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Turkey Trots

Get moving before your Thanksgiving feast with a local Turkey Trot! These fun runs are a great way to burn calories, bond with loved ones, and support charitable causes.



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benefiting local food banks. It takes place on Thursday, November 28, 2024, at 9:00 AM.

2-[Virginia Beach: Check out the Virginia Beach Turkey Trot](#), a scenic 5K along the oceanfront. Scheduled for Thursday, November 28, 2024, at 8:30 AM.

3-[Norfolk: Participate in the Norfolk Harbor Turkey Trot](#), a festive event with live music and post-race treats. Happening on Thursday, November 28, 2024, at 8:00 AM.



BE PROACTIVE TODAY FOR A PEACEFUL TOMORROW

November Highlights

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Welcome Onboard!

We're excited to have Emily join our team! She brings a wealth of knowledge, a passion for the law, and a commitment to providing top-tier service to our clients. Emily's background and dedication make her a fantastic addition, and we can't wait for you to get to know her.

[Read More](#)

Women that Inspire

Did you know that Attorney Stephanie Himel-Nelson played a pivotal role in a groundbreaking initiative supporting military families? Her dedication and leadership have left an indelible mark since 2008.

Discover the inspiring story and her incredible achievements as one of the original founders of Blue Star Families, an organization dedicated to strengthening military families by connecting them with their neighbors to create vibrant communities of mutual support.

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Creative ways to gift this year!

Not sure what to give this year? Here are some thoughtful and unique ideas to make your presents unforgettable:

***Personalized Items:** Monogrammed totes, custom jewelry, or engraved kitchenware.

***Experience Gifts:** Give a Virginia winery tour, tickets to a Norfolk Broadway show, or passes to the Virginia Aquarium in Virginia Beach.

***Gift Local:** Shop at holiday markets or support small businesses in your area.

***Give Back:** Make a donation to a local charity in someone's name.



Shop Local, Spread Cheer!

Holiday markets are popping up all across Virginia, offering unique gifts and a festive atmosphere. Supporting local businesses makes the season even brighter.

Virginia Beach: [Drive through the Holiday Lights at the Beach on the boardwalk](#), featuring vibrant displays and a 40-foot Christmas tree. Open nightly through January 1, 2024.

Fairfax: Discover handmade treasures at the [Northern Virginia Christmas Market](#) with over 200 artisans. November 10–12, 2024, at the Dulles Expo Center.

Norfolk: Experience the [Grand Illumination Parade](#), a dazzling celebration featuring floats, marching bands, and Santa himself. November 23, 2024, at 7:00 PM.

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