

Updated 8-2020		Tuesday	Wednesday	Thursday	Friday
Maryland	Annapolis, MD		✓		✓
	Baltimore, MD		✓		✓
	Maryland (non-metro)		✓		
	Montgomery County, MD			✓	
Virginia	Alexandria	✓	✓		✓
	Arlington	✓	✓		✓
	Ashland*		✓		
	Bath County VA			✓	
	Blacksburg	✓			
	Bristol	✓			
	Charlottesville		✓		✓
	Chesapeake		✓		
	Culpepper			✓	
	Eastern Shore*		✓		
	Fairfax	✓		✓	
	Falls Church		✓		✓
	Floyd*	✓			
	Fredericksburg*			✓	
	Great Falls			✓	
	Harrisonburg			✓	
	Herndon			✓	
	Leesburg	✓		✓	
	Lexington			✓	
	Lynchburg				✓
	McLean	✓	✓		✓
	Midlothian		✓		✓
	Newport News	✓		✓	
	Norfolk	✓		✓	
	Northern Neck			✓	
	Orange			✓	
	Petersburg*		✓		
	Portsmouth		✓		
	Reston	✓		✓	
	Richmond	✓	✓		✓
	Roanoke, Salem	✓			✓
	Smith Mtn Lake*		✓		
	Springfield	✓	✓		✓
	Sterling	✓		✓	
Suffolk		✓			
Tysons			✓		
Virginia Beach	✓		✓	✓	
Warrenton			✓		
Williamsburg	✓		✓		
Winchester*			✓		
Woodbridge		✓			
Yorktown	✓		✓		
DC	Washington DC	✓		✓	✓

*denotes every-other-week delivery