

Tune in to Montgomery County!



WCOM190

Montgomery County has launched a local government cable channel dedicated to providing rebroadcasts of Board of Supervisors' meetings, video programs and news and information.

WCOM 190 is available around the clock any to Comcast cable subscriber in the county with a digital box or Cable Card. It will broadcast County produced videos and a bulletin board with news about services, events and emergency information.

"We are happy to provide residents with another way to receive information about the County," said Public Information Director Ruth Richey. "Through

WCOM 190, our redesigned website, www.montgomerycountyva.gov, and other means of communication, the County is committed to keeping residents informed and knowledgeable about the services, programs and events important to their daily lives."

Board of Supervisors meetings may be viewed at 8 a.m., 1 p.m. and 7 p.m. on weekdays. On Saturday and Sunday, times are 8 a.m., noon and 3 p.m. Rebroadcasts of Board meetings will no longer air on Blacksburg's WTOB.

For those who are not Comcast subscribers, Board meetings and other videos are available on demand at www.montgomerycountyva.gov by clicking on News Room and then Video.

Under the County's agreement with Comcast, Channel 190 is a government only channel and will broadcast videos and information contributed by government entities only.

Tune in to Montgomery County!

Grow your business

Montgomery County Economic Development invites all small business owners and entrepreneurs to attend a free Entrepreneur Express Workshop on Thursday, March 11, from 9 a.m. to noon at the New River Valley Mall.



The Entrepreneur Express is a series of free workshops offered throughout Virginia that provides interactive discussions and exercises covering key elements of business practices. This workshop will include information on starting and operating a business, growing your business, marketing strategies, financing and managing resources, available resources and resource fair.

The workshop is sponsored by Montgomery County Economic Development, New River Valley Economic Development Alliance, New River Community College and Wachovia Bank. It will be presented by the Virginia Department of Business Assistance, Virginia

Tourism Corporation, SCORE, Small Business Development Center Network and Wachovia Bank.

The Entrepreneur Express workshop will be held in the New River Community College Auditorium, Room 123, at the New River Valley Mall, 782 New River Road, NW, Christiansburg.

Registration is required by March 9. To register, visit www.vastartup.org or call Montgomery County Economic Development at 382-5732.

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Important dates:

- **Feb. 22** - Board of Supervisors meeting, 2nd floor Board Room, 7:15 p.m., Montgomery County Government Center, 755 Roanoke St., Christiansburg
- **March 8, 22** - Board of Supervisors meetings, 2nd floor Board Room; 7:15 p.m.; Montgomery County Government Center, 755 Roanoke St., Christiansburg
- **March 25** - Public hearing on advertised tax rate and budget at Board of Supervisors special meeting, 2nd floor Board Room; 7:15 p.m.; Montgomery County Government Center, 755 Roanoke St., Christiansburg

View our online calendar at

MontgomeryCountyVA.gov



Take care of your heart

February is American Heart Month. Take care of your heart with the following tips from the American Heart Association, www.americanheart.org.

- Stop smoking
- Drink alcohol in moderation
- Lower high blood pressure through diet and exercise
- Reduce high cholesterol
- Aim for a healthy weight
- Be physically active each day
- Manage diabetes
- Visit your doctor for a checkup and ask about your heart disease risk and heart attack



If you need help to stop smoking or drinking, contact New River Valley Community Services at (540) 831-4000 for assistance.

If you need to lose weight or add some physical activity into your daily routine, check out Montgomery County Parks and Recreation at www.montva.com/parks. They offer great outdoor and indoor programs for the young and the young at heart.

February at the library

Enjoy some fellowship and fun at the Montgomery-Floyd Regional Library this month!

- **Knit & Chat at the Christiansburg Library** - Sunday, Feb. 21, 2 p.m. - Bring yarn and needles and join in friendly chatter, how-to hints, project ideas and more! Newcomers and crochet enthusiasts welcome.
- **“How the Impressionists Painted” lecture series at the Blacksburg Library** - Sunday, Feb. 21, 3 p.m. - Join us for a Virginia Museum of Fine Arts Lecture Series in partnership with the Blacksburg Regional Art Association. Dr. Donald Schrader, Adjunct Professor of Art History, University of Mary Washington, will explore the Impressionists' painting methods and the changes they brought to standard artistic practices.
- **Talking about Books at the Blacksburg Library** - Monday, Feb. 22, 11 a.m. - Join us for a discussion about the book *Three Cups of Tea: One Man's Mission to Promote Peace – One School at a Time* by Greg Mortenson. Enjoy coffee and conversation with fellow book lovers!
- **A Piece of Cake at our libraries** - Wednesday, Feb. 24, all day - Join us for our monthly “Piece of Cake” day. We'll have a cake to celebrate all the authors born during this month. To get a piece of cake, patrons will have to correctly answer at least one question from a list of “Who Am I” questions.

For more information about the Montgomery-Floyd Regional Library, visit www.mfrl.org or call 382-6965.

Did You Know?

A public hearing on the County budget is required. If a tax rate increase is needed, notice must be published at least seven days before the public hearing and at least 14 days before final action.

A look back at this winter



Don't worry, Montgomery County. Spring is just around the corner!

Most Parks and Recreation basketball games that have been cancelled due to inclement weather have been rescheduled!
Call 382-6975 to find out when and where they will be played.