

**.COMMUNITY.
YARD SALE**

MOUNT TRASHMORE PARK
SEPT 19 • 9 AM – 2 PM

Sept. 17: Treasures at Trashmore--A Community Yard Sale

Head over to Mount Trashmore Park on Saturday, September 19 from 9 a.m.-2 p.m. as Virginia Beach Parks & Recreation hosts an old-fashioned community yard sale! No need to navigate through neighborhood roads hunting for a good deal. Find your low-cost treasures all in one spot as you shop among 75+ sellers! [Details](#)

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American Heart Association Heart Walk
VIRGINIA BEACH Mt. Trashmore Park 10/10/15 at 9am
HAMPTON Pen Town Center 10/17/15 at 8am
www.hamptonroadsheartwalk.org

SAME-DAY APPOINTMENTS
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Sept. 19: Embrace the Culture

Embrace The Culture (ETC) is the celebration of the vast talent and dedication that fuels the independent music scene. Town Point Park transforms into...
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Sept. 21: Croc's End of Summer Sip and Paint

Looking for something other than Monday night football? Come join Heather Donis Designs Mobile Paint Parties at Croc's Virginia Beach for an entertaining...
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Beginning Sept. 22: Peter and the Starcatcher

With the snap of a finger and the magic of stagecraft, a dozen actors playing over 100 roles take us on a rambunctious adventure through Neverland...
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Deal of the Day

Get a \$50 restaurant voucher to Tuscany Ristorante Italiano for just \$25. Enjoy authentic Italian cuisine in a romantic setting. They have a large selection of pastas and a variety of wines...
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Great use of space that includes: in-law suite, office, library/music room, butler's pantry and game room. High ceilings and lots of natural light. Absolutely stunning views of both lake and...
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Published every Thursday,

the Coastal Virginia Magazine (COVA) It List goes out to over 57,000 subscribers. Every edition will showcase the area's most anticipated upcoming events.

Short, sweet and easy to read

with a highly loyal following of Coastal Virginia Magazine readers, The It List reaches the perfect audience to promote your event, getaway or business.

Advertising Opportunities:

Featured Event: \$250

Rate includes 75 words of copy and one large photo(384x275px) in the newsletter with a link to a dedicated event listing on CoastalVirginiaMag.com with unlimited copy and photos. Produced to your approval.

Block Event Sponsor: \$125

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Custom email promoting your events, services and/or special announcements. Produced to your approval.

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