



BLAND COUNTY

NEWSLETTER SPRING 2023

Volume 7 Issue 2

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Board of Supervisors

K. Adam Kidd
Chairman

Sharon Election District

Stephen Kelley

Vice-Chairman
Seddon Election District

Randy Johnson

Mechanicsburg Election District

Keith Costello

Rocky Gap Election District

Eric Workman, Ed.D.

County Administrator

P.O. Box 510
Bland, Virginia 24315

Telephone: 276-688-4622
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Bland County Celebrates the Official Opening Myofunctional Therapy

Bland County officials are excited to welcome Myofunctional Therapy of Southwest Virginia, LLC to the Bland County business community. Officials joined with business owner Stina Wilburn on Monday, February 13th in celebration of the new business. Stephen Kelley, Supervisor for the Seddon District, welcomed Mrs. Wilburn and her new business by stating, "It is fantastic to see an entrepreneur from Bland County open a business. We encourage everyone to support Mrs. Wilburn and her business, Myofunctional Therapy of Southwest Virginia, LLC to see if they have a service that can meet your needs."

Orofacial Myofunctional Therapy (OMT) is a highly effective, non-invasive therapy that focuses on the diagnosis and treatment of functional, structural and muscular issues of the mouth, face, and neck. Collaborative relationships and referrals with other allied professionals such as dentists, orthodontist, ENTs, sleep study specialists, primary care physicians, pediatricians and speech pathologists provide the patients with a multidisciplinary approach.

Conditions frequently associated with Orofacial Myofunctional Disorders (OMDs) are gum disease, dental issues (chipped, cracked, worn teeth, tori), Obstructive Sleep Apnea (OSA), Temporomandibular Joint Disorder (TMJD), eating disorders, digestive issues, stress, diabetes, fibromyalgia, chronic headaches, Chronic Fatigue Syndrome, tongue tie, tongue thrust, oral habits and tinnitus.

OMDs in children affect how the face, jaws, teeth and airway develop. Not only does inadequate airway space impact quality of sleep, but proper breathing and oxygen supply is an essential part of optimal health and development. Sleep deprivation, bed-wetting, behavioral problems, anxiety, depression, and digestive issues may all have a direct link to poor breathing. Early diagnosis and correction of OMDs through Myofunctional Therapy can improve a child's development and reduce many unwanted complications later in life.

In addition to OMT, it is also very important to include foods, herbs, and spices known to fight inflammation for overall healing. Juice Plus+ is a great way to add fruits and vegetables to your current diet bridging the gap between what you are eating and what you should be eating. Craniosacral Therapy also helps in releasing fascia tissue that has become tight and restricted over time adding to the disorders. This is recommended as an adjunct to OMT and is also offered at the same location.

"Bland County has a strong business community, and we welcome Myofunctional Therapy of Southwest Virginia, LLC and wish them much success," stated David Dillow, chair of the Bland County Economic Development Authority (EDA). Mr. Dillow continued, "small businesses and entrepreneurs provide a strong foundation to any business community, and we are pleased to be able to support businesses with events such as today."

Additional information about the services provided by Myofunctional Therapy of Southwest Virginia, LLC can be obtained from their Facebook page or website at myofunctionaltherapyofswva.com. You may also reach them at (276) 200-7203 or by email at mtswva@gmail.com.



COMMISSIONER OF REVENUE OFFICE

Age & Disabled Credit Filing

deadline April 30th

Business Personal Property Filing

deadline May 1st

Virginia Income Tax Filing deadline May 1st

*Cindy Wright, Master Commissioner
Pam Coffman, Master Deputy II
Carman Viar, Deputy I
P.O. Box 130
Phone: 276-688-4291
Fax: 276-688-3071
Hours: 8:30 am - 5:00 pm M-F*

If you have an event you'd like publicized,
please email your event flyer to
bcpl@bland.org.

Events received before noon will be upload-
ed that day. Events received after noon or on
the weekends, will be uploaded on the next
business day.

<https://visitbland.com/events/>

**BECOME
A FOSTER
PARENT**

[Learn More](#)



Contact: Sara King at
276-688-4111 or by email:
sara.king@dss.virginia.gov

4 PM BURNING LAW IN EFFECT

FEBRUARY 15th – APRIL 30th

MAXIMUM FINE \$500.00

BURNING LAW IN BRIEF:

1. No burning until after 4:00 p.m. if the fire is within 300 feet of woodland, brushland, or field containing dry grass or other inflammable material.
2. Fire must be attended at all times if the fire is within 150 feet of woodland or other dry fuel leading to woodland.
3. No fuel may be added or fire started after midnight.
4. Law applies to campfires, warming fires, brush piles, household trash, stumps, fields of dry grass and brush, or anything capable of spreading fire.



Contact the Virginia
Department of Forestry for
additional information.

www.dof.virginia.gov

LIBRARY EVENTS



The Bland County Public Library Winter/Spring Storytime



January

19th Penguin Pals



26th Silly Snowmen



February

2nd Groundhog Day



9th Jazzy Story



16th Valentines Day Party



23rd Delightful Dog



March

2nd Dr. Seuss Day



9th Robot Ruckus



16th Green Guys



23rd Step into Spring



30th T. Rex Time



April

6th Easter Party



13th Career Day



20th Earth's Worth



27th Creative Crew



May

4th Summer Reading
Teaser



11th Parents rock



18th End of Story Time
Party



Each Storytime starts at 11:00AM and lasts approximately 45 minutes and includes a book, craft, and activity that your preschool child will love!



If you have already registered for the Fall, you do not have to register again.

www.blandcolibrary.org
(276)-688-3737



FREE Online and On-Site Classes BLAND, VA



COURSES AVAILABLE

- GED® Test Preparation
- National External Diploma Program
- Improving Reading, Math Skills, and Soft Skills
- Digital Literacy Skills
- Job Readiness Training
- Career Readiness Certificate Preparation

SCHEDULE

Bland County Public Library
697 Main St.
Bland, VA 24315

Wednesdays

4:30pm-7:30pm

OPEN ENROLLMENT, BEGIN ANYTIME!

For more information call: 800-322-7748
or visit us online at MRRAEP.COM

Follow us on social!





RESIDENTIAL TIRE COLLECTION April 17th, 18th, & 19th

Tires to be collected are all Lawn Mower, ATV, Motorcycle, Passenger, Light Truck & SUV, Tractor Trailer, and Tractor Tires less than 42" tall. Tires will be accepted on or off the rim.

**TRACTOR TIRES WILL NOT BE COLLECTED IF TALLER
THAN 42 INCHES**

**This is Residential Collection only and
not for Business Use!**

Bring it to our collection site.
Do not drop off tires at the gate.

**Monday, Tuesday, & Wednesday-April 17th, 18th, & 19th
8:30 a.m. to 3:00 p.m.**

Gates will not open until 8:30 a.m.

411 Hicksville Rd at the Bastian
Wastewater Treatment Plant
AN ATTENDANT WILL BE ON DUTY TO ASSIST YOU

If you need more information or have questions please call:

**Rodney Ratliff
Bland County Public Works
276-688-4622 or rratliff@bland.org**



EASTER EGG HUNT

**APRIL 8
2023**

**ENTRY
FEE \$5**

**CHILDREN'S HUNT
(AGES 12 & UNDER)
10:00 A.M.
ADULT'S HUNT
(AGES 13 & UP)
2:00 P.M.**

WWW.INDIANVILLAGE.ORG



WOLF CREEK INDIAN VILLAGE & MUSEUM IS OWNED AND OPERATED BY THE COUNTY OF BLAND, AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.

EVENTS CALENDAR

7

MARCH 2023

- March 6—Planning Commission Meeting @ 6:00 pm
 - March 14—EDA Meeting @ 5:00 pm
- March 21—Children’s Services Act Meeting @ 9:30 am
 - March 28—Service Authority Meeting @ 4:00 pm
- March 28—Board of Supervisors Meeting @ 5:00 pm

APRIL 2023

- April 3—Planning Commission Meeting @ 6:00 pm
 - April 6—Wireless Authority Meeting @ 5:00 pm
- April 7—Good Friday—County Administration Offices Closed
 - April 11—EDA Meeting @ 5:00 pm
- April 18—Children’s Services Act Meeting @ 9:30 am
 - April 25—Service Authority Meeting @ 4:00 pm
- April 25—Board of Supervisors Meeting @ 5:00 pm

MAY 2023

- May 1—Planning Commission Meeting @ 6:00 pm
 - May 9—EDA Meeting @ 5:00 pm
- May 16—Children’s Services Act Meeting @ 9:30 am
 - May 23—Service Authority Meeting @ 4:00 pm
- May 23—Board of Supervisors Meeting @ 5:00 pm
- May 29—Memorial Day—County Administration Offices Closed

