

A Day Spa 2206 Executive Drive, Suite B Hampton, VA 23666 (757) 826-7616

\$5 OFF any Spa & Massage services over \$20.00

FREE

Paraffin Wax with first service of \$35.00 & up

Free Gift with first Gift Certificate purchase

Birthday Special 10% OFF



1 (one) Offer Per Visit Please



Absolutely Slender, Inc.

2206 Executive Drive, Suite B Hampton, VA 23666 (757) 826-0990

WE GUARANTEE 6-20" OFF

\$10 OFF First Face Taping or Body Wrap

\$15 Off First Inches Off Wrap Series

FREE Body Spray with First Wrap/Taping

FREE WRAP

for four referrals





Above and Beyond

1104 W. Mercury Boulevard Hampton, VA 23666 (757) 325-2019



Employee Opportunities Available!





Absolute Chem-Dry

2500 Build America Drive Hampton, VA 23666 (757) 826-0761

10% OFF Carpet, Upholstery or Tile and Grout Cleaning Minimum Charge Applies





Absolute Floor Covering

2500 Build America Drive Hampton, VA 23666 (757) 265-2620







Act I Hair & Nails

1108 W. Mercury Boulevard Hampton, VA 23666 (757) 838-0277

\$5 OFF Perm, Color, Highlights (TUESDAY, WEDNESDAY, THURSDAY)

\$2 OFF Men or Women Haircuts (TUESDAY-SATURDAY)

\$20FF Eyebrow Wax (CALL TO MAKE APPOINTMENT)



Action Custom Computers

1929 Coliseum Drive, #B Hampton, VA 23666 (757) 838-7050

10% OFF Any Labor Service NOT INCLUDING VIRUS REMOVAL



Addison at Hampton

2 Wyndham Drive Hampton, VA 23666 (757) 838-8231

Present this coupon when you apply for your apartment home and receive



www.addisonathampton.com





Ageless Balance

2013 Cunningham Drive, 105 Hampton, VA 23666 (757) 869-0838 Hours by Appointment

\$10 Savings On Any Treatment 60 Minutes or Longer

\$5 Savings On Any Treatment 30 Minutes or Longer

or

Massage Therapy Mind Coaching Hypnosis & Meditation Reiki Spiritual Services Wedding Officiant

Balance

One coupon per client. One time use only. Please mention coupon at time of scheduling.





Alexander Waitkus, DDS, MS

2101 Executive Drive, Suite 5E Hampton, VA 23666 (757) 826-8511

We Appreciate Your Referrals

As an expression of our appreciation, we would like to extend a special discount

\$100 OFF Treatment for A Friend

Pass this coupon to a friend and they will receive a \$100 discount when they begin treatment (also consultation exam and x-rays are complimentary)

Credit of \$100 FOR YOU

When referred patient is fitted with braces, we will credit your account \$100.



Andrea's Pizza

1114C W. Mercury Boulevard Hampton, VA 23666 (757) 827-8600

Buy One Large, One Topping Pizza Get a **FREE** 12"–One Topping Pizza

Buy One Spaghetti Dinner Get a 2nd one **1/2 OFF**

(Not Valid with Any Other Discount Coupon)

ANDREA'S IS CELEBRATING 35 YEARS IN RIVERDALE IN 2010

FREE Delivery (No Special Coupon Discount Honored)

Offer Expires December 31, 2010

25



Anytime Fitness

2069Å W. Mercury Boulevard Hampton, VA 23666 (757) 896-1010









Athlete's Foot

63 Coliseum Crossing Hampton, VA 23666 (757) 838-8013



Not Valid with Other Promotion



Atlantic Self Storage

2401 Build America Drive Hampton, VA 23666 (757) 838-7222

Pay first month rent at regular rate and get the second month for \$1.00



BayPort Credit Union

2300 Cunningham Drive Hampton, VA 23666 (757) 873-4071

Join BayPort Credit Union and **we'll deposit the first \$5.00** in your savings account.

Visit our convenient Hampton Branch at 2300 Cunningham Drive today!

Lobby Hours: Monday - Thursday, 9:30am - 5:30pm Friday, 9:30am - 6:00pm

Drive Thru: Monday - Thursday, 9:30am - 6:00pm Friday, 9:30am - 6:30pm

> Must be eligible for membership Offer applies to new members only





Beltone Ledford Hearing Aid Service & Audiology

2115 Executive Drive, Suite 2-B Hampton, VA 23666 (757) 896-9089

Free HEARING EVALUATION & VIDEO EAR EXAM!

Find out what you're hearing and what you're not. Let us determine if it's hearing loss or wax.



Some insurance companies have recently changed their benefits, and you may qualify for a FREE hearing aid. Call for details.





Best Western Coliseum Inn & Suites

1809 W. Mercury Boulevard Hampton, VA 23666 (757) 838-5011

Buy 1 Large Ledo Pizza Get Second Half Off!

Stay 2 Nights with Best Western Coliseum and receive a **FREE** Medium, 1 Topping Pizza from our Lounge!

Stay 4 Nights in a row with us and receive a **Comp Certificate** for your next stay.



THE WORLD'S LARGEST HOTEL CHAIN*



Bobbie Glen Hair, Inc.

2272 Executive Drive Hampton, VA 23666 (757) 827-0157



\$2 OFF Manicure or Pedicure

20% OFF Total Retail Purchase





Catherine Oden Fulton, DDS

1029 W. Mercury Boulevard Hampton, VA 23666 (757) 838-2006



NO OTHER DISCOUNTS WILL APPLY



Chili's

1066 W. Mercury Boulevard Hampton, VA 23666 (757) 825-0348

Get One Order of Chips and Salsa **FREE** with Purchase of Any Entree

GOOD AT HAMPTON LOCATION ONLY



China Wok

2170-D Coliseum Drive Hampton, VA 23666 (757) 262-1501

Buy One Dinner Special Get Second One HALF PRICE

This coupon cannot be combined with any other offer. Pick Up Only.

With Purchase of \$15 or More **GET \$2.00 OFF**

This coupon cannot be combined with any other offer. Pick Up Only.

With Purchase of \$20 or More **GET \$3.00 OFF**

This coupon cannot be combined with any other offer. Pick Up Only.

With Purchase of \$30 or More **GET \$4.00 OFF**

This coupon cannot be combined with any other offer. Pick Up Only.





Chin's Cleaners

2278 Executive Drive Hampton, VA 23666 (757) 896-0001





NO LAUNDRY SHIRTS APPLY





Coliseum Garden Apartments

135-A Pine Chapel Road Hampton, VA 23666 (757) 826-4100

No Application Fee

(A \$40.00 Savings)





Comfort Inn Coliseum

1916 Coliseum Drive Hampton, VA 23666 (757) 827-5052



Does Not Apply to Any Rate Other Than Rack. Does Not Apply to Other Discount or Contract Rate. Applies to Rack Rate Only.





Country Inns & Suites

1551 Hardy Cash Drive Hampton, VA 23666 (757) 224-9994

We would like to offer



Any Questions Call Nirav Patel (757) 224-9994





Creations by Margo Lynn, Inc MARGO'S DOLLS, GREEK & EMBROIDERY

2040 A-31 Coliseum Drive Hampton, VA 23666 (757) 838-8346

FREE Set Up Fee For Own Garments for Monogramming

Buy 1 In-stock Item at Regular Price & Get **1/2 OFF** a Second Item of Equal or Lesser Value

> Join Our FREQUENT SHOPPER CLUB & Receive **20% OFF** Your Entire Purchase the Day You Sign Up!



Creations by Margo Lyna, She.



Cunningham Apartments

135-A Pine Chapel Road Hampton, VA 23666 (757) 826-4100

No Application Fee

(A \$40.00 Savings)

Offer Expires December 31, 2010

57



Curves 1814-A Todds Lane Hampton, VA 23666 (757) 265-9200







Cyprus Grille EMBASSY SUITES HOTEL

1700 Coliseum Drive Hampton, VA 23666 (757) 827-8200

One Complimentary Cup of our Corn & Crab Chowder with the purchase of an a la carte entree

LUNCH OR DINNER



Dinh's Jewelers

2040 Coliseum Drive, Suite 21B Hampton, VA 23666 (757) 827-4823







Dr. Jack A. Mrazik oral/maxillofacial surgery

SENTARA CAREPLEX 3000 Coliseum Drive, Suite 204 Hampton, VA 23666 (757) 838-3975





JACK A. MRAZIK, D.D.S., P.C. DIPLOMATE AMERICAN SCAED

OF ORAL AND MAXILLOFACIAL SURGERY



Dr. John Kauffman & Associates

2157 Cunningham Drive Hampton, VA 23666 (757) 826-EYES

20% OFF Complete Pair of Glasses with Purchase of Eye Exam*



* This offer can not be used in conjunction with insurance

Dr. John Kauffman and Assoc. / Optometrists



Dr. Motorworx

2601 Build America Drive Hampton, VA 23666 (757) 838-8723

\$75 OFF Labor for an Engine Replacement

One coupon per replacement, maximum. Not to be combined with any other offer.







Eye To Eye Optical Ltd

78 Coliseum Crossing Hampton, VA 23666 (757) 826-3392

\$20 OFF on the Purchase of New Frames and Lenses

Not to be combined with special sales, insurance discounts, or prior orders.





Firestone

112 Marketplace Drive Hampton, VA 23666 (757) 838-7300



10% OFF Any Bridgestone or Firestone Tire

Cannot be combined with any other coupon or offer.



Green's Martial Arts Center

1816-B Todds Lane Hampton, VA 23666 (757) 827-5425

Call now for a **FREE** Introductory Class

1/2 OFF Enrollment and a

> FREE Uniform with this coupon





Hampton Bay Plaza & Suites

2000 W. Mercury Boulevard Hampton, VA 23666 (757) 825-3398

This offer is valid only for Regular Days and not valid for long weekends like Jazz Festival, Pische Concert or National Holidays like 4th of July weekends.

Special for One Bed/One Night is \$55 + tax

Special for Two Bed/One Night is \$60 + tax

> The Offer is \$5 OFF for One Night and \$10 OFF for Two Nights

IF YOU STAY 4 NIGHTS, THE 5TH NIGHT IS FREE







Hampton Center Apartments

6001 Terrell Lane Hampton, VA 23666 (757) 827-5770

FREE GIFT CARD when you sign a lease at Hampton Center Apartments





Ξ 3

С GET





Hampton Roads Center for Positive Intervention

2017 Cunningham Drive, Suite 205 Hampton, VA 23666 (757) 838-1833

1 FREE

Couples Counseling Session (with 10 or more) or

1 Free

Military Spousal Support Sessions (with 10 or more) or

1 Free

Anger Management + Domestic Violence Session (with 10 or more) or

1 FREE

Couples-Healthy Relationship Session (with 10 or more) or

> **1** FREE Individual Session





Howard's Dry Cleaning

2314 W. Mercury Boulevard Hampton, VA 23666 (757) 896-1211



Leather and Alterations Not Included (No Coupons Required)







Integrity Staffing Services

1029 W. Mercury Boulevard Hampton, VA 23666 (757) 826-3066

10% OFF First Time Orders For New Customers



Ivy Memorial Baptist Church

2200 Coliseum Drive Hampton, VA 23666 (757) 838-3107



Brunch beginning at 8:30am every Sunday, Bible Study from 9:00-9:25am, and/or Bible Study from 9:00-10:30am Worship Service at 10:45am and Light Lunch from 12:00-12:30pm

Call 757-838-3107 for more information or see www.ivymemorial.org





Lake Ridge Apartments

900 Lake Ridge Road Hampton, VA 23666 (757) 224-6483

Reduced Administration Fee of \$75

Offer Expires December 31, 2010





Langley Federal Credit Union

1055 W. Mercury Boulevard Hampton, VA 23666 (757) 827-7200

FREE \$5 DEPOSIT When your child becomes a Little Dipper at Langley Federal Credit Union

Little Dippers - members through age 10. Membership eligibility required.





LensCrafters 4700 Kilgore Avenue Hampton, VA 23666 (757) 825-3044

\$100 OFF ALL Eyeglasses and Prescription Sunglasses

ANY FRAME, ANY LENS, ANY PRESCRIPTION

Valid on multiple pairs. Both frame and lenses purchase required. Cannot be combined or used in conjunction with any vision care or insurance benefits or plans, any store or other offer, discount or sale, previous purchases, readers or non-prescription sunglasses. Savings applied to lenses. Offer valid with coupon only. Valid prescription required. Discounts are off tag price. Excludes Maui Jim and Oakley Authentic lenses and clearance frames. Void where prohibited. See store for details. Offer valid only at Peninsula Town Center. Discount Code: 568386.

LENSCRAFTERS



Life Uniform

2040 Coliseum Drive, Suite A-14 Hampton, VA 23666 (757) 838-1692







Marshalls Dept. Store

15 Coliseum Drive Hampton, VA 23666 (757) 838-8158

10% OFF First Purchase Upon Approval For Our TJX Rewards Card







Mekos Surf Skate and More

FORMALLY KNOWN AS MIKES SURF Peninsula Town Center Hampton, VA 23666 (757) 826-7873



and





Mercury Shoe Repair 1814-I Todds Lane

1814-I Todds Lane Hampton, VA 23666 (757) 838-5666





New Country Buffet

1062-A W. Mercury Boulevard Hampton, VA 23666 (757) 825-8777



\$2 OFF For Dinner Adult Buffet

Offer Expires December 31, 2010





Old Point National Bank

2101 Executive Drive Hampton, VA 23666 (757) 728-1276

For Opening One of Our Free Checking Accounts. Plus, Up to \$25.00 for Turning In Your Old Checks and Check Card!!





Pac N' Mail Service Center

110 Coliseum Crossing Hampton, VA 23666 (757) 838-7447



Offer Expires December 31, 2010



Paul's Framerica

2959 "B" Cunningham Drive Hampton, VA 23666 (757) 224-2046

FREE Paul's Framerica Membership for the Whole Year 2010

YOUR FREE MEMBERSHIP INCLUDES:

Saving 55% Off in Custom Framing Order

Receive 15% Off in Ready made and Open Frames and Metal Frame Kits

> 50% Off Poster and Fine Art Prints if Custom Frame Ordered





Pearl Vision

2310 Cunningham Drive Hampton, VA 23666 (757) 827-5600

40% OFF Complete Pair of Prescription Glasses (Frames & Lenses)







Peninsula Cosmetic Reconstructive Surgery, Inc. 4000 Coliseum Drive, Suite 110

4000 Coliseum Drive, Suite 110 Hampton, VA 23666 (757) 827-8486

Dr. Mark Kanter **5% OFF** A Cosmetic Procedure, Initial Consultation Complimentary

Offer Expires December 31, 2010





1618 Hardy Cash Drive Hampton, VA 23666 (757) 838-7453

To Schedule Your

FREE ASSESSMENT at Peninsula Physical Therapy & Aquatic Rehabilitation, Call Our Office Today 838-7453





Peninsula Town Center

2033 Coliseum Drive Hampton, VA 23666 (757) 838-1505

Present This Coupon and Receive **\$50FF** the Purchase of a Gift Card Valued at \$50 or More

Valid April 1, 2010 - November 30, 2010





Pinewood Apartments

135-A Pine Chapel Road Hampton, VA 23666 (757) 826-4100

No Application Fee

(A \$40.00 Savings)

Offer Expires December 31, 2010



Pizza Hut

1070 W. Mercury Boulevard Hampton, VA 23666 (757) 838-6632

CARRYOUT 2 Medium, 2 Topping Pizzas **\$12.99**

DINE-IN

2 Medium Pizzas, Family Stix, 4 Soft Drinks **\$29.99**

or

1 Medium Pizza, Single Stix, 2 Soft Drinks **\$16.99**

Offer Expires December 31, 2010





Quarles Dermatology

304 Marcella Road, Suite A Hampton, VA 23666 (757) 827-3046

291 Independence Boulevard, Building 4, Suite 522 Virginia Beach, VA 23462 (757) 490-6635

Enhance Your Beauty and **Save 10%** When You Purchase Any Skin Care Product

Mention this coupon in our Hampton office to receive your discount. This offer is only valid with one purchase. Excludes all online purchases.

Retain a Healthy Appearance and

Save 10%

On All Cosmetic Procedures Including Botox, Radiesse, Restylane, Juvederm Microdermabrasions, Chemical Peels, and All Facials

Mention this coupon in our Hampton office to receive your discount. This offer is only valid with one cosmetic procedure.

Feel free to contact our office and visit our website for more details. 757-827-3046 • www. quarlesdermatology.com



RK Toyota-Scion

2301 W. Mercury Boulevard Hampton, VA 23666 (757) 838-5000

\$12.95 OIL CHANGE with Filter & 5 Quarts of Regular Oil. Synthetic & Deisel Oil Extra.

ONE COUPON PER HOUSEHOLD





1976 Power Plant Parkway Hampton, VA 23666 (757) 827-8100

Buy One Entree Get One Entree

Of Equal or Lesser Value

Not valid on daily specials or to-go orders. Dine-in only. One coupon per table/party. Must be presented before ordering. Other restrictions may apply.



Offer Expires December 31, 2010



Sally Beauty 55 Coliseum Crossing

Hampton, VA 23666 (757) 825-7332

Save \$5 On Any Purchase of \$25 or More with this coupon

One coupon per customer. Void if reproduced. Not valid with other offers or when purchasing gift cards. Non-transferable. Must surrender at time of redemption. Required purchase does not include tax. Equipment items excluded. Not valid on returns exchanges or prior purchases. Good only at this Sally Beauty location or online at SallyBeauty.com

Coupon #444872





Sandwich Factory

INSIDE EXECUTIVE TOWER 2101 Executive Drive Hampton, VA 23666 (757) 838-9474

Sandwich Factory is preparing the most delicious Breakfast & Deli Sandwiches, Subs, Petas and Salads at reasonable prices. Let us make one for you and your family.



Hours: 8am to 3pm weekdays (Discount Coupon does not include Daily Special Board)







Scott M. Quinn, DDS

2115 Executive Drive, Suite 8C Hampton, VA 23666 (757) 838-1664

FREE Examination with Cleaning Appointment





Sentara Center for Health and Fitness

4001 Coliseum Drive Hampton, VA 23666 (757) 766-2658

Receive **\$50FF** A Day Visit to Sentara Center for Health and Fitness Enjoying First Class Fitness and Free Amenities for only \$10.00!!

Offer Expires December 31, 2010



Spa Botanica

1700 Coliseum Drive Hampton, VA 23666 (757) 827-8200









Spine Care of Tidewater, PC

2216 Executive Drive, Suite A Hampton, VA 23666 (757) 827-3216

FREE Initial Visit Including X-rays if Necessary

Offer Expires December 31, 2010



Sports Fan

121 Coliseum Crossing Hampton, VA 23666 (757) 838-6988





St. Mark's Episcopal Church

2605 Cunningham Drive Hampton, VA 23666 (757) 826-3515

Buy One – Get One

FREE FISH FRY DINNER

1st Thursday Every Month at St. Mark's Episcopal Church 2605 Cunningham Drive Hampton, VA 5:30pm-7:00pm





Subway

91 Coliseum Drive Hampton, VA 23666 (757) 826-7227

2065 W. Mercury Boulevard Hampton, VA 23666 (757) 825-1771

Buy any 6 inch and medium drink and chips and get another 6 inch



(Not valid with any other promotion or discount)



The Devonshire

2220 Executive Drive Hampton, VA 23666 (757) 827-7100

Move-In-Special \$1200 OFF First Year's Lease

Call for details and ask for Amy.



Offer Expires December 31, 2010





The Healthy Connection

2007 N. Armistead Avenue Hampton, VA 23666 (757) 826-6404

Receive \$5 Off Your First Nutritional Assessment

Get your immune system in balance Get your body in balance Get scanned today!

No appointment necessary







The Ritz Hair Salon & Day Spa

36 Coliseum Crossing Shopping Center Hampton, VA 23666 (757) 838-4247

20% OFF Services for New Client's First Visit

TRY OUR SPA PACKAGES OR GIVE A GIFT CERTIFICATE TO YOUR LOVED ONE. FREE CONSULTATIONS

We offer Skin Care, Massage Therapy, Nails, Manicures, Pedicures, Body Wraps, Waxing, Facials, Make Up, as well as Hair Services. Color Specialist.

> THE RITZ INTERNATIONALE BALON & DAY SPA





The Township Apartments

260 Marcella Road Hampton, VA 23666 (757) 838-0192

Present this Coupon to Receive a

FREE PROCESSING FEE when Applying for an Apartment



Tidewater Sew Vac

2040 Coliseum Drive Hampton, VA 23666 (757) 826-1801

Buy 2 Packs of Vacuum Bags and Get 1 **FREE**

Buy 2 Packs of Sewing or Embroidery Needles and Get 1 FREE

Free estimates on your sewing machine or vacuum cleaner repair. Sewing classes and scissor sharpening also available. Come visit us or call us at 826-1801





Tivoli Gardens Restaurant

1815 W. Mercury Boulevard Hampton, VA 23666 (757) 838-0200

Buy One Dinner Entree and Get One Dinner Entree of Equal or Lesser Value Complimentary

(Not Valid with Any Other Specials or Coupons)



TLC Carwash

1824 Todds Lane Hampton, VA 23666 (757) 827-4701





Offer Expires December 31, 2010





United Pest Control Co., Inc

2807 Build America Drive Hampton, VA 23666 (757) 838-0118

SPECIAL **SAVE UP TO 20%** On Your Entire Termite, Moisture and Pest Control Needs

Call Today for a FREE Inspection and Estimate



Offer Expires December 31, 2010