

**Ghent Business Association Promotion: No Fooling, Spring is Finally Here!**  
**March 24 - April 6, 2013**



FREE Conditioning Treatment with the purchase of a hair cut at **AOC Salon** 821 West 21st Street in Ghent. Call [757-625-0055](tel:757-625-0055) or email [www.aocsalon.com](http://www.aocsalon.com). At AOC Salon, it is very simple: Great Hair, Great Service, Great Products and Great Advice. It is always your first date at AOC Salon and that special feeling never wears off.



Your local **AT&T store** at 1304 Colley Ave would like to put an extra spring in your step. Mention this ad and save \$10 on two accessories or \$15 on three! Don't forget to ask about up to 15% off your MONTHLY bill. Contact us at [757-625-1122](tel:757-625-1122) with any questions and we look forward to seeing you.

No fooling, we are giving away \$25 Free **City Spa and Jakes Place Barbering Lounge** Dollars-

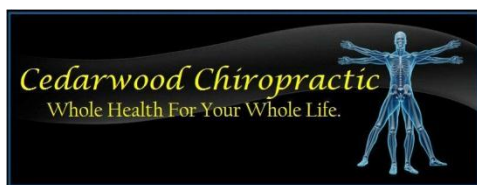


Get Ready for Spring!

Purchase a \$100 Gift Card and Get \$25 Free! Now thru April 6th. Show your Faculty or Student ID to receive offer after 3/31/13.

Changes City Spa, 710 West 21st Street Norfolk, VA 23517, [757-625-5300](tel:757-625-5300)  
[www.changesaregood.com](http://www.changesaregood.com).

Jakes Place Barbering Lounge & Spa, 222 West 21st Street Norfolk, VA 23517, [757-627-5253](tel:757-627-5253)  
[www.jakesplaceghent.com](http://www.jakesplaceghent.com).



### **Start Your Spring Break Relaxed and Refreshed!**

Reward Yourself with a Massage from **Cedarwood Chiropractic**. Need a massage to relax & kick off your spring break? For a limited time we invite all ODU Students and Staff to enjoy a full-body, deep tissue massage for 30% off the regular price! That's a \$65 massage for only \$45! We are located on the 4th floor of the Duke/Grace building at 740 Duke St. across from the Chrysler Art Museum. This offer ends April 6<sup>th</sup> so call us at [\(757\)-625-4458](tel:757-625-4458) to book your appointment today! You can find us on the web at [cedarwoodchiropractic.com](http://cedarwoodchiropractic.com) or like us on Facebook!



"No fooling, the services included with assigning **The Event Planner LLC** as your personal event coordinator are REAL! Specializing in all events ranging from birthday parties to weddings, The Event Planner is your ultimate resource. With graduation right around the corner now is the perfect time to set up a consultation! Customary services for custom events. Browse our site: [www.TheEventPlannerLLC.info](http://www.TheEventPlannerLLC.info)"

Spring is here and that means bathing suit weather is right around the corner! Don't put off tomorrow what you can start today....



Show your school I.D. and get a membership to **Fitness First Health and Wellness** for only \$35.00 a month, no enrollment fee. Check us out at [www.fitnessfirsthw.com](http://www.fitnessfirsthw.com) or call us at [757-625-1115](tel:757-625-1115). We are located at 115 W Tazewell Street in downtown Norfolk.



**Garden Gazebo** is glad spring has finally arrived. Show your I.D. and receive a 20% discount on your entire purchase of full-priced merchandise. No fooling, we can't wait to see you. We are located at 729 West 21<sup>st</sup> Street, next to Panera Bread. If you can't make it in, shop online at [www.gardengazebo.com](http://www.gardengazebo.com). For more information, call us at [757 623-1717](tel:757-623-1717).



**Ghent Chiropractic** celebrates Spring! Through April 15, all ODU graduates, students, faculty, and staff will receive a complimentary consultation, examination, x-rays (if necessary), and a report of findings on a subsequent visit (a 260.00 value). Call [757 622-1222](tel:757-622-1222) for your appointment today! Appointments are limited. [www.ghentchiro.com](http://www.ghentchiro.com).



**HOPE HOUSE THRIFT SHOP** ODU Students Show your student ID and receive a 25% discount at the **Hope House Thrift Shop**. March 24 - April 6, 2013. The Hope House Thrift Shop has a variety of Vintage and designer items as well as some great bargains. Proceeds from sales benefit Hope House Foundation, the only organization in Virginia that supports adults with intellectual disabilities exclusively in their own homes. Located at 1800 Monticello Ave in Norfolk across from Wendy's and Doumar's. Call [757 625-7493](tel:757-625-7493) for more information.



**Harbor Gallery** is offering a 20% discount on custom framing when you show your ODU I.D. Harbor Gallery is located across from the NARO on Colley Avenue.



Decreasing the chatter of the mind and increasing your focus will result in a better day at ODU. **Hot House Yoga** will show you what a difference a consistent practice can make in every aspect of your life. If you are new to Hot House Yoga, the Introductory Challenge is the best way to start. You'll pay for 12 Classes\*30 Days\*\$59. Feel the Difference in Norfolk at 738 West 22nd St call [757-626-0099](tel:757-626-0099) or visit us on line at [hothouseyogi.com](http://hothouseyogi.com).



Comic Fans! **Local Heroes** is only 5 minutes from ODU and might be the best comic store on planet Earth. Flash your ODU ID and receive 15% off of your purchase, through April 8, 2013. Stop by soon. We're located at 1905 Colonial Avenue, next to Cogan's. [www.localheroescomics.com](http://www.localheroescomics.com).



The **Mambo Room** is offering STUDENT DISCOUNTS - \$3 OFF for dance and dance fitness classes. Salsa, Bachata, Bellydance, Zumba, Afro Cuban and more! [www.MamboRoomDance.com](http://www.MamboRoomDance.com), located at 2200 Colonial Ave, Norfolk [757 351-6092](tel:757-351-6092).



Don't be an April Fool and allow important family decisions to be made by a judge: Use mediation to work through these important issues with experienced mediator and ODU Alum, Dave Mc Donald. The **Mediation Center of Hampton Roads** is offering a 15% discount to all ODU students, faculty and staff. We are at 424 21st Street in historic Ghent. Call us at [757-624-6666](tel:757-624-6666), or find us on the web at: [www.mediationhamptonroads.com](http://www.mediationhamptonroads.com).



The Unusual in Floral Design.

Come by **The New Leaf**, have your picture taken with our flowers on your cell phone or ipod, post it to The New Leaf facebook page, and then....presto!!! you will receive a complimentary bouquet of beautiful spring flowers, valued at \$25 !!!! [www.newleafghent.com](http://www.newleafghent.com), [757 627-6028](tel:757-627-6028) 1301 Redgate Avenue in West Ghent ( across from Orapax and near Tortilla West ).



Ready for a Spring Tune-Up? Relax and rejuvenate your body and mind with massage at **Norfolk Acupuncture & Therapeutic Massage**. Present your I.D. for \$5 off any therapeutic massage session. We are located at 819 W. 21<sup>st</sup> Street, across from Walgreens. To learn more about us and our services please call us at [757-622-7145](tel:757-622-7145) or visit [www.norfolkacupuncture.com](http://www.norfolkacupuncture.com).

## Novelties Unlimited

**Novelties Unlimited** is offering a Free Balloon with the purchase of 12 and 10% discount on in stock merchandise. The offer is good on one promo per visit. Credit cards accepted except on promotions. Novelties Unlimited is located on West 21<sup>st</sup> Street.



**Onelife Fitness** is offering a 1 WEEK FREE Trial Membership. Located at 1900 Monticello Ave, Norfolk, call [757-248-4800](tel:757-248-4800) for more information. This is a limited time offer! Ask for Darren Miller! 18 yrs and up/1st time guests only please/One per customer.



**S. Ray Barrett Dry Cleaners** is offering Spring Savings! Show your I.D. and receive a 20% discount (dry cleaning only). This offer is good for all ODU Students, Faculty and Employees. We are located at 200 W. 21st Street in Ghent. Join us online at [www.barrettcleaners.com](http://www.barrettcleaners.com) for our monthly Special Coupons and "Like Us" on Facebook to receive even more exclusive weekly offers.

The Palace Shops  
306 W. 21st Street  
Norfolk  
627-6073

*The Quality Shops*  
FOR WELL-DRESSED MEN

Hilltop East  
1556 Laskin Road  
Virginia Beach  
428-8615

www.thequalityshops.com

**The Quality Shops** is the perfect destination for graduating men... and their friends and families. For starters, we have the ideal graduation gift particularly as the warmer weather approaches. Great sport shirts, pants and jackets from Southern Tide, Robert Graham, Peter Millar, Jack Victor and Nat Nast will make a memorable gift and are in our store today! We also carry a quality assortment of suits, jackets and pants necessary for both job interviews and work. Expertly tailored by us, you'll be getting off on the right foot with your new career. And speaking of feet, we carry Martin Dingman and Allen Edmonds shoes for both casual and business wear. For work or for weekends, make The Quality Shops your go-to choice for outstanding menswear. Find us in The Palace Shops at 21st street and Llewellyn Avenue. [757-627-6073](tel:757-627-6073).

**GLEN PHILLIPS**  
LEAD SINGER FROM TOAD THE WET SPROCKET  
LOCAL MUSICIANS GRANT AUSTIN TAYLOR & BRIA KELLY OPEN  
THURSDAY, APRIL 4<sup>TH</sup> • THE NARO • NORFOLK, VIRGINIA

THE SIXTH ANNUAL  
**Sea Level**  
SINGER/SONGWRITER  
FESTIVAL

APRIL 4-6  
3 DAYS OF  
SINGERS/SONGWRITERS  
STREET MUSICIANS  
OPEN-MIC STAGES  
MERRILL GUITAR RAFFLE  
LOCAL MUSICIAN  
SHOWCASES  
EMERGING ARTIST  
CONTEST

TICKETS  
\$30 in advance  
\$35 day of show  
Doors Open at: 6:30pm  
Show Starts: 7:30pm

Complete Festival Schedule and Tickets at [TWartsOutreach.org](http://TWartsOutreach.org)

SPONSORED BY:  
OUTLET, KAUFMAN GANGLER, KENNETH BANK, SLAIT, PROCEEDS BENEFIT: Tidewater Arts Outreach

- The Sixth Annual Sea Level Singer, Songwriter Festival**, April 4 - 6 in Ghent and Granby on Street
- ~Featuring dozens of local and regional musicians performing their original music in showcases and outdoor stages.
  - ~Headline Concert on April 4 features Glen Phillips (of *Toad the Wet Sprocket*) at the Naro Theater
  - ~Emerging Artist Contest is April 6 at the Attucks Theater
  - ~A \$10,000 Merrill Guitar Giveaway...And much more!
  - ~Proceeds benefit **Tidewater Arts Outreach**.
  - ~Go to Facebook or [TWartsOutreach.org](http://TWartsOutreach.org) for more information.



For ODU Faculty, Staff, Students, Alumni (and their families): \$10 off the regular price of any Creative Class at [The Muse Writers Center](#) in West Ghent (classes available include those in poetry, fiction, memoir, creative non-fiction, cookbooks, food memoir, standup comedy, sketch comedy, "improve" comedy, photography, screenwriting, graphic novels, grammar, blogging, and reading as well as many classes for kids & teens). Visit [www.the-muse.org](http://www.the-muse.org) for class schedule and registration information. Please mention discount when registering. Not valid with any other discount.



[Westside Produce & Provisions](#) is your one stop shop for "Fresh Foods from Local Producers". Although the season is early we have a few Fresh Veggies, along with over 100 specialty foods from over 25 Local Producers, Honey, Jam, Cheese, Eggs, Nuts, Sausage, Ham, Breads, & Seafood just to name a few. Show your student ID for a 15% discount on all purchases excluding beer & wine, now through April 6th. We are located at 5015 Colley Ave. across from University Pizza. [757-962-1961](tel:757-962-1961).