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School system's focus turns to feeding students

"Friday at 4 p.m. we were an education agency. By Wednesday we will be a large-scale meals on wheels, serving some 40,000 meals a week. To do that kind of transition that quickly is pretty amazing."

Dr. Kevin Siers
 Pulaski County School Superintendent

By **MIKE WILLIAMS**
 The Patriot

Monday evening key members of the Pulaski County School System's administration reported to the School Board on efforts to continue educating and feeding the county's students in the face of a two-week school shutdown brought on by the coronavirus.

The meeting became a celebration of what the school system had accomplished in just a little over three days, and featured tears of appreciation.



Last week's announcement by the Governor that all schools in the Commonwealth would be closed for two weeks to lessen the spread of COVID-19 sent Pulaski County School officials into action.

School Superintendent Dr. Kevin Siers is credited by many for putting the county in the lead among area school divisions in getting Pulaski County ready for the impending shutdown, by ordering schools be closed on Friday, March 13 to give teach-

ers time to prepare learning packets to go home with students. He instructed teachers to prepare 10 days of lessons for the packets.

In the meantime, nutrition staff focused on the huge chore of providing meals to students while they are out of school. It's a well-known fact that, for many students, the best or ONLY real meals they receive each day come at school.

Maintenance staff began the chore of cleaning and disinfecting 15 full size school buses, seven pupil transportation vans and two "Cougar" buses to haul meals. Bus drivers and para-educators were lined up to man the vehicles.

Custodians focused on cleaning and disinfecting school buildings for the eventual re-opening of classes.

Every school system employee along with volunteers and several local churches played a role in the effort to feed kids.

The mobilization of the school system to feed the students continued until Wednesday when the first batch of 3,972 meals were prepared at Critzer and Snowville elementary schools and at Pulaski County High School and taken to several pickup sites throughout the county.

Students are being provided two breakfasts and two lunches on Monday and Wednesday, and one breakfast and lunch on Fridays.

Several locations throughout the county have

See **SCHOOLS**, page A2

Community comes together in face of coronavirus crisis

By **DANIELLE REID**
 The Patriot

COVID-19. A new medical term that evokes fear throughout the community and sends people scampering to their nearest retail store to stock up on items they consider essential for daily life.

While pandemic levels of coronaviruses are not new (SARS in 2002; Swine Flu H1N1 in 2009; MERS 2012), they were specific to influenza. COVID-19, however, is different in that it affects the respiratory system. The virus is officially named SARS-CoV-2 and the disease it causes is Coronavirus Disease 2019, or COVID-19.

With no symptoms until up to 14 days after infection, it cloaks itself as a sinister and potentially deadly disease. According to the U.S. Center for Disease Control (CDC), older people and people of all ages with severe chronic medical conditions — like heart disease, lung disease and diabetes, for example — seem to be at higher risk of developing serious COVID-19 illness. Reported illnesses have ranged from very mild (including some with no reported symptoms) to severe, including illness resulting in death.

Fortunately, as of Wednesday, Dr. Noelle Bissell of the New River Valley Department

See **VIRUS**, page A5

Martin's to open new Dublin location

By **MIKE WILLIAMS**
 The Patriot

Martin's Pharmacy is expanding again.

According to Pharmacist Will Hale, Martin's will open a second location in Pulaski County in the former Wades building on Broad Street in Dublin.

"We plan to sign a lease tomorrow," Hale said Wednesday evening. The new Dublin location will be on the vacant end of the renovated Wades building opposite the just-opened Family Dollar.

Hale said he and his father, Eddie Hale hope the Dublin location

See **MARTIN'S**, page A2

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Schools

Continued from Page A1
been established for drive-thru pickup via buses in the parking lots. Pickup times are 1 to 3 p.m.

Those locations include French's Chapel, Critzer Elementary, Fairlawn Baptist Church, Parrot Church of God, Pulaski County High School, Dublin United Methodist, Snowville Elementary, Morgan's Chapel and Abundant Life.

Buses will be parked as pickup points at Old Hiwassee Elementary, Washington Square Apartments (1-2 p.m.), Old Draper Elementary School, Meadowview Apartments (2-3 p.m.), Central Gym and Abby Court (1-2 p.m.).

The school system has established an email (pulaskicounty-schoolmeals@pcva.us) and phone number (540-643-0104) for individuals to request meals and instructional packets.

"This has been a very hectic and crazy couple of days," Siers told the board. "Everyone has really risen to the occasion. Everyone has stepped up their game to try to make things go as smoothly and successfully as possible."

Taking It To The Streets to be temporary distribution center

Taking It To The Streets Ministry in Pulaski has been called by God to serve citizens in Pulaski County who need food during this particularly difficult time due to the coronavirus pandemic.

Charlie Barbettini, Pastor of Taking It To The Streets said this week, "We feel that this is what God would have us do, to help those in need."

Beginning Wednesday, March 18, Taking It To The Streets will be distributing free food to anyone in Pulaski County who may need extra food to feed their children and family.

On Wednesday, anyone representing a family whose last name begins with I, J, K or L may come to the church located at 223 N. Washington Avenue in downtown Pulaski.

Food will be distributed to families each day according to the first letter of your last name on the following schedule:



Pulaski County Schools photo

School buses ready to roll out Wednesday loaded with 3,792 meals for students.

While reporting on Pulaski Middle School's preparations, Principal Adam Joyce noted that – when it was announced schools would be closed – "I thought this will break (Ethelene) Sadler's heart. But she has risen to the occasion."

Sadler, Director of Nutrition, said she is "so grateful and appreciative to this community."

"I don't care what people say

about Pulaski County, it is a wonderful place to live and work," Sadler said.

"The outpouring of support has just been overwhelming and I am very grateful for that," she added. "This has been a huge undertaking. It's been a lot of work, but I'm not complaining," she said.

She added tearfully, "I say this with all my heart and mean it. It's worth it! I know because of the efforts of all of us, the nutritional needs of these students will be met."

"That is where my heart is and not only mine, but all of my school nutrition staff and everyone in this division. I am so appreciative," Sadler said.

Martin's

Continued from Page A1

will be open by July or August of this year.

"We moved into the new building in Pulaski (400 North Washington Avenue) in 2009 and we have really outgrown it, so having a location in Dublin will help with the stress on the Pulaski location," Hale said.

"We will be able to better serve our patients having multiple locations in Pulaski County," he added.

Martin's first expansion – to Rural Retreat – came in January of this year.

"Rural Retreat is up and running and doing amazing right out of the gates, since opening in January of this year," Hale noted.

Pharmacist Dr. Kristen Owens is now located in the Rural Retreat location.

Pharmacists Dr. Ashley Williams and Doug Futrell will be based in Dublin.

Like Pulaski, the new Dublin location will feature a drive-thru.

forward to how we're going to operate if we have an eight-week shutdown."

"I want to thank everybody," Siers stated. "It truly has been a team effort for every single member of Pulaski County Schools."

"It's been a very hectic time and a somewhat trying time. But it also shows what we are made of. Just a bunch of really good, dedicated people who want to make sure our kids have meals to eat while this is happening and that they are able to continue with their education to the best degree possible."

"I think everyone should be proud of every employee we have in Pulaski County Public Schools, as everyone has contributed to make this a success," Siers said.

Robinson District school board representative Dr. Paige Cash noted, "I told Dr. Siers last week – this community came through a tornado. It can come through this."

"I couldn't be more pleased with how the community has pulled together to make this work. Everyone in Pulaski County should be really proud of the job this group has done," she said.

"Thanks for all you are doing," Massie District representative Beckie Cox told the administrators.

"Ethelene Sadler – I thought of you all weekend. I knew you were busy, but I knew this was also your forte'. I knew you wanted kids to have food."

"I had a discussion over the weekend with someone about the timing of this for some people. If they are on a monthly pay cycle and get their money at the beginning of the month, they didn't have the option or the money to run out and stock up like some people did," Cox said.

"There is going to be a lot of people who are in a really bad spot in this community and I feel for them and I pray for them."

"Thank you all for what you are doing," Cox added.

"We'll do everything we can to help our families out – whether their kids are school-aged or not," responded Siers.

School Board Chairman Timmy Hurst said it best in the end about the school system's effort.

"There's not a better group of people anywhere!"

Dr. Cynthia M. Southern, D.D.S.

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All non-essential, non-emergency court proceedings are suspended

Pursuant to an order dated March 16, 2020 of the Honorable Donald D. Lemons, Chief Justice of the Supreme Court of Virginia, all non-essential, non-emergency court proceedings in all courts are suspended until April 6, 2020 (21 days).

This order includes almost all civil, traffic, and criminal matters, with limited exceptions for emergency matters, including, but not limited to, quarantine or isolation matters, arraignments, bail reviews, protective order cases, emergency child custody or protection cases, and civil commitment hearings.

Please be advised of the following:

1. You should contact the Clerk's Office of the Courts listed below to determine if your case has been suspended.

2. If you are still required to appear, the following restrictions will apply:

a. Only the required parties or subpoenaed witnesses should appear. The bailiffs at the front door will prohibit anyone else

from entering the building.

b. The bailiff will screen everyone who appears and may prohibit entrance if you have signs of illness or should otherwise be prevented from entering.

c. All persons who enter the building will be required to use the hand sanitizer in the Courthouse lobby.

d. All persons who enter the Courthouse shall, when possible, maintain a distance of 6 feet from all other persons.

e. Where possible, the Courts will hold hearings by video or telephone.

f. The Courts may impose further restrictions without notice.

3. If you have any question, call the Court; do not appear in person.

4. The licensing ceremony in the Juvenile Court originally scheduled for Thursday March 26, 2020 has been delayed until Thursday April 23, 2020 at 4:15.

5. The 4-2-2020 Celebration in honor of Child Abuse Prevention Month has been postponed.

The Courts appreciate your co-

operation and patience in these difficult times. Let's all work together to stay safe.

Bradley W. Finch,
Circuit Court Judge
Erin J. DeHart,
General District Court Judge
H. Lee Chitwood,
J&DR Judge

The contact information for the Clerk's Office of each Court is:

Circuit Court
540-980-7825
General District Court
540-980-7470
Juvenile and Domestic Relations
540-980-3822, ext. 3

Many Court-related forms can be accessed online at: <http://www.courts.state.va.us/forms/district/jdrcourt.html>

Voters encouraged to vote absentee in upcoming May municipal elections

The Virginia Department of Elections and the Pulaski County Registrar's Office encourages voters to protect their health during COVID-19 outbreak. Voting absentee in the coming local May elections is strongly encouraged.

Voters may choose reason "2A My disability or illness" for Absentee voting in the May 2020 elections due to COVID-19. Voters who choose the absentee option should do so as soon as possible so they can get their ballots in time to return them by mail so they are received by Election Day.

To request an absentee ballot by mail, registered voters may apply online at www.virginia.elections.gov/absentee or they may request an application by calling the Registrar's office.

Absentee voting begins Friday, March 20th. The deadline to request a ballot be mailed is April 28th.

Please call the Registrar's Office at 540-980-2111 if you need more information or have questions. The Registrar's Office is located at 87 Commerce Street, Pulaski.

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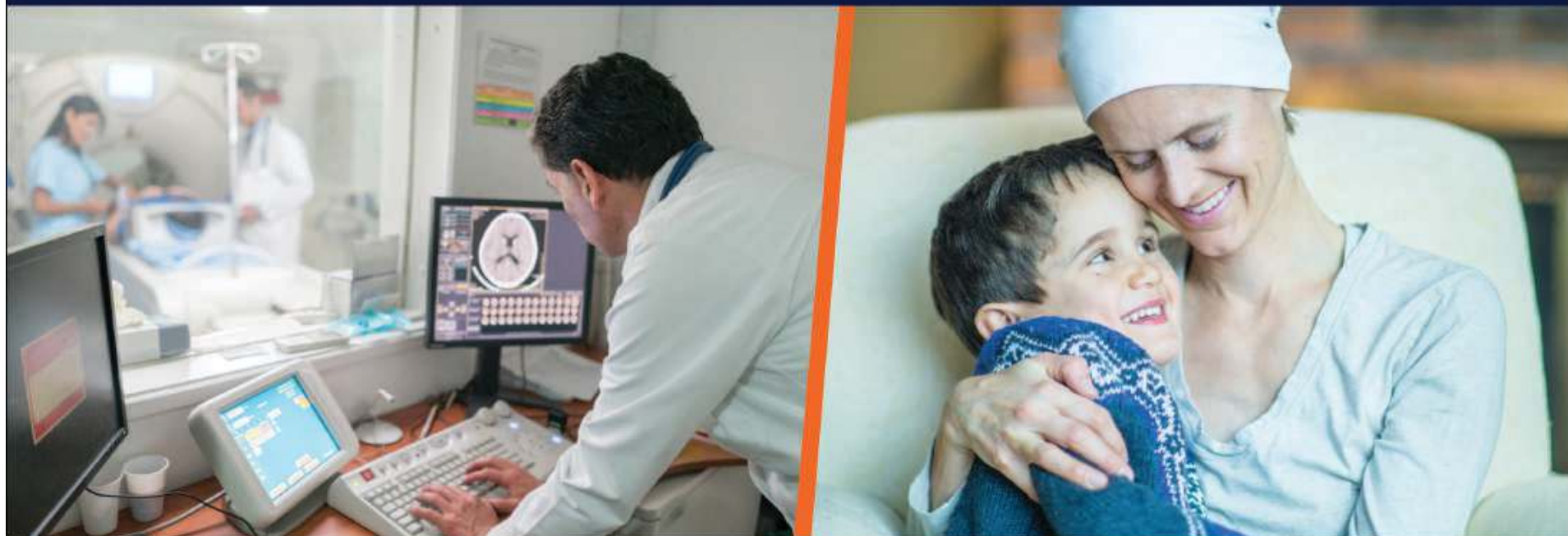
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Area Obituaries

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TAMMY ELAINE EDWARDS MONTGOMERY

Tammy Elaine Edwards Montgomery, age 57 of Dublin passed away Tuesday, March 17, 2020 at her home. Born February 17, 1963 in Radford she was the daughter of the late Windle Jackson "Jack" Edwards and Judy Jones Edwards. Her brother, Windle Edwards, Jr., sister, Susan Renee Grubb, maternal grandmother, Irene Linville and father-in-law, Gene Montgomery also preceded her in death.

She is survived by her Husband
Michael Eugene Montgomery – Dublin
Children
Jason Neil – Pulaski
Timothy Andrew Kennedy, Jr. – Barren Springs
Grandchildren
Nola Michael Neil Hailey Kennedy Aiden Jefferson Neil
Makenzie Kennedy Addison Ann Neil Kelsey Gurski
Brothers & Sister-in-law
Terry & wife, Vanessa Edwards – Draper
Jeffery Edwards – Barren Springs
Maternal Grandfather
Bill Linville – Pulaski
Brother-in-law
Mark Montgomery – Pulaski
Mother-in-law
Eunice Montgomery – Fairlawn

Memorial services have not been scheduled at this time. Follow our website for updates and to sign the online guestbook at www.bowerfuneralhome.com

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

ROY EUGENE HALL

March 18, 1938
March 16, 2020

Roy Eugene Hall, 81, of Pulaski, passed away Monday, March 16, 2020. He was retired from Jefferson Mills. He was preceded in death by his parents, Chaffin and Nancy Hall; and sons, Preston Eugene Hall and Jeffrey Todd Hall.

Survivors include his son, Kirk (Dovie) Hall; grandchildren, Stephanie Ann Robinson, Jennifer Diane King, and Kathleen Nacole Hall; and 5 great grandchildren.

Per his request, services will be private.

The Hall family is in the care of Mullins Funeral Home and Crematory in Radford, www.mullinsfuneralhome.com



EUNICE MAE SHELburne COVEY

Eunice Mae Shelburne Covey, 88, of Snowville, passed away on Sunday, March 15, 2020. Eunice was born on September 24, 1931, near Snowville, Virginia. She was the youngest of nine children born to Arthur William Shelburne and Lucy Lee Whitt Shelburne.

She was preceded in death by her husband of 55 years, Albert Wise Covey; a son, Timothy Lee Covey, and a grandson, Daniel Alan Covey, Jr.

She was also preceded in death by her parents and all eight of her siblings; four brothers, Grover, Buford, Carl and Gilford Shelburne and her four sisters, Edith Shelburne Martin, Helen Shelburne Hatton, Mable Shelburne Altice and Gertrude Shelburne Meredith.

She is survived by sons and daughters-in-law, Tom and Becky Covey, and Danny and Debbie Covey; daughter and son-in-law, Carol and Leon Dishon; grandchildren, Nick Dishon (Kayla) and Erin Mowry; great grandchildren, Peyton Mowry, Addy Mowry, Kate Dishon and Juliette Dishon; and many beloved nieces and nephews.

Eunice was a 1949 Auburn High School graduate and attended Abilene Christian College in Abilene, Texas. She worked as receptionist at Radford Hospital and bookkeeper at Kmart in Radford. She treasured her church family at Laurel Hill Church of Christ where she was a lifelong member.

Eunice was known as a great country cook and she enjoyed cooking for family and friends. She was a devoted wife, mother, grandmother and great grandmother. She dearly loved her family and always wanted the best for them.

The family will receive friends from 11 a.m. until 12 noon on Funeral services were held Wednesday, March 18, 2020 at the Mullins Funeral Home in Radford and were conducted by Blake Griffith. Interment followed in the Covey Family Cemetery near Snowville.

The Covey family is in the care of Mullins Funeral Home & Crematory in Radford. www.mullinsfuneralhome.com



GARY "BUDDY" DALTON NICEWANDER

Gary "Buddy" Dalton Nicewander, 73, of Radford, passed away Thursday, March 12, 2020, at his home in Parrott. He was a U. S. Army veteran serving in Mannheim, Germany from 1966 to 1968. Gary retired from Inland Motor (Kollmorgen) after 38 years of service. He was an avid Nascar fan and a loyal Virginia Tech Football fan. He was preceded in death by his parents, Blake and Madelyn Nicewander; brother, Blake "Took" Nicewander; and his father-in-law, Raymond Nester.

Survivors include his loving wife of 50 years, Debra Nester Nicewander; daughter and son-in-law, Terri and Jeff Hager of Belspring; grandchildren Bailey "B" and Mason Hager; sister, Fay Nicewander of Fairlawn; nieces and nephew, Rita and Mark Hogan of Mason, W. V., Mary and George Grimes of Letart, W. Va., and Robert "Bob" and Kim Nicewander of Hollidaysburg, Pa.; mother-in-law, Elsie Nester of Radford; sister-in-law, Shelby Handy also of Radford; and many other relatives and friends.

Memorial services were held Sunday, March 15, 2020, at the Mullins Funeral Home in Radford with Pastor Danny Newman officiating.

In lieu of flowers, contributions can be made to the Pulaski County Public Safety EMS Division/REMSI, 6580 Valley Center Dr., Fairlawn, VA 24141.

The Nicewander family is in the care of Mullins Funeral Home & Crematory in Radford. www.mullinsfuneralhome.com

DEATH NOTICES

REBECCA ANN TICKLE HAMILTON

Rebecca Ann Tickle Hamilton, 68, of Parrott, gained her angel wings on Wednesday, March 11, 2020.

The Hamilton family is in the care of Mullins Funeral Home & Crematory in Radford. www.mullinsfuneralhome.com

RUTH MCCLUNG BAILEY

Ruth McClung Bailey, 96, of Pulaski, passed away Wednesday, March 11, 2020.

The Bailey family is in the care of Mullins Funeral Home & Crematory in Radford.

www.mullinsfuneralhome.com



MATTIE ELLEN WHITE

Mattie Ellen White, age 91 of Pulaski passed away Thursday, March 5, 2020 at her home.

Born February 15, 1929 in Pulaski County, she was the daughter of the late George Chrisley and Florence Chrisley.

She was also preceded in death by her husband, Olin White, Grandson, Baby James Davis, brothers, Bobby, Junior, Melvin, Jesse "Fuzz" Chrisley and sisters, Violet Kidd, Beulah Graham and Ethel Pauley.

She is survived by her Children
Michael Eugene Taylor – Pulaski
Connie Sue Rosales – Pulaski
Brother
Jimmy (Alice) Chrisley
Grandchildren
Ellen (Tony) Aguilar
Constance (John)Taylor
John Hayes Jim-
my Hayes
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mar Graves
Brannon Davis Jor-
dan Davis
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Chole Hayes Mad-
die Hayes
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ley Hayes

Memorial services will be held Saturday 2:00 p.m., March 21, 2020 at the International Pentecostal Church Valley Road, Pulaski

with Pastor Mary Morris officiating.

To sign the online guestbook, www.bowerfuneralhome.com
Bower Funeral Home ,Pulaski is handling the arrangements

PATRICIA INEZ AUST

Patricia Inez Aust, 61 of Pulaski, VA died Monday, March 16, 2020 at her home.

Ms. Aust will be cremated and a memorial service will be held at a later date.

Arrangements by Stevens Funeral Home, Pulaski, VA.

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Virus

Continued from Page A1
of Health reported, “As of right now, there are no confirmed / presumed positive cases of COVID-19 in the New River Valley Health District. Test kits are overall very accurate (90% or more). There are a limited supply of test kits in the district (NOT at the health department), so if someone has symptoms, they need to call our call center, 540-267-8240 for guidance.”

Bissell advised, “We want to provide the best guidance possible and make sure those at highest risk for COVID get tested. We need to remember that someone could test negative today, be exposed and be positive by the end of the week. That's where personal / community responsibility for good infection prevention and control come in. Don't go out when ill. Stay away from sick people. Wash hands. Handwashing in general is not well practiced. Wash after using the restroom, before eating, or after handling commonly / frequently handled items. Make a conscious effort to not touch the face (people do this hundreds of times a day subconsciously). Don't shake hands or get intimate with hugging / kissing. Practice social distancing of at least 3 - 6 feet. Cough / sneeze into the bend of your arm or a tissue; wash hands after. Don't share drinks, cups, utensils, etc. Wipe down common surfaces with disinfectants (doorknobs, light switches, counters, phones, keyboards)."

Life in the USA drastically changed on January 22nd when the first Coronavirus case was discovered in the state of Washington. Since that time, the “new norm” for Americans includes self-isolation, social distancing, community spread, no groups converging with over 10 people at a time, empty store shelves, closing of schools, restricted hours of operation for businesses and restaurants ... and the list grows daily.

But fortunately, we live in a pro-active community where people see past the immediate problems and look for solutions. Several local leaders, restaurant owners, pharmacists and businesspeople have put their personal fears aside and are finding ways to help others in Pulaski County.

Patty's Kitchen in Dublin, Tom's Drive-In in Pulaski and Tha' Dawg House in Pulaski are offering free take out breakfasts to school age kids from Pulaski County. “We couldn't let the kids go hungry,” Patty Pelton at Patty's Kitchen said. So, she is serving pancakes and bacon for breakfast and hotdogs and french fries for lunch for school kids Monday through Friday from 8 a.m. to 1 p.m. She may provide drive-up service and delivery service in the future, depending on how things transpire over the next week.

Tom's is serving breakfast from 7 to 11 a.m., which includes pancakes, sausage and a juice box. Owner Ronnie Caudill stated, “Instantly, when I heard they were going to be off school and so many of the kids count on the school to eat, I knew I had to do something. It's hard for kids to understand why they don't have food. As long as I can help them, I will. I have young grandchildren and I can't stand the thought of kids in our community going hungry when I can help. Some of my customers have given money and donations to help me buy food through next Friday, March 27th, when schools might return to classes. We'll see what happens after that.”

Martin's Pharmacy is trying to pre-order enough prescription drugs to have on hand in case of a delay in delivery and so there won't be a lapse in their customers receiving their medications.

According to pharmacist Ashley Williams, “We are encouraging customers, if they are comfortable with it, to get three to six months of their prescriptions. We'll help them and work with their insurance companies to have a supply of their medications on hand.”

Customers can use the drive through for free or delivery service for only a \$1.00.

COVID 19 CORONAVIRUS DISEASE What you need to know about coronavirus disease 2019 (COVID-19)

What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can people in the U.S. get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19. Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath



COVID 19 CORONAVIRUS DISEASE What to do if you are sick with coronavirus disease 2019 (COVID-19)

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home

People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Animals: Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.



Because hand sanitizer is out of stock in many places, Martin's experimented with making its own hand sanitizer and produced their first batch on Wednesday. “People can bring in an empty 6 oz. – 8 oz. bottle and we'll fill it up for \$3.00 - \$4.00,” explained pharmacist Williams.

Several churches in the area are making food available including Cowboy Church and Taking It To The Streets in Pulaski and without a doubt several others will join in the endeavor.

Pastor Mike Pierce of Heritage Church advised, “Heritage Cares Food Pantry will still be in operation for the hundreds of families we serve. Food will be distributed at the door in a way that will keep our visitors and staff safe. These times dictate both faith and flexibility and we covet your prayers. I have full assurance in my Lord that He will see us and

our nation through this time in history.”

Pastor Gary Hash of Jubilee Christian Center in Fairlawn is concerned about the necessity of social distancing during this crisis.

“There is lots of anxiety, fear and panic going on right now. When people isolate, that can lead to depression. People may be reaching out for prayer and counseling, so we have our church counselors and staff available to talk. Anyone needing prayer can call us at 540-639-5672,” he said.

While public schools are closed for the next two weeks, it doesn't mean students should stop learning. Chris Stafford of the Pulaski County Public Schools suggests that students continue to study, even though the work may not count toward a grade. Putting aside some time each day to

What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

For more information: www.cdc.gov/COVID19

study and do classwork will help students keep focused and ready when classes resume, he said.

It doesn't have to be all study and no play! If you are a parent or grandparent who remembers what it was like growing up before 24-hour TV or Nintendo, help your kids enjoy family activities again. Pull out the old board games, 500-piece puzzles, read good books (by yourself or to each other), watch episodes of “I Love Lucy,” “Carol Burnett,” “Andy Griffith” ... shows that make you laugh out loud (encouraging endorphins) and are good clean fun.

Also, get outside in your own yard and play or plant a garden, sit on the porch and talk to each other. Remember, Vitamin I helps build the immune system.

Rekindle your love for God, family and the love for America.

Both Peggy White, Executive Director of the Pulaski County Chamber of Commerce and Pulaski County Administrator Jonathan Sweet reflected optimism during their “Tuesday's Topic” online program this week while discussing how we can work together and become problem solvers as a community.

“These are unrepresented times and real issues we're all contending with – business, industry, schools, homes are affected. This provides a good opportunity for us to be collective problem solvers. Communities really need to help each other, neighbors need to help neighbors and corporate neighbors need to help each other,” stated Sweet.

“Out of everything that's happening, it can have some positives for our community coming together. We can focus on how we can help our local small businesses,” responded White.

“Small businesses are crucial to our community and a large part of our economy. Who knows you better than your local businesses; and can provide appropriate customer service. If you can't physically go to your local business, you can shop online or maybe buy gift certificates to use later.”

They suggest that we don't become self-focused and don't panic, but be optimistic, creative, supportive and neighborly. They agree that we want our local small businesses to survive and find opportunities to thrive.

“There can be blessings in disguise in this – a new perspective as we look back on this,” comments Sweet.

“We are thinking about them and our community ... prayerfully about our situation. We are being very responsible and encouraging our community to think locally, buy local. This is a great opportunity to really showcase what Pulaski County is. We are a community. This is our home, our family, and it is a time to showcase our community. We're going to weather this. We'll be fine,” encourages Sweet.

“We're going to do it Pulaski style,” added White with a characteristic optimistic smile.

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Coronavirus

The topic of this column will be the coronavirus. This topic has previously been discussed here before, and because of the rapidly changing situation, the information I present may not be completely up to date when you read it. Nevertheless, these are important facts to know about this significant public health challenge.

The coronavirus originated in Wuhan, China, and has since been classified by the World Health Organization as a pandemic, an illness with global reach. Cases have been confirmed in most of the 50 states and the District of Columbia. Virginia has 30 cases of the coronavirus as of 12:00 pm, March 13. None have been confirmed in Southwest Virginia.

I have been briefed regularly by the public health officials and medical professionals leading the U.S. response to the outbreak, including Director of the National Institute of Allergy and Infectious Diseases Dr. Anthony Fauci and Director of the Centers for Disease Control and



Prevention (CDC) Dr. Robert Redfield. Their agencies, the National Institutes of Health (NIH) and the CDC, received spending increases of 39 percent and 24 percent respectively

from fiscal years 2015 and 2019.* The Federal Government has acted in an attempt to contain and, further, to treat the coronavirus and mitigate its economic and societal effects.

On March 6, President Trump signed legislation approved by Congress and which I voted for, providing \$7.8 billion in emergency spending to respond to the coronavirus. Among the provisions of this spending bill are:

- over \$4 billion to make diagnostic tests more available, support vaccine development and treatment, and avert medical product shortages;
- \$2.2 billion to the CDC, of which \$1 billion will go to state and local response efforts; and
- \$20 million for disaster assistance loans for small businesses.

On March 11, the U.S. Department of Health and Human Services awarded over \$560 million of the funds going to state and local response efforts. Virginia will receive \$13.4 million.

President Trump has instituted travel restrictions on certain foreign countries to prevent more possibly infected travelers from entering the United States. Meanwhile, his administration is helping to ease the disruption occurring in our daily lives as a consequence of the coronavirus.

The U.S. Department of Agriculture (USDA) has granted Virginia flexibility to school meal service. For students who depend on school meals, USDA's waiver will ensure they can continue to rely on them. It is important to note that while USDA will continue to support these meals, local school systems are in charge of the logistics of feeding the students.

The U.S. Department of Labor has also outlined the flexibilities states have in administering unemployment insurance, which can help individuals whose work lives are disrupted by the coronavirus.

The U.S. Department of Veterans Affairs (VA) announced safeguards for its nursing home population, adopting a no visitor stance, suspending new admissions, and screening nursing home staff daily. As older individuals who frequently have other health conditions, residents of VA nursing homes, such as the Salem VAMC, are an at-risk population. The VA's actions will help reduce that risk.

During a time of widespread contagion, the practice of "social distancing" becomes one of the most valuable tools to mitigate infection. Many entities are cancelling or limiting large events.

Symptoms of the coronavirus include fever, cough, and shortness of breath. If you think you or someone close to you may have contracted it, contact your doctor. He or she will determine whether you need to be tested.

The Virginia Department of Health processes tests, but it has strict criteria for doing so. Private labs are expanding their testing capacity. LabCorp and Quest, which have locations in Southwest Virginia, are capable of testing, and other entities are likely to have the capacity in the near future. Your doctor or other health care professionals, however, remain your first point of contact.

It is important to have a clear and realistic view of coronavirus' dangers and its impacts on our lives. Such an understanding will help protect you and your family and bring closer our return to normalcy.

If you have questions, concerns, or comments, feel free to contact my office. You can call my Abingdon office at 276-525-1405, my Christiansburg office at 540-381-5671, or my Washington office at 202-225-3861. To reach my office via email, please visit my website at www.morgangriffith.house.gov. Also, on my website is the latest material from my office, including information on votes recently taken on the floor of the House of Representatives.

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.

Bringing It Back

What a couple of weeks we have all had dealing with what has become a national and state declared emergency.

We are navigating uncharted waters dealing with COVID-19, but moreover dealing with the collateral damage to the economy, our small businesses, county operations and our daily lives.

Every TV, print, radio and web-based media platform is laser focused on Coronavirus coverage.

With all that said, the last thing you need me to talk more about is what everyone else is talking about, so I will spare you. But, if you are interested in what the County is saying about the situation, please go to the county's webpage at www.pulaski-county.org to see our dedicated page on information and updates regarding COVID-19.

Okay, now where were we? Yes, we were talking about the most fun I have had in a very, very long time – Adult League basketball. This activity hadn't taken place in more than 15 years and Pulaski County finally brought it back, and I am so glad we did. We had 10 teams this year with 10 players per team. My team, the 'County Cougars' consisted of 10 county W-2 employees including myself. I believe our team's average age was more than 35, but watching us play you might have guessed we were a decade older. Most all of us got a little banged up by the end of the season, but at least we managed not to incur any major injuries like a few of our fellow ballers.

I must say that many of the matchups were epic and one game in particular came down to the final minutes



Patriot's Post

Jonathan Sweet
Pulaski Co.
Administrator

with the County Cougars pulling it out by three.

One of my favorite elements was all the fans (perhaps just spectators), that showed up to watch, cheer and sometime laugh at grown men and women seriously engaging in competitive sports. The re-emergence of Adult League is something that came out of our recently adopted Parks & Recreation Master Plan where the community asked that we implement more adult recreation programming.

Well the community asked for it, and they got it. The positive feedback we received after the season proved it was a success and everyone wished we could simply keep playing, that is everyone that still had both hamstrings and two good knees.

I would like to wrap things up by saying how proud I am of my team who finished up undefeated with a record of 9-0 against a lot of great teams. So congrats and thank you to Chase, Brayden, Anthony, C.J., Jason, Josh, Ryan, Shay and Chris for your great play, teammanship and for all your assists.

Pulaski County is... "County Cooouugars!!!"



The Virus And What Matters Most

Some years ago, I wrote a book titled "The Things That Matter Most." It was a critique of the continuing impact the '60s generation has had on the country.

The coronavirus pandemic, too, offers us an opportunity to consider what matters most in our nation and individual lives. We are told to stay indoors, not travel, avoid restaurants and bars and crowds of more than 10 people. Many have been ordered to work from home. Some are being laid off or have had their hours reduced. Entertainment seems limited to the few things worth watching on TV.

Rather than lament this -- and there is plenty to lament -- how about seeing it as an opportunity? During Lent, some people give up certain things to practice self-discipline and demonstrate their devotion to God.

While there is a big difference between voluntarily giving up something and being forced to give up many things and while there's a difference between a religious practice and an infectious virus, the principle remains the same.

What are you now giving up that you could do without? Put another way, what are you now focusing on that did not get your attention before the coronavirus?

Does being forced to stay indoors and spend more time with your spouse and kids (who are mostly staying home from school) offer an opportunity, or do you consider it a burden? If you are a workaholic who brings work home from the office in the pursuit of money and material things, what opportunities does this forced confinement offer and will you take advantage of them?

Has making money been your primary goal? Are you making less money because you are not working as much, or maybe at all? Are you having to re-order your priorities?

I recently moved. My wife and I are amazed at all the things we still have after donating many items to charity. We had to rent a storage unit for the overflow. Material things never fully satisfy and yet many of us continue to pursue them as if they do.

If you crave status, does that matter as much while you focus on handwashing and other virus-preventive measures? How often did you even think about washing your hands before



Cal Thomas

Tribune Content Agency

the virus?

Last Sunday the president called for the nation to pray that God might remove the threat of the coronavirus and protect us from it. Other presidents -- one thinks of Franklin Roosevelt's call to prayer on D-Day, June 6, 1944 -- have asked the nation to pray when the power of government seemed insufficient to overcome a serious challenge. Could this present a similar opportunity for those so inclined to seek a closer relationship with "the God who made us," as Abraham Lincoln said in his proclamation for a day of "humiliation, fasting and prayer" in the midst of the Civil War?

If nothing else is working and if politicians are incapable of guaranteeing our safety, why do so many of us continue to look to Washington for help? Leaders can do some things, but can they do what is most needed?

Last question. When the virus is no longer a threat, will you return to your old ways? Will you again focus on money, things, status and work, or has this virus taught you a lesson, a lesson about what matters most for you, your family and the nation?

As pastor Lon Solomon, president and founder of Lon Solomon Ministries, likes to say: "Not a sermon, just a thought."

Readers may email Cal Thomas at tcaditors@tribpub.com. Look for Cal Thomas' new book "America's Expiration Date: The Fall of Empires and Superpowers and the Future of the United States" (HarperCollins/Zondervan). Readers may email Cal Thomas at tcaditors@tribpub.com.



Rich Lowery

Editor, National Review

Woke-Era Pandemic

The coronavirus outbreak is the first pandemic of the woke era, and as such it's not surprising that there is a fierce debate over how to refer to it without offending against social justice.

Republican Rep. Paul Gosar of Arizona lost whatever sympathy he would have garnered in certain quarters over his self-quarantine when he referred to "the Wuhan virus," a perfectly appropriate name that has been deemed grotesque and unacceptable.

Wuhan is in China, a non-Western country, and people of color live there, so Q.E.D., calling the virus by the name of that city must be racist.

Luminaries across the left denounced Gosar. They even accused him of bringing what is technically the SARS-CoV-2 virus to our shores by misnaming it. Democratic Rep. Ted Lieu of California slammed the Republican's reference to the Wuhan virus as "an example of the myopia that allowed it to spread in the U.S. The virus is not constrained by country or race."

Nonetheless, the virus first became known in Wuhan, and the locked-down city has remained the epicenter of the Chinese epidemic ever since. As of mid-February, the Wuhan area accounted for 86% of all cases in China.

Naming a virus after the location of the outbreak that first brought it to attention is not unusual.

The West Nile virus emerged in the West Nile district of Northern Uganda in the 1930s. It is similar to the St. Louis encephalitis virus, which broke out around St. Louis, Missouri, in 1933, and the Japanese encephalitis virus that began in the 1870s.

Coxsackie in New York state, Marburg in Germany and Hendra in Australia all have viruses named after them. MERS, caused by a virus first identified in 2012, stands for Middle East respiratory syndrome, or even more offensively, the camel flu.

No one had a fainting fit over any of this, but we live in a more sensitive, and absurd, time.

The WHO issued guidelines a couple of years ago warning against naming diseases after geographic locations, or animals (swine flu, bird flu, monkey pox) or membership organizations or occupations (Legionnaires' disease). With regard to the latest outbreak, the WHO has warned that "certain words and language may have a negative meaning for people and fuel stigmatizing attitudes."

There is no doubt that a raging virus that got its start in China, has shut down all of Italy, and caused disruption and fear around the world may create negative associations around China. This would happen, though, regardless of the name.

Such international contention over the name of a virus or disease isn't new. Syphilis was the Neapolitan disease, the French disease or the Polish disease, depending on who was naming it. The 1918 influenza came to be known as "the Spanish flu," although Spaniards called it "the French flu."

There was no good reason for naming the flu after the Spanish,

See LOWRY, page A7

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LewisGale announces new visitation policy

Salem – To reduce the spread of respiratory illnesses, all LewisGale Regional Health System facilities – including LewisGale Hospital Alleghany, LewisGale Hospital Montgomery, LewisGale Hospital Pulaski, and LewisGale Medical Center – are taking the following precautions to protect our patients and visitors.

Patients (age 16 and older) are limited to one adult visitor at a time during new visiting hours (6:00 am to 8:00 pm).

Overnight patients are limited to one adult visitor in the following areas:

- Pediatrics
 - Mother/infant
 - Labor and delivery
 - Pre- & post-surgery (patient advocates)
 - End-of-life
- ER Patients are limited to one adult visitor (age 16 and older). Visitors 16 years old and under are restricted. Hospital staff will pre-screen

all visitors (using standard pre-screening questions) and may require visitors to wear masks. All visitors will be required to wear an identifying armband indicating they have been screened.

Individuals with respiratory symptoms or other risk factors for COVID-19, such as travel or exposure, will be asked to refrain from visiting.

Visitors will be asked to refrain from visiting and utilize alternative methods of communication with patients who are under observation or test positive for coronavirus (COVID-19).

Exceptions may be made for extenuating circumstances.

We appreciate the cooperation and help in maintaining a safe environment for our patients. We continue to work in partnership with our local Public Health Office, the Virginia Department of Health, and the CDC and will provide updates as necessary.

Center

Continued from Page A2

elderly and shut-ins. Contact Pastor Charlie Barbettini at 276-620-4293 to make arrangements.

Anyone wishing to make donations to this effort may do so by donating non-perishable items and canned goods such as beans, soup, fruits – anything a family can use to make a meal. Monetary donations are also accepted. Make checks payable to: Taking It To The Streets, P.O. Box 30, Pulaski, VA 24301.

Also, during an earlier scheduled event this weekend, a free bagged lunch including hotdog, fries, dessert and drink will

be given to everyone on Saturday, March 21, 11 a.m. – 1 p.m. Bagged lunches will be served at the front door.

However, the clothing distribution originally set for Saturday, March 21, has been canceled.

Barbettini added, "We're asking for your help to make this program successful for Jesus said in Matthew 25:40, 'Verily I say unto you, inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me.'" (KJV) Thank you and God bless you all."



Pulaski Community Youth Center Summer Day Camp June 1st-August 14th

Hours 7:30 am -5:30 pm Monday –Friday
Sign up for the whole summer or just for a week.

Each day is filled with fun activities!

Every week we go on field trips, hiking and swimming at Claytor Lake.
Fee: Weekly rates \$65.00 full rate, partial and full scholarships available. Transportation options available.
Contact Samantha for scholarships and transportation.

Limited spots available! Register today at samanthapcyc@yahoo.com or call 540-731-4401.

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Heritage Pantry To Deliver To Vehicles

Boxes of food are ready to distribute through Heritage Church Food Pantry on Thursday mornings. Due to COVID-19 concerns, instead of clients coming into the reception area, the boxes will be brought to them in their cars in the Heritage Church parking lot.

New River Health District operating public health hotline

(CHRISTIANSBURG, Virginia) – Anyone with questions about COVID-19, including local and statewide conditions, symptoms, who should be tested and how that is done, how to minimize the risk of exposure for yourself and your loved ones and what to do if you think you may be ill, can call the New River Health District public health hotline at 540-267-8240. The hotline is presently staffed Monday through Friday, from 8 a.m. to 8 p.m., Saturday, 8 a.m. to noon and Sunday, noon to 4 p.m.

"Residents should understand that testing for COVID-19 and other illnesses is a specific medical procedure that must be ordered by a medical professional," said Noelle Bissell, M.D., director of the New River Health District. "Testing capacity is limited so we want to make sure we use those resources for people with conditions that match the test's intended use."

"There are many different respiratory illnesses and they have many different causes," Dr. Bissell continued. "For someone with respiratory illness, the first test is to determine whether they have the flu. If the flu test is negative, a patient will be tested for a series of other respiratory (non-coronavirus) illnesses. If the first two tests are negative, then a test for coronavirus may

be warranted."

"The vast majority – more than 95 percent - of those with respiratory illnesses are sick for some reason other than coronavirus," said Dr. Bissell. According to the World Health Organization, among those tested for coronavirus in the U.S., only about five percent are confirmed to be infected with the coronavirus. Anthony S. Fauci, M.D., director of the National Institute of Allergy and Infectious Disease, puts the figure at closer to two percent.

"If you think you are ill, DO NOT GO to the hospital emergency room. Call your doctor or the VDH hotline," said Dr. Bissell. "The hotline is designed to provide effective screening for COVID-19 and other respiratory illnesses. Those needing additional check-up or testing will receive instructions on how best to proceed."

In the meantime, seasonal flu is still widespread in Virginia and anyone who has not been vaccinated this season is encouraged to do so. Contact your doctor or call your local health department to make an appointment.

For information on the New River Health District, visit <http://www.vdh.virginia.gov/>

new-river. For information on COVID-19 and ways to protect yourself and those you love, visit <http://www.vdh.virginia.gov/surveillance-and-investigation/novel-coronavirus>.

The Montgomery County Public Health Task Force, comprised of local government, public safety, education and health agencies works to proactively provide local residents and communities with accurate, up to date and effective information about COVID-19 and other infectious diseases. For information, visit www.montva.com/coronavirus.

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Lowery

Continued from Page A6 though. The case of China is different. Its government tried to suppress warnings about the new coronavirus and looked the other way, giving it the room to become a national and then a global crisis.

It deserves to be connected to the virus it did more than its share to loose on the world, no matter what its foreign ministry or the sensitivity police say.

Rich Lowry is editor of the National Review.



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Church Directory

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Teach Me Your Word O Lord

Terry McCraw

Be Like Christ

Christians need to be striving each and every moment of each and every day to be like Christ.. or maybe it would be better to say, to be MORE like Christ.

Followers of Christ were first called Christians in Antioch. They were called Christians because they were like Christ. Oh we'll never be able to be exactly like Christ because He is Deity and we'll never be that.

But most of us could be more like Christ in this life than we currently are.

As has been said, WE are the only Bible some folks will ever read. Christ loves all of us, not just some of us.

Christ was first and foremost concerned that all men, women, boys and girls be saved. He was tempted as we are in every way and yet without sin. He preached the gospel. He laid hands on the sick and they recovered. He forgave those who treated Him harshly. He was unselfish and so should we be.

We should be like Christ in all of these ways.

In order for us to be like Christ, our good example, we must speak like He spake and do as He did. He went about doing good. There was no guile or deceit that came from His mouth.

A few years ago, there was a saying that went around.

WWJD? What would Jesus do? A good question we should all be asking ourselves when we are faced with the temptations and difficulties of life. If Jesus wouldn't have done a thing, neither should we. If Jesus did something, we should emulate His actions.

Some wear bracelets with the letters, WWJD. And that is OK. Anything that reminds us to be cognizant of the fact that we need to be like Jesus, our blessed Lord and Savior, will serve us well. Jesus said to His Disciples, "For I have given you an example, that ye should do as I have done to you." John 13:15. May the Holy Spirit of God prick our hearts and minds, reminding us that we should always be striving to be more like Jesus.

First Baptist to hold Usher's Anniversary Celebration

First Baptist Church on Magazine St. in Pulaski would like to invite the community to their Usher's Anniversary Celebration on Sunday, March 22 at 4 p.m.

The speaker for the celebration will be Elder Deon Jones, Associate Minister of Higher Hope Ministries International in Winston-Salem N.C. According to church information, Elder Jones was led by the Lord to assist his father, Bishop David T. Jones, Jr. at Higher Hope Ministries. He has worked in the church in many capacities ranging from Assistant Youth Pastor to Men's Choir leader.

The church is located at 220 Magazine St., Pulaski, Va.



Jones

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

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
deltoncogop@gmail.com (276) 620-3191
Service Times
Sunday school - 10 am - 11 am
Sunday Morning Worship - 11 am - 12 pm
Sunday Evenings - Devoted to
Evangelistic Outreach
Wednesday- 6 pm
2nd Wed Each Month - Free Community
Dinner - 5:45 pm - 6:45 pm
2nd Wed Each Month - Missions service
6:45 pm - 7:30 pm

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

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 Hanshew
(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

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

Snowville Baptist Church

3238 Gum Log Road, Hiwassee
Pastor: Rev. Tony Hart
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.psalml@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-Methodist-Church

Grace Ministries

Church of God of Prophecy

1021 Macgill Street
Pulaski, VA 24301
Church: 540-980-2118
Cell: 276-233-8083
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.com/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.

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 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

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.

Max Creek Baptist Church
3000 Old Route 100 Road, Draper, Va. 24324
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.

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305 Newbern Road, Dublin
Pastor Elder Stephen Muse
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Sunday School: 10:30 a.m.
Sunday Worship: 11:30 a.m.
Tuesday Night Bible Study: 7-8 p.m.

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.

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
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

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

Family Worship Center First Pentecostal Holiness
955 Memorial Drive, Pulaski
540-980-7287
Jeff Willhoite, Pastor
Sunday School 9:45 a.m.
Sunday Worship 10:45 a.m.
KidsZone 10:45 a.m.
Evening Worship 6 p.m.
www.fwcpulaski.church

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 Activitiy Classes

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.

St. Edwards Catholic Church
Corner of N. Washington Ave. 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

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



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What About You

Some people are terrified about the Coronavirus Flu, panicking and wondering what must we do.

Schools, sport events, even churches are put on hold, Nothing wrong with taking precautions, being Careful, and doing what you are told.

We are frightened for elderly, children, and all. Trust God He won’t let us fall.

The Lord will not leave us alone when Facing troubles, epidemics, and even this flu. He knows what is going on and His Plans for me and you.

In the Bible, remember Shadrach, Meshach and Abednego In the fiery furnace they were sent, Because not bowing and worshipping idol gods they kept the faith and did not relent.

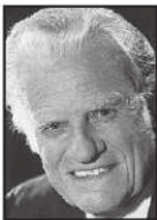
Nebuchadnezzar the King said “Didn’t we cast in three now I see four,” Jesus was right there with them when they opened The door.

If you don’t know the Savior now is the Time, give Him your heart, repent of Your sins, Put it all in the Master’s hands for We will surely win.

Safe in His arms where we are always near, His perfect love cast out all fears.

**Note: “Remember to always pray, each and every day.”
Read Psalms 91**

Written by Naomi Davidson, Pulaski, Va.



My
Answer

Billy Graham

Bring everything in your life to God in prayer

Q: Recently I was saved through the witness of a co-worker. He said the most important thing to do was to pray. What should I pray about? -- N.B.

A: When souls are saved, a desire to be nourished from God's Word is of utmost importance. Bring everything in your life to God in prayer and watch how He answers through the reading of Scripture. This is how God's children have fellowship with the Father and His Son Jesus Christ.

Be faithful in reading the Bible, praying for God's guidance and strength each day, seeking the fellowship of other believers as part of Christ's church, and share your new faith with those who are still wandering in darkness. The church is the Body of Christ on earth, and it is important to join with other followers of Jesus Christ to learn from one another, to encourage one another, and to obey God's Word. You'll find yourself growing. Christ will work in you and through you and you will know His hand is upon you as He leads you along life's pathway.

Many struggle because they want Christ to walk with them; but believers are instructed to leave their own pathways and walk with Christ. He comes into a person's life with transformation, making forgiven sinners new creations in Christ. God will be busy conforming His children to the image of His Son. Salvation is the most important step anyone can take in life and is the only way to truth.

This is "the mystery which has been hidden from ages and from generations, but now has been revealed to His saints. To them God willed to make known what are the riches of the glory of this mystery ... which is Christ in you, the hope of glory ... which works in me mightily" (Colossians 1:26-27, 29).

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

March is National Nutrition Month

It is that time of year again, National Nutrition Month. This year’s theme is Eat Right, Bite by Bite. This campaign created by the Academy of Nutrition and Dietetics focuses on the importance of making knowledgeable food choices, and developing sound eating and physical activity practices.

The National Nutrition Month website offers weekly essential messages. A few of these essential messages include eating an array of nutritious foods every day, plan your meals each week, learn skills to make tasty meals, and consult with a dietitian and/or nutritionist.

The website offers a free toolkit for everyone. The toolkit includes tip sheets, games, and activities. Listed below are the links to the National Nutrition Month website, and the toolkit.

<https://www.eatright.org/food/resources/national-nutrition-month>

<https://www.eatright.org/food/resources/national-nutrition-month/toolkit>

Proper nutrition doesn’t have to be confining or overpowering. Small goals and changes can have an increasingly healthful effect.



FOP NRV Lodge 21 Holding Tax Day Raffle

The Fraternal Order of Police New River Valley Lodge #21 is holding a Tax Day Raffle on April 15 th. The prize is a new 2016 model – 250cc 4 stroke single cylinder SSR Motorsports Snake Eyes Motorcycle. The bike is new and still under warranty. Tickets for the prize are \$5.00 each or \$20.00 for five tickets. Tickets are available from FOP members, at Go Race Inc., or call (540)639-5080. The proceeds from the raffle will be used for charities the local FOP lodge supports. The motorcycle was donated to the lodge by Go Race Inc., 1265 Moose Drive, Christiansburg , Virginia (540) 392-0696. The bike can be seen at Go Race Inc. Pictured above are: (from left) Gus Underwood of Go Race Inc.; Carlos Elias, owner of Go Race Inc . and Lee Wensel, President - Fraternal Order of Police New River Valley Lodge #21.

Dublin, Radford, Bland natives among 37 Virginia State Police Academy grads

RICHMOND – The 37 members of the 131st Basic Session officially graduated Tuesday, March 17, 2020, in advance of their originally scheduled graduation date of Friday, March 20, 2020. In accordance with Governor Ralph Northam’s directives related to COVID-19, traditional commencement exercises were canceled for Friday for the 36 new Troopers and one new Special Agent Accountant.

“This is the first time in decades that state police has had to postpone an Academy graduation ceremony,” said Colonel Gary T. Settle, Virginia State Police Superintendent. “However, this in no way diminishes the Department’s pride in or appreciation of these new Troopers and Special Agent Accountant joining our ranks. We look forward to bringing these men and women and their families to our campus at a later date in order to properly celebrate their accomplishments of completing the Virginia State Police Academy.”

Colonel Settle met with the graduates mid-morning Tuesday for an official Uniform Inspection and to share a few final words with the class. The new Troopers and Special Agent Accountant then filed into the Academy and proceeded up the marble steps – which is an honor only afforded the trainees upon graduation. At the top of the steps, Colonel Settle and the Academy Staff officially congratulated the graduates. Colonel Settle presented each graduate with a Superintendent’s Challenge Coin.

“Since these graduates will not receive their official diploma until their graduation ceremony, each was presented a Challenge Coin,” said Colonel Settle. “They are the only State Police graduates to ever receive a coin from the Superintendent, which I hope they accept as a constant reminder of their oath to serve our Commonwealth with valor and pride, especially during such challenging times.”

The class has received more than 1,300 hours of classroom and field instruction in more than 100 different subjects, including defensive tactics, crime scene investigation, ethics and leadership, survival Spanish, police professionalism, firearms, judicial procedures, officer survival, cultural diversity and crisis management. The members of the 131st Basic Session began their 29 weeks of academic, physical and practical training at the Academy on Aug. 21, 2019.

The graduates of the 131st Basic Session are from every corner of the Commonwealth, as well as Florida, New Jersey, New York

and North Carolina.

The new Troopers will report to their individual duty assignments across Virginia the week of March 23, 2020. For their final phase of training, each Trooper will spend an additional six weeks paired up with a Field Training Officer learning his or her new patrol area. Special Agent Accountant Mills will re-

port to the Bureau of Criminal Investigation’s Appomattox Field Office to begin his final training phase.

Area graduates include:
Jacob Allen Burke of Radford, assigned to Arlington
Cody Edward Gray of Bland, assigned to Russell County
Nathan Allen Jennings of Dublin, assigned to Roanoke.



PET OF THE WEEK



In order to protect both the citizens of Pulaski County and our personnel, we will be closed to the public until further notice.

We will alter our adoption process during this time. If you are interested in an animal here at the shelter, please submit your application with you may access on our Face Book page: Pulaski County, VA Animal Control

Once your application is approved, you will be contacted and a time will be made available for you to do a meet and greet.

Sarge- lab mix, neutered male about 2 years old. This handsome doggo was surrendered by his owner and available now for adoption or rescue.

Pulaski County Animal Control
80 Dublin Park Rd.
Dublin, VA 24084
540-674-8359

Monday-Friday 10AM-4PM and 10AM-12Noon on Saturday

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Kansas finishes No. 1 in AP poll

LAWRENCE, Kan. (AP) — Kansas coach Bill Self has spent much of the past week mulling ways to commemorate one of the more remarkable seasons in the school's proud basketball history, one that began with off-the-court distractions too numerous to count and ended in the unprecedented cancellation of the NCAA Tournament.

The Jayhawks can start by celebrating their finish atop the final Top 25 from The Associated Press.

The regular-season Big 12 champions, who were 28-3 when the season abruptly ended after the first day of the conference tournament last week, received 63 of 65 first-place votes from a national media panel in balloting released Wednesday. That easily outdistanced No. 2 Gonzaga and No. 3 Dayton, each of which received a first-place vote.

"Nobody in America had better season than we did," Self said. "How do you give credit to that effort and have it be recognized? And I don't know exactly how we do it. Do we do it within our own fan base? Do we do it within podcasts or whatnot? Whatever we've come up with so far pales in comparison to the accolades they deserve."

It's the fourth time since the inception of the men's poll for the 1946-47 season that Kansas finished on top, though typically there would still be March Madness to play. The AP does not declare a national champion in the sport because of the tournament.

The final rankings were based on play through March 11, when the outbreak of the coronavirus brought the sport to a halt.

The Jayhawks claim five national championships, the most recent in 2008 after they beat Memphis in the NCAA Tournament title game. But despite a season in which 353 teams played thousands of games and Kansas fin-

ished as the clear-cut No. 1, the school's Hall of Fame coach was unwilling to stake claim to any kind of championship.

"That's not the way this is all intended to be," Self said. "Coaches prepare their teams to peak at certain times. I'm proud of how our team prepared all season but especially at the end of the season, we were terrific. We operated under some pressure and dealt with some stuff. From our standpoint, sure, that would be great, but even if that were to occur, there would be a huge asterisk next to it, and I would agree with that."

Gonzaga (31-2) finished second after beating Saint Mary's in the West Coast Conference finals, one of a handful of league tournaments that were completed. But the Bulldogs will be left to wonder whether another dominant team from coach Mark Few would have finally delivered the school a national championship.

Dayton (29-2) was third behind behind breakout stars Jalen Crutcher and Obi Toppin. That matched the 1955-56 team led by Bill Uhl and Jim Paxson for the best finish in program history.

"The voters who deemed us worthy to be one of the top five teams in the country and finish in the poll in the top three, we appreciate that," Flyers coach Anthony Grant said. "Having that recognition hopefully is something — another thing that you can look back on and will be in the history books, that this team was able to accomplish a top-five ranking."

Florida State (26-5) was fourth in the final poll, easily the best finish ever for the Seminoles, while Baylor (26-4) rounded out the top five after spending a longer stretch at No. 1 than any other team during a topsy-turvy season.

"I think 'historical' always sums up a season when you're able to set so many records and

accomplish so many things," said Bears coach Scott Drew, whose team was in the running for a No. 1 seed in the NCAA Tournament after finishing second to Kansas in the Big 12 race. "This group really got along well. It is a group that really loved one another, spent time with one another, and they were always positive, and that led us to having a historical year."

REST OF THE POLL

No. 11 Duke finished outside the top 10 for only the second time since 2007, while Maryland, Oregon, Louisville and Seton Hall came next.

The rest of the Top 25 included reigning national champion Virginia at No. 16, followed by Wisconsin, BYU, Ohio State and Auburn. The final five in the poll were Illinois, Houston, Butler, West Virginia and Iowa.

BEST OF THE REST

The first two teams outside the poll were two teams with a good chance to have been NCAA Tournament darlings — or break a whole lot of brackets. Stephen F. Austin was 28-3 with a win over Duke at Cameron Indoor Stadium in November. East Tennessee State went 30-4 and went toe-to-toe with the Jayhawks before losing at Allen Fieldhouse.

Among those also receiving votes in the final poll were Michigan, which climbed as high as No. 4 early in the season; Penn State, which was looking forward to its first NCAA Tournament appearance in nine years; Texas Tech, which slumped a bit after its national runner-up finish a year ago; and back-to-back Atlantic Sun champion Liberty.

More AP college basketball: <https://apnews.com/Collegebasketball> and https://twitter.com/AP_Top25



Locker Room

Dan Callahan

What could have been?

There is no answer to the above headline. We have no way of knowing what would have been. And at every level of sport, for the immediate future at least, we'll never know. We should all just hope that it doesn't last longer than we fear it already might.

Much has been lost in the world of sport and we all now have evidence of how much sport means to the normal day in the life of America. If you don't play sports, businesses suddenly become in serious financial peril, jobs are lost, tickets aren't sold, the hotels are empty, and so are the restaurants. Just take a 30-minute ride around Pulaski County. We are a rural area. Thankfully, ours is a simple life, and I wouldn't want it any other way, but there is a quietness, a stillness, traffic seems to be down maybe more than 50%, parking lots at all sorts of stores are empty. There is little movement. Activity has slowed to a crawl. And now restrictions are becoming tighter. You can't take the wife out to eat. We are apparently up against an helluva opponent.

And it's not a ball game, you can't compete with a virus, a new one. There is no ball to hit, throw, or bounce. It came from another country, like almost all viruses have entered this country in my lifetime, but since I'm 72, they say I need to be extra careful. Maybe so, but it's hard. It's also boring. There is no vacation or weekend paradise right now, they are all virtually closed down, and all feeling a huge financial strain.

Much has already been lost. How much more will be lost? You hear a lot of chatter about the big stuff, but the loss goes much deeper. A senior has a broken heart when it's found out they can't compete in the NCAA Basketball Tournament. No "March Madness." And the loss of that event means millions of lost dollars and has great effect on the lives of millions of people. But is the broken heart of a college athlete who finds out he can't compete for all that he has worked for any different from the broken heart of a high school kid who finds out he or she cannot compete for a state championship? No, it's not. It's all the same. One obviously affects a lot more people, but the individual hurt is no different.

The loss is huge. No NCAA for men or women, baseball has been pushed back, the green will not fly at the race track, no

See CALLAHAN, page B2

Brady to Bucs? Tampa Bay could be relevant again

TAMPA, Fla. (AP) — The Tampa Bay Buccaneers enter free agency with expectations of signing Tom Brady and bolstering a defense that will be one of the keys to helping the six-time Super Bowl champion quarterback be successful with his new team.

There's been no official announcement on Brady joining the Bucs after 20 seasons with the New England Patriots. However, there's already an increased demand for tickets.

Tampa Bay ranked 30th among 32 teams in home attendance, averaging 51,898 per game last season.

Within hours of reports of the team closing in on a deal with Brady, the website selling season passes for 2020 showed more than 2,400 people in a queue waiting for an opportunity to make purchases.

Brady ended his historic run in New England, announcing on social media Tuesday that he would become a free agent for the first time in his career.

Armed with plenty of salary cap space, a roster featuring a pair of 1,000-yard receivers and a coach with a proven track record of working with high-profile quarterbacks, the Bucs took a shot at making themselves relevant for the first time in more than a decade.

The Bucs went 7-9 last season and missed the playoffs for the 12th straight year, the second-longest drought in the league behind the Cleveland Browns. They haven't won a postseason game since their 2002 Super Bowl championship run.

Landing Brady not only figures to fill empty seats at Raymond James Stadium and make the Bucs a playoff contender right away, but also raises the prospect of Tampa Bay becoming the first team to win a Super Bowl in the host city's stadium.

Next season's NFL title game is in Tampa.

Brady won 17 division titles and appeared in nine Super Bowls — winning six — with the Patriots. He's a four-time Super Bowl MVP, 14-time Pro



Bowl selection and three-time regular season MVP who has made 41 postseason plays.

The Bucs have played 15 playoff games in their 44-season history, none since 2007.

In signing Brady, Tampa Bay also officially moved on from Jameis Winston, who became a free agent Wednesday after five seasons as the team's quarterback.

The No. 1 overall pick from the 2015 draft departs as the club's career passing leader, but compiled a 28-42 record as a starter and never shook off a

penchant for game-changing mistakes that undermined his chances to be successful.

The 26-year-old led the NFL in passing yards in 2019, while also playing his way out of plans for the future by becoming the first player in league history to throw at least 30 touchdown passes and 30 interceptions in the same season.

Brady arguably had his worst non-injury season last year, throwing for 4,057 yards with 24 TDs and eight interceptions.

Still, the Patriots won 12 games and extended their string of consecutive playoff appearances to 11.

Coach Bruce Arians spearheaded Tampa Bay's bid to sell Brady on signing with the Bucs. He's also worked with Peyton Manning, Ben Roethlisberger, Andrew Luck and Carson Palmer.

While insisting he still believed the Bucs could win with Winston at quarterback, Arians reiterated last month that he wanted to know what might be available behind what he referred to as "Door No. 2" in free agency.

Turns out, it was Brady.

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An Unusual Dog

I have written on dogs in the past and the last two columns that I had in this regard had the dogs as the narrators. This led me to recall a story in a dog magazine which I had in my archives from about twenty-five ago that was titled "Jim, the Wonder Dog." I went online and found that it is featured there for the public to share. I am doing this similar to the high school book report and only hit the highlights as with a smart phone or your personal PC, you can read the complete story. If you have neither, the public libraries will allow you to "Goggle" any type information you desire and I feel you will not be disappointed in doing so.

San Van Arsdale ran a hotel in Marshall, Missouri and a traveling salesman, Ira Taylor gave the young pup to Sam and he named him Jim. He was a Llewellyn Setter and as Taylor had not been too successful in training him, offered him to Sam who gladly accepted. Sam had left Jim with his niece while on a month-long fishing trip and upon his return was told by her that he could understand what she said; one example was she could hide her doll and tell Jim to go find and he would straight to it.

In the fall, Sam, an avid bird hunter took Jim and a friend on the opening day of quail season. When Jim was released, he went directly to a covey located at about twenty feet and held point until the hunters arrived. Jim hunted as an accomplished bird dog from day one and retrieved the downed birds on command. Sam found that Jim could pick out trees as when once was told by Sam that they needed to go and rest under a distant hickory tree and Jim went straight to it. He was later found to locate things even in foreign languages. Jim was born in March 11,



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W.A. "Doc"
Davis

1925 and was even featured in Ripley's Believe It or Not. He could pick out people when told what color clothes they were wearing. He had the ability to pick winners of horse races when slips of horses' names were placed before him.

Sam took Jim to the University of Missouri for testing, but physically he was found to as any other dog. He died on March 18, 1937 (12 years and 7 days) after his birth. He is buried in a beautiful garden in Marshall, Missouri. There are many theories as to his many talents and what enabled him to see into the future. If he only he had one more attribute i.e. to be able to talk, he possibly could have told others.

The corona virus now sweeping this country and the world has everyone wondering about the future and what to do in preventive measures and this is quite understandable. I know that people are concerned. I feel that people need to put their trust in the Lord - Proverbs 3: 5,6. It behooves me that with all the advice being given, I have not heard anyone suggesting to seek the Lord in this regard - read Second Chronicles 7:14 pray and seek Him and He will heal our land. Our County Administrator, Johnathan Sweet wrote asking us to pray for Pulaski County. I'm asking all who will to join me in praying for our Country as I requested in an earlier column.

Until next time

All-Region 4D teams announced

Patriot Staff Report

The past basketball season was a big year for the Pulaski County girls program and the Class 4, Region D team is perfect evidence of that. The 21-7 and quarterfinalists in the state tournament dominated the all-region team.

Brad Sutphin was named "Co-Coach of the Year" along with E.C. Glass' Anita Thomas. Senior point guard Maddie Ratcliff was named to the all-region first team. The strength and depth of the Cougar program surfaces after that. Ally Fleener and Keslyn Secrist both made the all-region second unit, and Paige Huff was honorable mention.

On the all-region boys front Kapone Bailey of GW-Danville was "Player of the Year," and Sterling Williams of Halifax was "Coach of the Year." Pulaski County's Hayden Gray was named second team all-region. A.J. McCloud was honorable mention.

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Town of Pulaski to close its facilities March 23

In response to the COVID-19 (coronavirus) pandemic, the Town of Pulaski will be closing all municipal buildings/facilities to the public, effective Monday, March 23rd, 2020. The closures will be revisited and any revisions announced during the week of April 6th, 2020.

During this time, the following local government functions will continue to operate:

- Emergency Services including Police and Fire - citizens will be asked additional health screening questions by 911 operators, law enforcement and first responders. These services will also continue their previously announced operational adjustments as well.
- Utility Operations
- Finance Department (see below for special notice regarding Finance Department operations)
- Administrative Functions (some restrictions apply - see below)

Relative to the Finance Department's operations, a portion of the Finance Department will be relocating to 1000 E. Main Street (the former Wells Fargo Bank) and will be accepting utility and tax payments via the drive-thru window only. Hours of operation will change to 9:00 am to 4:00 pm. The payment drop box located at the Municipal Building as well as the one located at the Wells Fargo building will both be available for use as well. Payments by mail with a check or money order or online payments continue to be encouraged. The Town would like to thank Skyline Bank for the donated use of the building during this time of need.

For citizens requiring assistance for Building Permits, Zoning Permits, Engineering requests, and other such needs, please contact the Town's Community Development Department at 540-994-8606 for direction on how to proceed.

We appreciate your patience and understanding as we do our best to continue necessary local government functions while keeping our employees safe during this time. As we all continue to do our part to prevent the spread of COVID-19 (coronavirus), we ask that you please continue to practice good infection control by:

- washing your hands with soap and water or use hand sanitizer,
- keeping household surfaces clean (including cell phones),
- coughing or sneezing into a tissue (and discard it) or your elbow,

- avoiding touching your face,
- practicing "social distancing,"
- avoiding shaking hands,
- remaining at home if you're sick, and
- avoiding others who are sick.

Office of the Town Manager ~ 42 1st Street NW / P.O. Box 660 ~ Pulaski, VA 24301

Should you feel ill, please follow the guidelines outlined below:

(Symptoms of coronavirus - www.cdc.gov/coronavirus/2019-ncov/about/symptoms.html)

- CALL your health care provider or your local health department (do not go to the emergency room).

- The New River Health District has activated a local public health hotline at 540-267-8240, Monday through Friday, 8 a.m. - 8 p.m.; Saturday, 8 a.m. - noon; Sunday, noon - 4 p.m.

- Virginia Department of Health (VDH) also has a public health hotline at 877-ASK-VDH3, available weekdays from 9 a.m. to 5 p.m.

- Call 2-1-1 Virginia

We will also be providing additional updates on the Town's website (www.pulaskitown.org) and our Facebook page.

Town of Dublin closes its offices

Dublin Town Offices are closed temporarily due to the COVID-19 crisis.

The Town is making arrangements to help customers through e-mail, regularmailandtelephone.

Customers can call the office at 540-674-4731.

Building, Zoning, Inspections and new Permits are still available online, calling and/or drop box. Staffing is still in place

but we are trying to limit exposure through social distancing.

Due to the ever changing situation please check our web page www.dublintown.org for updates.

Callahan

Continued from Page B1
Masters golf tourney, no spring sports in college, or likely high school, spring football is all but cancelled, the VHSL has declared co-champs in all classifications. That's about all it could do, but that's hollow. It's just not the same as actually winning it. All professional sports are down, even the NFL Draft has been delayed, and there is little to bet on in Vegas.

And what happens if it lasts through next football season? How about some of the best and most successful athletic programs in the nation going bankrupt? It would be catastrophic to collegiate sport. And how about Pulaski County High School's athletic fund being empty. Again, the hurt is the same. Everything has either been cancelled or put on hold

until mid-April, but nobody hesitates when asked if that is a soft date. A lot of people have asked, do we keep playing ball? No, you don't. If school is cancelled, it's all cancelled. Did you play baseball when you were a senior in high school? How would you have felt if they cancelled your final season and there can be no alternative plan. It's tough.

And we'll never know what we missed. Could UVa have defended its national title? Probably not, but the Cavaliers certainly would have liked to try. Which ACC team would have had the most impact, Florida State, Louisville, or Duke? Carolina I guess gets a reprieve of sorts. After being in the tournament forever it seems, the Tar Heels were about to stay home and lose the streak, but it stays alive.

Carolina is missing nothing.

Kansas would have been the favorite which in some ways is disappointing for the game of basketball. The Jayhawks are on NCAA probation and still under FBI investigation. Bill Self is unquestionably one of the finest coaches in the game, and may have won his second national championship, but when all is done, some think he could lose his job.

And remember when Butler had one final shot and it rimmed out against Duke. Maybe this was the year it wasn't going to, maybe this was the year Creighton, Dayton, Seton Hall, or San Diego State was going to win. All season it seemed like this might be the year a "blue blood" didn't win. We'll never know.

Absolutely it's boring, but necessary and boring right now is likely a good thing. Good luck to all of us. But remember, we are The United States, and we will conquer this. We will not lose this game. We will not fail.

And just maybe we can use our past to bring up some things that suddenly might not seem like a bad idea. You've got some time now. Write a letter on paper with a pen or pencil to an old friend. Learn to cook or teach your children how to cook. Do like I do, watch some old western movies, John Wayne and Robert Mitchem never disappoint. Do some things around the house you've been putting off because you always had a game to watch. No excuse now. Read a book, a good book. Read a book about the real history of this nation, and how we happened. Get the family together and play a game of Monopoly. It used to be fun. It still is today if you give it a chance. Turn off the video game and get to know each other. Take the advice the doctors are providing. Be careful, but don't stop living. Try to get something positive out of the extra time.

When things return to normal, and they will, we'll all hook up again, and likely appreciate each other more. Just take care of yourself, and if you know of somebody that needs help taking care of themselves, go do that too. God Bless us all.

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NRCC Spring 2020 semester to continue mostly online

From NRCC

New River Community College students were notified on March 17, 2020, of changes for the remainder of the spring semester.

Decisions regarding college operations were based on following guidance provided by the Virginia Community College System (VCCS), Virginia Department of Health (VDH), the Governor's office, and the Centers for Disease Control and Prevention (CDC).

Effective Monday, March 23, student instruction will continue as follows:

- Current online classes will continue as planned. Faculty will communicate any changes in assignments, due dates, testing requirements, etc.

- Most in-person classes will be moved online via Canvas or to another remote delivery format (emails, videos, Zoom meetings, instructional packets, etc.). Faculty will directly communicate delivery format information to their students.

- Some performance-based, face-to-face classes will meet in-person, following current CDC guidelines. Faculty will directly communicate important information about these meetings, including meeting times, to their students.

NRCC students should reach out directly to their faculty members with any questions about classes.

NRCC also provided the following guidance to students:

- Students who are ill are not allowed on campus and are asked to follow CDC guidance available at this website: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

- Students who have recently traveled outside of the U.S. or on a cruise ship are not allowed on campus and should follow CDC guidance available at this website: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>.

- All student activities and events are canceled until further notice.

- Children are not allowed on campus per college policy.

- Virginia Department of Health information is available at: <http://www.vdh.virginia.gov/surveillance-and-investigation/novel-coronavirus/>.

NRCC information will continue to be posted at www.nr.edu and www.nr.edu/coronavirus. Students are encouraged to check their college email daily for college updates and communications from their faculty. Students who have not already done so should register for the NRCC Alert at www.nr.edu/alert.

At this time, the NRCC campus in Dublin and the NRCC location at the NRV Mall site remain open. However, per CDC guidelines, anyone who is feeling ill or who has recently traveled outside the U.S. or on a cruise ship are not allowed on campus. Any changes in campus access will be communicated directly to students and posted on the college's website.

Department of Defense Is Shortchanging Vets

The Inspector General for the Department of Defense has discovered that millions of dollars intended for service-disabled veteran-owned small businesses didn't go to eligible veterans. Instead the money went to businesses that didn't qualify.

The goal is for every department to set aside at least 3% of its contracts for service-disabled veterans who own businesses. Each of those small businesses must be at least 51% owned by a service-disabled veteran who is hands-on with the business, directing daily operations and in control of management. Each business is allowed to subcontract a certain percentage of its work.

The DOD failed. Out of 27 contracts valued at \$827.8 million, it gave the money to 16 businesses that didn't meet the requirements. The DOD expected those contractors to "self-certify" and swear they qualified. Additionally, the DOD did not check compliance at the subcontracting level, handing out \$164.7 million to three contractors who didn't qualify.

The DOD Inspector General report, of course, had recommendations ... coordinate this, implement that, etc. The acting director of the Office of Small Business Programs didn't comment on the recommendations, said his office was not responsible and pointed to a different department. The DOD fired back, quoting the actual instruction manual, chapter and verse, that stated that the OSBP should oversee all small-business activities.

That left the whole mess as unresolved. No recommendations were resolved; no recommendations were closed.

This is not a new problem. In 2012 the DOD Inspector General put out a report about the many



by Freddy Groves

millions of dollars handed out to veterans who did not qualify. The Department of Veterans Affairs keeps a registry for just this reason: so departments can verify a veteran's status. It's just a matter of looking them up.

The OSBP handed out small-business contracts valued at \$10.3 billion in 2018. How much of that went to people who didn't qualify?

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NRCC photo

From left to right: Dr. Aimé Sposato, Ferrum College Provost and Vice President for Academic Affairs; Dr. David Johns, Ferrum College president; Dr. Pat Huber, NRCC president; Dr. Peter Anderson, NRCC Vice President for Instruction and Student Services.

Ferrum, NRCC sign agreement for 'Ferrum Promise' pathway

Ferrum College and New River Community College (NRCC) announced today an agreement that will guarantee admission into Ferrum College for NRCC students who have received an associate degree. In addition, as part of the Ferrum Promise initiative which was rolled out in November 2019, Ferrum College also pledges that these NRCC students will be able to graduate with a four-year degree in their field of study within two years of transfer to Ferrum, or tuition for their remaining coursework will be free.

"Ferrum College is delighted to begin working with New River Community College to provide a pathway for NRCC students to obtain a bachelor's degree in two years as our Ferrum Promise guarantees," said Ferrum College President David Johns. "Both our institutions are committed to our students' futures and to providing the resources they need for innovative and meaningful work."

"NRCC is pleased to partner with Ferrum College to provide this new opportunity to our local students. In addition to our existing articulation agreement with Ferrum that allows NRCC students to transfer easily, the Ferrum Promise goes one step further to help students stay on track and be successful on their

journey to earn a four-year degree," said NRCC President Pat Huber. "Today is an exciting day for NRCC students, and this is a great way for them to complete their pathway to success."

The memorandum of agreement states that acceptance at Ferrum College will require NRCC students to have maintained a cumulative overall GPA of 2.3 or higher, and earned a grade of "C" or higher in required courses applicable to the program they choose to enter. Additionally, NRCC students must have earned either an associate of arts and sciences degree or an associate of applied science degree prior to acceptance at Ferrum.

The agreement was signed on the NRCC campus by Huber and Johns, along with Vice President for Instruction and Student Services Peter Anderson, and Ferrum College Provost and Vice President for Academic Affairs Aimé Sposato.

"Our partnership with New River Community College illustrates both of our institutions'

commitment to our students," said Sposato. "Higher education is changing and our methods of providing a top-notch education must also change to help our students start making a difference in the world sooner than later. We are honored to partner with NRCC for this opportunity."

About Ferrum College:

Ferrum College is a private, Methodist-affiliated, liberal arts college of over 1,000 students, located in the foothills of the Blue Ridge Mountains in Ferrum, VA. The Ferrum experience is rich with opportunities for internships; hands-on learning; research and study-abroad opportunities as a first-year student and beyond; and excellent financial aid and scholarship packages. Ferrum College is also the first and only higher education institution in Virginia to extend the Ferrum Promise, guaranteeing that students transferring to the College with an appropriate associate's degree will graduate with a four-year degree within two years of transfer.

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of electric fence parts; 150 fruit jars; one large tarp; one Zareba electric fence control 200 miles new in box, \$500 for all, OBO. Call 540-382-8665.

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Crowell Building Office Rentals

Downtown Pulaski next to courthouse. Would be great for internet business, classes, lawyers.

Dentist office downstairs.

\$150 to \$350 per month.

Call Penny at 540-250-7367

\$195.00. No court appearance. Estimated completion time twenty-one days. Hilton Oliver, Attorney (Facebook). 757-490-0126. Se Habla Espanol. BBB Member. <https://hiltonoliverattorneyva.com>.



Dave Says

Dave Ramsey

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Dublin Baptist Church

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540-674-6061

Simple thing is the right thing

Dear Dave,

I recently found out my former employer never stopped contributing to my health savings account (HSA). Apparently, this has been going on for about nine months, and they just sent me a form to sign so they can get the overpayment back. The amount totals a little over \$1,000, so should I sign the papers or is there another way to handle this?

Ellie

Dear Ellie,

You know, if I were as incompetent as your former employer, I'd be too embarrassed to ask for the money back. But hey, the point is it's not your money. Sign the forms, and let them take the money out. Keep an eye on your HSA balance, though, and make sure they take out only amount they overpaid—not one penny more or less.

Keep it simple, Ellie. You didn't earn this money, and it wasn't expected or agreed upon. It was a mistake, so just do the right thing. Control the scenario, and stay on top of this situation until everything is resolved correctly.

—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.

FAIR HOUSING NOTICE:

We are pledged to the letter and spirit of Virginia's policy for achieving equal housing opportunity throughout the Commonwealth.

We encourage and support advertising and marketing programs in which there are no barriers to obtaining housing because of race, color, religion, national origin, sex, elderliness, familial status or handicap.

For more information or to file a housing complaint, call the Virginia Housing Office at (804) 367-8530; toll-free call (888) 551-3247.

For hearing-impaired, call (804) 367-9753. E-mail fairhousing@dpor.virginia.gov.

No Insurance? We Can Help!

The Pulaski Free Clinic provides complete medical care to adult residents of Pulaski County who have no insurance and who qualify financially. You may qualify!

Call the clinic at (540) 980-0922, or stop by the clinic between 9:00 am and 4:00 pm Monday through Thursday at 25 4th Street Northwest in downtown Pulaski to set up an appointment for financial screening.

Q&A: What does 90-day tax payment delay mean for filers?

By SARAH SKIDMORE SELL and MARTIN CRUTSINGER
AP Business Writers

The Trump administration has announced that most individuals and businesses will be allowed to delay paying their federal tax bills for 90 days as part of an emergency relief plan amid the coronavirus pandemic.

Some questions and answers about the delay and its potential impact on the U.S. economy.

DO I STILL NEED TO FILE?
Yes.

The details on the program are still scant. But as of now, taxpayers need to file their federal tax returns by the traditional April 15 deadline. The 90-day extension is solely for the money that is due. Those delayed payments are now due July 15.

However, taxpayers who are facing difficulty filing on time always still have the option to request a six-month extension. Visit the IRS website for more details.

WHO GETS TO WAIT TO PAY?

Treasury Secretary Steven Mnuchin said individuals who owe less than \$1 million will be able to delay paying. Corporations will be able to defer payment on taxes due up to \$10 million. Mnuchin said only the "super rich" would be excluded.

However, because details are still pending, it's unclear if the delay applies to trusts or whether people who make quarterly payments on their taxes will still need to make that first payment by April 15, said Lance Christensen, a partner at the accounting firm of Margolin Winer & Evens.

WILL I BE PENALIZED FOR WAITING TO MAKE PAYMENTS?

No. During this unprecedented delay, individuals and corporations will not be subject to interest or penalty payments.

WHAT IF I AM EXPECTING A REFUND?

If you are expecting a refund, continue to file as usual. As of now, the IRS is still processing returns and sending out refunds.

DOES THIS APPLY TO MY STATE TAXES TOO?

No. Check with your state tax authority to see about any changes to due dates. Some are not extending their deadline, others are following the federal model and others still are setting their own deadlines. California, for example, has bumped its date for filing and payment of state taxes to June 15.

HOW WILL THIS HELP THE ECONOMY?

It's unclear.

Treasury Secretary Steven

Mnuchin estimates that taxpayers will be able to keep \$300 billion in the economy for now. And some tax and economic experts say any extra cash in the hands of Americans is helpful because many will be struggling to get by.

However, some say the tax delay will not provide widespread financial relief.

Howard Gleckman, a senior fellow at the nonpartisan Tax Policy Center, says he thinks it will have a limited impact. That is in part because about three-quarters of Americans get refunds in any year and won't benefit from a delayed tax bill.

The IRS expected about 150 million individual tax returns, as of the most recent count, about 68 million taxpayers have already filed.

Those who file early tend to be low- and middle-income individuals who are getting a refund. Higher-income individuals, or those with complex taxes who owe money to the government, tend to file later, Gleckman said. This move will provide some relief for them, but Gleckman warns that higher income individuals have extra cash, and they tend to save it not spend it. That leaves lower income individuals, who need it most and are more likely to go out and spend it, without relief from this move.



Jubilee Christian Center & Omni Place Named Clean Business of Month

Jubilee Christian Center & Omni Place LLC were recently presented the "Business Of The Month Award" from the Clean Community Council of Pulaski County for the months of February / March.

"Congratulations to the church family and to those who clean and help keep the bar set high. We want to thank the P.C.C.C.C for this distinction," said Pastor Gary Hash, shown here with Colette Hairston Hash.

Fed launches 2 emergency programs

WASHINGTON (AP) — The Federal Reserve put in motion two emergency lending programs Tuesday that were last deployed in response to the 2008 financial crisis, aiming to ease the flow of credit to businesses and households struggling amid the viral outbreak.

The first, announced

mid-morning, is intended to unclog a short-term lending market for what is known as "commercial paper." Large businesses issue commercial paper, which is essentially the equivalent of an IOU, to raise cash to meet payrolls and cover other short-term costs.

"An improved commercial paper market will enhance the ability of businesses to maintain employment and investment as the nation deals with the coronavirus outbreak," the Fed said in a statement.

The second program is also intended to mostly assist the commercial paper market and allows a wider range of financial institutions to access short-term loans from the Fed — in this case investment banks and securities trading divisions of large banks. It also allows them to pledge a wider range of collateral in return for the loans. The funds will then mostly be used to purchase commercial paper.

Both are revivals of financial-crisis era programs, and were set up under the Fed's authority to launch emergency credit programs with the approval of the Treasury Department.

They are also intended to ensure banks and large companies can access the cash they need even as financial markets seize up as Wall Street grows increasingly convinced the economy is entering a recession. That gloomy outlook leads financial institutions to pull back on lending, pushing up short-term interest rates. Funds borrowed from the Fed can then be used to lend more widely to households and businesses.

Borrowing rates in the commercial paper market have been spiking as more companies have sought to raise cash in the expectation that their revenue will plunge. When a company wants a short-term loan, say for three months, it sells the commercial paper, typically to a large bank or money market mutual fund.

But many money market funds are seeking to sell commercial paper themselves. They need to raise money because they expect large institutional investors to withdraw funds, and they need cash to cover those withdrawals.

All that activity has made it harder for banks and other companies to raise the cash they need.

Assistant Commonwealth's Attorney

An Assistant Commonwealth's Attorney serves as a prosecuting attorney for the Commonwealth of Virginia in select misdemeanor and all felony criminal matters in the District and Circuit Courts of Pulaski County. The main focus of this position will be to review body camera footage turned over from a Law Enforcement Officer, in particular looking for any evidence that is exculpatory and required to be turned over to a Defendant. In addition, as part of the office, this position may serve as a Special Prosecutor in other jurisdictions within the Commonwealth of Virginia. The Pulaski Commonwealth's Attorney's Office follows a vertical-prosecution model, in which the Assistant responsible for a case will pursue it from investigation or report through adjudication and appeal, as appropriate. A Virginia State Bar license in good standing is required. Perform other tasks related to employment as required by the Commonwealth Attorney of Pulaski County. If interested in applying, please send a resume and a cover letter to Katrina Dobbins at 240 North Jefferson Avenue Pulaski County, 24301.

PULASKI COUNTY COMMUNITY DEVELOPMENT RECEPTIONIST

Pulaski County is seeking a receptionist for the Community Development Department. This position will be responsible for answering the telephone, greeting and directing the public and operating computers along with standard office equipment and assisting the public with permit application submittals, scheduling inspections, coordinating submittal of documentation and providing excellent customer service to the public. A full job description may be accessed at www.pulaskicounty.org. Educational requirements include:

REQUIRED:

A minimum of a high school diploma or GRE required. Associates Degree preferred or any combination of education and experience equivalent to the position is preferred. Knowledge of computer operations, typing and clerical work is required. General knowledge of office administration, project management, spelling and arithmetic is required. Ability to establish and maintain working relationships with others and the ability to follow oral and written instructions is required. Microsoft Office Suite training and/or experience. Ability to work effectively in a team environment.

SPECIAL REQUIREMENTS:

Obtain Commonwealth of Virginia Notary Certification within one (1) year of beginning employment. Possess or obtain Permit Technician Certificate from the Virginia Department of Housing and Community Development within two (2) years of employment. Ability to assist the Emergency Operations Center Management Team in the event of a local emergency including but not limited to pre- and post- disaster response. Valid Virginia Driver's License. Pre-employment Screening. Adherence to County Policies.

This is a full-time, FLSA non-exempt position with benefits such as health, dental, optional vision, retirement, vacation, sick leave and paid holidays. Applicant must pass a criminal background check and drug test. The salary scale for this position is \$25,270 - \$42,555.

Interested individuals can apply at the appropriate Virginia Employment Commission Office or may download and submit an application from www.pulaskicounty.org to Tammy Safewright, Human Resources Director, 143 Third Street, NW, Suite 1, Pulaski, VA 24301.

Position is opened until filled.
Equal Opportunity Employer

LEGAL NOTICES

PUBLIC NOTICE

The Pulaski County Board of Supervisors will consider the applications as listed below at the scheduled monthly meeting. In accordance with the Code of Virginia, the Board of Supervisors will hold a public hearing at 7:00 p.m. on Monday, March 23, 2020 in the Board Room of the County Administration Building, 143 Third Street, NW, in the Town of Pulaski to consider comments regarding the following applications;

- Petition by Katherine M. Viars & Ray Wilbert Jr., to rezone property from Low Density Residential (LR) to Agricultural (A), at Tax Map# 089-001-0000-0004, 089-004-0000-0066, 68 located at 3430 Lee Highway, Draper District.
- Petition by Katherine M. Viars & Ray Wilbert Jr., to amend the Future Land Use Map for the property from Residential to Agricultural, at Tax Map# 089-001-0000-0004, 089-004-0000-0066, 68 located at 3430 Lee Highway, Draper District.
- Petition by applicant Kenneth Dolinger, and property owner Isaac Glenn & Mary Alice Goad to rezone the property from Residential (R) to Commercial (CM), at Tax Map# 038-006-0000-019A located at 7195 Lee Highway, Cloyd District.
- Petition by applicant Kenneth Dolinger, and property owner Isaac Glenn & Mary Alice Goad to amend the Future Land Use Map for the property from Agriculture to Commercial, at Tax Map# 038-006-0000-019A located at 7195 Lee Highway, Cloyd District.

Comments may be presented orally, or in writing, prior to the meeting or in person at the public hearing. Information regarding the matter(s) referenced above is available for public inspection from 8:00 a.m. to 5:00 p.m., Monday through Friday, at the Community Development Department, County Administration Building, 143 Third Street, NW, Suite 1 in the Town of Pulaski or by phoning (540) 980-7710.

For disabled individuals who may require special auxiliary aids or services, the County upon request will make reasonable accommodations available. Please contact the County's ADA Compliance Officer at (540) 980-7800 (TDD accessible) or (540) 980-7705, ten (10) days prior to the above meeting date to arrange for these special accommodations.

The Patriot Is Published Each Friday

**Our Website
www.pcpatriot.com
Is Updated Throughout The Week
With News, Sports, Weather And Obituaries**

**Contact Us At
540-808-3949
news@pcpatriot.com
Or On
www.pcpatriot.com**



School Board recognizes several in March



Pledge of Allegiance

Presented by: Dr. Kevin Siers, Superintendent

The Pledge of Allegiance will be led this evening by, Seth Carter, a fifth grade student at Snowville Elementary School. Seth is the son of Michael and Amanda Carter. Seth is described as a student who is friends with everyone and is often seen helping others without being asked to do so. His teachers and peers love him, and he serves as an excellent example of a Snowville student who demonstrates being respectful, responsible, and always ready to learn. Snowville Elementary School is proud to have Seth Carter leading us in the Pledge of Allegiance this evening.



National Board Certified Teacher

Presented by: Dr. Kevin Siers, Superintendent

Pulaski County Public Schools is pleased to honor Mrs. Anne Kilbourne as a National Board Certified Teacher in Language Arts and Early Adolescents.. Mrs. Kilbourne is an 8th grade Language Arts Teacher at Pulaski Middle School. She has been employed with Pulaski County Public Schools since August 2017.



Employee of the Month

Presented by: Amy Shrewsbury, Principal of Snowville Elementary School

Snowville Elementary School and Pulaski County Schools are pleased to honor Olivia Fizer as Employee of the Month. Mrs. Olivia Fizer has

worked for Pulaski County Public Schools for twenty-two years and has been at Snowville Elementary School for the past eleven years where she currently serves as the cafeteria manager. Mrs. Fizer wears many hats as the cafeteria manager at Snowville Elementary School. She arrives early each morning to make sure students have a good breakfast to start their day. She quickly follows this with prepping lunches, putting together food orders, and planning for the next days meals. Along with her daily responsibilities, she handles all of the unexpected craziness that comes along within the elementary school world like a true professional. When schools open late, close early, or when we power goes out as it commonly does at Snowville, she adjusts to make sure every student is fed and does so without a single complaint.

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FYI:

LINE DANCING LESSONS HAVE BEEN CANCELLED at Memorial Baptist Church on 995 Peppers Ferry Rd., in Pulaski

March 28

Spring Vendor Festival – THIS EVENT HAS BEEN CANCELLED

Spring Vendor Festival will be held Saturday, March 28, 8 a.m. – 5 p.m. at Warrior's of Christ II 600 Skyline Circle, Pulaski. There will be lots of vendors, a hot dog sale and raffle. Come out and enjoy some Christian Fellowship and some spring shopping.

Thornsprng UMC cemetery to be cleaned – Families asked to help

The cemetery at Thornsprng United Methodist Church will be cleaned Saturday, March 28 in preparation for the upcoming mowing season. We respectfully request each family to inspect their plots and remove any wreaths, flowers, vases, etc. that you would like to keep or reuse at another time. If you have any questions, call 540-320-5348.

March 30

Board of Directors of Southwest Virginia Legal Aid Society to meet

The Board of Directors of the Southwest Virginia Legal Aid Society will meet on Monday, March 30, 2020. The meeting will begin at 6:30 p.m. The meeting will be held at the Marion Office located at 227 West Cherry Street in Marion, Virginia.

April 2 THIS EVENT HAS BEEN CANCELLED

PC Juvenile and Domestic Relations District - PC Best Practices Team announce events

Pulaski County Juvenile and Domestic Relations District and Pulaski County Best Practices announce the following events in honor of Child Abuse Prevention Month:

The public is invited to attend a meeting and reception to be held at Pulaski County Courthouse, 45 Third St., N.W. on Thursday, April 2, at 6 p.m. The featured speaker is Melissa Gonna, Anchor and Multimedia Journalist for WDBJ 7. Light refreshments will follow the meeting. Everyone is welcome and there is no charge to attend. Please contact JDR Clerk, Anne Helms, at 540-980-3822 or ahelms@vacourts.gov by March 31, 2020 if you plan to attend. The Annual Pinwheel for Prevention Garden will appear on the Courthouse lawn in April.

April 9 THIS EVENT HAS BEEN CANCELLED

Fairlawn Church of God presents "The Glory of His Resurrection"

Fairlawn Church of God will present "The Glory of His Resurrection" Thursday, April 9 – Sunday, April 12, 7 p.m. nightly. The church is located 1.5 mi E. past Fairlawn Wal Mart for more info call Pastor Marcus Harrison 540-639-1511.

April 10

Draper Valley PH Church to hold Good Friday Communion Service

Draper Valley Pentecostal Holiness Church will hold Good Friday Communion Service on Friday, April 10, at 7 p.m. The community is welcome. The church is located at 5662 East Lee Highway Max Meadows, Va (Exit 86 Interstate 8).

April 15

Fraternal Order of Police New River Valley Lodge #21 to hold Tax Day raffle
The Fraternal Order of Police New River Valley Lodge #21 in holding a Tax Day Raffle on April 15. The prize is a new 2016 model – 250cc 4 stroke single cylinder SSR Motorcycle. The bike is new and still under warranty. Tickets for the prize are \$5.00 each or \$20.00 for five tickets. Tickets are available from FOP members, at Go Race Inc., or Call (540)639-5080. The proceeds from the raffle will be used for charities the local FOP lodge supports. The motorcycle was donated to the lodge by Go Race Inc., 1265 Moose Drive, Christiansburg, Virginia (540) 392-0696. The bike can be seen at Go Race Inc.

On-going:

Barren Springs Church offers ride to church.

Barren Springs Holiness Church in Wythe County will be sending a bus to Pulaski each Wednesday to pick up anyone who would like to attend services at the church. Please be ready by 6:30 p.m. sharp in order to make it to the church by 7 p.m. service time. Riders will be taken back to the same location where they were picked up. For a ride and more information call 276-730-4140. Chuck Neal, Pastor.

American Legion Post 7 Auxiliary to host BINGO every third Saturday

American Legion Post #7 Aux. will host BINGO every third Saturday of the month, 11 a.m. – 2 p.m. Everyone welcome. Refreshments will be served. The Post is located at 338 Washington Ave., Pulaski, Va.

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 Jefferson St in Pulaski. The building is located near Seagle Funeral Home. Everyone welcome!

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.

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 540-818-0621.

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.

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.

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.

Narcotics Anonymous

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

Yard Sales Are Free In The Patriot
Call 540-808-3949 or email ads@pcpatriot.com

IRS tax form designed with seniors in mind

Thanks to The Bipartisan Budget Act of 2018, the Internal Revenue Service has come up with a tax filing form just for us: Form 1040-SR, the tax return for seniors.

This is an alternative form for those of us who are age 65 or older and replaces the 1040-EZ form. If you have a straightforward, uncomplicated tax situation, this could be the form for you.

Compared to the 1040EZ form, however, this one allows reporting of more types of income, and there is no limit to interest income. You can list your Social Security income as well as interest, dividends, pensions and more.

You don't need to be retired to use this form, but you need to have turned 65 by the end of 2019 (born before Jan. 2, 1955). If you've already retired and receive Social Security, but are under age 65, you cannot use this form. But you can use it if you file jointly with a spouse, even if only one of you is age 65 or older.

It looks generally like the standard Form 1040, but the print is bigger, the text boxes are bigger and there is more space between the lines of print. The instructions are the same as for Form 1040.

You can take the standard deduction or itemize your deduction, and it uses the standard 1040 forms. If you have extra income, such as prize money,

SENIOR NEWS LINE

by Matilda Charles

you need to add Schedule 1. If you're going to owe other taxes, such as household employment or self-employment tax, you'll need Schedule 2. Schedule 3 is new, for additional credits and payments.

Remember that our standard deduction is larger this year.

If you usually take advantage of free tax preparation by AARP volunteers, they're sure to have these new forms already.

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March 2020

Fri. March 6th: Sister Barbara Kidd
Sat. March 7th: Sister Ginger (Virginia) Riggins

Fri. March 13th: Evangelist Joyce Greer
Sat. March 14th: Pastor Dedrick Phillips

Fri. March 20th: Rev. Charles Farmer
Sat. March 21st: Pastor Sherman Buckner
NOTE: Food / Clothing Event 11 am until 1 pm. Hot Dogs, Chips, Dessert and Drinks. Also the Clothing Bank will be open with Free Men's, Women's, Boys and Girls Clothing.

NOTE: 11 AM SUNDAY MORNING OUTREACH SERVICE AT THE STREETS
Sun. March 22nd: Mike Gray Ministry (Mike Gray & Patty Hart Gray)

Fri. March 27th: Pastor Todd Garwood
Sat. March 28th: Sister Debbie Carr

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

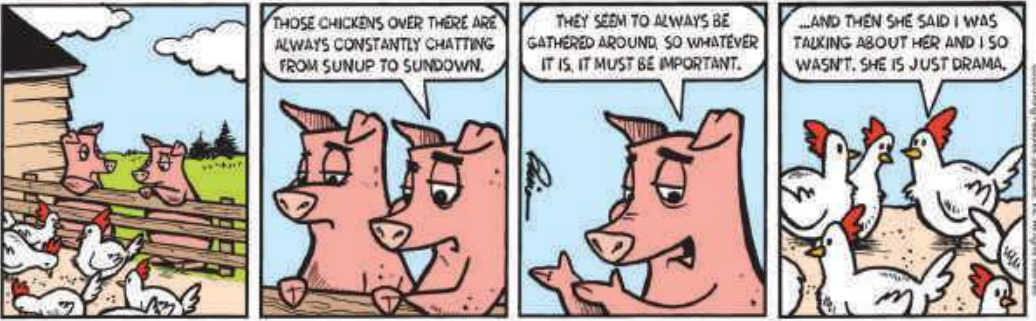
For More Information Contact: Charlie Barbettini : 276.620.4293

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





Amber Waves



Out on a Limb



R.F.D.



The Spats



Just Like Cats & Dogs



SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Sully
FIELDE

Alcove
CHINE

Curio
FILTER

Soften
ANEW

TODAY'S WORD

"If you want that just to hide a double chin, it might be cheaper to just get a..."

by Dave T. Phipps

by Gary Kopervas

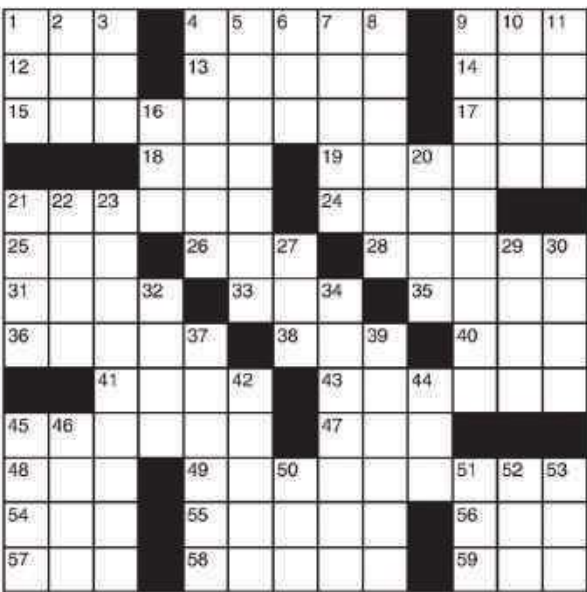
by Mike Marland

by Jeff Pickering

King Crossword

ACROSS

- 1 Do arithmetic
- 4 Long tales
- 9 Stitch
- 12 Take to court
- 13 Treasure cache
- 14 Work with
- 15 Newlyweds' trip
- 17 Siesta
- 18 Chicken-king link
- 19 Waldorf salad ingredient
- 21 Floated on air
- 24 Remain
- 25 Ostrich's cousin
- 26 Blue
- 28 Ruhr Valley city
- 31 Tear
- 33 Cry loudly
- 35 Apiary structure
- 36 Boredom
- 38 Solidify
- 40 Morning moisture
- 41 Village People hit
- 43 Express sorrow for
- 45 Like a duck's feet
- 47 — Jima
- 48 Past
- 49 Wealthy one
- 54 Beer container



DOWN

- 1 Fire residue
- 2 Pair
- 3 Lair
- 4 Fashions
- 5 Fleets
- 6 Sticky stuff
- 7 Acknowledges
- 8 Washington group
- 9 Optimist's part of the street?
- 10 Jacob's brother
- 11 Cried
- 16 Dine
- 20 Whip
- 21 "The Way We —"
- 22 "So be it"
- 23 Sense of humor
- 27 Pooch
- 29 Tied
- 30 Mr. Gingrich

- 32 Foolish
- 34 Accept as true
- 37 "The — Cometh"
- 39 Attorney
- 42 Pueblo brick
- 44 Unruly bunch
- 45 Texas city
- 46 "Zounds!"
- 50 Autumn mo.
- 51 Honest politician
- 52 Martini ingredient
- 53 Turf

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top ten INVASIVE PLANTS

- 1. Russian olive
- 2. Cajuput tree
- 3. Purple loosestrife
- 4. tree-of-heaven
- 5. Japanese honeysuckle
- 6. kudzu
- 7. leafy spurge
- 8. mile-a-minute
- 9. tamarisk
- 10. cogongrass

SOURCE: WWW.USNA.USDA.GOV

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Trivia test by Fifi Rodriguez

- 1. COMICS: In which comic-book series was the character of Wendy the Good Little Witch introduced?
- 2. GEOGRAPHY: Which is the flattest U.S. state?
- 3. U.S. PRESIDENTS: Which president installed the first telephone in the White House?
- 4. LITERATURE: Which attorney was introduced in the novel "The Case of the Velvet Claws"?
- 5. HISTORY: Who opened the first birth control clinic in the United States in 1916?
- 6. SCIENCE: Which element is graphite made entirely of?
- 7. MOVIES: Which movie featured the famous line, "I'm gonna make him an offer he can't refuse"?
- 8. MUSIC: Which two country stars released a 1978 song called "You're the Reason Our Kids Are Ugly"?
- 9. TELEVISION: What was the name of the inn on the "Newhart" comedy series?
- 10. MEASUREMENTS: Ten inches of snow generally equal how many inches of rain?

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HOCUS-FOCUS BY HENRY BOLTINOFF

Find at least six differences in details between panels.

CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: L equals D

FABK WTZNL B XYGT XYQEGLQDK'E

LQDKZYQE VQ WBNQL?

KAQ OQTYOQ FBEAGDOKTD VYGLOQ.

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SCRAMBLERS

Today's Word

1. Delic; 2. Niche; 3. Trifle; 4. Wane

FACELIFT

King Crossword

Americanisms

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

— Maya Angelou

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What denture is called?

The George Washington bridge.

CryptoQuip

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I know that the COVID 19 is with us, please wash your hands twenty seconds in hot water and soap. There has been a run on food and cleaning items, so the local super markets will be restocking.

Here are several recipes that are easy, with people and families being at home and kids out of school.

Baked Potatoes:
- 4 baked potatoes
- 8 oz. shredded cheddar cheese
- 1 cup of non-fat sour cream
- 2 Tbsp. green or white onion
- 1/3 cup bacon bits

Take four potatoes, cut them in half, long way and bake at 425 degrees until done. Remove the potato meat, with a spoon and break, add butter and salt and pepper, add cheddar cheese, sour cream, onion and bacon bits. Then add mixture back into hulled out potatoes and serve.

Meat Balls:
- 2 lbs. of lean ground beef or 1/2 ground beef and 1/2 lb. sausage
- 1 cup of ketchup
- 2 Tbsp. brown/or white sugar
- 1 can of coca cola, root beer, Dr. Pepper to add flavor

Mix all meat, catsup and sugar, hand mix (wash hands, wear plastic bags on hands or gloves). Pre- heat oven to 350 degrees.

Roll meatballs into 1 inch to 1 1/4 balls, add up to 1/2 can of pop, place meatballs in casserole pan (the pan will hold approximately 40 meatballs. Add remaining pop. Bake for 30 minutes. If you like, serve with thin spaghetti (hot).

Mexican Sausage:
- 1 roll of hot sausage
- 1 can chili (15 oz.)
- 1 can Fiesta corn (with red and green peppers) 15 oz.
- 1 cup chopped onions



- 1 cup cheddar cheese
Cook hot sausage in a frying pan until done, add chili and Fiesta corn or use regular corn then add onions. Place all contents except cheese in a casserole dish and bake at 350 degrees until done. Just before serving sprinkle cheese on top.

Blueberry Pie:
- 1 8 or 9" in. graham cracker pie crust
- 1 can of blueberry pie filling (1 lb. 6 oz.) can
- 1 8 oz. package of softened cream cheese

Combine and beat all ingredients, pour into the pie crust and bake at 325 degrees for 40 minutes. Cool and chill in refrigerator overnight. You can replace blueberries with cherries, peaches or other fruit.

Thank you al for your support of Good Eats. We still need old recipes from the past.

Good Eats!
Thank you,
Dave

NRV Leading Lights postpones banquet

Statement from the NRV Leading Lights Board of Directors
Due to the ongoing situation regarding the coronavirus, the NRV Leading Lights Board of Directors has made the decision to postpone the April 16 banquet. While we are saddened to postpone this very special celebration of our community volunteers, the Board wants to ensure the health and safety of all of our honorees and guests.

As soon as a future date is set for the ceremony, the Board will be sure to share that information. Those who have questions can contact NRV Leading Lights by email at Leadinglightsnrsv.org@gmail.com.

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Medical Reserve Corps seeks volunteers for COVID-19

CHRISTIANSBURG — In emergencies large and small, generous Americans have always volunteered their skills and talents to assist affected communities. Many ask “What can I do to help?” Now, as we face the COVID-19 public health crisis, that question has new relevance.

The Near Southwest Medical Reserve Corps (MRC) is one answer, providing a network of volunteers that are organized locally to improve the health and safety of their communities. Through the MRC, both medical and non-medical volunteers can provide support for day-to-day operations and for emergencies.

“Our primary care facilities and hospitals likely will not have staff to spare but as out-patient clinics and elective service providers cut back on operations, those clinicians could be a great asset to the MRC,” said Noelle Bissell, M.D., director of the New River Health District. “The same is true for students at medical and nursing schools. As we ramp up operations at our call center and look to the possibility of activating remote sites for screening and testing, medically-trained volunteers could significantly enhance our response capabilities, and help limit the spread of

COVID-19.”

“Non-medical MRC volunteers can assist with support services at call centers, health screenings at vaccination or other clinics, plus public health outreach and training, administrative services, transportation and more,” said Near Southwest MRC Unit Coordinator Mary Lou Legg. “There really is a place for everyone.”

For more information or to volunteer, medically or otherwise, contact Mary Lou Legg at 540-585-3306 or nearswmrc@vdh.virginia.gov, or visit <http://www.vdh.virginia.gov/mrc/>.

For information on the New River Health District, visit <http://www.vdh.virginia.gov/new-river>.

For information on COVID-19 and ways to protect yourself

and those you love, visit <http://www.vdh.virginia.gov/surveillance-and-investigation/novel-coronavirus>.

The Montgomery County Public Health Task Force, comprised of local government, public safety, education and health agencies works to proactively provide local residents and communities with accurate, up to date and effective information about COVID-19 and other infectious diseases. For information, visit www.montva.com/coronavirus.

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