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## New drought ordinance for town approved by council

By MIKE WILLIAMS  
The Patriot



Drought conditions locally, which persisted into the fall of the year before easing, prompted Pulaski Town Council to take a closer look at how the town might deal with any future drought that could seriously impact the town's water supply.

During last year's drought, the water level at Gatewood Reservoir – the town's water supply – dropped several feet. Rainfall toward the end of 2019 reversed the situation, according to Town Engineer Bill Pedigo.

Pedigo noted at the Dec. 17 town council work session that he had that day observed the level at Gatewood as being down 3.7 feet. That was compared, he said, to 9.46 feet just two weeks before.

"So, we've had quite a bit of rain," Pedigo said. "Things have come up good and there's no cause for concern. We're good."

With that town council voted unanimously to approve Ordinance 2019-12 that amended the Town Code section pertaining to drought declarations and management.

According to David Quesenberry, Clerk of Council, the new ordinance reduces the water level indicators to give the town an earlier warning on when to take water conservation measures.

The new ordinance establishes three Drought Phases – watch, warning and emergency.

The watch phase will begin when Gatewood is at 10 feet to 15 feet below full pond.

When that occurs, water levels will be monitored and measured on a weekly basis with those figures reported to town administration and council.

The warning phase begins when Gatewood is at 15 to 20 feet below full pond.

At that point, voluntary conservation measures will be publicized by the town through the print media, electronic mass media and social media.

The final emergency phase begins when Gatewood's level is at 20 feet or more below full pond.

At that time, mandatory conservation measures are imposed by the town using restrictions including all other measures deemed necessary and prudent to prevent depletion of the town's water supply.

At each phase, additional measures under the New River Valley Water Supply Plan may be initiated as needed.

**WEEKEND WEATHER**

**Saturday**      **Sunday**

Mostly cloudy, with a high near 53. Chance of precipitation is 70%.

Mostly sunny, with a high near 43. Breezy.

**Saturday Night** - Rain and snow showers likely, low 28.

**Sunday Night** - Mostly clear, with a low around 31.



A Nativity scene on the grounds of the Hagan home.

## Victorian Holidays fundraiser benefits Ratcliffe Museum

By DANIELLE REID  
The Patriot

The Victorian-style home of Judy Hagan was the setting for a recent fundraiser benefitting the Raymond F. Ratcliffe Memorial Transportation Museum.

The event, announced as "Victorian Holidays at Idyllbrook," enabled guests to delight in seasonal refreshments while enjoying the Victorian-era decorations and Christmas trees placed throughout the house.

The home was a gift from her husband who said Judy frequently walked by the house as a child and admired it.

A donation of \$25.00 included admission, seasonal snacks and beverages. In addition, a donation of \$75.00 sent the donor home with a historic gift set consisting of an original champagne glass from Maple Shade Inn, a sheet of stationery from Maple Shade Inn and a historic postcard featuring the Pulaski Train Station.

See VICTORIAN, page B6

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Photo courtesy of Joe Cruff

## VFW Raffle

Johnathan Via from Beckley, W.Va. won the AR-15 the VFW Post in Pulaski raffled off. "He was very well pleased with the rifle," Joe Cruff of the VFW said. "We would like to thank all who participated in the raffle. It helps us to help our veterans," Cruff added.

## FOCL, VDGIF, Claytor Lake State Park and AEP to kickoff Christmas for the Fishes Jan. 22

From FOCL

Our Annual Christmas for the Fishes program with VDGIF, Claytor Lake State Park, and AEP will get kicked off this year on January 22, 2020 at 9:30am.

In case of incimate weather, we may change the program date to January 28th. Anyone wanting to help with the recycled for Fish Habitat on Claytor Lake can be

at the Claytor Lake State Park boat launch. VDGIF, FOCL, and DCR ask that anyone wanting to help bring work gloves, shoes/boots, and heavy or work pants.

If you would like to donate your tree, you can simply take it to the Claytor Lake State Park and there is a designated drop off point in the public boat launch parking lot.

## Next Level VR Showcase in Downtown Saturday

Downtown Pulaski's newest destination business and innovation center will be open to the public for the first time on Saturday, January 4, 2020. The 10 a.m. to 10 p.m. event called Next Level VR Showcase will include demonstrations, discounted offers, and a tournament for Rocket League and Super Smash Bros fans. Next Level Virtual Reality Center is located at 94 W. Main Street in Pulaski, Virginia.

The virtual reality business offers VR sessions at the studio center that features cutting edge technology, such as high-quality VR headsets, smell augmentations, and haptic feedback systems. Visitors can purchase use of this equipment or participate in sessions developed by the Next Level team.

In addition to their Main Street location, Next Level VR has been generating outreach contacts with various community partners. For example, the Next Level VT team has provided portable headsets to residents at assisted living or retire centers allowing participants to travel all over the world (or galaxy) without leaving the comfort of their favorite couch. The group creates virtual tours for organizations wishing to pro-

mote features of their business (manufacturing plants, universities, etc.). Additional engagements with educational institutions are underway.

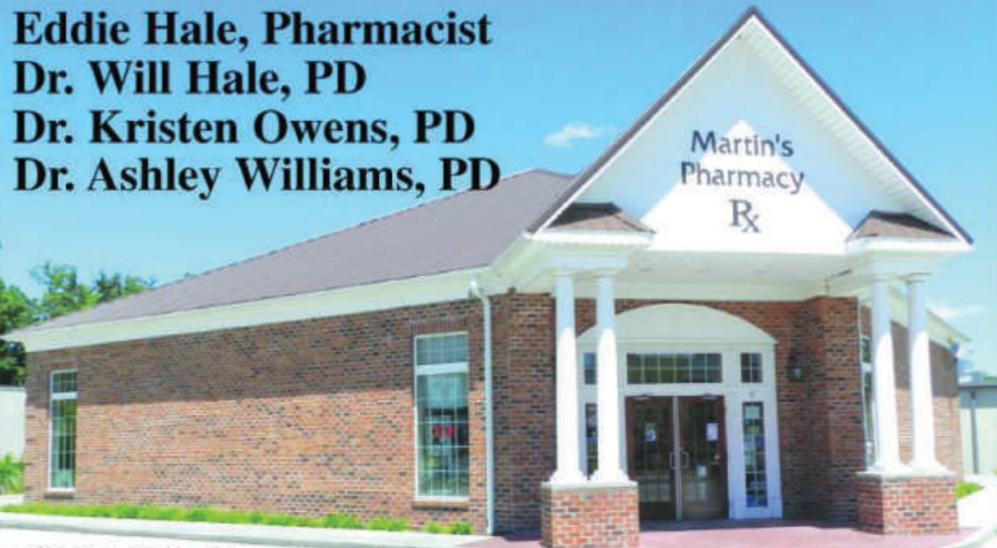
"During the vision development for a restored Downtown Pulaski, we talked about the tradition of innovation in our town and the need for more businesses with unique appeal and offerings," offered Catherine Van Noy, Interim Director of Pulaski on Main, the affiliate Virginia Main Street office. "It is fitting, therefore, that Next Level Virtual Reality is one of the first businesses opening in a renovated building on Main Street. The young innovators involved with the project know that the concepts of discovery and fun make an enticing blend to draw people here. We look forward to working with this group."

Contestants can sign up for the Saturday tournaments at <https://challenge.com/communities/3292f2e322cd65df703e4c85> or at the Next Level VR Center Facebook page or website, [nxtlevelvr.com](http://nxtlevelvr.com) More information on Pulaski at Main can be found at [www.facebook.com/pulaskionmain/](http://www.facebook.com/pulaskionmain/) and the Downtown Pulaski website: <https://downtownpulaski.com/>.

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 Wednesday - Thursday, 8 a.m.-5 p.m.; Friday 8 a.m.-12 p.m.



Following the musical sharing project a small group of fellow educators gathered later at one of the Mexican restaurants in Dublin to share a Christmas meal as we honored Carla Hallstead, one of our key outstanding female members, who is moving soon to Charlottesville, Virginia. Each sister educator shared a favorite experience/memory of Carla as their gift to her upon her departure.



Pictured donning the huge sombrero is Carla Hallstead.



Pictured above are (L-R) Pianist Ruth Ann Whitener, secretary Carla Hallstead, President Mary Beth Glenn, treasurer Jan Woodward, scholarship chair Judy Barr, and historian Delores Smith. Not pictured is Brenda Waller who was already visiting in the individual rooms.

## *Nu Chapter of Delta Kappa Gamma members hold traditional Christmas gathering in Dublin*

For many years in December it has been the tradition of Nu Chapter of Delta Kappa Gamma to sing Christmas carols, share small personal gifts, as well as gifts of hygiene, visit and talk with residents at Highland Ridge Rehab Center in Dublin, VA. The same was true this year as a small group of sister educators visited Highland Ridge recently.

Following the musical sharing project a small group of fellow educators gathered later at one of the Mexican restaurants in Dublin to share a Christmas meal as we honored Carla Hallstead, one of our key outstanding female members, who is moving soon to Charlottesville, Virginia. Each sister educator shared a favorite experience/memory of Carla as their gift to her upon her departure.

Traditionally Nu Chapter does not meet in January but will have their next meeting in February, 2020. If a female educator is interested in becoming a part of Nu Chapter please contact any educator you may know pictured above.

Submitted by Ruth Ann Sloop Whitener  
Communication & Publicity Chair for Nu Chapter

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# Area Obituaries



In Loving Memory

Check [www.pcpatriot.com](http://www.pcpatriot.com) Daily For Obituaries

### TOBY ANDREW RATCLIFFE

Toby Andrew Ratcliffe, age 59 of Pulaski passed away Monday, December 30, 2019 at home.

Born October 17, 1960 in Pulaski, he was the son of the late Sanders Edgar Ratcliffe & Carrie Elizabeth Dalton Ratcliffe McGraw. His sisters, Jenny Collins, Louise Burton, brothers, Ray Ratcliffe and Tommy Ratcliffe also preceded him in death.

He is survived by his Son  
Cory Ratcliffe – Pulaski Brothers  
Preston, Roger, Johnny and Edgar Ratcliffe  
Sisters  
Roberta Dean, Rev. Mary Morris, Elizabeth Akers, Eva Peak and Dreama Hancock  
Special Friends  
Roy, Shane and Joy

Funeral services will be held 1:00 PM – Friday, January 3, 2020 at the Bower Funeral Home-Chapel, Pulaski with Rev. Andrew Dean and Rev. Robert Culler officiating. Interment will follow at the Draper Valley Pentecostal Holiness Church, Cemetery.

The family will receive friends

from 11:00 AM until service time Friday at the funeral home.

To sign the online guestbook, please visit [www.bowerfuneralhome.com](http://www.bowerfuneralhome.com)

Bower Funeral Homes, Pulaski is handling the arrangements for the family.

### HAROLD LEE RENO

Harold Lee Reno, 83 of Pulaski Virginia passed away at 7:29 pm on Saturday, December 28, 2019. He was born April 4, 1936 in Fauquier County Virginia to the late James Hurl Reno and Virgie May Bryant Reno. Mr. Reno is survived by his wife of 57 years June Marie Duncan Reno of Pulaski. Additional survivors include Helen Huffman of Leesburg, Della Powers of WVA, Carolyn Weister of WVA, and Carl Reno of Burke Va, Butch Reno of Culpeper, Raymond Reno of Winchester, Lenny Reno of WVA, Preceded in death by James Reno, Cookie Reno, Bill Reno, and four sisters Betty Ann, Peggy, Mary and Ruby. He is survived by 8 children, Linda Applegate, Harold Reno Jr, Sue Payne, Diane Ryder, Donna Hill, Walter Reno, James Reno and David Reno. Grand chil-

dren William Applegate, Donna Ferguson, Denise Kretschmar, Ashleigh Payne, Joshua Ryder, Nicole Wagnon, Amber Mullins, Adam Ryder, Gavin Reno, Maddy Reno, Timothy Reno, Brad Reno, McKenzie Reno, Brian Reno and Daniel Hill. He also had 23 great grandchildren.

Arrangements by Stevens Funeral Home, Pulaski, VA.

### ANITA RAE MARSHALL SMITH

Anita Rae Marshall Smith, of Dublin, peacefully claimed her heavenly reward on December 28, 2019 surrounded by her loving family.

The Smith family is in the care of Mullins Funeral Home & Crematory in Radford. [www.mullinsfuneralhome.com](http://www.mullinsfuneralhome.com)

### JUNE ELIZABETH CADLE

June Elizabeth Cadle, 72, of Dublin, passed away Monday, December 30, 2019.

The Cadle family is in the care of Mullins Funeral Home and Crematory in Radford, [www.mullinsfuneralhome.com](http://www.mullinsfuneralhome.com)



### SHIRLEY DIANE QUEEN PETERSON

Shirley Diane Queen Peterson, 67, of Hiwassee, passed away Sunday December 29, 2019 in the Pulaski Health and Rehabilitation Center. She was born in Pulaski on August 11, 1952 and was the daughter of the late Charles Cecil Queen and Ruby Lucille Tabor Queen. She was preceded in death by brothers Larry Queen and Donald Queen. She was a graduate of Radford University and a teacher in Pulaski County for 35 years at Jefferson Elementary School and Critzer Elementary School. During her time as a teacher she had the opportunity to influence the lives of countless students and made many lifelong friends. Shirley will be remembered as a kind, generous, loyal person with a smile that could light up a room. She was a wonderful wife, mother, sister, aunt, teacher, friend and "Grammy." Her grandchildren were truly her pride and joy. They spent lots of time together during Wednesday and Sunday dinners, shopping trips, holidays and vacations. She will be greatly missed by all.

Children and spouses: Kelly P. and Clay Howlett  
Scott and Keri Peterson  
Sister: Carolyn Smith (Lowell Smith)  
Brothers: Charles Queen (Lana Queen), Jerry Queen (Celeste Queen), Randy Queen (Becky Queen)  
4 grandchildren: Thomas and Maely Howlett  
Ellie and Carter Peterson  
Many wonderful nieces and nephews  
A graveside service will be held at Cecil's Chapel Church cemetery on Friday January 3 at 11 am. In lieu of flowers, the family wishes memorial gifts be made to the American Cancer Society.  
Arrangements by Stevens Funeral Home.

### MAVIS ADELENE WINSETT NEWMAN

Mavis Adelene Winsett Newman, 90, of Pulaski, VA died Saturday, December 28, 2019 in the caring and loving community of the Krontje Healthcare Center, Warm Hearth Village, Blacksburg, VA. She was born in Woodlawn, Virginia on May 19, 1929 and was the daughter of the late Jason W. and Sally Lawson Winsett of Shorts Creek, VA. She was also preceded in death by her husband of 68 years, Gilmer Bane Newman and sisters, Geneva Hanks and Levella Horton.

Mrs. Newman was a lifetime and faithful member of Memorial Baptist Church (Peppers Ferry Rd. at Orchard Rd.), Pulaski, VA. She was also a longstanding member of the Eastern Star in Pulaski and a retiree of Appalachian Power Co.

Surviving are:  
Sister – Rhee Saunders, Willis, VA  
Nine Nieces and Nephews  
A Host of Great-Nieces and Great-Nephews  
Funeral services were held Tuesday, December 31st, from the Memorial Baptist Church, Pulaski. A graveside service followed at Highland Memory Gardens, where she was laid to rest by her husband's side.  
Arrangements by Stevens Funeral Home, Pulaski, VA.

SEE ADDITIONAL OBITUARIES ON PAGE A8

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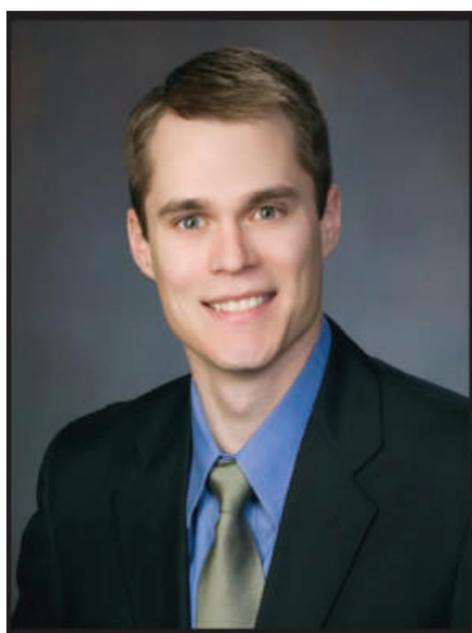


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# Average Is The Enemy

*"The minute you settle for less than you deserve, you get even less than you settled for." —Maureen Dowd*

I'm declaring war on mediocrity. When you accept mediocrity, when you accept average in any area of your life—financially, spiritually, physically, mentally, emotionally—you accept a life that isn't good enough.

That's why you need to say no to average! I did some research on this and found a great quote by D. Bruce Lockerbie. He said, "You see, mediocrity is first, a personal trait, a leathargic resignation to less than our best, an individual lethargic concession that says, 'I guess good enough is good enough.' Soon mediocrity metastasizes throughout the body politic, causing the nation to be at risk; but always remember, mediocrity begins with me!"



**Ken Coleman**

Dave Ramsey Solutions

So, if you're accepting average, guess who you have to blame? You.

Let's band together, shall we, and take on average. It's a war worth fighting! Especially in your career.

People sometimes get burned out at their current jobs—even ones they may love—because they've hit a ceiling at the organization. Want to know a secret? It's okay to walk away from a place you enjoy if there's no room for growth. You shouldn't let your love for the place, or the people working there, prevent you from making progress with your goals and your life.

If you're feeling the need to step onto a different boat, one that gives you more room to grow and allows you to live your dream, then do it! Never let fear control your decisions—Fear of failure will rob you of your dreams if you allow it to.

The truth is: Any successful person out there has also failed spectacularly. The only difference between them and the average person, though, is that the successful person kept striving even after a failure. They refused to let fear control them or keep them in an average career.

Here's a thought: Forget about failure as some giant monster lurking around the corner just waiting to crush your dreams. Yes, we will all experience failure on some level from time to time, but it doesn't have to result in a death spiral.

The best thing you can do to decrease the intensity of a failure is to get feedback. Look for people who work in and have experience in the industry you want to move into. Trust me, they've made their own mistakes. And if they're the kind of people who learn from their miscues, they will share those mistakes with you to help you avoid them so that you can move forward successfully.

Remember, too, that the brain can really cripple the heart. There are times we need our brain to help our heart think. But most of the time, especially when it comes to big decisions in our careers and lives, I find that we listen to our brain more than our heart. But if you only ever listen to your brain, you'll stay stuck in your practical, average, mediocre career.

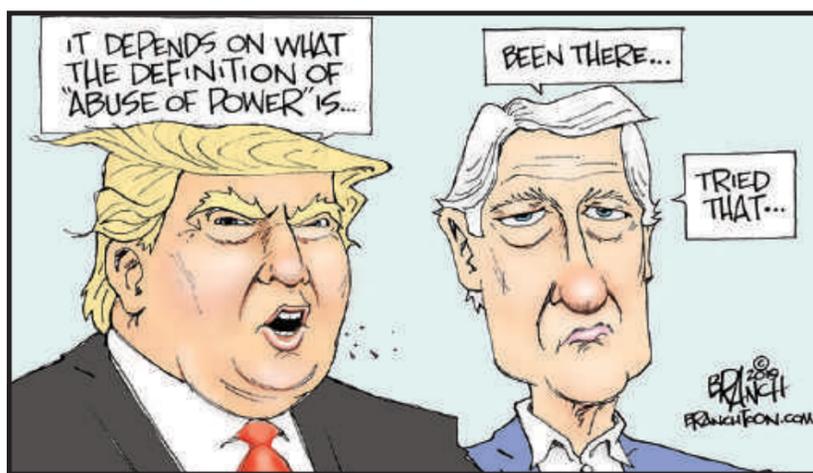
It's time to setup a meeting with your brain and your heart to get them aligned. Grab a piece of paper and write down everything your heart wants and everything your brain wants. Then, find where they have conflicts and connections. You may not discover your dream job immediately, and you may change your mind a few times along the way. That's okay—This exercise is your first step toward releasing yourself from the fear of failure and waging war against average in your life and career!

**About Ken Coleman**

Ken Coleman is host of The Ken Coleman Show and the top-rated EntreLeadership Podcast, and author of One Question: Life-Changing Answers from Today's Leading Voices. An acclaimed interviewer and broadcaster, Coleman equips, encourages and entertains listeners through thought-provoking interviews, helping them grow their businesses, pursue their passions, and move toward a fulfilled purpose. You can follow him on Twitter at @KenColeman, on Instagram at @KenColemanShow, and online at kencolemanshow.com or facebook.com/KenColemanShow.

## Letters To The Editor

Want to speak out on a public topic? Send your letter to Open Forum, The Patriot, P.O. Box 2416, Pulaski, VA 24301 or email it to: news@pcpatriot.com Please include your daytime telephone number for verification purposes. Your number will not appear in the newspaper. All letters must be signed, and all letters are subject to editing. Only one letter per month please.



## OPEN FORUM

### Waste of money, time

To the editor,

God bless those days when Americans all across the country could reach out, lift a receiver, dial a number and hear a voice on the other end of the line; not a voice, a live voice from a live person. Yes, times have changed. We have progressed technologically to the point that we can carry a little gadget around with us that will play games with us, let us send messages of text to friend or foe, connect to something called the internet, and do all kinds of flips and flops, as we command it.

We call this odd device a cell phone; it has replaced the old household telephone—the one that only did one thing. So, the cell phone is a “technological advance,” “a great advance over the old analog setup,” or is it? If this is true, why, oh why, doesn't it give the same kind of dependable service? Why can't I get a call (personal or business) through to someone live, not live on tape or digitized, but someone alive that will answer me instead of wasting my time.

Recently, I had to make a number of corporate calls. One large phone company answered almost before I finished punching in their number. What a thrill! However—yes, however—the mechanical voice that answered put me through the arduous task of answering a long list of questions to which each answer was, “Did you say—I don't understand,” simply because my business had nothing to do with their questions.

As I unconditionally lost the wrestling match, I remembered the big “0” and punched it. Immediately, I heard a voice, “A representative will be with you in 8 minutes.” After that, the same mes-

sage was repeated at intervals of about 45-60 seconds. I listened, and listened, and listened, for 1 hour and 10 minutes—then heard a click. A voice, a live voice, offered to help. I explained why I was calling—to which she answered, “You have the main number; you should have called the \_\_\_\_\_ number. Here, let me give it to you.” As I wrote down the last digit of the number, I heard a familiar click. I was disconnected. Here's the rub. I wasted more than an hour, and it cost me approximately 70 minutes of my monthly allowance for phone calls.

Sadly, not everyone has limitless funds; the kind that allow them to waste those valuable minutes, and not everyone can afford all the nonsensical amenities available in many technologically advanced phone systems. I am an 84-year-old man, blind in one eye, and with impaired vision in the other, hard of hearing, and sometimes unable to think clearly. My personal income is less than \$1,000 monthly, and when combined with that of my wife, is almost a living wage. I AM NOT ALONE. There are many like me. Simply put, I cannot afford this waste of money, nor can I waste so much time—I don't have much left. I'm not that technologically advanced—maybe that's a good thing.

**FINAL NOTE:**

Oh yes, to date, in the month of December 2019, I have lost more than 150 phone minutes to businesses that buffer themselves from their customers with our modern, technologically advanced, phone systems.

**Waitus Howard Starling, Pulaski**



**Rich Lowery**

Editor, National Review

## Victim President

President Donald Trump's impeachment letter to Nancy Pelosi is nothing if not sincere.

The missive establishes, if there were any doubt, that Trump hates impeachment with a passion, and he expresses his contempt in his own inimitable voice -- scornful, hyperbolic, colloquial, on brand (Russia Witch Hunt, Do Nothing Democrats, etc.) and, above all, aggrieved.

We've never had a president in the modern era who has actively cultivated an image of victimhood, a posture that once would have been considered whiny and weak, but that Trump has, through his personal alchemy, made into a kind of political strength.

It is inevitable that a president -- carrying out impossibly weighty responsibilities, in a very public capacity, while the opposition and press fasten on every peccadillo -- is going to feel besieged or otherwise unfairly treated.

This naturally often leads to private venting, brooding, plotting and perhaps even an overly defensive or peevish outburst in public.

The Prussian statesman Otto von Bismarck captured what might have been the experience of more than one president when he reportedly told his personal assistant one morning, "I could not sleep, I hated all night."

With the exception of, most notably, Andrew Johnson, who openly raged against his partisan enemies, the presidential mode is to try to keep feelings of persecution under wraps. But not Trump, who unashamedly airs these feelings and uses them as a weapon.

This has been his practice his entire adult life, and it has worked for him. He sought to outlast and wound anyone in a dispute, unwilling to be, as he sees it, cheated of money, attention or glory.

As he put it in an interview early in the Republican nominating contest in 2015, "I am a whiner and I keep whining and whining until I win."

One of his favorite words is "unfair."

Part of the strength of Trump's bond with his base is that his voters feel sneered at and attacked, and so identify with his plights.

A passage in his letter to Pelosi that truly lands is his bitter account of the Russian investigation, during which the FBI abused its powers, the most outlandish speculation was routine fare on cable news, and a special counsel investigation blighted the first couple of years of his administration.

He's right to point out that impeachment is, essentially, an extension of this episode. It might be the best example since Hillary Clinton's "deplorables" line of an affront that both Trump and his voters can take personally.

Trump will wave the bloody flag of impeachment until November as an example of how Democrats tried to get rid of him -- and disregard his voters. The timing on the cusp of an election year means impeachment works perfectly for this argument both looking backward and forward; it (partly) invalidates the 2016

See LOWRY, page A8

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# Church Directory

Worship Each Week In The Church Of Your Choice



Teach Me  
Your Word  
O Lord

Terry  
McCraw

## New Year Message

Micah 6:8. "He hath shewed thee, O man, what is good; and what doth the Lord require of thee, but to do justly, and to love mercy, and to walk humbly with thy God?"

Every New Year's Day, many make New Year's Resolutions. They resolve either to do or not do certain things. Many well-meaning resolutions, sad to say, are broken within just a few days.

This year, January 1, 2020, I want to encourage all who read this article, if you do make resolutions, do it to improve your relationship with God and with your Neighbor.

Here God gives us three moral duties or obligations.

What does the Lord require of us? To do justly, love mercy and to live humbly with our God.

Doing justly means doing what is morally right in the sight of God. Giving everyone his or her due. To others, it is giving them their due by following the golden rule, "Do unto others as you would have them do unto you." To God, give Him His due by loving Him with all of our hearts, souls, minds and spirits.

To give ourselves our due which is to lay claim all that God has provided for us and to keep our bodies under subjection, for our bodies are Temples of the Holy Spirit.

To love mercy is an attribute that we receive from God after we've been born again of the Spirit of God. God loves us more than anyone else loves us and He'd much rather show us mercy than judgment. So we are admonished by God to be like Him. To show mercy to others as God has shown mercy to us. To love one another as Christ loved the Church and gave His life for it. God shows us how to live and it's in Him, that we are to live and move and have our being.

To walk humbly before the Lord. Those who walk humbly before the Lord will have God's presence with them always. In Isaiah 57:15 God's word says, "For thus saith the high and lofty One that inhabiteth eternity, whose name is Holy; I dwell in the high and holy place, with him also that is of a contrite and humble spirit, to revive the spirit of the humble, and to revive the heart of the contrite ones."

A proud look is one of the seven deadly sins that the bible says God hates. Charles Spurgeon says, "True humility is thinking rightly of thyself, not meanly. When you have found out what you really are, you will be humble, for you are nothing to boast of. To be humble will make you safe. To be humble will make you happy. To be humble will make music in your heart when you go to bed. To be humble here will make you wake up in the likeness of your Master by-and-by."

So how is this for seven good New Year's Resolutions?

1. I will always do what is morally right, no matter what.
2. I will treat all others as I would want to be treated.
3. I will show mercy to others as God has shown mercy to me.
4. I will show love to others as Christ has loved me and has given His life for my salvation.
5. I will walk humbly before God and man. I will not boast; I will not look down on others; I will not allow pride to exist in

See MCCRAW, page A7

**First Baptist Church**  
325 Randolph Avenue  
Pulaski, Va. 24301  
Pastor: Dr. Henry Fiske Jr.  
Sunday School - 10 a.m.  
Morning Service - 11 a.m.  
Fellowship Wednesday - 5:45 to 6:30 p.m.  
Bible Study - 6:30 to 7:15  
Telephone: 980-6565

**Draper Valley Baptist Church**  
3200 Lee Highway  
Draper, Va. 24324  
Pastor: Alan Pearce  
Service Times:  
Bible Study Sunday, 5 p.m.  
Sunday Worship, 11 a.m.  
Sunday Evening, 6 p.m.  
Prayer Service, Wed. 6:30 p.m.  
Phone: 980-1028  
www.drapervalleybaptist.org

**Grace Baptist Church**  
552 E. Main Street  
Dublin, Va. 24084  
Pastor: Doug Testerman  
674-1762  
Primary Services:  
9:45 a.m. Sunday School  
11 a.m. Sunday worship  
Sunday Night Power Hour, 6 to 7 p.m.  
Wednesday Night 7 to 8 p.m.  
Grace Kids and Teens Bible Study

**Open Door Baptist Church**  
4576 Miller Lane  
Pulaski, VA 24301  
Pastor: Rev. N.K. Howlett  
Primary Services:  
Sunday School, 9:45 a.m.  
Worship, 11 a.m.  
Wednesday Night, 7 p.m.  
Phone: 980-2046

**Draper United Methodist Church**  
3080 Greenbriar Road  
Draper, VA 24324  
Pastor: Ruth Anne Henley  
Primary Service Times:  
Sunday School, 10 a.m.  
Worship, 11 a.m.  
Phone: 540-392-8016

**Newbern Christian Church  
Disciples of Christ**  
5183 Wilderness Road, Newbern  
Rev. Denise and Ken Walker  
540-440-8733

**Christ Episcopal Church**  
144 North Washington Ave., Pulaski  
Service: 10 a.m. every Sunday  
Phone: 980-2413  
Email: christ24301@gmail.com  
www.christpulaski.dioswva.org

**Jordan's Chapel UMC**  
Pastor: Rev. Becky Wheeler  
Worship: 9:30 a.m.  
Sunday School: 10:45 a.m.  
Wednesday Bible Study: 7 p.m.

**Cecil's Chapel United Methodist Church**  
5801 Cecil's Chapel Road,  
Hiwassee, VA 24347  
Pastor RuthAnne Henley  
Worship service is 8:45am-9:45am  
Sunday School is 10 - 10:45am  
Ricky Dishon, 540 239 6360, www.facebook.com/cecilschapel.umc

**Newbern United Methodist Church**  
5155 Wilderness Road  
Exit 98 off I-81 Newbern  
Rev. Paige Wimberly  
674-6111  
Worship Services: 9:45 a.m.  
Sunday School: 11 a.m.

**Valley Harvest Ministries**  
1 Harvest Place  
P.O. Box 458  
Dublin, VA 24084  
Senior Pastor Steve Willis  
Associate Pastors:  
Perry Slaughter, Elaine Wood, Derick Burton  
Sunday Worship: 10 a.m.  
Wednesday School 7 p.m.  
www.vhmdublin.org  
540-674-4729

**Randolph Ave. United Methodist Church**  
1607 Randolph Avenue  
Pulaski, VA 24301  
Pastor: Rev. Dr. Karen Black  
Sunday School: 10 a.m.  
Worship: 11 a.m.  
Phone: 540-980-8775

**Mountain View United Methodist Church**  
6648 Wilderness Road  
Dublin, VA 24084  
Phone: 540-674-6111  
mountainviewumc.yolasite.com/  
Pastor: Paige Wimberly  
Adult Sunday School: 10 a.m.  
Morning Worship with Children's Church at 11 a.m.

**Dublin Baptist Church**  
100 Hawkins Street  
Dublin, VA 24084  
540-674-6061  
secretary@dublinbaptistva.org  
Website: dublinbaptistva.org  
Pastor: Dennis Jones  
Sunday School: 9:45 a.m.  
Morning Worship: 11 a.m.  
Children's Church and Nursery  
Evening Service: 6 p.m.  
Tuesday: Women's Bible Study, 10 a.m.  
Wednesday, Adult Bible Study 7 p.m.

**First United Methodist Church**  
301 N. Jefferson Ave. - Pulaski  
(physical address)  
135 Fourth St., NW - Pulaski  
(mailing address)  
Pastor's Name: Will Shelton  
Associate Pastor:  
Sebastian Ruiz, Hispanic Pastor  
Sunday Services  
9:00 AM - Hispanic Worship  
9:00AM - Contemporary Worship  
10:00AM - Sunday School  
11:00AM - Traditional Worship  
Contact Info.  
Phone: 540.980.3331  
e-mail: office@fumcpulask.org  
website: www.fumcpulask.org

**Belspring Baptist Church**  
6887 Depot Street  
Belspring, VA 24058  
Pastor Darrell Linkous  
Service Times:  
Sunday School: 10 a.m.  
Sunday worship: 11 a.m.  
Wednesday Bible Study and  
Youth Group: 7 p.m.  
Darrell Linkous: 353-0081  
belspringbaptistchurch@gmail.com

**Memorial Baptist Church**  
995 Peppers Ferry Road  
Pulaski, VA 24301  
Pastor: Michael S. Jones  
Sunday  
9:45 am - Sunday School  
11:00 am - Worship  
Wednesday  
6:30 pm - Prayer Meeting  
(540) 980-4731  
Email:  
dfarley3@verizon.net

**River of Life Church**  
5311 Black Hollow Road, Dublin, Va. 24084  
Shawn Burchett, Pastor  
Sunday School 9:15 AM  
Sunday Morning Worship 10:30 AM  
Wednesday Evening Life  
Building Service 7:00 PM  
www.roledublin.com  
540-674-4500

**Delton Church of God  
of Prophecy**  
4570 Boyd Road  
Draper, VA 24324  
Pastor Vickie Lee Viars  
Sunday School: 10 a.m.  
Sunday worship: 11 a.m.  
Sunday worship: 6 p.m.  
Wednesday worship: 6 p.m.  
Second Wednesday Each Month

**Heritage Church**  
6195 Cleburne Boulevard, Dublin  
Pastor Mike Pierce  
Service Times:  
Wednesdays, 7 p.m.;  
Sundays, 10 a.m.  
(540) 674-9220  
Website: www.heritagechurch.net  
Facebook.com/  
HeritageChurchDublinVA

**Fairlawn Baptist**  
6758 Oxford Avenue  
Fairlawn, VA 24141

**Pulaski Seventh Day Adventist Church**  
Corner 4th St. and Henry Ave.  
Pulaski, VA 24301  
Pastor: Don Elswick  
Services: Sabbath School, 9:30-10:45 a.m.  
Worship: Saturday, 11 a.m. -Noon  
540-980-3576  
pastorelswick@live.com

**First Missionary Baptist Church**  
7318 Manns Drive / P.O. Box 90  
New River, Virginia 24129  
(540) 639-5331  
email: fmbc1872@verizon.net  
Pastor: Rev. Richard A. Goodman, Sr.  
Associate Minister:  
Rev. Annette Cheek  
Clerk: Mrs. Carlotta Lewis  
Sundays:  
Morning Worship 11:00 a.m.  
The Lord's Supper - Each First Sunday  
Wednesdays: Prayer Meeting &  
Bible Study 6:30 p.m.

**Dublin United Methodist**  
424 East Main Street, Dublin  
Pastor Don Hanshaw  
(540) 674-5128  
dublinumc@verizon.net  
www.dublinumc.com  
First Service, 8:45 a.m.  
Sunday School, 9:30 a.m.  
Second Service, 10:55 a.m.

**Freedom Fellowship Church**  
1730 West Street  
Radford, VA 24141  
Sr. Pastor: Jerry W. Collins  
540-577-5780  
jcollinsfreedomfellowship@yahoo.com  
Sunday Service: 10 a.m.  
11 a.m. Children's Church  
Wednesday - 7 p.m. Service  
7 p.m. Youth Service

**New River Valley Biker Church**  
Located in: United Steel Workers Union Hall,  
Fairlawn  
7322 Peppers Ferry Blvd.  
Radford, VA 24241  
Email: nrvbikerchurch@gmail.com  
Pastor Joe Walker  
Sunday Service: 11 a.m.

**Draper's Valley Presbyterian (PCA)**  
2755 Old Baltimore Road, Draper, VA 24324  
Mailing address: Same as above  
Pastor's Name: Rev. Robert E. Davis  
Associate Pastor: Rev. Roland Mathews  
Primary Service Times:  
Sunday Morning Worship Service  
8:30 and 11:00  
Sunday Evening Worship Service 6:15 p.m.  
Wednesday Evening (5:45 Supper in the  
Fellowship Hall (Sept thru May) - Youth Groups  
and Adult Bible Study 6:30 p.m.)  
Contact Info:  
Phone - 540-994-9015  
e-mail - drapers.valley@dvpca.org  
website - www.dvpca.org

**Trinity Lutheran  
Church ELCA**  
2 Fifth Street, N.W., Pulaski  
540-980-3624  
The Rev. Terrie Sternberg  
trinitypulaski@gmail.com  
Sunday Worship 11 a.m.  
(Sept. - May)  
Sunday Worship 10:30 a.m.  
(June - Aug.)  
Bible Study: Wednesday, 12:30  
www.trinitypulaski.org

**Trinity United Methodist**  
Pastor: Judy Yonce  
Sunday Worship - 9:45 a.m.  
Bible Study - Wednesday, 7 p.m.  
528 5th Street, S.E.  
Pulaski, Va.  
Phone - 980-0820

**Dublin Church of God of Prophecy**  
100 South Main St., Dublin  
Services:  
Sunday School, 10 a.m.  
Morning Worship, 11 a.m.  
Sunday night, 6 p.m.  
Pastor Rickey Freeman and wife Rose invites  
everyone to attend.  
Phone 750-6533

**Snowville Baptist Church**  
3238 Gum Log Road, Hiwassee  
639-6254  
Pastor: Neil Wood  
Associate: Matthew Wood  
Sunday School: 10 a.m.  
Sunday Services: 11 a.m., 6 p.m.  
Wednesday Night Service: 7 p.m.

**Fairlawn United Methodist Church**  
7584 Brandon Road, Fairlawn, Va. 24141  
Pastor Mark A. Miller  
markmiller.psalms1@gmail.com  
Cell) 540-320-2431  
Sunday School: 9:45 a.m.  
Sunday Worship (with children's message):  
11 a.m.  
Bible Study, Wednesday: 7 p.m.  
Youth Ministry  
Facebook.com/Fairlawn-United-Method-  
ist-Church

**Grace Ministries  
Church of God of Prophecy**  
1021 Macgill Street  
Pulaski, VA 24301  
Church: 540-980-2118  
Cell: 540-616-9304  
Bus Ministry: 540-385-9972  
www.pulaskigracemin.com  
Email: pulaskigracemin@hotmail.com  
Pastor Mike Williams  
Children's Ministry  
Aaron & Becky Sampson  
Morning Worship 10:30 a.m.  
Children's Church 10:30 a.m.  
Children's Free Breakfast 10:30 a.m.  
Ages 5-12  
Men's & Women's Ministry Wed. 6:30

**Faith Bible Church**  
 110 LaGrange Street, Pulaski, VA 24301  
 Pastor: Jim Linkous  
 Associate Pastor: T.J. Cox  
 540-980-5433  
 www.facebook/faithbiblechurch  
 Sunday School: 10 a.m.  
 Sunday Worship: 11 a.m.  
 Sunday Children's Church: 11 a.m.  
 Sunday Evening: 6 p.m.  
 Wednesday Evening Bible Study: 7 p.m.  
 Children's Meal: 6:30 p.m.  
 Children's and Youth's Group Classes: 7 p.m.

**Dublin Christian Church**  
 5605 Dunlap Road  
 P.O. Box 1330  
 Dublin, VA 24084  
 (540) 674-8434  
 www.dublinchristianchurch.com  
 Richard R. Goad, Jr.  
 Senior Minister  
 Sunday School 10 a.m.  
 Worship 11 a.m.  
 Sunday Evening Worship and  
 Youth Meeting, 6 p.m.  
 Wednesday Bible Study and Children's Bible  
 Classes, 7 p.m.

**Anderson Memorial Presbyterian Church**  
 319 Franklin Avenue, Pulaski  
 (540) 980-2277  
 Bruce Ford, Pastor  
 Sunday School, 9:45 a.m.  
 Morning Worship 11 a.m.

**First Presbyterian Church**  
 408 N. Jefferson Avenue, Pulaski  
 Pastor Melissa McNair-King  
 (540) 980-2132  
 firstprespulaskiva@gmail.com  
 www.firstpresbyterianpulaski.org  
 Sunday Services:  
 Sept.-May: Sunday School, 9:45 a.m.,  
 Service 11 a.m.  
 June-Labor Day: Service 10 a.m.  
 Wednesday Family Night, 6 - 7:30 p.m.

**Thornspring United Methodist Church**  
 5670 Thornspring Church Rd.  
 Dublin, VA 24084  
 Pastor: Rev. Teresa Tolbert  
 Sunday School: 10 a.m.  
 Worship Service: 11 a.m.  
 Phone: (540) 980-2927

**First Baptist Church**  
 5473 Baskerville Street  
 Dublin, VA 24084  
 Pastor Wallis Brown  
 540-674-2677  
 Service: 11 a.m.

**New River Valley Baptist Church**  
 1973 Snider Lane  
 Pulaski, VA 24301  
 Pastor: W. Jeff Aikens  
 Phone: 980-8628  
 Sunday School: 10 a.m.  
 Morning Worship: 11 a.m.  
 Evening Worship: 6 p.m.  
 Wednesday Evening: 7 p.m.

**New Dublin Presbyterian Church**  
 5331 New Dublin Church Road  
 Dublin, VA 24084  
 Pastor: Sara Jane Nixon  
 Website: newdublinpres.org  
 540-674-6147  
 Services 11:00 AM Sundays

**Community Christian Church**  
 Jason Allmon, Pastor  
 5382 Grace Street  
 Dublin VA, 24084  
 540-674-4308

**Dora Highway Baptist Church**  
 1643 Dora Highway, Pulaski  
 Pastor Harry L. Gunter  
 320-0738  
 Assoc. Pastor  
 Rev. Herman Sarver  
 980-2827  
 Sunday School 10 a.m.  
 Sunday Worship 11 a.m.  
 Wednesday Night Bible Study 7 p.m.  
 Service times: Sunday at 10:45 a.m.  
 Sunday night at 6:00 and Wednesday at 7:00

**First Dublin Presbyterian Church (ECO)**  
 409 Church Street, Dublin, Va. 24084  
 P.O. Box 2027, Dublin, Va. 24084  
 first-dublin-presbyterian-church-eco.com  
 Minister:  
 The Rev. Dr. Olin Marsh Whitener, Jr.

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www.maxcreek.org  
 www.facebook.com/maxcreekbaptist  
 Senior Pastor: Mike Coleman  
 Youth Minister: Charlie Prince  
 Director of Visitation: Ersel Alderman  
 Sunday Services  
 Sunday School: 10 a.m.  
 Morning Worship: 11 a.m.  
 Teen Social and Class: 5 p.m.  
 Evening Worship: 6 p.m.  
 Wednesday Bible Study & Classes: 7 p.m.

**Pulaski Church of God**  
 1621 Bob White Boulevard  
 Pulaski, VA 24301  
 Pastor Donald Jones  
 540-980-8880  
 www.pulaskicog.church  
 Sunday Services  
 Sunday Life Groups: 9:30 a.m.  
 Sunday Morning Worship: 10:30 a.m.  
 Wednesdays Midweek Connect: 7 p.m.

**Pulaski Christian Church, Inc.**  
 4531 Brookmont Road, Pulaski, VA 24301  
 www.pulaskichristianchurch.com/  
 Rev. Kathy Warden, Pastor,  
 (540) 250-2974  
 Sunday School 9:45 a.m.  
 Worship 11 a.m.  
 Worship 7 p.m.  
 Monday Bible Study  
 7 to 9 p.m.  
 Wednesday Bible Study  
 7 p.m.

**Dora Highway Baptist Church**  
 1643 Dora Highway, Pulaski  
 Pastor Harry L. Gunter  
 320-0738  
 Assoc. Pastor  
 Rev. Herman Sarver  
 980-2827  
 Sunday School 10 a.m.  
 Sunday Worship 11 a.m.  
 Wednesday Night Bible Study  
 7 p.m.

**Aldersgate United Methodist**  
 1946 Medallion Drive  
 Pulaski, VA 24301  
 (540) 980-1349  
 Pastor Becky Wheeler  
 Sunday School 9:45 a.m.  
 Sunday Worship 11 a.m.

**First Baptist Church**  
 First Baptist Church  
 220 Magazine Street  
 Pulaski, VA 24301  
 540-980-3336  
 Email: firstbaptist220@gmail.com  
 Pastor: Rev. Douglas Patterson  
 Sunday School 10 a.m.  
 Sunday Worship 11 a.m.  
 Monday's Child Youth Group, Monday  
 Evening 6 p.m.  
 Wednesday Bible Study 6:30 p.m.

**Pulaski Presbyterian Church (PCA)**  
 975 Memorial Drive  
 Pulaski, VA 24301  
 Office Phone: 980-2631  
 Email: pastor@pulaskipca.org  
 Website: www.pulaskipca.org  
 Stated Supply: Rev. John Gess  
 Sunday School: 10:00am  
 Worship Service: 11:00am

**Warriors For Christ II**  
 Pastor Sherman Buckner  
 600 Skyline Circle  
 Pulaski, VA  
 Phone: 540-315-2317  
 Sunday School: 10 a.m.  
 Worship: 11 a.m. and 7 p.m.  
 Thursday: 7 p.m. Service

**Sure Foundation Christian Fellowship**  
 6598 Annie Akers Road  
 Radford, VA 24141  
 (540) 639-3443  
 Pastor Steve Phillips  
 Sunday Morning Worship: 10:00 am  
 Sunday Night Prayer: 5:30 pm  
 Wednesday Night  
 Prophetic Teaching: 6:30 pm

**New Hope Chapel**  
 1555 Case Knife Road  
 Pulaski, VA 24301  
 Pastor Darrell Gray  
 (276) 733-6080  
 Pastor Gray and congregation invite you to  
 New Hope Chapel.  
 Service Times:  
 10 a.m. Sunday School  
 11 a.m. Sunday Service

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**St. Edward's Catholic Church**  
 Corner of N. Washington Avenue and 7th  
 Street N.W., Pulaski  
 Phone: 980-6511  
 Fax: 980-6511  
 Priest: Fr. Bernie Ramirez  
 Mass: 11 a.m. Sunday, 5:30 p.m. Thursday

**Pulaski First Church of the Brethren**  
 1749 Newbern Road  
 Pulaski, VA 24301  
 Pastor Frank Peters  
 Sunday School: 9:45  
 Worship: 11 a.m.  
 Wednesday Bible Study: 7 p.m.  
 980-3798

**Abundant Life Ministries**  
 3050 Lee Highway  
 Pulaski, VA 24301 (540) 980-5506  
 (Mon. - Fri., 9 a.m.-1 p.m.)  
 Pastor Randall K. Lawrence Sr.  
 Sunday Worship 10:30 a.m.  
 Sunday Evenings 6 p.m. by announcement  
 Wednesday Evenings (Family Night) 6:30-7  
 pm children fed, 7:15 pm Bible Classes all ages  
 Adult Bible Class  
 THRIVE Teen Class  
 Children's Bible Class and  
 Special Activity Classes

**First Church of God, Dublin**  
 6330 Courtney Lane, Dublin  
 Pastor Mike Hudson  
 Sunday School at 9:45 a.m.  
 Sunday Worship Service at 10:45 a.m.  
 Sunday Bible Study 6 p.m.  
 Wednesday Prayer and Bible Study, 7 p.m.

**New Life Church of the Nazarene**  
 45 S. Jefferson Avenue  
 Pulaski, VA 24301  
 540-980-2001  
 www.newlifepulaski.com  
 email: pastorjuls@verizon.net  
 Pastor: Julie Armbrister  
 Sunday School (all ages) 9:30 a.m.  
 Sunday worship: 10:45 a.m.  
 Wednesday Bible Study: 6 p.m.

**Trinity Baptist Church**  
 4008 Robinson Tract Road  
 Pulaski, VA 24301  
 Telephone: 980-8186  
 Pastor Johnny Howlett  
 Minister of Education Rev. Steve Taylor  
 Sunday School - 9:45 a.m.  
 Sunday Worship - 11 a.m.  
 Sunday Bible Study - 6 p.m.  
 Wednesday - Adult Bible Study and Youth  
 Group - 7 p.m.

**Grace Fellowship Baptist Church**  
 2640 Max Creek Road  
 P.O. Box 326  
 Hiwassee, VA 24347  
 Pastor: Jason N. Aker  
 Phone: 276-699-3176  
 pastorjasonaker@gmail.com  
 Sunday School: 10 a.m.  
 Sunday Worship Service: 11 a.m.  
 Wednesday Night Bible Study: 7 p.m.

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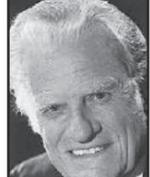
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 674-4952

**My Answer**  
  
 Billy Graham

# Afterlife is a very real thing

**Q: What exactly is the "afterlife" and if it really exists where does it lead us? -- A.L.**

**A:** The afterlife is a very real thing; it speaks of life "after" death. It has been said that death is not a period, but a comma in the story of life. Many answers about life after death are deceiving and will lead people right into Hell, the very place they are told does not exist.

Some say that people in Hell will make restitution and then be allowed into Heaven. Others counsel that perhaps the Hell bound will eventually be annihilated, put out of the misery of having to face the fact that they took the wrong road. "Hell," some say, "is what Christians have used to scare people into converting to Christ." But is this really true? Did Jesus use scare tactics? No. Every word that proceeds out of the mouth of God is truth. Jesus spoke the truth because of His deep love for us. If the truth scares you, know that it is your guilty conscience reacting to Truth.

The world wonders about Hell every day. It is one of the most daunting and repeated topics seen in art, read in literature, debated among educators, and heard in music. David Clayton-Thomas of the '70s rock band Blood, Sweat & Tears famously sang that Heaven didn't exist, but still he prayed there wasn't a Hell. But that was a futile prayer.

There are two roads to the afterlife: one leads to Heaven, the other to Hell. It is unbelief in the Lord Jesus Christ that shuts the door to Heaven and opens it to Hell. It is unbelief that rejects the Word of God and refuses Christ as Savior. It is unbelief that causes people to turn a deaf ear to the Gospel. Receive Him and the afterlife will be in the glorious presence of God.

**(This column is based on the words and writings of the late Rev. Billy Graham.)**

## Abundant Life to host Evangelist Danny Johnston

On Wednesday, Jan. 8 Evangelist Danny Johnston from Salem will be speaking at Abundant Life Ministries Church.

Johnston is a timely messenger with a timely and relevant message for you. He is an outstanding Christian speaker with a message for today's generation.

This message reflects a grasp on the relevant issues of the day. Johnston recognizes the needs of this generation, but also recognizes the answer to these problems. He proclaims that the answer is the Lord Jesus Christ. Pastor Randall Lawrence and the congregation gives the public a special invitation to this service. Service time is 7 p.m. The church is located at 3050 Lee Highway, one-quarter mile past LewisGale Hospital Pulaski on the right. More information call the church at 980-5506.

## McCraw

Continued from Page A6

my life.

6. I will live my life wholly for God and keep all of His commandments.

7. I will keep all of these resolutions.

NOW these are resolutions that we should abide by, not just during 2020, but during the remainder of our lives. They will bring true peace and happiness to our lives.



**JERRY WAYNE TAYLOR**  
December 25, 2019 Jerry Wayne Taylor, 74, of Pulaski Va. went home to be with the Lord.

He was preceded by his father Andrew Joseph Taylor, his mother Ida Mae East Taylor Dalton and Brother Carl Taylor.

Jerry was a long standing member of New Life Church of the Nazarene.

Surviving are his wife of 31 years Edith J. Taylor, Daughter and Son-in-Law Lisa and George Harvey Jr., Stepson and Step-daughter-in-law Stanley and Adrianna Seagle, Grandson and Granddaughter-in-law Michael and Leann Phillips, Granddaughter and companion Lauren Phillips and Zachary Talbert, a sister, Beulah Smithers and many step grandchildren and great grandchildren.

Jerry was a kindhearted man who loved the Lord and loved his family dearly. He enjoyed NASCAR racing, Fishing, Baseball, Football, Basketball, Ham Radio and spending time with his family. He retired from Volvo after 27 years of service.

Funeral services were conducted Sunday, December 29, 2019 at Stevens Funeral Home in Pulaski by Pastors Desmond Barrett and Julie Armbrister.

Interment followed at Highland Memory Garden in Dublin. Arrangements by Stevens Funeral Home, Pulaski, VA.

**NORMA JEAN JONAS GATES**

Norma Jean Jonas Gates, 89, of Pulaski, passed away at Highland Ridge Rehab Center, Dublin, Monday, December 23, 2019. She was born on March 19, 1930 in Cripple Creek, VA to Fred Haller Jonas and Thelma Copenhaver Jonas. She was preceded in death by her parents, her beloved husband, Harry and her brother, David. She was a homemaker and mother; a member of the First United Methodist Church since the age of 14; and the good Neighbor Club.

She is survived by:

Brother – James Jonas and Wife, Violet, Dublin

Daughter – Debra Gates Scandland & Husband, David, Christiansburg

Sons – Jesse Gates, Pulaski Robert Gates & Wife, Mary, Pulaski

Grandchildren – Sarah, Kallie, Andrew, Matthew, Kelley & Riley

Great-Grandchildren – Sydney & Ethan, Greensboro Landon & Sophie, Radford

A memorial service will be conducted Saturday, January 4, 2020 at 3:00 PM from the Stevens Funeral Home Chapel, Pulaski with the Rev. Johnny Howlett officiating. Visitation will precede the service from 2:00 until 3:00 PM. In lieu of flowers, contributions can be made to Good Samaritan Hospice, 1160 Moose Dr., NW, Christiansburg, VA 24073.

Arrangements by Stevens Funeral Home, Pulaski, VA.

**Lowry**

Continued from Page A5 election, while also short-circuiting the 2020 vote.

Still, Donald Trump occupies the most powerful office in the world, bedecked with all the majesty and pomp and circumstance that a republic can muster. The media hangs on his every word, and his name, long after his buildings are gone, will remain part of American history.

This is not the profile of anyone's victim, and Trump would do more honor to the office if he brooded more and vented less.

Rich Lowry is editor of the National Review.



**ANTHONY "TONY" RAY PARIS**

Anthony "Tony" Ray Paris, age 56 of Dublin passed away Monday, December 23, 2019 at the Roanoke Memorial Hospital. Born July 21, 1963 in Radford he was the son of Billie Ramona Selleck Gerringer and the late Fred Vernon Paris. His brother, Michael Todd and stepfather, Wayne Gerringer also preceded him in death.

Anthony worked at CVG (Dublin) for over 20 years.

He is survived by his Wife

Teresa Lynn Williams Paris – Dublin

Children  
John (Gwynn) Paris – Easley, SC

Brittany Paris – Easley, SC  
Melinda Paris – Easley, SC  
Jessica Drawdy – Easley, SC  
Chris & Stef French – Christiansburg

Amanda & Dylan Parson – Richmond

Grandchildren  
Gabe, Bennie, Vincent, Bella, Gace, Jamison, Julian

Mother  
Billie Ramona Selleck Gerringer

Brother  
Fred Paris, Jr. – Radford

Half-sister  
Nata-sha Paris Dalton – Dublin

Stepmother  
Lynn Paris – Dublin

Mother-in-law & Father-in-law  
Brenda & Gene Butler – Dublin

In-laws  
Tony & Robin Greenawalt, Kimberly Sheets

Many nieces and nephews  
Special Pup & companion Gerti

Memorial services were held Monday, December 30, 2019 at the Bower Funeral Home-Chapel, Pulaski with Pastor Gary Hash officiating.

To sign the online guestbook, please visit [www.bowerfuneral-home.com](http://www.bowerfuneral-home.com)

Bower Funeral Homes, Pulaski is handling the arrangements for the family.

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**RICHARD DALE MCCROSKEY**

Richard Dale McCroskey, age 57 of Dublin passed away Sunday, December 29, 2019 at the Lewis-Gale Hospital-Pulaski. Born January 20, 1962 in Pearisburg, VA he was the son of Carol Jean Quesenberry Thorne and the late Richard Arlen McCroskey. His wife, Beverly McCroskey and stepfather, Mack Thorne also preceded him in death.

He is survived by his Mother

Carol Jean Quesenberry Thorne – Salem

Son  
Ricky & Mandy McCroskey – Pulaski

Grandchildren  
Dylan, Logan and Wyatt McCroskey

Brothers  
Michael David McCroskey – Giles County

Mark McCroskey – Pulaski

Sisters  
Shannon & Michael Altizer – Pulaski

Laura & Kayla Mitchell-McCroskey – Moneta

Memorial services will be held at a later date.

To sign the online guestbook, please visit [www.bowerfuneral-home.com](http://www.bowerfuneral-home.com)

Bower Funeral Homes, Pulaski is handling the arrangements for the family.

**PAULINE QUESENBERY LYONS**

Pauline Quesenberry Lyons, 89, of Pulaski VA, passed away on Monday morning, December 23, 2019 at Pulaski Health and Rehab in Pulaski. She was born on June 6, 1930 in Pulaski, and was the daughter of the late James Stephen Quesenberry and Emma Geneva Funk Quesenberry. She was preceded in death by her husband, Harry Donald Lyons, two sisters; Mildred Web, Joyce Ann Oliphantary and a special sister-in-law, Alma Lyons Harris.

Pauline was employed at the Pulaski YMCA from 1982 until her retirement in 2016. She was a pillar in the community and was the "face" of the YMCA for many years. Her tenure began in childcare and then moved to the front desk position where she greeted all the members and visitors. Pauline was a very loving and caring person and this was evident by the many children who came back to visit her as adults; some even calling her Mom.

She is survived by her daughter, Donna L. Lyons of Bronxville, NY., sister, Naomi Whitaker, of Pulaski, brother and sister-in-law Rex Stephen Quesenberry (Debbie) also of Pulaski, a very special friend and caregiver, Andy Fitzgerald of Dublin, along with many nieces, nephews and a host of special friends.

The funeral service was held Saturday, Dec. 28 at Calvary Church in Dublin with Rev. Don Sizemore officiating. Interment was at Newbern Cemetery in Newbern, VA.

The family suggests memorials be made to the Pulaski YMCA, 615 Oakhurst Ave., Pulaski, VA 24301.

Arrangements by Stevens Funeral Home, Pulaski, VA.

**QUINTON ISAAC HOGAN**

Quinton Isaac Hogan, age 81 of Pulaski passed away Tuesday, December 24, 2019 at the Lewis-Gale Hospital, Salem.

Born December 4, 1938 in Virginia he was the son of the late Jethro Amos Hogan & Margaret Carter Hogan.

His daughter, Angelia Cook, brothers, Eugene Hogan, Daily Hogan and sister, Earse Harvey.

He is survived by his Sons

Quinton E. Hogan – Pulaski  
Michael L. Hogan – Pulaski

Grandchildren  
James Hogan, Ambrose "Baby-girl" Jones, Devon Hogan, Anthony Smith

Great Grandchildren  
Brayden Jones, Adrek Kimbrough

Memorial services will be held at the First Baptist Church (Magazine Street) Pulaski and service times will be announced at a later date.

To sign the online guestbook, please visit [www.bowerfuneral-home.com](http://www.bowerfuneral-home.com)

Bower Funeral Homes, Pulaski is handling the arrangements for the family.

**DONNA SMITH MILLER**

Donna Smith Miller, 57, of Midlothian, Va. went to be with Jesus on December 21, 2019.

She is survived by her husband of 33 years, Michael D. Miller; children Adam M. Miller and Jennifer E. Martin; grandchildren, Ella and Levi Finch; parents, Donald and Patricia Smith; brother David Smith (Ana); and nephews and niece.

Donna was raised in Dublin, Va. and was a devoted daughter, wife, mother and grandmother who enjoyed sewing and baking. She had a heart for ministering to women and prison ministry at CWDDC.

There will be a gathering of family and friends from 6 to 8 p.m. Thursday, January 16th, 2020 at Mountain View UMC, 6648 Wilderness Rd., Dublin, Va. where a memorial ceremony will be held at 11:00 a.m. Friday, January 17th, 2020.

**DELORIS PAULINE CALDWELL GIBSON**

Deloris Pauline Caldwell Gibson, age 78 of Dublin passed away Thursday, December 26, 2019 at her home. Born October 29, 1941 in Bluefield, West Virginia she was the daughter of the late Robert Jay Caldwell & Flora Amy Atwell Caldwell. Her husband, Roy Lee Gibson, Jr. and five siblings also preceded her in death.

Deloris retired with 33 years of service from the office of the Commonwealth Attorney for Pulaski County.

She is survived by her Son

Jeffery Wayne (LeeAnn) Gibson – Camby, IN

Daughters  
Faith Gibson (Mark) Harris

Oklahoma City, OK  
Stephanie Gaye Gibson

(Thom) Brewer – Roanoke

Grandchildren  
Mathew Wesley (Ashley) Gibson, Christiane Elaine Gibson, Jared Heath (Sara) Harris, Hunter Jordan (Kendra) Harris

Great Grandchildren  
Blakely Rose Harris and Gavin Lee Harris

The funeral service was held Tuesday, December 31, 2019 at the Family Worship Center (Memorial Drive) Pulaski with Dr. C.R. Conner & Pastor Jeff Wilhoite officiating.

Interment followed at the Appalachian Conference Cemetery, Dublin.

To sign the online guestbook, please visit [www.bowerfuneral-home.com](http://www.bowerfuneral-home.com)

Bower Funeral Homes, Pulaski is handling the arrangements for the family.

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Kentucky Wildcats quarterback Lynn Bowden Jr. (1) runs for the end zone, but gets tackled by a Virginia Tech Hokie on the Kentucky Wildcats final drive of the Belk Bowl.

## Bowden's late TD pass lifts Wildcats

CHARLOTTE, N.C. (AP) — Lynn Bowden Jr. outplayed Virginia Tech all day with his feet.

Then he closed them out with his arm.

"Ya'll said I couldn't throw, so over the top it goes," Bowden joked after the game.

Bowden ran for 233 yards on 34 carries, and then tossed a 13-yard touchdown pass to Josh Ali with 15 seconds left as Ken-

tucky rallied behind its remarkable receiver-turned-quarterback to beat Virginia Tech 37-30 on Tuesday in the Belk Bowl.

Bowden ran for two touchdowns before leading an 18-play, 85-yard game-winning drive that took more than eight minutes off the clock. It ended with Ali getting open down the middle of the end zone.

Bowden, who took over as

Kentucky's quarterback after five games because of injuries, passed for 73 yards on 12 attempts. His rushing day was the biggest in a bowl game since Texas A&M's Johnny Manziel ran for 219 yards vs. Oklahoma in 2013.

Bowden said he never would have believed his final play as a college player would be a touchdown pass to win a bowl game. But a pregame scuffle with Virginia Tech players — in which TV footage showed Bowden apparently throwing a punch — could have written a very different story for the dynamic quarterback.

For two programs that hadn't met since 1987 — long before anyone on either roster was born — this one got testy before kickoff. Tussles broke out between players during pregame warmups, but officials didn't levy penalties or warnings for the actions.

"It's a lot of emotion," Bowden said. "I could have hurt my team and not been out there (today) with them, so I apologized to my program, my teammates. ...

We respect Virginia Tech, and if I could go back, I wouldn't do it. But it's in the past."

Wildcats coach Mark Stoops said if Bowden had been the starting quarterback since the

See BELK, page B3



Brian Bishop/PC Patriot  
Virginia Tech Hokies defensive coordinator Bud Foster watches a play during the Belk Bowl.



Brian Bishop/PC Patriot  
Virginia Tech Hokies running back Keshawn King (35) breaks a tackle during the Belk Bowl.



Locker Room

Dan Callahan

## ACC's other 13 in a heap of trouble

The headline pertains to football. I will say that Clemson is very fortunate to be playing in the national championship game for the third time in four years, and could win the crown for the third time in that period and to simply say that would be monotonous. Even if the Tigers fall to those other Tigers, Clemson's last five years is a startling roar to the top of college football.

I will also have to say the Tigers are extremely fortunate to be in the big game this time. Ohio State was far and away the toughest opponent Clemson has played all year in the playoff semi-final, and at times it showed. Lets just say that none of the crucial calls in the game went the Buckeyes way, and there is justifiable controversy following that game. The breaks, about all of them went against Ohio State too. I'm not sure Clemson is better than the Buckeyes. I'm also not sure that Ohio State wouldn't have a better chance to beat LSU than Clemson as well.

To beat LSU you must be very physical. You also must be able to command your share of clock time, get first downs, possess the football. Win the line of scrimmage. You cannot keep giving the football back to LSU every 60 seconds. Oklahoma did and it was ugly, and no, there might not have been a very good somebody have done better than the Sooners, possibly, but I don't think anybody could have come close to doing well enough. It was definitely a three and the rest this year.

But this is not the major point of this column. I just mentioned in the opening Clemson's accomplishments on the national scene the past four years, but as far as the other 13 teams in the ACC are concerned, it's even worse. Clemson has now gone 69-4 overall, and 38-2 in the ACC in the past five years. They also just landed the number one recruiting class in the nation, this year's team is also relatively young with major talent and depth returning next season, and now add the best crop of freshmen in America to it. Clemson isn't losing a bunch of transfers like many other schools. The players are happy. They just built a new \$55-million football only facility to add to what was already there which was considerable. Everybody is rosy. It appears it's going to stay that way.

The coaches are well paid. Dabo Swinney is now the top of his profession. He is also the top paid head coach in college football. Clemson has the whole package, and it just might be the best package in the country. Now, what are the other 13 teams in the ACC going to do? At this point, the Tigers totally overpower all of them. The conference is not competitive in football, and hasn't been for four seasons. And from the looks of the just completed recruiting season, just what does anybody expect to change?

Who's second best in the ACC? I guess you would say this season it was Virginia, but the distance in between seems to make it not matter much. Because of the scheduling agreement that means Notre Dame plays five ACC opponents a year, that actually means the Fighting Irish should be considered the second best ACC team without even being a member. Next season Clemson and Notre Dame play. At least

See CALLAHAN, page B3



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# Little Creek Deer Gang vs. The Greenhorn

I went driving up Little Creek from my farm this past Friday afternoon and batted a thousand (baseball lingo for I got two hits for two times at bat) as about four miles from my farm, which is about four miles up the creek from Va. Route 100, I spied three young Jake turkeys with beards about four inches long.



**Woods, Water & Wildlife**  
W.A. "Doc" Davis

I did not get my camera out in time and they soon disappeared from the field over the bank toward the waters of Little Creek.

I was soon in Bland County and turned around at Davis United Methodist Church that was once a part of my Great Grandfather's farm, James Whitten Davis. The land was given by the Davis family to build the first Davis Chapel and the one-room schoolhouse as well across the road that is still standing but is now the meeting place of the Little Walker Creek Fire Department.

On my way back, I saw three deer grazing in a field on my left. I did get a few pics of them and this is a lead to my column for next week. I have been considering writing a hunting story as told by the animals themselves. I'm sure you the readers have read such as told by a dog, cat or some other animal.

The following is about three deer and their meeting and a story of a greenhorn hunter we are going to call "Green Machine." Picture yourself on the South side of Big Walker Mountain down from the top in an area called the "flats," which is a plateau that is found all along Big Walker Mountain. There in a hollowed-out clearing of ground about 50 feet in diameter are three buck deer and their respective does (we'll call their wives). The leader of the group is called "Double Six" as he has lived a total of seven years by using his "smarts" to outwit many a hunter. He has had a total of 12

points of a magnificent rack. His antlers have dropped off as well as those of the other two bucks. He has three wives, Flossie, Mossie and Bossie. Bossie gets her name as like cattle and horses do where they have a boss in the crowd hogging the feed - i.e. she runs other does away from the best acorn crop, best grass in a field, etc.

"Phillips 66" is a six-pointer with wives, "Daisy" and "Rosie."

"Two-Prong" is a two-year-old and had only two antlers and his wife is "Leah" as she is a sore-eyed doe (much like Jacob's wife was called in the Bible) that has appeared to be in continually mourning since she lost one of her fawn, "Willy Joe" that was hit in the Little Creek Road the past summer. She had her other twin with her, called "Billy Bob."

"Old Double Six" started the meeting by letting each of the other bucks and does relate how they had managed to elude many hunters the past fall. They all got a kick out of the greenhorn hunter they called "Green Machine" which is the misnomer in that he was anything like a machine i.e. well-oiled and running smoothly but was a disgrace to all the other good hunters in the woods.

Last fall he came the day before opening day and shot into the fields and woods where he hoped to hunt the next day. He left by blasting away at the posted sign of Jack McDuff's farm where he had killed a Jersey



cow that belonged to the farmer mistaking it for a deer. McDuff no longer allowed even groundhog hunting that was beneficial to him after this incident. The deer laughed as they knew he was coming from his slamming his old International truck that he had to do 2 or 3 times as the door lock was busted - the deer could hear him halfway up the mountain. He came one time before daylight and was in the woods when his flashlight went out. He yelled for over an hour until the sun came up. This is

only a few of Green Machine's many escapades.

There were many other stories that were relished that day and "Double Six" concluded by stressing safety rules and especially the need for caution in crossing Little Creek Road as it was like a "drag stripe" at times from these machines that had round things on them that turned and were much faster than the swiftest deer.

Concerning roads, one can read in Matthew 7:13, 14 (KJV):

Enter ye in at the strait gate: far wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in there at: Because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it. But read in Romans 10:13 (KJV) for the "Right Way." (For whosoever shall call upon the name of the Lord shall be saved).

Until next time - If you do not know the Lord as your Savior, heed these words to start the year 2020 right.

## PCHS Sports Schedule



**Tuesday 01/07/20**  
Boys Basketball: PH @ Pulaski Co. JV @ 5:30, Varsity to Follow  
Girls Basketball: Pulaski Co. @ PH JV @ 5:30, Varsity to Follow  
Swim: @ Salem YMCA 7:30 pm

**Wednesday 01/08/20**  
Wrestling: @ Salem 6 pm

Indoor Track: @ Roanoke College 3 pm

**Friday 01/10/20**  
Boys Basketball: Hidden Valley @ Pulaski Co. JV @ 5:30, Varsity to Follow  
Girls Basketball: Pulaski Co. @ Hidden Valley JV @ 5:30, Varsity to Follow

## Callahan

Continued from Page B1

there will be one really big game. But the bottom line is you must have players. The talent level at Clemson presently so outshines the other 13 ACC teams it's not reasonable to expect anybody to defeat the Tigers on the gridiron. It takes the complete package, but you don't attain that package until you get talented players.

College recruiting has changed. Players are going all over the country, but your region is your region and your state is still your state, and if teams from all over the country, not just your region, come into your state every year and take its best players, then somebody is losing its grip, and that brings us to Virginia Tech, and to Virginia's door step a bit too.

LSU got the top player out of Virginia, Antoine Sambah, a defensive end from Woodbridge. Notre Dame got the other 5-star from the state, Chris Tyree, a running back from Thomas Dale. The top defensive back in the state, number 3, Malcom Greene of Highland Spring went to Clemson. I could go on and on, but the fact is Penn State is the

top recruiting football program in the Old Dominion. The Nittany Lions signed four from our state this year, and both its top running backs that you saw in its bowl win over Memphis, they were from Virginia too. State players have also decided to leave for TCU and Wake, both got two, Florida, Kentucky, Michigan, South Carolina, Indiana, Michigan State, and so on.

Virginia Tech got one state player, Lakeem Rudolph, a 2-star defensive back from Virginia Beach. UVA got two state players, 11th rated Elijah Gaines from Episcopal, a 3-star defensive back, and the 22nd rated state player Lorenz Terry, a defensive end from Varina. That's it, and that's simply not good enough. The two top schools in the state got a total of three players!

And fans need to understand that while most programs were working hard trying to close down their 2020 recruiting classes with a rush, most of the top programs already knew their classes were locked up and they had moved on to 2021. Recruiting never stops.

What does 2021 recruiting

look like? The last class finished Clemson, Ohio State, Alabama, LSU, Georgia and so on. Do not expect the next to be much different. Presently Notre Dame already has seven 4-star commitments which puts them at number one. Two is Ohio State with one five and five, 4-stars. Then comes Texas, Florida, Wisconsin, Miami, and Clemson. That will change, it's early, way early, but some of them will hold steady, and the other top programs will get in the mix.

But the point is still simply this? What are the other 13 ACC teams going to do? Unless something changes, they are going to continue to be dominated by Clemson and the ACC will continue to be a one-team football conference.

Is there hope? Sure, there always is. Clemson's good fortune does not mean others aren't trying. It's tough out there. When you lose the grip you had on your most fertile recruiting ground you must fight to get it back. Virginia Tech has to figure out how to be a big deal to the top players in the state again. It's not complicated, but it's hard.

The Hokies presently have the 18th rated class for 2021. That's a great deal better than the expectation at any time with the last class that finished last in the ACC. Tech only got 14 players, and they could add a couple more through a variety of ways in the months ahead, and some of that is because the Hokies are very young, just five players leaving the program as of today. So the past disappointing recruiting class will not be a factor for Tech next season, but in a couple years it certainly will be and that's why recruiting needs to pick up.

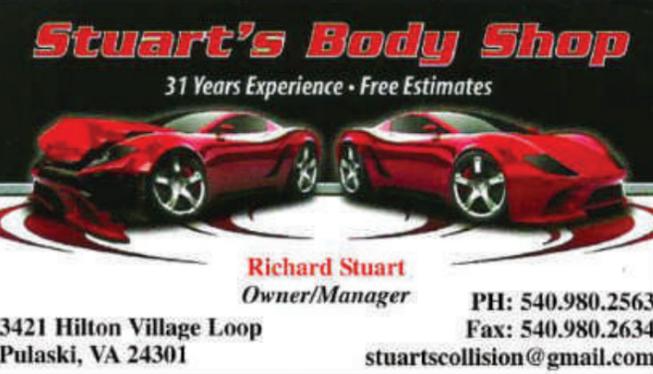
Presently the Hokies have gotten a commitment from a highly regarded dual threat quarterback from Texas, four star Demetrius Davis, and two, 3-star commits from safety Jalen Hoyle of Jersey, and Nykellius Johnson, an athlete from South Carolina. UVA has one commit, a 3-star quarterback, Jay Woolfolk from Benedictine High in Richmond.

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## Nolley named Freshman of the Week

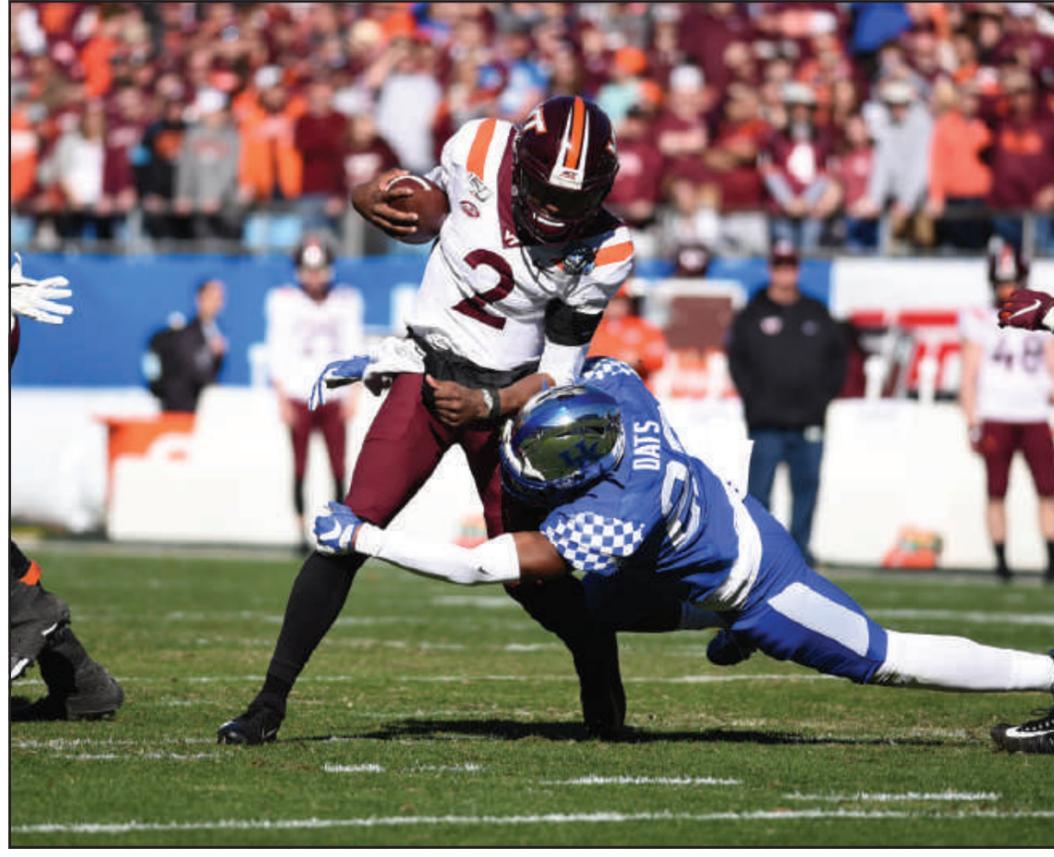
GREENSBORO, N.C. – Following his first-ever double-double, Virginia Tech men's basketball's Landers Nolley II has been named ACC Freshman of the Week, as announced by the league office.

The redshirt freshman led the Hokies (10-3) over Maryland Eastern Shore (1-14) on Sunday, delivering 18 points, 10 rebounds and three assists. Nolley turned in a plus-minus of +44 in the 92-37 victory Sunday evening.

The 55-point margin of victory marked Tech's biggest win since 2011. Nolley had zero turnovers and the Hokies finished with just two, tying a school record set in 2007 versus Wake Forest.

With the honor, it marks Nolley's fourth time earning the award this season, which improves upon his already set school record since Tech joined the ACC in 2004-05.

Tech will be back in action on Saturday when it hits the road to Charlottesville, taking on in-state rival No. 19/19 Virginia (10-2) in the Commonwealth Clash presented by Virginia529.



Brian Bishop/PC Patriot

Virginia Tech Hokies quarterback Hendon Hooker (2) breaks a tackle from Kentucky Wildcat line-backer Chris Oats (22) during first half of the Belk Bowl.



Brian Bishop/PC Patriot

Virginia Tech Hokies running back Deshawn McCleese (33) runs for a 33 yard touchdown during the third quarter of the Belk Bowl against the Kentucky Wildcats.

## Belk

Continued from Page B1  
beginning of the season he would have been a Heisman Trophy candidate.

"This guy right here is one of the best players in the country," Stoops said of Bowden, the Paul Hornung Award winner for the nation's most versatile player. "He showed that. He and I have been talking for years about him playing defensive back. He's been ready to go in there."

Hendon Hooker threw for 110 yards and two touchdowns and Deshawn McCleese ran for 126 yards and a score to lead the Hokies (8-5).

Kentucky overcame two second-half turnovers by holding Virginia Tech to two field goals and a punt on its final three possessions.

Bowden, the game's MVP, carried 13 times on the winning drive, converting a fourth down along the way to take a 31-30 lead. The Wildcats (8-5) added a final touchdown as time expired when Jordan Wright returned a failed lateral attempt by the Hokies 28 yards for a score.

"He's dynamic with the ball in his hands but throwing the ball, that should have been to our advantage when all was said and done," said Virginia Tech's long-time defensive coordinator Bud Foster, who ended his coaching career with a loss.

With both Western Kentucky and Louisville winning their bowl games, the state of Kentucky improved to 3-0 on the season.

### THE TAKEAWAY

Virginia Tech: The Hokies lose only five senior starters, all on defense. Their offensive line is all freshman and sophomores, a good sign for continuity. Hooker is a junior.

Kentucky: The Wildcats will have to replace Bowden, the team's third starting quarterback this season. Bowden also finished as the team's leading receiver, despite playing quarterback for the final eight games.

### JUST ENOUGH

Brian Johnson's career-best 54-yard field goal took a while getting there. On Virginia Tech's opening drive, Johnson con-



nected on a kick that had plenty of hang time - and cleared the crossbar by no more than 2 yards.

### RIGHT ON TARGET

Wildcats safety Zach Johnson closed the first quarter with a massive hit on punt returner Hezekiah Grimsley, meeting him a split second after the Grimsley fielded the kick. Johnson jumped up and made an archer's gesture toward Kentucky fans in the end zone.

### ONE FOR BUD

Hokies coach Justin Fuente was asked to sum up the legacy of Foster, who is retiring after 32 seasons.

"I wish I was eloquent enough," Fuente said. "He's a Hall of Fame football coach, and not because he knows when to blitz. It's because he knows how to handle people and he's passionate about his work."

### UP NEXT:

Virginia Tech: Host Liberty on Sept. 5.

Kentucky: Host Eastern Michigan on Sept. 5.



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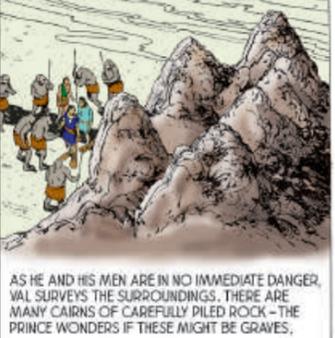


**Prince Valiant**  
BY GIANNI AND SCHULTZ

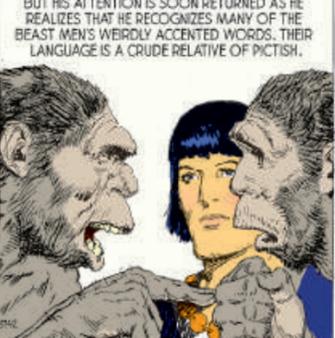
**Our Story:**  
VAL AND HIS COMPANIONS ARE DRIVEN BY THEIR MYSTERIOUS CAPTORS ACROSS THE FORLORN SEA OF WEED, TOWARD A BLEAK, CRAGGY ISLAND.



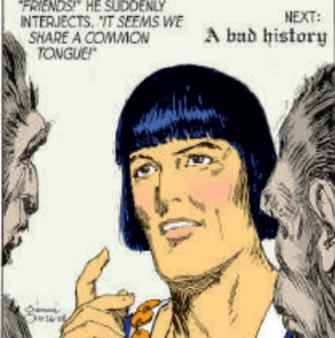
THE GRIM HORDE—ALL OF WHOM ARE MALE, VAL NOTES—JOSTLE FOR A CLOSER LOOK AT THE NEWCOMERS, WHILE GRUNTING ARGUMENTATIVELY.



AS HE AND HIS MEN ARE IN NO IMMEDIATE DANGER, VAL SURVEYS THE SURROUNDINGS. THERE ARE MANY CAIRNS OF CAREFULLY PILED ROCK—THE PRINCE WONDERS IF THESE MIGHT BE GRAVES.



BUT HIS ATTENTION IS SOON RETURNED AS HE REALIZES THAT HE RECOGNIZES MANY OF THE BEAST MEN'S WEIRDLY ACCENTED WORDS. THEIR LANGUAGE IS A CRUDE RELATIVE OF PICTISH.



"FRIENDS!" HE SUDDENLY INTERJECTS. "IT SEEMS WE SHARE A COMMON TONGUE!"

NEXT: A bad history



DALE ARDEN  
FLASH GORDON



**FLASH GORDON**  
BY JIM KEEFFE  
12-22

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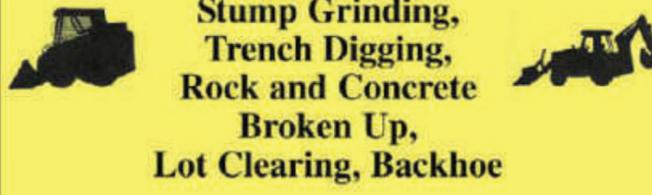
MISS US, JEN?

NOT HALF AS MUCH AS THOSE GUARDS YOU LEFT BEHIND.

...WE'LL BE LONG GONE!

SKRFEEEEEE!

TO BE CONT'D!



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.38 Special Caliber Smith & Wesson pistol; snub nose barrel, 5 shot revolver, stainless steel, Model 642, Airweight, shot 5 times, have the box and paper. Call 540-818-1939.

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This is a full time position that includes the following benefits: health, dental (optional vision), life insurance, state retirement program, optional 457(b) retirement plan, paid vacation, sick leave and paid holidays.

The salary scale for this position is \$25,422 - \$48,937 and is commensurate upon education and experience. Interested individuals may apply at the Virginia Employment Commission Office or may download and submit an application from [www.pulaskicounty.org](http://www.pulaskicounty.org) to Tammy Safewright, Human Resources Director, 143 Third Street, N.W., Suite 1, Pulaski, VA 24301.

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Dave Ramsey

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## Make Goals Reality

**Dear Dave,**  
My wife and I have our budget ready for next month, and we'll be following your plan in 2020 to pay off debt and get our finances in order. Do you have any tips for setting and sticking to goals in general?

**Dear Rick,**  
That's a fantastic goal. Living on a monthly budget, and telling your money where to go instead of wondering where it went, is an important step toward gaining control of your finances. Combine that with getting out of debt, and you'll be in charge of your most powerful wealth-building tool—your income.

If you're following my plan, you already have goals in front of you where your money is concerned. For most Americans, though, a new year means nothing more than new resolutions without real plans. Don't get me wrong. It's good to make resolutions and set goals, but you can't stop there. You have to formulate a plan that turns your dreams into bite-sized pieces of progress that will gradually create a big event in your life. If you want to achieve your goals, then keep these next things in mind.

When setting goals, be very specific in what you want to achieve. Include steps that will help you get there, too. Being vague will only cause you to feel directionless and overwhelmed. Most people give up when these feelings arise.

Make your goals measurable. If you want to lose weight, don't simply write down "lose weight" as a goal. Exactly how much weight do you want to lose? What will it take in terms of exercise and dietary changes to make it happen?

Are your goals your goals? Only you can realistically set your own goals. If your spouse, co-worker, or friend sets a goal for you, chances are you're not going to achieve it. Taking ownership will give you more opportunity to meet your goal.

Also, set time limits for your goals. Putting a time frame in place will help you set realistic

See **RAMSEY**, page B4

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# Hokies roll to 10-3, face Virginia on Saturday

*Cattoor, Nolley shine in blowout victory over Maryland Eastern Shore*

**Hokiesports.com**

BLACKSBURG – Closing out its nonconference slate, the Virginia Tech men's basketball team dominated Maryland Eastern Shore, winning 92-37 on Sunday evening at Carilion Clinic Court at Cassell Coliseum.

With the victory, the Hokies (10-3) improved upon their school record of consecutive home non-conference victories, reaching 32 straight. They also made some other history, recording only two turnovers versus the Hawks (1-14) to tie the school record (Wake Forest, 2007).

Redshirt freshman Landers Nolley II recorded his first-ever double-double with a team-high 18 points and career-high 10 rebounds. Nolley has led Tech in scoring in nine games this season, while his double-double was Tech's second this year (Tyrece Radford, Gardner-Webb Dec. 15).

Freshman guards Hunter Cattoor (17 points) and Radford (13) each recorded career highs in scoring against the Hawks. Forward John Ojiako notched his career high in scoring with 15 points on the night. Tech's bench continues to contribute, racking up a combined 49 points in the victory.

The story of the night were the freshmen, tallying 79 of Tech's 92 points.

**THE GAME**

Tech jumped out of the gate hot, opening the contest on a 16-2 run. The Hokies never trailed in the first half and led by as much as 27 points. Tech scored 14 points off nine forced turnovers that the Hawks committed and outscored Maryland Eastern Shore 12-0 in fastbreak buckets.

Freshman Hunter Cattoor recorded 14 points while guard Tyrece Radford added 13 in the



**Hokiesports.com**  
**Hunter Cattoor shoots for two of his 17 points.**

first half alone to give Tech a 45-22 advantage at the break.

Tech went on a 12-0 run to start the second half with Jalen Cone hitting a triple and Landers Nolley adding a jumper and a lay-in during that stretch. The Hokies never trailed throughout the entire game, winning 92-37.

**GAME NOTES**

- The 92-37 win is the largest margin of victory since 2011 (Mount St. Mary's).

- Tech's bench scored 49 points, marking the seventh game this season the bench has scored over 20 points.

- The Hokies defense tallied 19 points off of the Hawks 14 turnovers. Tech had seven steals and seven blocks.

- Radford notched career high in two categories, including points with 13 and assists with five.

- Cattoor nailed a career-high five 3-pointers versus the Hawks. The Florida native has now hit nine 3s over his last three games.

- Ojiako registered his career-high in points with 15. He also grabbed six rebounds, which is his second-highest board total this season.

**UP NEXT**

The Hokies will travel to Charlottesville to take on No. 16/13 Virginia in the Commonwealth Clash presented by Virginia529 on Saturday at John Paul Jones Arena.



**Brian Bishop/PC Patriot**

**Pulaski County's Bradley Sutphin cheers on his team earlier this season.**

## PC girls finish third in holiday tournament

The Pulaski County girls defeated a strong Miller School team in Hampton Saturday evening to finish third in the Boo Williams Holiday Tournament and move to 4-4 on the season.

The victory was led by Ally Fleenor's 17 points and 10 rebounds, but the 56-52 win was hard earned and it was a full four quarter effort. "I'm so proud of the girls," said PCHS coach Brad Sutphin. "We saw some new kids step up and become crucial parts of the process. That's overall team improvement when that happens. We played hard, good defense, and had to every minute from beginning to end. It took the kind of effort that makes your team grow up a bit. I think we did that down here. This was an excellent tournament, outstanding competition

and it was good for our program and this group of girls. Just feel real good about where the team is right now," said Sutphin.

Courtney Cregger found double figures for the first time this season and helped Fleenor with 10 big points. The Cougar girls led by just one, 29-28 at the half, and by only two, 41-39 heading into the fourth quarter, and down the stretch the team held strong, outscoring Miller 15-13 for the 56-52 victory. Kennedy Secrist added nine big points to the effort and Maddie Ratcliff seven, Paige Huff six, and Taryn Blankenship four.

In holiday tournament action at Fort Chiswell High School, the PCHS boys team upped its record to 4-5 on the season with a convincing 51-32 win over Galax.

## Ramsey

Continued from Page B4

goals. If you want to save a certain amount of money for a particular event, break it down and determine how much cash you need to put into your savings account each month leading up to that event.

And finally, put your goals and resolutions in writing. Putting them in writing will make you more likely to achieve them. Write down your goals, and review them often. This will give you motivation to make them reality.

I believe this is the process for success, Rick. Successful people reassess their lives regularly, and start living intentionally, in writing, and on purpose. Happy New Year!

—Dave

\* Dave Ramsey is CEO of Ramsey Solutions. He has authored seven best-selling books, including The Total Money Makeover. The Dave Ramsey Show is heard by more than 16 million listeners each week on 600 radio stations and multiple digital platforms. Follow Dave on the web at daveramsey.com and on Twitter at @DaveRamsey.

**TOWN OF DUBLIN**

**New Garbage Collection Schedule for In Town Residents and Commercial Customers**

Beginning January 2, 2020, garbage collection for In Town residents of the Town of Dublin (3 digits or less house/business number) will be changing from a five day collection service to a three day collection service. This change will affect both residential customers as well as commercial customers.

If your garbage is normally collected on Tuesdays, beginning January 2, 2020, it will now be collected on Mondays along with Monday's garbage.

If your garbage is normally collected on Thursdays, beginning January 2, 2020, it will now be collected on Wednesdays along with Wednesday's garbage.

Dumpsters will continue to be emptied on Fridays.

As always, garbage collection schedule will be revised during holidays and will be posted via newspaper and door signs at town hall building as well as the town's website [www.dublintown.org](http://www.dublintown.org).

We ask that you please be patient with us during this transition period.

**Town of Dublin Police Officer**

The Town of Dublin is seeking applications/resumes for the full time position of Police Officer.

The rate of pay is dependent upon experience and levels of certification. Basic certification is required. Applicants must be at least 21 years of age and possess a valid Virginia driver's license. A full benefit package will be offered, including medical/dental insurance, vacation/sick leave, paid holidays and retirement.

Applications may be picked up at the Dublin Town Center located at 101 Dublin Park Road during regular business hours of 8 am until 5 pm Monday through Friday.

Questions can be directed to Kim Dalton, Human Resources at 540-674-4731. **Applications will be accepted until position is filled.**

The Town of Dublin is an Equal Opportunity Employer.

**ANIMAL CARE SPECIALIST**

The Pulaski County Animal Shelter is accepting applications for a part-time Animal Care Specialist. This position performs routine semi-skilled custodial work involving the care and cleaning of the animal shelter and ensures that proper cleaning protocol is adhered to by all those participating in cleaning of kennels and cages. Applicants should have good knowledge of cleaning methods, materials and equipment. Requires a high school diploma or GED. Experience working with animals is desirable. Rate of pay is \$11 per hour. Working hours will be determined but will be set at no less than 4 hours per day or no more than 5 hours per day beginning at 8:00 a.m., Monday-Friday.

Interested individuals may apply at the appropriate Virginia Employment Commission Office or download an application from [www.pulaskicounty.org](http://www.pulaskicounty.org) and deliver or mail it to Tammy Safewright, Human Resource Specialist, 143 Third Street, NW, Suite 1, Pulaski, VA 24301.

Position is open until filled.

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## LEGAL NOTICES

**NOTICE OF TRUSTEE'S SALE OF RESIDENTIAL REAL ESTATE LOCATED AT 7383 WALKER ROAD, DUBLIN, PULASKI COUNTY, VIRGINIA**

In execution of a Deed of Trust from Michael A. Sutphin to Myron Aust, trustee, dated October 30, 2003, recorded in the Pulaski County Circuit Court Clerk's Office as land instrument # 2003-8067, there having been a default under this deed of trust and the noteholder secured thereby having directed execution thereof and having appointed Samuel D. Campbell as substitute trustee by Appointment of Substitute Trustee dated March 25, 2019, recorded in said Clerk's Office as land instrument # 2019-1291, and 14 days prior written notice of sale having been given to all parties entitled to such notice under Virginia Code §55.1-321, I, Samuel D. Campbell, sole substitute trustee, shall proceed to execute said deed of trust by offering the following real property for sale at public auction at the front of the Pulaski County Circuit Courthouse, 45 Third Street, N.W., Pulaski, Virginia, on **Wednesday, January 8, 2020 at 11:30 a.m.:**

Two, adjoining parcels of land located at 7383 Walker Road, Dublin, Pulaski County, Virginia, currently bearing tax map/parcel ## 18-2-79A & 79, tax account ## 16430 & 16429, as described in the aforesaid deed of trust and in a deed dated October 30, 2003, recorded in the Pulaski County Circuit Court Clerk's Office as land instrument # 2003-8066.

Terms of Sale: Cash deposit of 10% of the selling price (highest bid) of the property on the day of sale, full balance of the purchase price in cash or its equivalent at settlement within 20 consecutive calendar days after the date of sale. If the successful bidder defaults, then the property may be sold to the next highest bidder, and the deposit shall be deemed forfeited. Additional terms of sale may be announced at the time of sale. The property will be sold and conveyed in "AS IS" condition, and title will be transferred by trustee's deed with special warranty of title, subject to any and all easements, covenants, conditions, restrictions, reservations, and/or regulations existing at the time of sale. This is a communication from [a person deemed by the federal government to be] a debt collector who is attempting to collect a debt. Any information obtained will be used for that purpose.

Samuel D. Campbell, substitute trustee

For information contact:

Rebecca Melton, Jessica Hall  
National Bank of Blacksburg  
101 Hubbard Street  
P.O. Box 90002  
Blacksburg, Virginia 24062  
tel: 540 951 6258

# Victorian

Continued from Page A1

More than 100 people attended the fundraiser with over \$4,000.00 in donations collected for the Museum. A similar fundraiser held in 2018 garnered \$10,000.00 with the difference being that the donation amounts were more affordable in this year's fundraiser. Donations will be used for current and future museum programs.

The Ratcliffe Museum, located 51 Commerce Street in Pulaski, offers a unique blend of local and national exhibits, highlighting the cultural significance that the railroad and early transportation play in small town living.

To contact the Raymond F. Ratcliffe Memorial Transportation Museum, please call: 540-980-2307, e-mail: [jjhawley74@gmail.com](mailto:jjhawley74@gmail.com) or visit <http://www.theratcliffemuseum.com/>

For information about Victorian Christmas traditions, visit: [http://www.victoriana.com/Victorian\\_Christmas/Christmas\\_in\\_the\\_Victorian\\_Times.html](http://www.victoriana.com/Victorian_Christmas/Christmas_in_the_Victorian_Times.html)



Judy Hagan describes the theme of one of her favorite Christmas trees on display in her Victorian-era home. Victorian Christmas decorations became popular in the mid-1800's when Queen Victoria's husband Prince Albert of Saxony (Germany) brought the first Christmas tree into their home at Windsor Castle. The tree was adorned with German Christmas decorations. Many of our modern-day Christmas customs have their roots in Victorian Christmas traditions. For interesting information about Victorian Christmas traditions, visit: [http://www.victoriana.com/Victorian\\_Christmas/Christmas\\_in\\_the\\_Victorian\\_Times.html](http://www.victoriana.com/Victorian_Christmas/Christmas_in_the_Victorian_Times.html)



Ratcliffe Museum board members and volunteers gather in front of Idyllbrook during the Victorian Holidays fundraiser for the museum held December 29th. Over \$4,000.00 was raised to benefit the museum. L-R Tony Blair, Museum volunteer; Museum Coordinator April Martin; Rhonda Whitehurst, Museum Coordinator; Carol Smith, Board member and Treasurer of Ratcliffe Museum; and President, Jessie Brockmeyer.



An outdoor Winter Wonderland was created by Judy Hagan with the assistance of Ratcliffe Museum president, Jeff Worrel, using thousands of lights and life-size Christmas-themed displays. For special times during the holidays, children were invited to wander through the outdoor displays and take pictures with their favorite Christmas characters.



April Martin, Ratcliffe Museum Coordinator, stands beside a life-size replica of a Christmas Nutcracker who is guarding the gates at the Victorian Holiday fundraiser for the museum.



(At Left) Ratcliffe Museum volunteer, Bessie McCormick, relaxes by the antique Worley room heater while enjoying holiday snacks during the Victorian Holidays fundraiser for the museum. The heater has been converted to use electricity.



(At Right) The ornate wood burning cook stove, circa 1800, has been restored and converted to a working electric stove.

*Photos By  
Danielle Reid,  
The Patriot*

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## Public Service Announcement

### Free Community Dinner in Draper

Meal is Free and everyone is welcome! Start serving at 5:45 pm. Following the meal, we will have music and time of reflection and encouragement so come see whats in store for you in New Year. For more information contact Pastor Vickie Comar at deltoncogop@gmail.com or call 276-620-3191.

4570 Boyd Road, Draper, VA, 24324.  
I-81 Exit 92 go past Draper Mercantile and Bryson's turn on your right to end of road. Turn left on Delton Rd. go approximately 4.2 miles. Delton Rd. later merges to Boyd Road.

## January 4

### VFW Auxiliary Bingo

VFW Auxiliary Post 1184 will host 25 Cent Bingo on Saturday, Jan. 4 from 11 a.m. to 2 p.m. Everyone welcome. Located at corner of Dora Highway and Washington Avenue in Pulaski.

## January 8

### Special Speaker

On Wednesday, Jan. 8 Evangelist Danny Johnston from Salem will be speaking at Abundant Life Ministries Church. Johnston is a timely messenger with a timely and relevant message for you. Johnston is an outstanding Christian speaker with a message for today's generation. This message reflects a grasp on the relevant issues of the day. Johnston recognizes the needs of this generation, but also recognizes the answer to these problems. He proclaims that the answer is the Lord Jesus Christ. This Christian evangelist possesses a thorough knowledge of the Bible, and a God-given extemporaneous speaking ability. As this evangelist proclaims that "Jesus Christ is the same yesterday, and today, and forever," the Holy Spirit anoints this ministry with signs following and the results are life changing. Pastor Randall Lawrence and the congregation gives the public the special invitation to this service. Service time is 7 p.m. The church is located at 3050 Lee Highway, one-quarter mile past LewisGale Hospital Pulaski on the right. More information call the church at 980-5506.

## January 14

### Sons Group To Meet

The Sons of Confederate Veterans, Stuart Horse Artillery Camp 1784 will on Tuesday, January 14, 7pm at Ray's Restaurant on Rt. 221, north of Floyd. Members of the United Daughters of the Confederacy (UDC) are also invited to attend. Member William Reed will speak on "Confederate Generals and their relationship to Christianity". If Floyd County Public Schools are closed on Tuesday or Wednesday of this week due to weather, the meeting is cancelled. For further information, please call 320-4315 or 239-9864.

### NRV Master Gardener Training program seeking

**applicants for training class**  
The New River Valley Master Gardener Program is seeking applicants for the 2020 Master Gardener Training class. The class runs from late February through early May. Contact the Montgomery County Extension Office at 540-382-5790 for more information.

### Pulaski High School Class of 1970 plans reunion

Please help spread the word over the holidays to friends and relatives that the Pulaski High School Class of '70 is planning on hosting their 50th reunion during the Memorial Day weekend of May 22-23 at Al's on First. For more information please contact Cathy Weddle Coble at 540-230-1519.

### On-going community based activities and needs:

**WOTM (Women of the Moose) host monthly quarter BINGO**  
Monthly WOTM Bingo is held the second SATURDAY of every month at the Pulaski Moose Lodge, 11 a.m. - 2 p.m. There are awesome door prizes, FREE coffee, WOTM donation updates, pull tabs, raffles and much more. Come out and play some quarter Bingo with your Women of the Moose. \$10 Buy-in: You play unlimited amount of cards.

### AA

Alcoholics Anonymous meet Monday at 8 p.m.(closed meeting); Wednesday (noon); and Thursday at 8 p.m. (open meetings) at Pulaski Presbyterian Church of America located at 975 Memorial Drive. Contact number 540-440-0066.

### Al-Anon - Pulaski

Pulaski Al-Anon Family Group (a support group for friends and families of alcoholics) meet every Monday night at 8 p.m. at the Pulaski Presbyterian Church of America located at 975 Memorial Drive. Contact number 540-980-5233

### Volunteers needed at the Ratcliffe

Ratcliffe Transportation Museum is in need of volunteers. Please call Ernie or Ron at 540-980-2307 for more information, please leave a message if no one answers.

### Group sets aside day each month to pray for County

A group of citizens of Pulaski County has set aside the 15th of each month to fast and pray for the county. The group asks that citizens who are of a like mind please join them in this effort.

### Feeding America

Distribution of fresh produce and baked goods at New Life Church of the Nazarene each Saturday from 2:30 p.m. - 3:30 p.m. (no charge) on a first-come-first-served basis. The church is located 45 S. Jefferson Ave., Pulaski.

### Adult Day Care and Fall Prevention Center hosts monthly BINGO

Adult Day Service and Fall Prevention Center hosts BINGO on the 4th Saturday of each month from 11 a.m. - 2 p.m. at the Ruritan building on 4th and Jeffer-

son St in Pulaski. The building is located near Seagles Funeral Home. Everyone welcome!

### Pulaski Old Time Jamboree

A Bluegrass Jam session for players of all ages is held every Thursday evening 6 p.m. - 8 p.m. at the Historic Pulaski Train Depot. Join the jam by playing an instrument or singing or just come by and enjoy the music. Call Dee Dean at 540-392-3555 for more information. The center is located across the street from the post office.

### Cowboy Church ministry offers food bags to the elderly and shut-in

On the third and fourth week of each month Cowboy Church offers food bags to the elderly and shut-in. On these weeks, interested participants may come by the church at 12 noon for pick up if able. Delivery is available if necessary. Call Mike and Pat Thompson at 540-577-4923. Cowboy Church is located at 520 E. Main St., Pulaski (across from Downtown Exxon).

### Pulaski Daily Bread in need of volunteers

Daily Bread is in need of servers on several different days, so if you can spare a few hours a week you may contact Debbi Harrell (Director) at 980-2131 between the hours of 8:30 a.m. - 12:30 p.m. Monday through Friday.

### Celebrate Recovery Support group at VHM

Valley Harvest Ministries in Dublin is now sponsoring a support group for people who are working through hurts, habits and hang-ups. The group meets each Thursday at 6:30 p.m. Food will be served at 6:30 p.m. followed at 7 p.m. with a large group meeting and then everyone will divide into smaller groups at 8 p.m. The church is located at 1 Harvest Place in Dublin.

### Narcotics Anonymous

The NA group HOW meets each Sunday 6 p.m. at the Christ Episcopal Church located at 144 Washington Ave., in Pulaski. The meeting is open to everyone.

### N.A. Principles before Personalities

N.A. Principles before Personalities meets Thursday at 7 p.m.; Friday and Saturday at 6 p.m. at the First Presbyterian Church Annex located at 4th and Jefferson St., Pulaski, Va. For more information, go to www.newrivervalleyna.org

If you would like to publicize community activities (FREE of charge) please contact us by email: news@pcpatriot.com or drop by The Patriot newspaper office at 138 N. Jefferson Ave., Pulaski or call 540-808-3949.

**Pulaski COUNTY PROUD!**  
Our heritage. Our hope. Our home.

## Weekly SUDOKU

by Linda Thistle

		3			4	2	1	
	2		1					4
7				3		8		
	9			4			6	
		8	9			7		
6					3			5
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	5				6	4		

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

**DIFFICULTY THIS WEEK:** ◆◆◆

◆ Moderate ◆◆ Challenging  
◆◆◆ HOO BOY!

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Puzzle Answer Appears Elsewhere In This Week's Issue

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Meredith McGrady  
Office Manager



## Taking It To The Streets



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7:00 P.M. Each Evening:

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*Free Snacks & Drinks Every Youth Night!*

223 N. Washington Ave, P.O. Box 30 Pulaski, VA 24301  
(Old Southwest Times Building)

*January 2020*

Fri. Jan. 3rd: Sister Ginger Riggins  
Sat. Jan. 4th: Sister Barbara Kidd

Fri. Jan. 10th: Pastor Doug Duncan  
Sat. Jan. 11th: Pastor Harry Gunter

Fri. Jan. 17th: Rev. Reggie Friday  
Sat. Jan. 18th: Pastor Todd Garwood

NOTE: Food / Clothing Event 11 am until 1 pm. Soup, Grilled Cheese, Dessert and Drinks. Also the Clothing Bank will be open with Free Men's, Women's, Boys and Girls Clothing.

Fri. Jan. 24th: Evangelist Joyce Greer  
Sat. Jan. 25th: "YOUTH NIGHT" Rev. Paul Robertson "All For Jesus"

NOTE: 11 AM SUNDAY MORNING OUTREACH SERVICE AT THE STREETS  
Sun. Jan. 26th: Pastor Todd Garwood

Fri. Jan. 31st: Pastor Charlie Barbettini

Each Service Broadcast Live on streaming video at: www.streets4god.com

For More Information Contact: Charlie Barbettini : 276.620.4293

Wear what you have and come as you are! Come expecting a Blessing  
"Go Ye Into All The World and Preach The Gospel to Every Creature" Mark 16:15

**SHONEY'S**

## All Day Senior Day

Due to popular demand, Shoney's Senior Buffet is BACK!!!!

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# Healthy food shifts

**Laura Reasor**  
Associate Family and  
Consumer Science Agent,  
Pulaski/Giles

With 2020 knocking at our door, many of us set healthier life choices as goals for the new year. We can move toward a healthier eating pattern by making small shifts in food choices over time. These would include choosing nutrient-dense snacks over high-calorie snacks, choosing fresh fruit over fruit products with added sugars, choosing whole grains over refined grains, and choosing oils over solid fats.

When choosing a food, it is important to consider what benefits it is offering to your body and your health. For example, when comparing carrot sticks to potato chips, it may seem like the better choice is obvious but some may

be more difficult to compare.

Choosing whole fruits with natural sugar is a better choice than fruit products with added sugars. Check your ingredient labels for added sugars that go by many different names. Some include: corn syrup, brown sugar, fructose, maltose, invert sugar, nectars, dextrose, honey, molasses, and high-fructose corn syrup (HFCS). Choosing packaged foods that have less or no added sugars can improve your health.

When looking at grains, it is best to choose whole grains over refined grains. Whole grains contain the entire grain kernel. Examples of these products include, oatmeal, whole cornmeal, and brown rice. Refined grains have been milled, a process that removes the bran and germ from the grain kernel. Refined grains are milled to give a finer

texture and improve shelf life, but it removes dietary fiber, iron and many B vitamins. Examples of refined grain products include white bread and white rice. Many refined grains are enriched, meaning certain B vitamins and iron are added back after processing. Fiber is not added back, which is very important in digestion and obtaining a "full" feeling after eating.

All fats and oils are a mixture of saturated fatty acids and unsaturated fatty acids. Unsaturated fatty acids include monounsaturated and polyunsaturated fats. Oils are fats that are liquid at room temperature and come from many different plants and fish. Solid fats are fats that are solid at room temperature, like beef fat, butter, and shortening. Solid fats mainly come from animal foods and can be made from vegetable oils through a process called hydrogenation. Solid fats contain more saturated fats than oils. Saturated fats tend to raise LDL cholesterol levels in the blood (also known as bad cholesterol), which increases the risk for heart disease.

Each of these tips are simple changes you can do to better your 2020! More information can be found at [choosemyplate.gov](http://choosemyplate.gov).

## Griffith's traveling staff schedule

Congressman Griffith's Ninth District STAFF will be available at the following locations during the month of January. In the event of inclement weather (heavy snow, sleet, icy rain, etc.), traveling office hours may be rescheduled to avoid putting constituents at risk. If a County's or City's schools are closed, then its office hours will be closed as well. Please contact the Christiansburg Office at 540-381-5671 or the Abingdon Office at 276-

525-1405 with any questions or to schedule an appointment time in the event of office hour closure.

**January 9, 2020**  
Radford: 12:30 – 2 pm  
Radford Public Library

Wythe County: 1:30 – 3 pm  
Wythe County Sheriff's Office

Pulaski County: 2:30 – 4 pm  
Pulaski County Library

## First Pulaski Works Project Advisory Committee meeting held

BY DAVID JAY PRINE

The first Pulaski Works Project Advisory Committee (PAC) meeting was held on December 18 at the Pulaski County IT training Room. The Pulaski Works PAC is an ad hoc group organized to advise the Project Team for a year-long Appalachian Regional Commission planning grant.

The Town of Pulaski in partnership with the County and the New River Community College and the New River/Mt. Rogers Regional Workforce Board began work on an Appalachian Regional Commission-funded project in mid-October. "Pulaski Works: Community-Based Planning for a Training Center and Makerspace" will study the need for and viability of a training center and makerspace to be located in downtown Pulaski developed (a) to increase the number of workers trained in regionally-needed skills and (b) to provide a location for innovators and entrepreneurs, while also (c) designing programs to meet the needs of individuals traditionally unable or disinclined to seek training (e.g., second career-seekers or those who have recently struggled with addiction or incarceration).

Representatives from a variety of organizations and sectors serve as a project brain trust of sorts to guide the work and offer insights into project activities. The PAC will meet quarterly to review progress of the project and provide input relative to the members' respective expertise. Watch this site for upcoming information on Community Open Houses to share information about the ongoing project with the public.

## Affordable health screenings coming to Dublin

Residents living in and around the Dublin, Virginia can learn about their risk for cardiovascular disease, osteoporosis, diabetes, and other chronic, serious conditions with affordable screenings by Life Line Screening. Dublin Lions Club will host this community event on Jan. 10. The site is located at 600 Dunlap Rd in Dublin.

Screenings can check for:

- The level of plaque buildup in your arteries, related to risk for heart disease, stroke and overall vascular health.
- HDL and LDL Cholesterol levels
- Diabetes risk
- Bone density as a risk for possible osteoporosis
- Kidney and thyroid function, and more

Screenings are affordable, convenient and accessible for wheelchairs and those with trouble walking. Free parking is also available.

Packages start at \$149, but consultants will work with you to create a package that is right for you based on your age and risk factors. Also ask about our Wellness Gold Membership Program which allows customers to get all the screenings they need now, but pay \$19.95 a month. Call 1-877-237-1287 or visit our website at [www.lifelinescreening.com](http://www.lifelinescreening.com). Pre-registration is required.

### Weekly SUDOKU

Answer

9	8	3	6	5	4	2	1	7
5	2	6	1	7	8	3	9	4
7	4	1	2	3	9	8	5	6
3	9	5	7	4	2	1	6	8
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4	3	2	5	9	7	6	8	1
8	6	7	4	2	1	5	3	9
1	5	9	3	8	6	4	7	2

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