

The restaurant serves menu favorites including fajitas and pollo del mar. They are looking at expanding into catering in the very near future for weddings and other events. Additionally, their outdoor patio will be opening in the future and their alcohol license should be coming in by the beginning of June. Stop by and see them Monday-Thursday 11:00 am-10:00 pm, Friday and Saturday 11:00 am-11:00 pm, or Sunday 11:00 am-9:00 pm. Contact them at (540) 742-8655 and follow them on Facebook at www.facebook.com/Mr-Garcias-Mexican-Grille-Cantina-166312227405721.

Steve's Archery & Guns



Located at 261 Massanutten Avenue in Shenandoah, Steve's Archery & Guns is celebrating 35 years of business this July. Steve Rodgers started by fletching arrows and buying bow sites and, in 1985, when his friends began asking for more than arrows, Steve became a dealer for Darton Archery and the rest is history.

Steve's Archery & Guns is open 6:00-9:00 pm during the week and Noon-6:00 pm on Saturdays and Sundays as Steve still works a full-time job at present. He is looking forward to retiring within the next year so he can work at the store full-time. The store provides fishing and hunting licenses, is a game checking station (as required by law) for bear, deer, and turkey, and offers a variety of hunting products including full-service for guns, clothing, targets, tree stands, and muzzle-loading. Moreover, Steve is a coordinator for the Page County Hunter Education programs for the past 8 years. Contact Steve's Archery & Guns at (540) 652-6393 or stevesarchery@yahoo.com.

Younce Enterprises, LLC

Younce Enterprises, LLC provides "assistants you can trust – professionalism you deserve." Started by Penny Younce to "meet the growing need of business leaders who are looking for quality services at a reasonable fee," Younce Enterprises offers bookkeeping services to conflict resolution and are currently building their concierge services.

Penny received her degree in accounting from Wright State University and got into construction accounting, later maintaining the books for Cushman & Wakefield before she began working with Yardi Software on real estate software. She realized she had an aptitude for software understanding so she began training and testing software before expanding into consulting for software implementation. From there she expanded and moved out on her own opening Younce Enterprises, LLC in 2009.

Younce offers accounting, data entry, administrative, and concierge services for their clients. By concierge services, Younce recently had an elderly couple who needed assistance with their TV service, so the staff went on-site to figure out the problem and handled the TV company directly on the couple's behalf. Visit their website at www.younceenterprises.com for a full list of their services, to view their testimonials, and get to know the staff. Located at 9 Nichols Road in Luray, contact Penny and her team at (703) 309-8036 and penny@younceenterprises.com.

Zane's Locksmith Shop



Zane's Locksmith Shop is owned and operated by Bob Zane. Originally opened 18 years ago in New Jersey, he relocated to Page County 12 years ago. Bob was originally a real estate manager who wanted to do something else. He had always had a knack for working with locks so he went into business for himself. When he moved to Page County he had planned to retire, but decided to keep his business going here and to serve our community's lock needs.

The Locksmith Shop services include professional security consulting, key making, lock repair, and more. He is a certified locksmith offering his services to the Page County area, Charlottesville, Albermarle County, and everywhere within a 50 mile radius. He has emergency openings for people and businesses in need and has worked for multiple years with the Town of Luray and recently directly with the Luray-Page County Chamber of Commerce. Contact Bob Zane for all your locksmith needs at (540) 778-5625 or bozbane@netzero.net.



Luray-Page County Chamber of Commerce & Visitor Center

18 Campbell Street, Luray, VA 22835

Phone: (540) 743-3915 • Fax: (540) 743-3944

www.visitluraypage.com

www.cabincapital.com

June 2018 Newsletter

The Luray-Page County Chamber of Commerce proudly serves the needs of the local business community and promotes tourism to our special community in the heart of Virginia's Shenandoah Valley. Our mission is to "serve our members by enhancing business and tourism throughout the entire county" and our vision is to "be the organization where our business community turns for leadership and business resources."

Chamber Events

Thursday, June 14th, 4:00-6:00 PM

Women in Business Networking Social: What's Next... Join us at Wisteria Farm and Vineyard this month to learn more about the group, who our committee leaders are, and how you can take a leadership role. Bring your ideas to the table during the meeting and help us shape this group as it moves forward. Contact events@luraypage.com or (540) 743-3915 to RSVP.

Friday, June 15th, 7:30-9:00 AM

Vacation Rental Economy Discussion. Vacation/short-term rentals can be a huge economic benefit to communities, but people are beginning to notice there are changes occurring in the industry. Join us at the Luray VFW as our guest speaker, Matt Curtis, discusses the changing travel trends for Vacation Rentals, examples of peer communities and their economic research, and the impact on housing construction, tourism, retail, restaurants, and more. An informational session for the Cabin Capital of Virginia, this morning meeting is a great opportunity to gather, learn, and discuss. Sponsored by Allstar Lodging and Old Wagon Ridge Cabin, RSVP to events@luraypage.com or (540) 743-3915 by Monday, June 11th for adequate seating.

Tuesday, June 19th, 12:30-1:00 PM

Tourism Tuesday will feature Terry Pettit, Stanley Town Manager, to discuss the upcoming 52nd Annual Stanley Homecoming. Listen in to 95.3 The River to learn more about the event, music lineup, fireworks display, and more or visit the Facebook event page at www.facebook.com/events/161855247817037. If you are interested in being a guest, contact Penny at penny.griffith@luraypage.com.

Thursday, June 21st, 5:30-7:00 PM

Business After Hours is at Cooter's Place in the Valley with co-host ALCOVA Mortgage. Join us in Dukes Country for networking and light refreshments as Ben and Cooter's Garage Band do some entertaining. Don't forget your business cards!

Friday, June 29th, 7:00 PM

Page County Movie Night: Despicable Me 3. The Page County Movie Nights are back for another year thanks to the towns, county, and our amazing sponsors and this month's movie will be held at the Shenandoah Memorial Ballpark! Come early for the Resource Fair and enter to win the movie on DVD. The event will include free popcorn, free drinks, and of course a free showing of the movie. Come early for kids activities (face painting, barrel train rides, bounce house, and balloon artistry); the movie will start at sunset. Bring your lawn chair or a blanket and enjoy watching Gru, the minions, and the girls as they meet Gru's twin brother, Dru, for another heist on our giant inflatable screen.

New Member Highlights

A Desk 4 Me, Inc.



A Desk 4 Me “is a premier business service provider and friendly co-work space located in historic Luray, Virginia.” As Luray is a Virginia Enterprise Zone and SBA designated HUBZone for Federal Government Contractors, A Desk 4 Me is perfectly situated to assist other businesses looking to relocate an office to a place to “collaborate, contribute and provide opportunity for a thriving small business community.” A Desk 4 Me has “assembled resources that can strengthen your position in the marketplace and perhaps even forge new avenues to pursue.” Their experience and services include web design, graphic design, social media integration, limited run print services, instructional services, business consulting services, networking engineering, a service/help desk, and enterprise services.

A Desk 4 Me also offers co-work space for “individuals and small businesses to come together with other professionals in community and collaboration...to have access to the collective talents and knowledge of other professionals who work here.” Inspired by the co-work spaces of Washington, D.C. they provide “an open toolbox of business services,” infrastructure, and space to help growing businesses succeed. The co-work space comes with different levels, from dedicated desk, virtual office, and shared office to hot desk, collaborative space, day pass, and more; A Desk 4 Me services include their conference room, notary services, and lockers to make it easier to keep your personal effects secure while you are in and out of the office. Find out more about this new business at www.ADesk4Me.com, (844) 233-7546, Ron@ADesk4Me.com, or 136 General Drive, Suite 100, Luray.

Country Road Family Medicine & Acupuncture

Sasha Grams is opening Country Road Family Medicine & Acupuncture at 250 Memorial Drive, Suite A, in Luray. Sasha chose the medical profession out of a desire to help people and give back to the community. After receiving her undergrad in biology from Virginia Tech, she studied oriental body therapy at Pacific College of Oriental Medicine in San Diego before attending Arizona College of Osteopathic Medicine. She then did a year-long internship through the Ohio University College of Osteopathic Medicine before completing her residency through the University of Wisconsin School of Medicine and studying medical acupuncture with Helm’s Medical Institute.



Her schooling led her to a love of Chinese Medicine and a desire to create and build relationships with her patients. She has decided to “cut out the middle man by not accepting insurance.” Sasha says she knows a lot of people believe not accepting insurance is a new idea, but she believes it is pretty old-fashioned “when you think about how country doctors used to work directly with their patients.” She is offering a “subscription based service where patients are billed a set monthly fee, like a gym membership” to allow Sasha to spend as much time as necessary to address her patients’ issues and come up with a plan to achieve their “greatest potential as a healthy, happy human being.” Sasha plans to offer “the best of modern, integrative primary care while having the look and feel of an old time country doctor’s practice.” She will see patients of all ages and do home visits when medically necessary. Sasha works to “give my patients VIP care without the VIP price tag.” Contact her at (540) 743-5555 or moorit48@gmail.com.

Custom Touches by Christi



Custom Touches by Christi is located at 507 First Street, Suite C, in Shenandoah. Owned and operated by Christi Reisinger, she offers sewing for Virginia’s Shenandoah Valley with soft décor for your entire home. Offering upholstery and slipcovers and window treatments for your home, she works hard to reflect their customers’ tastes, budget, and lifestyle in each piece. Christi works with all of her customers to help them decide “not just how you want your space to look but also how you want it to feel” and works to “create the environment that you yearn for your living space.”

For window treatments, customers can choose from: gathered swag, melody valance, upholstered cornice, summer house valance, roman shades, pull-up valance, drapes and sheers, soft cornice, shawl valance, inverted box pleat, or custom drapes. For slipcovers and upholstery, decide between the more permanent change of re-upholstery and something that can easily be changed with a slipcover. Slipcovers are great for giving you a new look and life to faded and worn fabric, whereas upholstery is typically for special pieces that might need a little extra help and support through refurbishing the wood and providing new foam/stuffing for the cushions.

No matter what you’re looking for and whether your taste is contemporary, classic, coastal, modern, or minimalist, Custom Touches by Christi will be happy to use her skills and expertise to “enhance and add comfort to your living and dining services.” Contact Christi at (540) 820-5548 or customtouchesbychristi@gmail.com, find her online at <http://CustomTouches.net>, or stop by the shop to see her portfolio and see what other décor she has for your home.

Healing Oasis of Luray & Bella Donna Skincare

The Healing Oasis of Luray & Bella Donna Skincare is an “oasis” hidden in the Shenandoah Valley in the small town of Luray, Virginia. Located at 1 North Broad Street in Luray, the Healing Oasis is a full-service day spa with an array of treatments “to calm the mind, body, and spirit.” They are open Tuesday through Friday from 10:00 AM-6:00 PM and Saturday by appointment. With treatment rooms designed and decorated to help their clients “relax and forget the outside world while quiet music plays in the background to sooth the audible senses.”



Inside you’ll find four treatment rooms, manicure/pedicure rooms, a make-up station, and a boutique retail area. Their services include nail care (manicures and pedicures for adults and kids, paraffin dips, and polish changes), waxing (eyebrows, upper lips, and chin), aromatherapy, reflexology, and Shirodhara Ayurvedic treatments. They have a variety of massages and facials including heated stone massages, deep tissue sports massages, pregnancy massages, hot oil massages, European facials, facial peel, LED light treatment, micro-current treatment, and detox. Visit their website at <http://lurayhealingoasis.com> to learn more about all their services, staff, and even some FAQs. Contact Michele Sites for additional information at (540) 743-4680 or michele@lurayhealingoasis.com.

HUBZone Staffing Solutions, Inc.



A premier staffing service “focused on HUBZone and Government Contracting in the IT, Engineering, and supporting disciplines as well as Staffing Support to Administrative and Financial areas.” Their staffing process is centered on a framework that uses “historically successful recruiting paradigms which...have been blended with the latest standards, technology, and tools” to provide a competitive edge. The framework is based on seven components: Market Analysis, Information Protection, Customer Knowledge, Sourcing Strategy, Screening and Selection, Relationship Management, and Standards and Technology.

Offering a variety of services including: permanent staffing, temporary-to-permanent staffing, contract staffing/recruiting, and other service staffing management (proposals, clearance, on-site sourcing and/or recruiting, etc.), they are there for both candidates and employers. By working for both, they can facilitate matches between candidates and employers and also help candidates understand why they do not fit a position and how they can improve their resume, cover letter, and more for their next opening. Additionally, HUBZone Staffing Solutions, Inc. is an authorized Pearson VUE testing facility. Located at 136 General Drive, Suite 100, Luray, find out more at www.HZstaffing.com, (844) 449-7823, or by contacting Josh.Alger@HZstaffing.com.

Mr. Garcia’s Mexican Grille & Cantina

Mr. Garcia’s Mexican Grille & Cantina opened in April at 211 Quincy Avenue in Shenandoah under the guidance of Luis & Elisco Gomez Garcia. This family owned and operated business was the dream of the owners’ grandfather, Mr. Garcia, who was a farmer and had always dreamt of opening a restaurant in Luray. Luis & Elisco’s uncle was a professional chef who bought the restaurant in honor of their grandfather. It took the brothers 3 months to get up and running for their grand opening with the Town of Shenandoah.



Staff:

Gina Hilliard, President
Katie Long, Communications & Marketing Coordinator
Penny Griffith, Office & Events Administrator
Clancey Arnold, Membership Development & Investment Administrator
Eddie Emmons, Chamber & Tourism Assistant
Kathy Alexander, Chamber & Tourism Assistant

Volunteers:

James Housden
Vaunice Conway
Mary Lee Bryant
Jerry Griffin

Board of Directors:

Bill Fisher, Chairman of the Board – Hawksbill Home Remodeling
Mark Leach, Vice-Chairman of the Board – Delaware North
Stephanie Lillard, Secretary of the Board – Patron
Bill Schumacher, Treasurer of the Board – Fort Valley Ranch

Board Members:

Steve Synnott – Syntelligent Analytic Solutions, LLC
Romeo Pugliese – Mamma Mia’s Italian Restaurant
Kim Blosser – Lord Fairfax Community College
Lisa Franceschini – Luray Mountain Cabins
Jim Turner – Hawksbill Brewing Company
Dick Hostelley – Hostelley & Associates
Mark Dofflemyer – Pioneer Bank
Leah Pence – Another Wild Hare
John Shaffer, Chairman of the Tourism Division – Luray Caverns

Chamber Ambassadors:

Clancey Arnold, Chair – Luray-Page County Chamber of Commerce
Penny Griffith, Chair – Luray-Page County Chamber of Commerce
Carrington Thompson – Hayden Hamilton Media Strategies
Becky George – Gathering Grounds and Patisserie & Café
Zory Glaser – Cardinal Cottage Vacation Cabin Rental
Garnett Brockman – Page County Farm Bureau Federation/Insurance
Mike Uram – Stanley Town Council & Patron
Juanita Roudabush – Town of Shenandoah
Kris Garrett – Integrated Bodyworks, Inc.
Juanita Woodward – Blue Ridge Bank
Casey Tanner – CBM Mortgage, Inc.
Leslie Currie – ALCOVA Mortgage
Vaunice Conway – Patron
Dave Bull – Patron

Tourism Council:

Restaurants:

CeCe Castle, Secretary – Brookside
Jim Sims – The Mimslyn Inn

Lodging:

Bill Schumacher, Vice-Chairman – Fort Valley Ranch
Lisa Franceschini – Luray Mountain Cabins
Zory Glaser – Cardinal Cottage

Attractions:

Nancy Sottosanti, Treasurer – Shenandoah River Outfitters
John Shaffer, Chairman – Luray Caverns

Services:

Darrell Hulver – Page Co-Op Farm Bureau
Helen Morton – Delaware North
Liz Lewis – Page County Economic Development & Tourism
Sally Hurlbert – Shenandoah National Park

Member Spotlight On...

Blue Ridge Bank



Blue Ridge Bank is a small-town bank with 8 branches (Charlottesville, Drakes Branch, Harrisonburg, Luray, Martinsville, McGaheysville, Shenandoah, and Stuart) and 11 mortgage offices (Cary, Charlottesville, Fayetteville, Greensboro – Battleground Avenue, Greensboro – Centreport, Kernsville, Luray, Martinsville, Raleigh, Whiteville, and Wilmington).

Offering assistance with investments, business loans, mortgages, personal and business checking and banking, Jackpot savings, Kasasa and regular checking, BRB Club 55 (for customers age 55 and better), mobile banking, and even with guidelines for cybersecurity, BRB is here to help with the everyday and making your dreams come true. They’ve partnered with Larson Wealth Management offices for a wide array of Financial Planning Services to help you invest for your future. For loans and credit, customers can find exactly what they’re looking for, from commercial real estate to business term loans and operating lines of credit to working capital loans, small business loans, agriculture loans, start up loans, letters of credit, business credit cards and more, BRB is there for individuals and businesses alike.

Their mission is to always be there “for our customers first-hand when it comes to providing customized service and also when providing convenience services” by “being realistic and adapting to today’s fast-paced environment.” Founded in 1893 their founding mission was to “provide a wide range of financial services with an emphasis on quality, ethics, and superb customer relations.” Visit the local branch at 17 West Main Street in Luray, contact them at (540) 743-6521, and see more online at www.mybrb.com.

Advertising in Our Newsletter

The Luray-Page Chamber of Commerce is offering all members the opportunity to advertise your events in our newsletter. The newsletter will be sent out to our 400+ members in addition to state and local government officials.

Deadline for submissions is the 15th of the month prior to the newsletter release. For instance, the next newsletter will be released before the 1st of July, so all ads must be submitted to Katie Long at katie.long@luraypage.com by June 15th.

Member Benefits

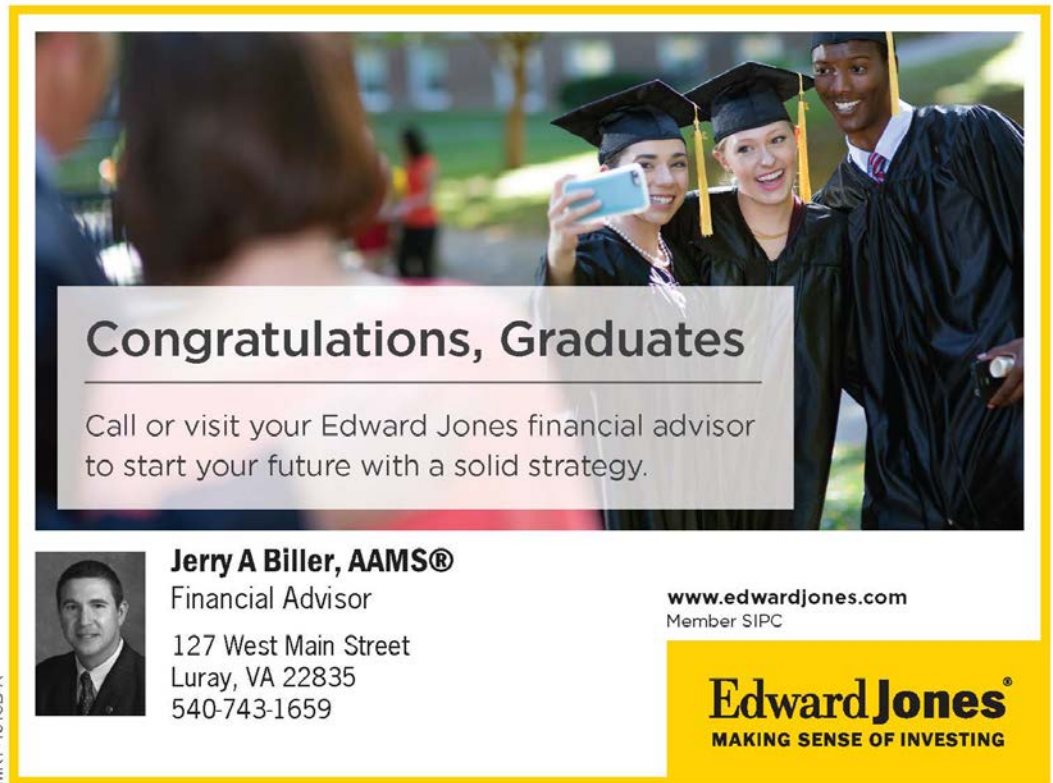
Refer a New Member – Get \$50.00 off your next membership renewal fee when you refer someone for their Chamber membership. The new member must identify you as their referral when filling out their member application. New members must not have held a Chamber membership with us within the last three years.

Member to Member Discount Program – This program is strictly between Chamber members. We encourage members to do business with other Chamber members. As an incentive, many local businesses offer discounts to Chamber members. Take advantage of these great opportunities and say “thank you” for supporting the Luray-Page County Chamber of Commerce. If you are interested in updating your discount or offering a new discount, contact Katie at katie.long@luraypage.com or (540) 743-3915.

This month we encourage you to book a getaway or family reunion with the Barn at Elbow Landing. Chamber members receive a 10% lodging discount with complimentary amenities.

Chamber Hot Deals – By using Hot Deals through the Chamber, you are able to take advantage of the over 50,000 annual Chamber website visits. Hot Deals’ participants have a special listing on the Hot Deals’ webpage of the website. Chamber members, the community, and visitors have the ability, 24/7, to click on your Hot Deals, print them, or email them to a friend to expand your potential reach. Your Hot Deals can be shared on Facebook and Twitter too! This is free, interactive advertising. Hot Deals can help you generate business by encouraging people to visit your place. If you would like to offer your own Hot Deals, please send your information to Katie at katie.long@luraypage.com; include a description of the deal and the dates the deal is valid.

Job Postings – Do you struggle to get your “Help Wanted” needs out to the public? We can help! Our benefits include the ability for you to advertise your job availabilities for free on our website. We want to help you find employees, so contact Katie at katie.long@luraypage.com to add your job opportunities to our list.



Congratulations, Graduates

Call or visit your Edward Jones financial advisor to start your future with a solid strategy.

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[www.youtube.com/
VisitLurayPageVA](http://www.youtube.com/VisitLurayPageVA)

PAGE COUNTY

MOVIE NIGHT



Free Admission, Free Popcorn and Drinks,
and Free Family Fun Provided



Friday, June 29th

Rain Date: Saturday, June 30th

Town of Shenandoah
Shenandoah Ball Park



Friday, July 27th

Rain Date: Saturday, July 28th

Town of Luray
Ralph H. Dean Rec. Park



Friday, August 3rd

Rain Date: Saturday, August 4th

Town of Stanley
Hawksbill Rec. Park & Pool

Resource Fair
at 7-9pm

Kids Activities
at 7-9 pm

Movie Starts
at Sunset

Food
available for
purchase

Bring a blanket or lawn chair and join us for
another exciting summer of movies under the stars
as we show feature films on a giant inflatable screen!

For more details contact the Chamber of Commerce & Visitor Center at
(540) 743-3915 or events@luraypage.com

Join us for an
INDEPENDENCE DAY
Celebration!

www.townofluray.com

Luray
4th of
JULY

WEDNESDAY, JULY 4, 2018

Live Music featuring Canaveral
at the SVEC/Greenway Parking Lot *(adjacent to the Mechanic St. Bridge)*

Activities: 5 - 9 PM

**Rock Climbing Wall, Barrel Train Rides,
Carnival Games with Prizes, Face Painting,
Duck Race at 8:00 PM, Moon Bounces,
Meltdown Obstacle Inflatable
& a Variety of Food Vendors!**

**Spectacular
Fireworks
Show**

*begins at
approx. 9:20 pm*

For more information, contact
Luray Parks & Recreation:
(540) 843-0770

Luray
FOUR SEASONS OF ADVENTURE

Children's Activities
Sponsored by
LURAY CAVERNS
In Virginia's Shenandoah Valley

☆ 52nd ☆

STANLEY HOMECOMING

July 4th through July 7th 2018



6pm

**Wristbands
Every Night**

Thursday Night

Music at 7pm

11th Hour



The Hatchers

**Saturday
Night**

9pm The WORX



**Friday Night
THUNDERGUN**



THE HACKENS BOYS



Music at 7pm

Events

Wednesday-July 4th

6:00pm - Carnival Opens

6:00pm - Homecoming Pageant

8:00pm - "I've Got a Voice" Competition

~~~

Thursday-July 5th

6:00pm - Carnival Opens

MUSIC STARTS AT 7:00pm

11th Hour (Gospel)

The Hatcher Boys (Bluegrass)

~~~

Friday-July 6th

6:00pm - Carnival Opens

MUSIC STARTS AT 7:00pm

Thundergun Band & The Hackens Boys

~~~

Saturday-July 7th

5:00pm - Annual Homecoming Parade

6:30pm - Carnival Opens

7:00pm - Presentation of Awards

8:00pm - "I've Got a Voice" Winners

9:00pm - The Worx Band

9:30pm - Fireworks

12:00am - Homecoming Ends

Ed Good Park-322 E Main St., Stanley, Virginia 540-778-3454

# Page County Public Forum Series

**Purpose:** To bring people of Page County together to discuss issues, promote civil discourse, enhance mutual understanding, and increase participation in our democracy.

## Management Team:

Nancy Boyer  
Derek Goebel  
Clyde Humphrey  
Mark Leach  
Liz Lewis  
John Mayeux  
Charlie Newton  
Morgan Phenix  
Mark Stroupe  
Mike Uram  
David Wiatrowski

*Nonpartisan Leadership  
includes Republicans,  
Democrats, Independents  
and Green party*



## Future Forums:

May 29, 2018, Availability and Affordability of Health Care in Page County, Now and in the Future, *A Matter of Life and Death*

July 31, 2018, Incarceration and Reentry

Sept 25, 2018, Addiction and Recovery

Oct 30, 2018, Water in Page County: The Science, Ecology, Economy and Preservation

Follow us on Facebook at Page County Public Forum.

Send comments and suggestions to [PageCountyPublicForum@gmail.com](mailto:PageCountyPublicForum@gmail.com)



Page County  
Public Forum  
Presents:

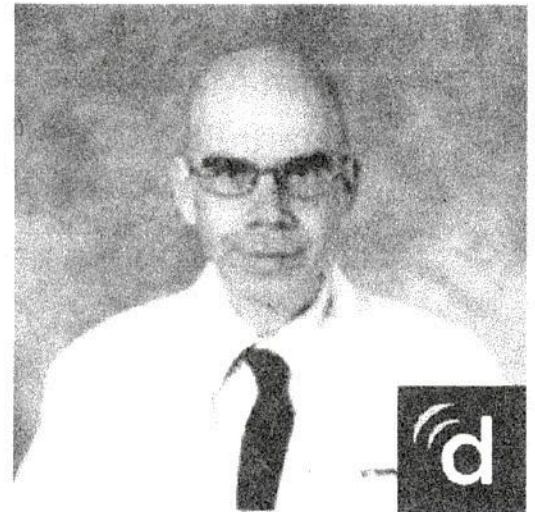
AVAILABILITY & AFFORDABILITY  
OF HEALTHCARE IN PAGE COUNTY,  
NOW AND IN THE FUTURE  
A Matter of Life & Death

6:30 PM, Tuesday, May 29, 2018, Luray VFW Hall



Dr. David Cockley, JMU Professor,  
discussing Community Health Needs  
Assessment for Page County

Dr. David Switzer, Luray-based  
physician with Valley Health,  
discussing local needs - met  
and unmet



Dr. Jeffrey Feit, Vice President, Valley  
Health in Winchester, discussing  
funding and finances of Valley Health  
as employer and medical provider



Health Care: What can the citizens  
of Page County expect?

# Robert Good

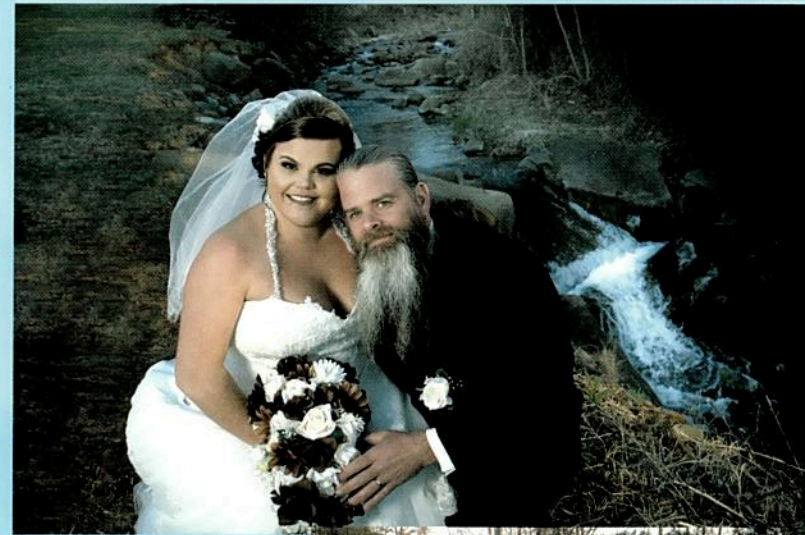
## PHOTOGRAPHY

540-289-9795

*Masters of the Art*  
www.robertgoodphotography.com

*There are a multitude of decisions to make on your wedding day: choosing the right dress, the location, the colors, the cake. But the most important thing to think about is, "Ten years down the road, how will I look back on the elegance and celebration of my wedding day?"*

*The photographer you choose to work with for your wedding can make a huge difference between whether you have snapshots you can share on Facebook today, and whether or not you have a collection of "perfect moments" captured, that will last far longer than the latest digital camera fad. You need a professional Master Photographer at your side, who has done hundreds (not dozens) of weddings, so that you can capture the majesty of the day and cherish it for a lifetime.*



*Beautiful Designer Wedding Albums starting at \$1995.00*

*Free Engagement Session when booking your wedding with us!*



*Robert Good*

PHOTOGRAPHY

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[www.robertgoodphotography.com](http://www.robertgoodphotography.com)



Mention PAGE CHAMBER FOR EXTRA BONDS

2019 Seniors You won't believe  
This Offer

2 ~ Sessions \$195  
1-8x10 ~ 2-5x7

4 ~ images Social Media  
Now thru June 30

Choose Us  
You won't  
be sorry



Fresh New Ideas and Backgrounds  
Anybody can take Ok photography not many  
can take GREAT Portraits

# Page County TRIAD - SALT Council Newsletter

## Spring 2018 Edition

**Seniors and Law Enforcement Together (S.A.L.T.) Council is a consortium of local law enforcement, fire protection, governmental and community agencies, as well as senior citizens, with a shared goal of improving the quality of life and home safety of older persons in their homes and in the community.**

### ***Council Officers:***

**Anthony Crosen**  
*President*

**Randy Atkins**  
*Vice President*

**Gina Mullins**  
*Secretary*

**Jimmy Roberts & Carla Sours**  
*Co-Treasurers*

**Contact Tina Sumpter at the Page County Sheriff's Office 540-843-4506 for more information about TRIAD and the SALT Council**



### **Tips to Prevent Symptoms of Seasonal Allergies**

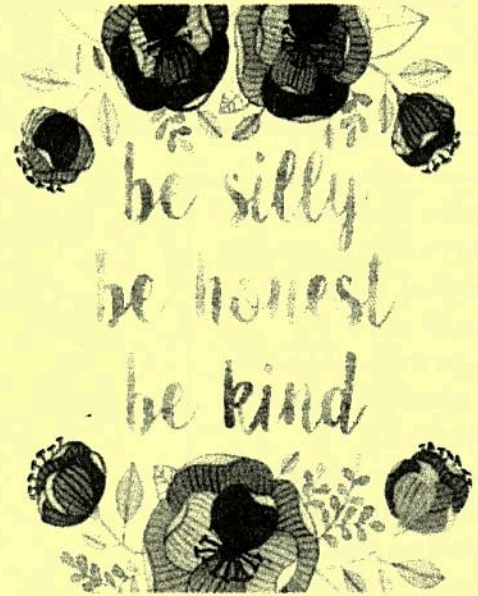
**You can take some action now to prevent symptoms from slowing you down. Some symptoms can lead to more serious illnesses, including sinus infection, ear infections, or upper respiratory infections.**

- ✓ **When pollen counts start to rise, limit time outdoors**
- ✓ **Keep your windows and doors closed when pollen is at its peak**
- ✓ **Change your air conditioner filter, keep the air circulating to filter the outdoor air or use an air purifier indoors to clean the air of pollen**
- ✓ **Wash your hands frequently especially when returning from the outdoors**
- ✓ **Avoid outdoor activities that stir up pollen, such as lawn mowing, and wear a mask if they cannot be avoided**
- ✓ **Dry your laundry in the machine, not outdoors on a clothes line, to keep pollen off your clothing and bedding.**
- ✓ **Have a supply of allergy medication handy, such as antihistamines or Benadryl**

### Quick Fact

A doctor of osteopathic medicine (D.O.) can also be your primary care provider. He or she receives the same training as M.D.s, with additional experience in the nervous system, musculoskeletal system, and chiropractic care.

D.O.s also practice a holistic approach to patient care.



### Four Tips When Looking for a Nursing Facility

- ❖ Call the Northern Virginia Long-Term Care Ombudsman Program and request a list of nursing homes in your area. They also will provide information on finding licensing reports and complaint histories of the facilities.
- ❖ Tour a number of homes and take special note of how the facility looks, how the residents appear, and how the staff members behave.
- ❖ When you settle on one or two nursing homes, call the Ombudsman Program again to discuss your choices. They may be able to provide additional information.
- ❖ Keep the Ombudsman Program's number handy. Once you or your loved one is placed in a facility, you can request help from them to resolve issues you may have regarding care.

Phone # 703-324-5861

**"We turn not older with years, but newer every day."  
-Emily Dickinson**

# LD & B

Insurance and Financial Services

57 East Main Street,  
Luray, VA 22835  
540-843-0234



Love • Care • Support

Quality care • Affordable rates • Professionally trained staff

122 N. Hawksbill Street, Luray, VA 22835  
540-743-6229

## Excel Therapy

A Certified Rehab Agency

Offering Physical, Occupational, Speech  
and Aquatic Therapy

200 Leaksville Road, Luray, VA  
540-743-0502

Want to see your ad  
here!

Contact:

**Randy Atkins,**

Director of Marketing

540-298-0054 Ext 102

or e-mail him at:

[ratkins@valleycaremanagement.com](mailto:ratkins@valleycaremanagement.com)

### S.A.L.T. Council Meetings

Held at Christ United  
Methodist Church in  
Shenandoah, VA

August 7<sup>th</sup> - 10 am

Sept. 4<sup>th</sup> - 10 am

Oct. 2<sup>nd</sup> - 10am

### **NEED HELP?**

Are you or a family member  
troubled by an addiction?

Are you depressed?

Concern Hotline can help.

Call 743-3733

### COMING SOON!

TRIAD FALL CONFERENCE

in

Shenandoah, VA

Christ United Methodist Church

October 25, 2018

A graphic of a white rectangular sign with a hole punch at the top, tilted slightly. The word "Reminder!" is written on the sign in a large, bold, black, handwritten-style font. The sign is set against a background of faint, overlapping text and shapes.

**8 Tips to Protect Yourself Against Money Scams**

- 1) Be aware that you are at risk from strangers- and from those closest to you.
- 2) Don't isolate yourself- stay involved!
- 3) Always tell solicitors: "I never buy from (or give to) anyone who calls or visits me unannounced, send me something in writing."
- 4) Shred all receipts with your credit card number.
- 5) Sign up for the "Do Not Call" list and take yourself off multiple mailing lists.
- 6) Use direct deposit for benefit checks to prevent checks from being stolen from the mailbox.
- 7) Never give your credit card, banking, Social Security, Medicare, or other personal information over the phone unless you initiated the call.
- 8) Be skeptical of all unsolicited offers and thoroughly do your research.

Thanks to the Anderson Foundation:

**Our Place Page**

will be open on Fridays  
from 10am-2pm

@ the Luray Senior Center  
10 Second St. Luray, VA

Our Place Respite Center offers a friendly, stimulating environment for adults with early to mid-stage memory loss who are unable to be alone during the day.

Anyone interested in participating in the program can contact Charity Michael, Our Place Director at 540-551-5696 or c.michael@shenandoahaaa.com

NEED HELP?  
Are you or a family member  
troubled by an addiction?  
Are you depressed?  
Concern Hotline can help.  
Call 703-373-1111

SALT Council  
Meetings  
held at Cedar United  
Methodist Church in  
Shenandoah, VA  
August 7<sup>th</sup> - 10 am  
Sept. 4<sup>th</sup> - 10 am  
Oct. 2<sup>nd</sup> - 10 am

COMING SOON!  
TRIAD FALL CONFERENCE  
in  
Shenandoah, VA  
Cedar United Methodist Church  
October 23, 2018

Find us on Facebook!



TRIAD  
Page County SALT Council  
C/O the Page County Sheriff's Department  
108 Court Street  
Luray VA 22835

# BRIGHT™ RADIO

# 105-7

SASSY SOUL FUN TIME ROCK & ROLL

*Bodacious Country!™*

# RASCAL 1330

**Introduce your business to our listeners in the Shenandoah Valley.  
Remind our listeners in the Shenandoah Valley about your business.**

**People buy from businesses they know and trust.**

- Let Bright® Radio 105-7 and Rascal® 1330 help our loyal listeners know about you. Let Bright® Radio 105-7 and Rascal® 1330 build trust in your business among our listeners.

**Repetition creates awareness and promotes recall.**

- Let Bright® Radio 105-7 and Rascal® 1330 help make your business the one that our listeners remember.

**Here's how you can reach our listeners repeatedly and stay within your advertising budget:**

|                           | <b>30-Seconds</b>               | <b>60 seconds</b>                |
|---------------------------|---------------------------------|----------------------------------|
| <b>Bright Radio 105-7</b> | \$5.00 per commercial broadcast | \$10.00 per commercial broadcast |
| <b>Rascal 1330</b>        | \$2.50 per commercial broadcast | \$ 5.00 per commercial broadcast |

- **Example – \$300 budget on Bright Radio 105-7:** Two (2) 30-second commercials per day for 30 days during any three-hour period of your choice (Examples: 6am-9am, 9am-Noon, Noon-3pm, 3pm-6pm, 6pm-9pm, 9pm-Midnight).
- **Example – \$300 budget on Rascal 1330:** Four (4) 30-second commercials per day for 30 days during two three-hour periods of your choice (Examples: 6am-9am, 9am-Noon, Noon-3pm, 3pm-6pm, 6pm-9pm, 9pm-Midnight).

### Contact

**Lisa Meadows: 540.843.4449**  
**Carrington Thompson: 540.743.5167**  
**Info@BrightRadio1057.com**  
**Info@Rascal1330.com**



**BRIGHT™ RADIO**

**105-7**

**SASSY™ SOUL    FUN TIME™ ROCK & ROLL**

*Bodacious Country!™*

**RASCAL™ 1330**

### **Reasons To Advertise On Radio**

**Reason #1 - Reach:** Radio is on 24 hours a day. Nationwide, radio reaches 92% of people age 12 and older every week and reaches 68% every day. Because radio's reach is so extensive and because BRIGHT® Radio 105-7 and RASCAL® 1330 are so reasonably priced, you can reach lots of people who will hear your message several times for a budget you can afford.

**Reason #5 – Engagement:** Listeners feel emotional connections with their preferred radio stations. Radio is an active medium that can stir emotion and can enable demand for what you sell. BRIGHT® Radio 105-7 and RASCAL® 1330 are call-to-action media.

**Reason # 8 – Frequency:** Consumer response depends upon multiple exposures to a message. BRIGHT® Radio 105-7's and RASCAL® 1330's relatively low cost lets you reach listeners multiple times inexpensively to bring buyers into your business.

**Reason # 10 - Cost Effectiveness:** Radio production costs less than television, print, and outdoor. Radio is less costly to buy than are other major media, letting you cost effectively reach lots of people multiple times.

**Reason # 13 – Results:** BRIGHT® Radio 105-7 and RASCAL® 1330 produce results. An eight-week campaign on BRIGHT® Radio 105-7 and RASCAL® 1330 helped the Luray-Page County Chamber of Commerce register 325 racers, many of whom specifically mentioned hearing the ads on BRIGHT® Radio 105-7 and RASCAL® 1330.

**Still not convinced? Need more reasons? We've got 'em.**

#### Contact

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**Carrington Thompson: 540.743.5167**  
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**Info@Rascal1330.com**