfolk, Health and Surgery Centers in Virginia Beach and Newport News, 11 CHKD Health Centers and 18 CHKD Medical Group pediatric practices. For a complete listing of all CHKD programs, services and facilities, visit CHKD.org or call 757-668-7000.

EVMS Health Services is a not-for-profit physician practice affiliated with Eastern Virginia Medical School (EVMS). Over 150 physicians represent 20 specialties in primary care, medical and surgical care and radiation oncology with full-time clinical practices. Their offices are located throughout the greater Hampton Roads region, with most specialties available on the campus of EVMS. EVMS Health Services physicians support patients through comprehensive services, award-winning medical research, specialized patient care programs in cancer, diabetes, geriatrics, trauma and women's health and collaboration with national and international partners developing medical technologies for the future. For a complete listing of all EVMS programs, services and facilities, visit evmshealthservices.org or call 757.451.6200.

Riverside Health System began as a single hospital and has grown into an integrated system and a health care leader in coastal Virginia. In 2015, the system celebrated its 100th anniversary.

Riverside Regional Medical Center in Newport News is the flagship hospital and the Peninsula's only Level II Trauma Center. Among the eight hospitals are three specialty hospitals. They recently began construction of a new facility for the hospital on Virginia's Eastern Shore. As a company, they are united under their common Mission: to care for others as they would care for those they love – to enhance their well-being and improve their health. Every member of their team commits to the Riverside Care Difference when they join Riverside: to put patients and customers at the heart of all they do by delivering care and services that keep you safe, help you heal, treat you with kindness, and respect your wishes.

For details on Riverside facilities and services, visit www.riversideonline.com.

Sentara Healthcare, based in Norfolk, VA, celebrates a 125 year history of innovation, compassion and community benefit. Sentara is a not-for-profit family of 12 hospitals in Virginia and North Carolina, the Optima Health Plan, an array of integrated services and a team 28,000 strong on a mission to improve health every day. The Sentara family includes Optima Health, an award-winning health plan with more than 450,000 members, the Sentara College of Health Sciences, four foundations and a Level I trauma center at Sentara Norfolk General Hospital served by Nightingale, the region's only hospital-based helicopter ambulance. The Sentara Quality Care Network is a physician-led clinically integrated network of 2,500 providers committed to quality care, chronic disease management and reducing hospital readmissions. The Sentara Cancer Network is accredited by the American College of Surgeons' Commission on Cancer. For a complete listing of all Sentara programs, services, and facilities, visit Sentara.com or call 800.SENTARA.

PROMOTING GOOD HEALTH

OTHER AREA MEDICAL FACILITIES AND HOSPITALS

Note: This is a representative listing and is not intended to serve as a comprehensive list of all area medical facilities and hospitals.

Eastern State Hospital, located at 4601 Ironbound Road, Williamsburg, is a 410-bed facility and part of the Virginia Department of Behavioral Health, and Developmental Services. Visit esh.dbhds.virginia.gov or call **757.253.5161**.

Jones Institute for Reproductive Medicine located at 601 Colley Avenue, Norfolk, offers state-of-the-art treatment in Assisted Reproduction Technologies. Visit jonesinstitute.org or call **757.446.7100**.

Lake Taylor Transitional Care Hospital, located at 1309 Kempsville Road, Norfolk, is a not-for-profit organization providing rehabilitation services, ventilator and respiratory services, pediatrics, and complex medical conditions. Visit laketaylor.org or call **757.461.5001**.

LifeNet Health, located at 1864 Concert Drive, Virginia Beach, is one of America's leading organ

and tissue donation agencies. Visit lifenethealth.org or call **800.847.7831 (800.TISSUE.1)**.

The Outer Banks Hospital, located at 4800 S. Croatan Highway, Nags Head, North Carolina, is a full service hospital. Visit theouterbankshospital.com or call **877.359.9179**.

St. Mary's Home for Disabled Children, located at 6171 Kempsville Circle, Norfolk, is the only pediatric long-term care residential facility of its kind in Virginia for children with severe disabilities. Visit saintmaryshome.org or call **757.622.2208**.

Southampton Memorial Hospital, located at 100 Fairview Drive, Franklin, provides acute, long-term and skilled medical care. Visit smhfranklin.com or call **757.569.6100**.

For a directory of military health care facilities and other military programs and benefits, you may go to nationalresourcedirectory.gov. The National Resource Directory connects wounded warriors, service members, veterans and their families with those who support them. ■

FINDING A DOCTOR

Choosing a new physician can be a difficult task, especially if you have moved and are living in a new community. The following questions can help you to define further what is most important for you:

- Where is the practice located? Will it be easy for you to get there? Is it accessible by public transportation? Is there parking?
- Which hospital(s) does the doctor use? Are you comfortable with the possibility of being treated at one of these institutions should the need arise?
- Where are routine x-rays and laboratory studies performed? Can these be done in-office, or will you have to go to an outside laboratory?
- How long must you wait for an appointment after you call? Can you be seen same day if you have an urgent need?
- If you call with a question about your care, does a doctor or nurse return your call promptly?
- Who covers for the physician when he/she is away? Whom should you call if you have a problem after-hours? If the doctor works in a group, are you comfortable with being seen by one of the practice partners?
- Does the office process insurance claims, or must you pay up-front for services and file the claims yourself?

Visit the American Medical Association at ama-assn.org to look up any licensed doctor.



Get it right from the start with a CHKD pediatrician.

Children's Hospital of The King's Daughters, the region's most trusted name in pediatric care, is much more than a hospital. We offer all of the healthcare services children need, including primary care pediatrics. With more than 100 CHKD pediatricians in 20 practices with 32 locations from Elizabeth City to Williamsburg, you're sure to find the right doctor for your new baby.

Call today to schedule a get-acquainted visit. Together, we'll help your baby get the best possible start in life.



**Medical
Group**

Call to schedule your child's visit today.
Find a CHKD pediatrician near you by visiting CHKD.org/Pediatricians.

FACTS

The public school systems in Hampton Roads have some of the best elementary, intermediate and high schools in Virginia. Great effort goes into creating innovative ways to ensure students attain the knowledge and skills needed to become lifelong learners.



89% of the Hampton Roads population has at least a high school education.



SCHOOL DAYS



Primary and Secondary Public Education in Hampton Roads

Chesapeake Public Schools
cpschools.com

Currituck County Public Schools
currituck.k12.nc.us

Franklin Public Schools
fcpsva.org

Gloucester County Public Schools
gets.gc.k12.va.us

Hampton City Schools
hampton.k12.va.us

Isle of Wight County Public Schools
iwcs.k12.va.us

Mathews County Public Schools
mathews.k12.va.us

Newport News Public Schools
sbo.nn.k12.va.us

Norfolk Public Schools
npsk12.com

Portsmouth Public Schools
pps.k12.va.us

Poquoson Public Schools
poquoson.k12.va.us

Southampton Public Schools
southampton.k12.va.us

Suffolk Public Schools
spsk12.net

Surry County Public Schools
surryschools.net

Virginia Beach Public Schools
vbschools.com

Williamsburg – James City County Public Schools
wjccschools.org

York County Public Schools
yorkcountyschools.org

Schools for Differently Abled Students

The Virginia Department of Education offers information on special needs schools such as Day Schools for Students with Disabilities and Residential Schools for Students with Disabilities. Visit doe.virginia.gov.

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Academy, Gifted, and International Baccalaureate Programs in the Public Schools

There are several Advanced Academic Programs available in the public schools that represent an exciting expansion of curricular options for all students across the region.

Qualification and admission procedures vary across programs and schools. Check these websites for information:

Chesapeake Public Schoolscpschools.com
Hampton Public Schoolssbo.hampton.k12.va.us
Newport News Public Schools ...sbo.nn.k12.va.us
Norfolk Public Schoolsnps.k12.va.us
Portsmouth Public Schoolspps.k12.va.us
Suffolk Public Schoolsspsk12.net
Virginia Beach Public Schools ...vbschools.com

Chesapeake Public Schools

Superintendent: Dr. Jared A. Cotton

Academy Programs:

Governor's STEM Academy - Grassfield High School
 International Baccalaureate Program - Oscar F. Smith High School
 Science and Medicine Academy - Deep Creek High School

Gifted Programs:

Governor's School for the Arts

Career and Technical Education Programs:

Technology Education
 Family and Consumer Science
 Business and Information Technology
 Marketing Education
 Trade and Industrial Education
 Health Occupations Education

Other Highlights:

Chesapeake Career Center
 Dual Enrollment opportunities through Tidewater Community College

Hampton City Schools

Superintendent: Dr. Jeffery O. Smith

Academy Programs

Bridgeport Academy

Gifted Programs

The Spratley Gifted Center, Grades 3-8
 The Excel Art Program, Grades 3-8

International Baccalaureate Programs

Primary Years Program - Burbank Elementary
 Middle Years Program - Lindsay Middle
 Diploma Program - Hampton High

Newport News Public Schools

Superintendent: Mr. Brian Nichols

Academy Programs

An Achievable Dream Academy, Grades K-5
 An Achievable Dream Academy Middle and High

Gifted Programs

N/A

International Baccalaureate Programs

Primary Years Program - Dutrow Elementary
 Middle Years Program - Passage Middle
 Diploma Program - Warwick High

Norfolk Public Schools

Superintendent: Dr. Melinda J. Boone

High School Specialty Programs

Booker T. Washington High School - Academy of the Arts
 Granby High School International Baccalaureate Diploma Program
 Lake Taylor High School - Academy of Leadership and Military Science
 Maury High School - The Medical and Health Specialties Program



Teacher Sonia Lacewell challenges her students to think critically at Woodstock Elementary School.

Norview High School - The Leadership Center of the Sciences and Engineering
Middle School Specialty Programs

Academy for Discovery at Lakewood - Candidate school for the International Baccalaureate Middle Years Program (IB MYB)

Academy of International Studies at Rosemont
 Blair Middle - Medical, Healthcare, and Engineering
 Southside STEM Academy at Campostella
 Young Scholars at Rosemont

Portsmouth Public Schools

Superintendent: Dr. Elie Bracy, III

Academy Programs

Dual Enrollment and First College partnership with Tidewater Community College
 Career and Technical Education Programs in Pharmacy Technician, Cybersecurity, Sports Medicine, TV & Media Production, Culinary Arts, Maritime Welding, Horticulture, Cosmetology and more.

STEM Programs (Science, Technology, Engineering, Math)

STARBASE Victory Physics, aeronautics, and environmental science programs for all fourth, fifth and sixth grade students
 FIRST Robotics and VEX Robotics program for all high school students

Suffolk Public Schools

Superintendent: Dr. Deran R. Whitney

Gifted Programs

KIND, STEP, QUEST, Talented Art and Music Classes, Tidewater Governor's Summer School for Science and Technology (Elementary)
 QUEST (Middle)

International Baccalaureate Programs

King's Fork High School (available to all eligible high school students enrolled in Suffolk Public Schools)

Virginia Beach Public Schools

Superintendent: Dr. Aaron C. Spence

Academy Programs

Entrepreneurship and Business Academy, Kempsville High
 Global Studies and World Languages Academy, Tallwood High
 Health Sciences Academy, Bayside High
 The Legal Studies Academy, First Colonial High
 Governor's STEM & Technology Academy, Landstown High
 The Visual and Performing Arts Academy, Salem High
 Mathematics and Science Academy, Ocean Lakes High

Gifted Programs

Old Donation Center (Grades 2-8)
 All High Schools • www.vbschools.com/academic_programs/gifted

International Baccalaureate Programs

Plaza Middle
 Princess Anne High

Sources: Individual schools and programs

SCHOOL DAYS

Governor's Schools of Hampton Roads

The Governor's School for the Arts (GSA)

GSA is a half-day program open to artistically-gifted high school students grades 9-12 from Chesapeake, Franklin, Isle of Wight, Norfolk, Portsmouth, Southampton, Suffolk, and Virginia Beach. Pre-professional, individualized and focused instructional programs are offered in dance, instrumental and vocal music, musical theatre, and visual arts.

All teachers are professionals in their arts field. Students also study with professionals from New York, California, Chicago, and other areas. Students with a high degree of innate artistic talent and potential for growth are admitted by audition, application and teacher references.

Students take morning classes at their home high schools and attend GSA in the afternoon for three hours daily during the regular academic year.

Transportation to and from GSA is provided by the local school divisions. There is no tuition fee. Visit gsarts.net or call 757.451.4711.

The Governor's School for Science and Technology (GSST)

Open to gifted high school students from Gloucester, Hampton, Williamsburg-James City County, Newport News, Poquoson, York and Isle of Wight counties. The Governor's School for Science and Technology is a two-year, half-day program for juniors and seniors. Additional courses are taken at the home high school to complete an Advanced Diploma degree.

The three academic strands (Engineering, Biological Sciences and Scientific Programming) provide a unique emphasis on both the science subject matter and associated career fields. With small class sizes and advanced-degreed faculty, the learning environment at the Governor's School is truly unique. Each course has been structured to incorporate best practices for gifted students. During their two years at the Governor's School, students will experience hands-on science through classroom experimentation and individualized project research. Admission to the program is highly competitive. There is no tuition for students. Visit nhrec.org/governorsschool/ or 757.766.1100 ext 3313.

Public School Alternatives

The state of Virginia upholds your right, as a parent, to choose what type of educational environment best suits your child. Listed on this page are some alternatives to a public education.

Private Schools

For a complete listing of schools in your area check your local yellow pages. For information regarding a private school education, visit these helpful websites: vais.org and privateschoolreview.com.

Homeschooling

Parents as home educators can provide a child with a high-quality education through individualized instruction. To learn more about homeschooling, visit the Home Educators Association of Virginia at heav.org and the Organization of Virginia homeschoolers at vahomeschoolers.org.



Chesapeake Bay Academy Middle School students hard at work with Lego Mindstorm Robotics.

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SCHOOLS, COLLEGES, INSTITUTES & UNIVERSITIES

FACTS

36.7% of the Hampton Roads population has an Associate's degree or higher

24.0% of the Hampton Roads population has a Bachelor's degree or higher

10.6% of the Hampton Roads population has a Graduate/professional degree

Source: U.S. Census Bureau

HIGHER LEARNING



Old Dominion University, Norfolk

Traditional university campus settings and specialized studies are not for everyone. However, the superior training received at collegiate institutions and professional schools can play a fundamental role in whether a person advances to the next level of their career. More than 106,998 college students attend Hampton Roads' eight Universities and three Community Colleges (see pg 78).

SCHOOLS, COLLEGES, INSTITUTES & UNIVERSITIES

The Advanced Technology Center located in Virginia Beach, is a state-of-the-art facility located on the Virginia Beach Campus of Tidewater Community College, and is a partnership between Tidewater Community College, Virginia Beach City Public Schools and the city of Virginia Beach. The facility offers secondary and post-secondary students the highly technical training demanded of today's workforce. Visit vbatc.com or call **757.648.5800**.

Advanced Technology Institute (ATI) is an accredited career training college offering a diploma or Associate's degree in Automotive Technology, Heavy Vehicle Technology, Maritime Welding and HVAC Technology. A certificate in Tractor-Trailer Driving (class A CDL) is also available. ATI is an SOC (Service Opportunity Colleges) member, has received a 2010 "Military Friendly School" award from the G.I. Jobs Magazine and is a Yellow Ribbon approved college. ATI is certified to operate by SCHEV. Visit auto.edu or call **757.490.1241**.

Altierus Career College is a national career training school that offers a variety of programs that enable students to find a better job, while meeting the qualifying demands requested by so many employers. Each school offers students an opportunity to earn their diploma and/or degree in medical assisting, massage therapy, criminal justice, business administration, and much more. Located in Chesapeake and Newport News. Visit altierus.edu or call **757.361.3900**.

Apprentice School of Newport News provides high quality, comprehensive four- and five-year apprentice programs for students interested in ship building careers. More than 80 faculty and staff deliver 17 different programs and over 75 course offerings. Located at Washington Avenue, Newport News. Visit www.as.edu or call **757.380.3809**.

The Art Institute of Virginia Beach is a branch of The Art Institute of Atlanta. They prepare students for careers in design, media arts, culinary arts, and management in creative fields by providing an educational environment consistent with evolving technologies and the global marketplace. Visit new.artinstitutes.edu/virginiabeach, or call **757.493.6700**.

Averett University offers graduate and professional Studies providing a fast-paced, business degree program for working adults. Taught by academically qualified business professionals, the program offers 30+ undergrad majors and two grad programs. Located in Chesapeake and Newport News. Visit averett.edu or call **1.434.491.5600**.

HIGHER LEARNING

Bryant & Stratton College provides graduates with the marketable job skills needed to succeed in an increasingly competitive marketplace. Bryant & Stratton offers certifications, associate's and bachelor's degree programs. Two locations in Virginia Beach and Hampton. Visit bryantstratton.edu or call **1.866.948.0571**.

Cayce/Reilly® School of Massotherapy, located on the Virginia Beach Oceanfront, provides holistic and comprehensive education in both the art and science of therapeutic massage. Visit caycereilly.edu or call **757.457.7270**.

Centura College consults with healthcare, airline, industry, and business leaders to construct programs with the skills and technology demanded by employers. Four locations: Chesapeake, Newport News, Norfolk and Virginia Beach. Visit centuracollege.edu or call **877.523.9528**.

The Culinary Institute of Virginia prepares students for success in the competitive field of food service. Offering Associate of Applied Science Degree in Culinary Arts and Bachelor of Science Degree in Food Service Management. Located in Norfolk. Visit chefva.com or call **757.858.CHEF** for more information.

ECPI University, founded in 1966, specializes in Technology, Business, and Health Sciences Education. A leading private college offering bachelor's and associate's degrees, diploma, and certification programs. Located in Virginia Beach and Newport News. Visit ecpi.edu or call **844.334.4466**.

Fortis College The Fortis Campus in Norfolk, VA provides career education and training to people in the greater Tidewater area in the Nursing, Medical, Dental, Massage, HVAC, and Pharmacy Technology

career fields.

Visit Fortis.edu or call **757.499.5447**.

Riverside School of Health Careers offers programs in Professional Nursing, Practical Nursing, Radiologic Technology, Surgical Technology, LPN to RN Fast-Track Articulation Program, Computed Tomography for Radiologic Technologists, and Nurse Aide Education, preparing students for an exciting career in the health field. Located in Newport News. Visit riversideonline.com/rshc/ or call **757.240.2200**.

Sentara School of Health Sciences, part of Sentara Healthcare, offers programs in health sciences including: Surgical Technology; Cardiovascular Programs; the Monitor Surveillance Course; Nurse's Aide Education and Bachelor of Science in Nursing Program. Call **757.388.2900** or visit Sentara.edu for more information.

Strayer University has over 120 years of success offering market-driven master's, bachelor's and associate's degrees, as well as diploma programs in business and technology including Master of Education, Master of Public Administration and Master of Health Services Administration. Courses are available onsite in small classes and online. Located in Chesapeake, Newport News and Virginia Beach for your convenience. Call **757.382.9900** or visit strayer.edu

Troy University–Hampton Roads provides working adults in Hampton Roads with the resources needed to advance their education by offering a unique blend of options and flexibility that allows students to complete their degree through accelerated online classes in as little as one year. Located in Chesapeake. Visit trojan.troy.edu or call **757.512.2000**.

COMMUNITY COLLEGES

Virginia's 23 Community Colleges provide a gateway to higher education opportunities. Three of those institutions are located in Hampton Roads. Of those enrolled in our Community Colleges, more than 45 percent are over 25. More than two-thirds attend part-time, and more than two-thirds work while attending school.

The Virginia Community College System has adopted curriculum standards to provide the guaranteed transfer of degree and program courses to Virginia's universities. Colleges offer on-site, virtual, and hybrid courses for traditional, vocational, technological, service, and industrial degree programs.

Paul D. Camp Community College offers college transfer and technical courses and programs, and workforce services/customized training that can be delivered at any college or workplace location. PDCCC has over 2,500 enrolled students and 30 programs of study. Students can pursue an Associate in Arts & Science degree, transferable to a four-year institution, or an Associate in Applied Science degree or Certificate that moves them directly into the workforce. Locations: Franklin, Suffolk and Smithfield. Visit pdc.edu or call **757.569.6700**.



VIRGINIA UNIVERSITIES & PRIVATE COLLEGES



Old Dominion University



Norfolk State University



Regent University School of Law

HIGHER LEARNING



The College of William & Mary

Thomas Nelson Community College (TNCC), a two-year institution of higher education, with enrollment of over 16,000, was established as part of a statewide system of community colleges. TNCC offers access to comprehensive instructional programs including associate degrees and career certificates. TNCC also offers many non-credit programs for professional certification or career upgrades. Locations: Hampton, Williamsburg and Newport News. Visit tncc.edu or call **757.825.2800**.

Tidewater Community College (TCC) is the fastest, most affordable, most flexible path to a degree or certificate. With four convenient campuses in Chesapeake, Norfolk, Portsmouth, and Virginia Beach, there are more than 150 quality academic programs, and over 39,000 enrolled students. TCC is a school of choice for top high school students planning to transfer to four-year colleges, as well as adults looking for career advancement. It is consistently recognized as veteran- and military-friendly, thanks to its Center for Military and Veterans Education. The Center for Workforce Solutions offers employers customized workplace training for in-demand fields such as IT, maritime, and advanced manufacturing. Visit tcc.edu or call **757.822.1122**.

VIRGINIA COLLEGES & UNIVERSITIES

Christopher Newport University (CNU) is a liberal arts university with a strong commitment to undergraduate education. With 5,000 students, CNU offers baccalaureate programs through its College of Liberal Arts and Sciences and the Joseph W. Luter, III College of Business, Leadership, American Studies, and Social Thought. Through the five-year bachelor's to master's program, students can earn a master's degree in one of three fields by completing just one additional year beyond their senior year. Those disciplines include: teaching; applied physics and computer science; and environmental science. CNU also offers graduate programs in the following fields: applied physics and computer science; and environmental science. CNU is located in Newport News. Visit cnu.edu or call **757.594.7000**.

The College of William & Mary is a public university located in historic downtown Williamsburg. Founded by Royal Charter in 1693, it is the second oldest college in the country; the Sir Christopher Wren Building (1700) is the oldest college building in the U.S. The school has a total student body of 6,271 undergraduates and 2,087 graduate students with a 12 to 1 student/faculty ratio. Known as "the alma mater of the nation," William & Mary has educated four U.S. Presidents: George Washington, Thomas Jefferson, James Monroe, and John Tyler. William & Mary claim several firsts, including the 1776 creation of Phi Beta Kappa, the country's first academic honor society, and the first collegiate law school in 1779. Located in Williamsburg. Visit wm.edu or call **757.221.4000**.

Eastern Virginia Medical School (EVMS), founded in 1973, offers top notch medical education to students in physicians, master's and Ph.D. programs. EVMS runs residency and fellowship programs in cooperation with Sentara Norfolk General Hospital, Children's Hospital of The King's Daughters, Bon Secours DePaul Medical Center, Hampton Veterans Administration Medical Center, Portsmouth Naval Medical Center, and other hospitals, clinics and surgical centers in the region. EVMS operates under charter from the Commonwealth of Virginia as a public instrumentality to advance health care in eastern Virginia. Located in Norfolk. Visit evms.edu or call **757.446.5600**.



HIGHER LEARNING

Hampton University (HU) is a dynamic, progressive institution of higher education. It is a privately-endowed, non-profit, non-sectarian, coeducational, historically black university with a total enrollment of nearly 5,000. HU has grown into a comprehensive university providing a broad range of technical, liberal arts, pre-professional, professional, and graduate degree programs; also offers cultural entertainment and athletic events.

HU is comprised of seven schools: Business, Engineering & Technology, Liberal Arts, Nursing, Pharmacy, Scripps Howard School of Journalism & Communications, and Science. A Graduate College and College of Education and Continuing Studies are available; including 64 bachelor's degrees, 36 master's degrees, and 11 doctoral and professional degrees. Visit hamptonu.edu or call 757.727.5000.

Norfolk State University (NSU), founded in 1935, is a public, urban, comprehensive university offering programs at the undergraduate and graduate levels. NSU is a Carnegie Class-Master's I, comprehensive four-year, co-educational institution that offers its students more than 50 undergraduate and graduate academic programs in disciplines such as education, mass communications, optical engineering, social work, and business. With a student enrollment of 6,000 and a strong liberal arts tradition, the University is committed to increasing undergraduate and graduate degree attainment in science, technology, engineering and mathematics. The University also touts strong academic programs in the social and behavioral sciences, humanities and graduate and professional studies in social work and psychology. Norfolk State University is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools to award bachelor, master and doctoral degrees. NSU offers powerful learning environments, relevant programs in high-demand areas, forward-thinking instruction, opportunities that enhance learning, and high-tech, high-touch, student-focused services. Located in Norfolk. Visit nsu.edu or call 757.823.8600.

Old Dominion University (ODU) is Virginia's forward-focused doctoral research university for high-achieving students who want rigorous academics and an energetic residential community. With 20,115 students, ODU offers 70 bachelor's, 54 master's and 42 doctoral degree programs in arts and letters, business and public administration, education, engineering and technology, health sciences and sciences. Located in Norfolk, ODU has satellite centers in Hampton, Virginia Beach and Portsmouth, and an award-winning distance learning program. An entrepreneurial approach drives research and collaboration, and the university contributes nearly \$2.1 billion annually to the regional economy. In fall 2014, Old Dominion opened the Strome Entrepreneurial Center to help students from any academic discipline turn their idea into an enterprise.

The University has been ranked in *U.S. News & World Report's* list of Best Colleges - National Universities, Tier 2. ODU has also been named a top "Military-Friendly School" for the sixth year in a row by *G.I. Jobs*, the premier magazine for military personnel transitioning to civilian life and recently was awarded accreditation by the North Atlantic Treaty Organization (NATO) for its Graduate Program in International Studies – the first time a civilian academic institution has received the designation. As Hampton Roads' "science and technology university," Old Dominion has world-class, nationally-ranked offerings in modeling and simulation, high performance computing, biotechnology, nanotechnology, engineering, physics, and oceanography. Athletics are also an integral part of ODU. ODU joined Conference USA in 2013. Located in Norfolk. Visit odu.edu or call 757.683.3000.

Regent University, established in 1978, is a fully accredited Christian institution offering distinctive associates, bachelors, masters and doctoral degree programs to more than 6,000 students.

Regent University boasts one of the most competitive and accomplished law schools in the nation with high profile alumni. Regent University prepares students with the knowledge to excel and the faith to live with purpose. Their motto, Christian Leadership to Change the World, points to their desire to impact lives across the globe. Regent is accomplishing this vision by delivering excellent, accredited, biblically grounded graduate and undergraduate programs both online and on campus. Their 19,000 alumni, from more than 110 countries, are changing the world as accomplished professionals in fields including business, law, leadership, education, psychology and counseling, communication, divinity, and government. Named a top-25 school nationally for online bachelor's programs (*U.S. News & World Report*, 2016), Regent is among the most affordable undergraduate Christian colleges (CCC 2016). Learn more at regent.edu.

Virginia Wesleyan University, chartered in 1961, is a four-year liberal arts college related to the United Methodist Church. The 300-acre, wooded campus located near the Chesapeake Bay is host to about 1,500 students. Recognizing the importance of environmental stewardship, Virginia Wesleyan University set a campus greening initiative as one of its top priorities.

The college offers 33 majors spread throughout the Humanities, Natural Science and Mathematics and Social Science divisions, as well as interdisciplinary and individualized majors. Wesleyan provides a prime opportunity for undergraduates to study in a classroom setting with a 13:1 student/teacher ratio. Virginia Wesleyan is small by design, subscribing to the concept that a liberal arts education is best achieved when students and faculty know each other well. Visit vwu.edu or call 757.455.3200.

VIRGINIA COLLEGES & UNIVERSITIES



SATELLITE CAMPUSES

World Class
Virginia Universities



University of Virginia



George Washington University

HIGHER LEARNING

SATELLITE CAMPUSES

Hampton Roads is home to many satellite centers that offer degree programs from some of Virginia's finest universities.

The Virginia Tech Hampton Roads Center includes continuing and professional education programs; conferences, meetings, and events management; community outreach programs; customized contract or certificate courses for your team; technical assistance projects; business, industry, non-profit or government related research; and graduate education.

Virginia Tech Hampton Roads Center offers graduate programs in Educational Leadership and Policy Studies, Preparation Program for School Principals and Supervisors and Engineering. The Commonwealth Graduate Engineering Program is a distance graduate program sponsored by five universities in the State of Virginia: Virginia Tech (VT), University of Virginia (UVA), Virginia Commonwealth University (VCU), Old Dominion University (ODU) and George Mason University (GMU). Additional Virginia Tech Programs in the Hampton Roads Area include: National Institute of Aerospace (NIA) conferring MS and Ph.D. in

Aerospace and Ocean Engineering, Engineering Science and Mechanics, Material Science and Engineering, and Mechanical Engineering. Located in Newport News and Virginia Beach. Visit hrc.vt.edu or call **757.363.3930**.

Other U.S. Universities

Hampton Roads is also home to satellite campuses of some of our country's most prestigious colleges and universities.

Embry-Riddle Aeronautical University teaches the science, practice and business of aviation, aerospace, and selected related technologies. Embry-Riddle offers these degrees: Associate in Science in Professional Aeronautics, Associate in Science in Technical Management; Bachelor of Science in Professional Aeronautics, and Bachelor of Science in Technical Management; Master of Aeronautical Science; Master of Science in Management; and UG Cert: Aviation Safety.

Embry-Riddle Worldwide has campuses at Fort Eustis **757.887.0980**, Langley Air Force Base **757.325.6272**, Norfolk **757.440.5078**, and Oceana in Virginia Beach **757.437.8061**. Visit erau.edu.

Florida Institute of Technology is an independent technological university offering graduate degree programs in business and management, logistics, acquisition and contract management, project management, human resource management and more.

Located at Fort Eustis (Newport News). Visit web2.fit.edu/hampton-roads or call **757.887.2488** (Peninsula).

George Washington University Hampton Roads graduate education center in Hampton Roads has programs staffed by full-time administrators and faculty, as well as visiting faculty from the main campus. The College of Professional Studies offers undergraduate and graduate programs in: Educational Administration & Policy Studies; Educational Leadership & Administration; Engineering Management & Systems Engineering; and Human Resource Development. Located in Newport News, with classes also held in Virginia Beach. Visit gwu.edu/online-virginia-academic-centers or call **757.269.4949**.

Saint Leo University South Hampton Roads Center is a Catholic, co-educational liberal arts university offering programs leading to associate and baccalaureate degrees and a Master of Business Administration, Master of Education and Master of Criminal Justice Degrees with centers in: South Hampton Roads Center in Virginia Beach, Naval Air Station Oceana, Naval Station Norfolk Office, and Fort Story at South Hampton Roads. Visit saintleo.edu or call **800.334.5532**.

South University-Virginia Beach opened in 2010. South University's Virginia Beach campus offers the following academic degrees: Associate of Science in Paralegal Studies; Bachelor of Arts in Psychology; Bachelor of Business Administration; Bachelor of Science in Criminal Justice; Bachelor of Science in Healthcare Management; Bachelor of Science in Legal Studies; RN to Bachelor of Science in Nursing (BSN); Master of Arts in Professional Counseling; and Master of Business Administration. Visit southuniversity.edu/virginia-beach or call **757.493.6900** for more information.

Stratford University is a private educational institution dedicated to preparing students for the challenges of a rewarding career. Alumni pursue professions in high-demand fields like information technology, hospitality, culinary arts, business administration, health sciences, and nursing. Stratford University offers associate's, bachelor's and master's degrees, as well as many non-credit workshops and courses.

Locations include Newport News and Virginia Beach. Visit stratford.edu or call **757-497-4466** (Virginia Beach) or **757-873-4235** (Newport News).

University of Phoenix-Virginia Beach, offers evening, weekend, and online classes at its Virginia Beach location. As the nation's largest private accredited university, they offer relevant and respected undergraduate and graduate degrees in the fields of Accounting, Business, Management, Nursing, and more.

Contact them today to learn more about their programs, class schedules, transferring credits, financing, credit for professional training, and more. Visit phoenix.edu or call **757.517.3166**. ■

20 Norfolk & Hampton Roads' 19 Small Business of the Year



Founded in 2012 by Western New York transplants, Russell & Stephanie Gilbert, The Dirty Buffalo has grown from one 1500 sq ft. quick service restaurant to three 4400+ sq ft. full service restaurants since 2016.



With a focus on legendary service & consistency, "TDB" has become known for their Award-Winning wings & other Western New York themed fare.

The restaurant has been featured on numerous television shows, is a 3x National Buffalo Wing Festival Award Winner and has recently begun franchising!



3 LOCATIONS

4012 Colley Ave
Norfolk
757 226 7851

4213 E. Little Creek Rd.
Norfolk
757 321 7242

2080 S. Independence
Virginia Beach
757 937 1171

Franchising Opportunities at:
www.TheDirtyBuffaloFranchising.com

Visit our website at:
www.TheDirtyBuffalo.com





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