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Protestors bring the noise, demand to reopen Virginia

By CHIP LAUTERBACH **Capital News Service**

RICHMOND, Va. - Horns blared and flags waved from vehicle windows as hundreds of Virginians converged Wednesday on Capitol Square to protest restrictions implemented by Gov. Ralph Northam during the COVID-19 pandemic.

Protesters reiterated the message of similar demonstrations taking place in state capitals across the country. The groups hope to influence governors and lawmakers to scale back strict social distancing guidelines and allow businesses and churches to reopen.

"At first we were compliant," said protester David Decker. "Now it seems like it's being forced upon us more and more, and we're absolutely sick of it."

Many protesters said they disagree that liquor stores are considered an essential business, while many smaller businesses were ordered to close.

"I am against any policy that gives liberty to a corporation over the citizens," said Jeffery Torres. "Corporations get their interests served while the interests of citizens get ignored.'

A small group of around 20 people -- some brought the entire family -- gathered near the Capitol Square entrance. Few wore masks or observed the Centers for Disease Control and Prevention's suggested social distancing recommendation of 6 feet of space.

Virginia imposed strict social distancing guidelines in late March. Northam issued a series of executive orders closing nonessential businesses and outlining which businesses could remain open. The stay at home order was later extended until June 10. Restaurants closed dining rooms and shifted to carry-out and delivery only. Recreational and entertainment facilities were shuttered, along with beauty salons, spas, massage parlors and other nonessential establishments. Essential businesses such as grocery and convenience stores, pharmacies, pet and feed stores, electronic and hardware retailers and banks can remain open.

The Virginia Department of Health reports ap-

See PROTEST, page A8

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Sunday Night - Partly cloudy, with a low around 40.

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Pulaski Town Council to host four public hearings May 6

By MIKE WILLIAMS The Patriot

The Town of Pulaski will host a series of public hearings on May 6 concerning amendments to the current town budget as well as next fiscal year's budget proposal, garbage and water rates.

The hearings will begin at 7 p.m. in the Municipal Building in Pulaski.

Legal notice advertisements pertaining to the four hearings can be found inside this edition of

Due to the current COVID-19 shutdown and social distancing requirements, the town is allowing citizens additional ways to make their opinions known about the budget and rate proposals, aside from appearing at the hearings in person.

As noted in the advertisements, citizens may submit written comments through the mail and the Finance Department's drop-off box at the Munici-

Citizens may also respond electronically prior to the hearings by visiting the town's website (www. pulaskitown.org) and posting comments under the page titled "Town Budget for Fiscal Year 2020-2021." Comments will be forwarded to the Council for their review and consideration.

Council's work session on Tuesday focused almost entirely on the town's 2020-2021 budget proposal and cuts made due to the financial condition the town now finds itself in - and expected meals and sales tax revenue losses due to the COVID-19

Council reviewed Town Manager Shawn Utt's budget proposal of \$8.8 million - down significantly from the current year's budget of \$10.4 million.

Utt explained to council that he removed grant figures and several other items from the \$10.4 million budget to get to what he considered a "base

See PULASKI, page A10

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Legislature reconvenes in abnormal setting

By EMMA GAUTHIER Capital News Service

RICHMOND -- The General Assembly's reconvened session Wednesday was abnormal as the House dealt with technical difficulties, disruptive protests and House Speaker Eileen Filler-Corn, D-Fairfax, collapsing at the podium.

Filler-Corn was standing for over three hours before she fell, just as the House was going into a break. Emergency medical services immediately attended to her and she resumed her post after an hour break.

"She looked like she was ready for a break, and then I looked down and suddenly, I just heard a collapse," said Del. Mark Levine, D-Alexandria. "By the time I looked up she was down."

Lawmakers considered holding this session remotely. Levine said Republican delegates were concerned there would be technical difficulties, so legislators opted to meet in person but not in their respective chambers.

"I think it was that they wanted to make it as difficult as pos-

May 5 municipal elections are on after General Assembly denies Governor's proposal to postpone them until November

sible because the Democrats are in control," Levine said. "But they're not going to stop us from going forward, if we have to risk our lives, we will risk our lives, but we shouldn't have to."

Delegates congregated under a tent on the lawn of the Virginia State Capitol. The session was punctuated several times by technical difficulties, even delaying the start. The Senate met a few miles away inside the Science Museum of Virginia.

Legislator sat at tables set up roughly 6 feet apart to prevent the possible spread of the coronavirus. Many delegates wore face masks, but often removed them when speaking. Some delegates elected to wear gloves, though that was not the majority. Sen. George Barker, D-Fairfax, wore a mask and sat inside a plexiglass structure that lawmakers jok-

ingly called "the cage." Lt. Gov. Justin Fairfax kept his face mask on while at the podium, though Filler-Corn opted not to.

Virginians for Constitutional Rights 2020, formerly Reopen Virginia, gathered outside of the Capitol to protest Gov. Ralph Northam's stay-at-home order. Northam's order was recently extended to June 10. Protesters cited the tanking economy as the reason the state should reopen. The protesters, most in vehicles, honked their horns for nearly three hours as they drove a circuitous route around the Capitol. At times legislators strained to be heard amid the cacophony of horns.

The protest and technical difficulties did not impede the session from conducting business. Of the 100 delegates, 95 were in attendance. All 40 senators attended the Senate session. Some delegates elected not to attend due to COVID-19 related concerns, Levine said.

The House, with 97 items on the agenda, started by accepting Northam's only vetoed bill: HB 119, a measure to define milk. The bill would only allow products that are "lacteal secretions" from a "hooved mammal" to be

labeled as milk, excluding products such as almond, oat and soy "milks."

"Not only are [dairy farmers] not making enough money on their milk, they are now dumping it down the drain," said Del. Barry Knight, R-Virginia Beach, the bill's sponsor. "My bill was to send a signal that we sympathize with you and want to offer our support."

Lawmakers grappled at length with issues related to the budget, which must be amended in response to the economic blow of COVID-19. Northam suggested 181 total amendments to the budget bills. The governor called for a freeze on many budget items and said that new circumstances required lawmakers to revisit initiatives such as early childhood education, more affordable college tuition, and pay increases for public employees and teachers. Northam said in his amendments that he may ask lawmakers to reconvene at a later point to vote on these items after they have reforecast state revenues.

Northam's recommendations included \$55.5 million for "sufficient disaster declaration authorization" and \$2.5 million for "deficit authorization for hous-

ing." The House accepted these amendments.

Lawmakers rejected
Northam's budget amendment to
delay existing capital projects "in
order to address cash flow and
debt capacity concerns resulting
from the COVID-19 emergency."
Northam's proposal to push

the May 5 municipal elections to November was contested. Initially, the House voted along a slim majority not to adopt the amendment. After debate, confusion and technicalities, the amendment passed with two votes. The Senate, which accepted most budget recommendations, did not vote on moving May elections. Levine, who voted to accept the amendment, said this means elections will be held in May, despite public health concerns. He suggested that since the Senate did not vote to move the elections, the senators should man the polls.

Other budget recommendations approved by the House and Senate:

- Increase nursing facility rates by \$20 a day per patient in response to COVID-19.
- Provide authority for the Director of the Department of Corrections to discharge or reassign certain inmates until July 2021.
- Expand access to long acting reversible contraceptives.
 Authorize the governor to ap-
- propriate Congressional funding related to COVID-19.

See ASSEMBLY, page A9

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.

Lucky is a 2 year old domestic shorthair. She came to the shelter 4 months ago after being hit by a car. She was named Lucky because she narrowly missed being hit by a second car. Lucky is playful and sweet as can be. She is hoping luck strikes again and she finds her furever home.

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A flood debris drop-off area in the First Street parking lot located at the corner of First Street SW and Randolph Avenue (behind the Pulaski Fire Department building).

Flood debris drop-off area established in Pulaski

Due to extensive flooding on Monday, April 13th, the Town of Pulaski is partnering with the Pulaski County Public Service Authority (PSA) to provide a flood debris drop-off area in the First Street parking lot located at the corner of First Street SW and Randolph Avenue (behind the Pulaski Fire Department building). Roll-off dumpsters will be stationed in the parking lot for citizens to bring their flood-related debris. If citizens are unable to transport an item to the drop-off area, the item(s) may be moved to the edge of their respective street. Citizens may then call the Pulaski County PSA office at 540-674-8720 to schedule a large item pickup.

With such a large volume of flooding we received this past Sunday night/Monday morning, we understand that many residences have been cluttered with debris. We hope this service will provide an opportunity for citizens to remove this debris at a minimum inconvenience to themselves. We want to extend our gratitude to the Pulaski Fire Department, Public Works Department and the Pulaski Police Department for assisting our citizens in a very timely fashion throughout this emergency. They have worked diligently to ensure that any disruption brought about by flooding was resolved quickly.

For further questions regarding the debris drop-off site, please contact Shawn Utt, Town Manager at 540-994-8696.

Social Security and Medicare funds at risk even before virus

WASHINGTON (AP) — The financial condition of the government's two biggest benefit programs remains shaky, with Medicare expected to become insolvent in just six years, while Social Security will be unable to pay full benefits starting in 2035, the government said Wednesday.

And that's before factoring what officials acknowledge will be a substantial hit to both programs from the coronavirus pandemic, which has shut down large parts of the U.S. economy and put millions of people out of work.

The depletion dates, which remained unchanged from last year's estimates, were revealed Wednesday with release of the annual trustees reports of both programs. When Social Security's reserves are exhausted in 2035, the program will only be able to pay 79% of benefits at

Even if employment rebounds by the end of this year and payroll taxes return to near-normal levels, the shock from the pandemic shutdown could accelerate the depletion of the Social Security trust fund by about six months, officials told reporters.

If a recession extends into next year, it could mean that a depletion would come a full year earlier. The consequences may be worse for the Medicare program, which in this report is estimated to deplete its reserves in 2026.

The expected recession, projected by economists to be the deepest since the 1930s, will mean fewer people paying into Social Security and Medicare. Compounding the problem, the pandemic will impose heavier caseloads on the health program, which provides care for those 65 and older.

In a statement, Treasury Secretary Steven Mnuchin,

chairs the trustees' group, said that the Trump administration was "working around the clock to mitigate any potential longterm negative economic effects of the pandemic and position the economy once again for strong growth."

William Arnone, CEO of the nonpartisan National Academy of Social Insurance, which works on education and policy, said that next year's report will be much more important because it will take into account the impact of pandemic. More than 20 million workers

have been laid off so far. As a consequence, they and their employers are no longer sending in payroll taxes to support Social Security retirement benefits and Medicare's giant trust fund for inpatient care.

People forced to retire because of job loss could see their lifetime Social Security checks reduced because the earnings they expected to receive from work won't be factored into the calculation of their benefits. A year is no small sacrifice for older workers who are at or near their peak

"That will be reflected in next year's report," Arnone said.

Medicare's Part B premium for outpatient care is projected to go up by about \$9 next year, to \$153.30 a month.

The impact on Medicare spending may be harder to sort out, said Fred Riccardi, president of the Medicare Rights Center advocacy group. That's because of a push-pull effect on spending.

"The demographics of this are that people on Medicare are the most severely impacted," Riccardi said, noting that older people suffer the worst consequences of COVID-19. Hospitalizations will raise Medicare spending.

"But we also know that the stay-at-home order has put elective surgery and treatment on hold," Riccardi continued. Older people are also the most likely to need hip and knee replacements and other procedures now paused, and that would tend to lower projected Medicare spend-

The dates are the years that both programs will exhaust their See BENEFITS, page A4

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Radford man charged in death investigation

The Radford City Police Department is now conducting a death investigation relating to the unresponsive individual in this case. The victim is a juve-

On April 17, 2020, at approximately 2:12 a.m., Radford City Police Department responded to an Emergency Medical Services call, in reference to an unresponsive individual, in the 100 block of Ninth Street. The individual was transported by Radford Fire and Emergency Medical Services to the New River Valley Medical Center.

Radford City Police conducted an investigation which provided that there was a domestic incident using a weapon. Warrants were obtained and the Radford City Emergency Response Team arrested Andrew Johnathan Byrd, age 33, of Radford at 8:25 a.m. without incident.

Mr. Byrd has been charged with the following:



Andrew Johnathan Burd

- 18.2-47 Abduction
- 18.2-51.6 Strangulation
- 18.2-57.2 Assault and Battery of a Household Member.

Mr. Byrd was remanded to the New River Valley Regional Jail on no bond. This is an ongoing investigation and no further information will be released at this

When your pharmacist makes a change, don't you think you should as well?





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NOTICE TO RESIDENTS OF THE TOWN OF DUBLIN

The election for Dublin town mayor and three members of the Dublin town council will still be held on Tuesday, May 5, 2020. Although voting in person at the usual polling place - Dublin Lions Club, from 6:00 a.m. to 7:00 p.m., is still expected to be available, given the health concerns and directives regarding COVID-19 (coronavirus), voting by absentee ballot is now available to all registered voters.

If you wish to vote in the election by absentee ballot, then you may request an absentee ballot from the Pulaski County Registrar's Office by mail to 87 Commerce Street, Pulaski, VA 24301; by telephone at 540 980 2111; by facsimile at 540 994 5883; or by e-mail to kwebb@pulaskicounty.org; or you may apply online at www.elections.virginia.gov/absentee. The deadline for requesting an absentee ballot by mail is April 28, 2020, in person is May 2, 2020. You may choose reason 2A, "My disability or illness" on the absentee ballot request form. Or, you may vote in person in advance of May 5 by contacting the Pulaski County Registrar's Office in advance to arrange for voting at that office. The deadline for new or updated voter registration is April 13, 2020.

All residents of the Town of Dublin who are registered voters are encourage to participate in the election.

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Pulaski Town Council

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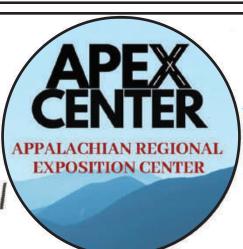
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The Pulaski Free Clinic provides complete medical care to adult residents of Pulaski County who have no insurance and who qualify financially. You may qualify!

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.

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Area Obituaries

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Loving Memory

PAUL EUGENE KEEN SR.

Paul Eugene Keen Sr., 76, of Dublin, VA, went to be with the Lord he served on Thursday, April 16, 2020 at his home. He was born July 24, 1943 at Tazewell. VA. the son of the late Thurman ("Shank") & Eula Kennedy Keen.

He attended church at the Pulaski Church of God. He worked at the Lynchburg Foundry for 32 years. He enjoyed fishing, hunting and gardening.

Left to cherish his memory are his loving wife of 58 years, Helen Goodman Keen; his son & daughter-in-law, Paul, Jr. & Joyce Keen; his grandchildren, Kevin, Sr. & Tonya Yoders and Allen Brickles; his great-grandson, Kevin Yoders, Jr.; his sister, Christina Johnson; his sisterin-law, Lois Prescott; his brothers-in-law, James Goodman and Sammy Goodman: several nieces, nephews and special friends.

Following strictly the mandated assembly restrictions, there will be no public services at this time. He will be laid to rest at Shiloh Cemetery.

The Keen family is in the care of A. Vest & Sons Funeral Home, White Gate, avestandsons.com, (540) 921-2985.

EDWARD WALLACE ARNOLD

Edward Wallace Arnold, age 71 of Chambersburg, Pa. and formerly of Dubin, Virginia born August 5, 1948 in Pulaski, Virginia passed away Friday April 17, 2020 after a short illness at SSM Health St. Clair Hospital ICU in Fenton, St. Louis, Missouri. His death was not related to the Corona Virus as he was tested and the results were negative. Edward had been a long haul truck driver for 44 years and had recently been employed by Crete Carrier Corp. for the past 24 years. His wife Esther Mae Ditzler Arnold had been riding with him for the past 10 years. He was predeceased by his parents Deck Dillon Arnold and Maggie Gladys Turney Arnold, his brother Claude "Mac" Arnold, his infant brother Samuel Houston Arnold, his infant sister Mittie Ellen Arnold, his grandsons Adam Wayne Deweese and Collin Wesley Deweese, his exwife and mother of his children Rose Mary Barnett Tabor. He is survived by his wife Esther Mae Ditzler Arnold of Chambersburg, Pa., daughters Mary Ann Arnold Deweese (Chuck) of Dublin, Va., Daisy Mae Arnold Clemons (Thomas) of Narrows, Va., Dorsey Lynn Arnold of Chambersburg, Pa., his son Eddie Wayne Arnold of Hiwassee, Va., stepson

Travis Berrier of Chambersburg, Pa., his brothers Charles Lee Arnold (Jean) of Rocky Mount, N.C., Larry Thomas Arnold (Lindsey) of Rural Retreat, Va., William "Bill" Otis Arnold (Pattie) of Advance, N.C., sisters Annie Lois Lyons (James) of Dublin, Va., Sarah Mae Arnold Martin of Draper, Va., Debra Darlene Arnold of Dublin, Va. He is also survived by his grandchildren, Thomas Michael Clemons, Hunter Matthew Clemons, Hannah Nevaeh Faith Clemons, Christina Horton, Kelly Horton, Ben Deweese, Darin Deweese, Michael Clemons, Thomas Clemons, Kyle Arnold, Isabelle Arnold, Anna Marie Arnold, Katona Collins, Kimberly Collins, step grand daughter Kaitlyn Berrier and great grandson Zachary Drain. Many nieces, nephews, great nieces, great nephews and great great nieces and nephews. His body was cremated and there will be a Memorial Service at a later date.

KATHERN SUE **MEREDITH HAMBLIN**

Kathern Sue Meredith Hamblin, 57, passed away at her home in Pulaski on Wednesday, April

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

www.mullinsfuneralhome.com

LAVIE YOUNG

COLTRANE

Lavie Young Coltrane, 90, of Draper peacefully passed away at home surrounded by her loving family on Tuesday, April 21, 2020 in Wythe County. She was born November 15, 1929 in Pulaski County and was the daughter of Claude S. Young and Lucy Ann Carr Young. She was also preceded in death by her husband, Jerry K. Coltrane, by two brothers, Kenneth and Roy A. Young, and her sisters, Daphne McCormick, Marie Dillon and Evelyn Quesenberry and a daughter, Linda Kinzer Busick. Lavie was a retired seamstress and retired from Greenlawn Classics in

Lavie is survived by her loving family, including her daughter, Sue Kinzer, Draper, son-in-law, John O. Busick, III of Madison,

Grandchildren: Leslie Friddle, Suzanne Kinney, Kevin, Kenny and Gary Hurst.

Great-grandchildren Kelly and Kyle Epperly, Katie Spencer, Brittney Surratt, Amanda Hovencamp, Abigail and Audrey Hurst, Kasey, Chase and Garrett Kinney; step-grandchildren Victoria, Houston and Katelyn Friddle.

Great-great-grandchildren: Ella Hovencamp, RaeLynn and Emerson Surratt; step-greatgreat-grandchildren Kolton Pascal and Macy Friddle. Several nieces also survive her.

Stevens Funeral Home, Pulaski, Virginia is in charge of the arrangements. Chaplain Jason Kline will be officiating and John O. Buick, III will present the eulogy. Pallbearers will be Kevin, Kenny and Gary Hurst, Kelly and Kyle Epperly and Timmy Friddle. Visitation, service and burial will be private. Burial will be at the Draper's Valley Presbyterian Church Cemetery, Pulaski Coun-



DALTON

Virginia 'Odair' Dalton, 74, of Dublin, VA passed away Sunday, April 19, 2020. She is preceded in death by her husband Jackie Dalton, her mother Virginia Compton, her father Grat Compton, her sister Christine King and her brothers Henry Tibbs and John Tibbs. She is survived by her son and daughter-in-law Todd and Lisa Dalton of Dublin, VA, brother Walton (Kathy) Compton of Bluefield, WV, one grandchild Adrianna Dalton (Phillip Miller), two step-grandchildren Katie Boyd and Brayden Boyd and numerous nephews and niece (and spouses), whom she loved very much, along with one great grandchild on the way. Odair loved to talk to her friends and family on the phone and spend time with them whenever she could and never met a stranger. Most knew her from when she worked in the Dublin Middle School Cafeteria. She will be missed dearly by many. Date to be determined for Memorial ser-

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In Memory



Benjamin Franklin Bradley April 23, 1971 - Oct. 11, 2018

Happy Birthday In Heaven

Is there a party up in Heaven to celebrate today? Did angels frost a cake for you? Or sing to start your day?

We're celebrating you down here As they must be above I truly hope your special day Is filled with peace and love.

This day was always special As we gathered round you here We'd sing and laugh and celebrate Your day with so much cheer.

I miss those special moments That we shared throughout the years It's hard to find that on this day My eyes now fill with tears.

I am trying hard to smile for you But, ohhhh ... that empty chair I turn around and find myself Still shocked tht you're not there

Please know I'm thinking of you As I go through each day This day is very special though Because it's your birthday.

Happy Birthday Benji! We love you so much and miss you more every day. Mom (Loretta), son (Wesley), grandson (Landen), Zane and Drema Bradley and family and special friends Larry and Brenda Gregory and family

Benefits

Continued from Page A3

trust funds. When that happens, Social Security will have to cut benefits which many recipients depend on, or lawmakers will have to raise the payroll tax. Medicare would have to cut its payments to hospitals, nursing homes and other medical providers unless taxes are increased.

The annual trustees reports contain the same general warnings they've carried for years. Both benefit programs need to make adjustments to become financially sound. But the choices of cutting benefits or raising taxes to bring that about remain politically unpalatable to most lawmakers.

Instead, Joe Biden, the presumptive Democratic presidential nominee, has called for expanding both programs. On Social Security Biden would increase benefits, especially for people of modest incomes, while raising more revenue from upper-income earners.

President Donald Trump pledged during the 2016 campaign not to cut Social Security and Medicare benefits. Before the pandemic, he said in an interview that his administration would be taking a look at benefit programs, but the White House press office pushed back on suggestions he was opening the door to cuts.

Various proposals have been put forward. They include reducing the annual cost of living benefit increases for Social Security, raising payroll taxes or raising the retirement age for Medicare. Yet there is little political appetite for such changes.

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Carla Finkielstein (left), an associate professor of biological sciences in the College of Science, is coordinating COVID-19 test development on the Blacksburg campus with Rich Helm, an associate professor of biochemistry in the College of Agriculture and Life Sciences, who leads Core Services and the Genomics Sequencing Center at the Fralin Life Sciences Institute. Photo courtesy of Amy

VT researchers develop new COVID-19 tests to combat backlogs, shortages

From Virginia Tech

Virginia Tech scientists have developed a new COVID-19 test and secured federal and state approvals to begin processing samples at on-campus labs in Blacksburg and Roanoke.

The university will support local health departments throughout the region to provide timely analysis to identify patients suspected of having COVID-19— a critical step in the process of slowing the pandemic in Virginia. No patient samples will be collected at either of the labs—that step is done by health departments or health systems working with health departments, including the Schiffert Student Health Center at Virginia Tech.

"Virginia Tech has received emergency permission to begin testing COVID-19 samples and we have notified local health departments that we are ready to begin receiving samples soon," said Michael Friedlander, executive director of the Fralin Biomedical Research Institute at VTC and Virginia Tech's vice president of health sciences and "With expanded technology. testing becoming crucial to controlling the pandemic, in Virginia and the nation, Virginia Tech faculty, staff and graduate students went to work to answer the challenge."

The U.S. Food and Drug Administration (FDA) issued Emergency Use Authorization on Monday for the university to proceed with testing. FDA review of the validation is pending. After review, the university will receive official notice as to whether full FDA approval is granted.

With hospitals challenged by shortages of critical resources and diagnostic labs glutted with potential COVID-19 samples, scientists with both the Fralin Biomedical Research Institute in Roanoke and the Fralin Life Sciences Institute in Blacksburg confronted the problem.

"We were alarmed that the backlogs at testing labs seemed to be growing without much relief, which makes it difficult to treat patients appropriately and to contain the pandemic guided by timely, accurate data," Friedlander said. "With so many scientists at the forefront of biomedical technology, facilities, and expertise — we were confident our teams could develop assays and make a meaningful contribution."

Faculty research leaders and their teams, led primarily by Carla Finkielstein at the Fralin Life Sciences Institute in Blacksburg and also by Harald Sontheimer at the Fralin Biomedical Research Institute in Roanoke, noticed the hardship and jumped into action.

"Everyone is helping in any way that they can from their positions at the university," said Finkielstein, an associate professor of biological sciences in the College of Science and affiliated faculty member of the Fralin Life Sciences Institute. "It amazes me; it is a true team effort."

All the analysis will be done in a standardized, safe manner under the certifications and guidelines of university, state, and federal oversight. The final approvals to conduct the tests came this week after weeks of stressful, round-the-clock work to overcome multiple hurdles.

The challenge of completing work quickly was magnified because access to critical reagents were in short supply and aligning instrumentation and protocols with state and federally mandated guidelines was a complex process.

"Despite the obstacles, Dr. Finkielstein rolled up her sleeves, went into her lab, and started cranking," Friedlander said. "Carla is a non-stop force of nature with the compassion for service to others to match her grit and scientific acumen. She and her fantastic team of post-doctoral fellows have been working tirelessly ever since."

Sontheimer, the director of the Center for Glial Biology in Health, Disease, and Cancer at the Fralin Biomedical Research Institute, and executive director of Virginia Tech's School of Neuroscience in the College of Science, and his group of postdoctoral associates, technicians, and graduate research assistants used their experience in molecular biology and molecular virology to work closely and in parallel with Finkielstein's team developing the assay and preparing the protocols for implementation at the Fralin Biomedical Research Institute in Roanoke.

All eight members of Sontheimer's lab are devoting their attention to the effort, while postdoctoral fellows and research associates are working back and forth between Roanoke and Blacksburg, sharing information.

"In Roanoke, we couldn't have done it without Robyn Umans of

Nails By Michelle Pulaski Yu 540-616-7016

the Sontheimer lab and Carmen Munoz Ballaster of Dr. Stefanie Robel's lab," Friedlander said. "They and their colleagues are true heroes, completely dedicated — Carmen has been working around the clock and trains others in the techniques she has helped perfect — and she is expecting a baby in a couple of weeks on top

"This effort is the result of very purposeful support by Virginia Tech Provost and Executive Vice President Cyril Clarke to muster the university's biomedical expertise against the pandemic," Friedlander said. "His support has been key to our timely forward movement and tackling the scientific and regulatory challenges head on."

Friedlander and Matt Hulver, the executive director of the Fralin Life Sciences Institute, pressed forward to make arrangements to reconfigure lab space for Virginia Tech scientists to process COVID-19 samples in Roanoke and Blacksburg,

"Many faculty members stepped outside of their normal roles and routines, but ultimately these people are scientists who are at the top of their game," Hulver said. "We realized this testing uses technologies that many of us have available in our labs, and we could be part of the solution. We have robotic equipment. Our scientists understand biomedical research. We have software. We have safety training. It's what we

See TEST, page A9

Food City Donates to the NE Tennessee and SW Virginia COVID-19 Relief Fund

ABINGDON - The Northeast Tennessee and Southwest Virginia COVID-19 Relief Fund announced today that they are the recipient of a generous \$50,000 Food City contribution for the regional COVID-19 Relief Fund.

A \$25,000 donation will support citizens and communities in Southwest Virginia, and the remaining \$25,000 will support the six areas served by the participating Northeast Tennessee United Way organizations.

Both immediate and longterm, these efforts will focus response efforts on vulnerable populations, including children, families, and the ALICE population in Northeast Tennessee and Southwest Virginia. ALICE, an acronym coined by United Way that stands for Asset Limited, Income Constrained, Employed represents men, women, and families who work hard and earn more than the official Federal Poverty Level, but less than the basic cost of living.

Steve Smith, President and CEO of Food City stated, "We are always proud to partner with our local United Ways in any effort that enhances the stability and success of our friends and neighbors. We are aware of the detrimental economic toll that this global pandemic is placing on our community, and we are honored to be one piece of a much bigger solution."

Travis Staton, President and

CEO of United Way of Southwest Virginia, stated, "We are so grateful for our ongoing partnership with Food City and their generous gift to the citizens in both the Northeast Tennessee and Southwest Virginia communities. The question is not whether we will get through these strange times, because we will. The COVID-19 pandemic has and will continue to affect our friends and neighbors in all localities, both economically and financially, but through kind acts of generosity demonstrated by our partners like Food City, we will overcome these difficult times and adversities together."

ABOUT NORTHEAST TENNESSEE AND SOUTHWEST VIRGINIA COVID-19 RELIEF FUND

Your regional United Ways are UNITED in a collective response to the pandemic.

The Northeast Tennessee and Southwest Virginia Relief Fund will be used to support community organizations who are working to meet the needs of individuals affected by COVID-19 in Northeast Tennessee and Southwest Virginia.

To make a gift to the Northeast Tennessee and Southwest Virginia Relief Fund, visit https://netnswvarelief.org/. To donate by check, mail to United Way, Regional COVID-19 Relief Fund, P.O. Box 644, Abingdon, VA 24212.

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OPINION

Sustaining jobs and businesses during virus

The unique and unprecedented challenge posed by the coronavirus pandemic required a fast-moving effort to support the economy as companies had to close or reduce services.

In the Coronavirus Aid, Relief, and Economic Security (CARES) Act, the Paycheck Protection Program was devised to keep Americans on the payroll of their employers at their current base pay.

It does so by providing small businesses, self-em-



Morgan Griffith

> 9th District Representative

ployed individuals, and gig economy workers such as Uber drivers with eight weeks of cash-flow assistance through 100 percent federal guaranteed loans. By maintaining their payroll,

employers can have the portion of the loans used for covered payroll costs, interest on mortgage obligations, rent, and utilities forgiven. The loans are available through approved participating lenders, in most cases the local bank or financial institution.

Employees would keep their jobs and businesses would have assets to stay open, two goals with nearly universal support.

Fortunately, the implementation of the Paycheck Protection Program has been a remarkable success.

The CARES Act was signed by President Trump on March 27. The U.S. Small Business Administration and the U.S. Department of the Treasury had the Paycheck Protection Program accepting applications on April 3. By April 10, I was hearing from businesses across the Ninth Congressional District that were getting the funds for which they applied. On April 12, the Roanoke Times ran an article, "Paycheck Protection dollars reach Roanoke," about small businesses getting their money.

Unfortunately, at the time I write this column, political posturing has ended this valuable program because of lack of funds. While I believe the program will eventually receive more funding to begin distributing loans again, this program is too important to the livelihoods of millions across the country to make it the pinata of Democrat party politics.

Federal programs rarely run out of money because they are successful, but the Paycheck Protection Program has exhausted its original \$350 billion because it has been funding loans and supporting small businesses as intended.

Almost no one objects to the program's intent or management, but when Senate Majority Leader Mitch Mc-Connell (R-KY) moved on April 9 to add more funding for the program, he was blocked by Senate Democrats at the behest of Minority Leader Chuck Schumer (D-NY) and House Speaker Nancy Pelosi (D-CA).

Their stated reason was to help states and local governments with their budgets, as well as deliver more money to hospitals. States have already received some aid to fight the coronavirus, including \$3.3 billion allocated to Virginia. While the states and local governments may eventually need further federal assistance, it is too early to tell, and state and local governments should look at their budgets to eliminate unnecessary spending before asking for a federal bailout. When we get through this crisis, the Federal Government will need to do the same to offset some of this spending.

Further, the CARES Act provided \$100 billion to health providers, and on April 9, none of that money had been distributed at all. The first round of \$30 billion has since been distributed, but that still leaves most of the money to health providers yet to be released.

To be clear, hospitals may need more help after the funds appropriated for this purpose by the CARES Act run out, and I would be supportive, but we are not at that point yet. We have reached that point for the Paycheck Protection Program.

It is important that this crisis also not be used to fund unrelated items on a wish list. Although the circumstances justify appropriate emergency spending now, the national debt and deficit is still accumulating. Anyone seeking to attach spending for pet political causes to coronavirus relief measures must remember that our country will have to reckon with the bill in the future.

The goal of the Paycheck Protection Program is to keep the economy alive for the time when we reopen, and we can start planning for that event. The coronavirus may be with us for a while, so businesses and employers should consider how they can operate while recognizing the need for continued measures to prevent its spread. But people want to get back to work, and we should soon be able to do that safely and responsibly.

If you have questions, concerns, or comments, feel free to contact my office. You can call 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.

You are not alone. You will be okay!

By Chris Hogan

If you're feeling panicked about money in these uncertain times, I want you to hear me on this:

You are not alone. You will be okay.

People all across the country are wanting to know how the COVID-19 virus will affect their finances. Here are some of the top questions I'm getting about how to handle money during this trying time.

What should I do to protect myself and my family right now?

Conserve your financial resources. This means cutting unnecessary spending, like cable television, eating out, and subscription memberships. Focus on taking care of the Four Walls. I'm talking about the absolute necessities—food, shelter, utilities, and transportation.

Should I cash out my investments or take my money out of the bank?

Absolutely not! The stock market is like a rollercoaster, and you don't jump off a rollercoaster in the middle of the ride.

If you pull your money out now, you're guaranteed a loss. But if you ride it out, you can bet the value will eventually go back up. Plus, bank deposits are insured by the FDIC and protected up to at least \$250,000.

How long will this last?
Honestly, I don't know, V

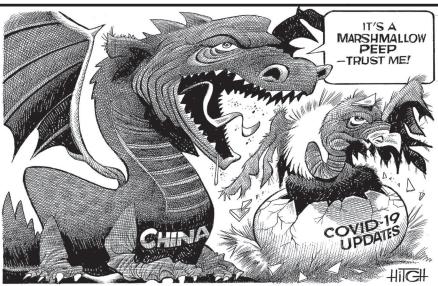
Honestly, I don't know. What I do know is the economy will recover. All you have to do is look at history as a guide. The market has always gone back up, even after the 2008 crash and other pandemics, like SARS.

How can I give myself some cushion in case of job loss?

Now is the time to build up your emergency fund. Focus on getting three to six months of expenses saved up. If you're receiving a tax refund, put that money in a savings account. If you need extra money, sell some things around the house, or look for part-time work at companies that are experiencing high demand.

Remember, control what you can control, and don't let fear dominate you. It may take a while to get through all this, but you're going to be okay!

*Chris Hogan is a two-time #1 national best-selling author, financial expert and host of The Chris Hogan Show. For more than a decade, Hogan has served at Ramsey Solutions, equipping and challenging people to take control of their money and reach their financial goals. You can follow Chris Hogan on Twitter and Instagram at @ChrisHogan360 and online at chrishogan360.com or facebook. com/chrishogan360.



Liberate America

"...the right of the people peaceably to assemble, and to petition the Government for a redress of grievances." (from the First Amendment)

Conservatives are mostly a passive lot, expressing their frustrations and anger over ideas they oppose by listening to or watching Fox News, talk radio, or attending Trump rallies when that was possible.

The duration of the COVID-19 lockdown and its associated unemployment "pandemic" are changing that. Recent arbitrary executive orders by some governors have driven many who have never before demonstrated for or against anything into the streets of state capitals, with more likely to come. They want their jobs and country back.

President Trump is helping them out with his rallying cry to "liberate" Michigan, Virginia and Minnesota. These states are led by Democratic governors, whose party members in Congress appear to me to view the virus as a political opportunity to damage President Trump's re-election prospects.

At least some Republican governors are heeding the president's call to "open up." Last week, Governor Ron DeSantis of Florida announced the reopening of some beaches and parks with restrictions.

In Texas, as the Ft. Worth Star-Telegram reported, Gov. Greg Abbott "Outlined a careful, phased-in effort to allow businesses to open." The governor also named advisory panels to suggest next steps. Such panels are becoming the preferred strategy. If a policy fails, politicians can spread the failure and responsibility around, while taking credit for any success.

Gov. Abbott also promised he will be guided by medical data. One hopes that doesn't include computer models, which, according to National Review, are proving unreliable in forecasting the number of deaths and new virus cases.

Restaurants should be allowed to reopen while practicing social distancing and requiring staff to wear masks and gloves. In warmer climates, outdoor tables and chairs could help bring traffic back to pre-pandemic numbers. Restaurant employees are often the most economically vulnerable because many rely heavily on tips. Whatever money they might receive if restaurant owners



Cal Thomas

> Tribune Content Agency

applied for government loans and grants is not likely to make up the difference.

That there has been an overreaction to this virus, in my opinion, is hard to dispute. Democratic Gov. Jay Inslee, who has

exchanged compliments with President Trump for the federal assistance given to his state, accused the president of "fomenting domestic rebellion" with his liberation calls. He added that the president is encouraging "illegal and dangerous acts."

I don't think so.

Last week, Michigan Democratic Gov. Gretchen Whitmer issued an executive order, which, according to Bridge, a nonprofit, nonpartisan news organization, permits "kayaking, boating, sailing or canoeing, but not in a motorized pontoon boat or anything that would require a trip to the gas station." People can "mow their own lawn, but not hire someone to do it." Michiganders can "travel to care for an elderly relative, but not visit friends or go to second homes." They can also "go for a walk, but not go golfing."

Liquor and lottery ticket sales were not banned by the governor, who is under consideration by Joe Biden as a possible running mate.

With such silly and arbitrary dictates, is it any wonder more people are taking to the streets?

(Readers may email Cal Thomas at tcaeditors@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 tcaeditors@tribpub.com.



Rich Lowery

> Editor, National Review

Blaming China, WHO Isn't Scapegoating

slammed the World Health Organization at a recent news briefing and was immediately accused of scapegoating. There's no doubt that Trump

President Donald Trump

is inclined to shift blame when possible (and even when it isn't). He'll never take ownership of the testing debacle at the outset of our coronavirus response or admit it was wrong initially to minimize the virus.

Yet none of this detracts from the force of his critiques of China (although he blows hot and cold on that) and the WHO, which are at the center of this international catastrophe and must be held to account.

Without China's deceit and WHO's solicitude for Beijing, the outbreak might have been more limited, and the world at the very least would have had more time to react. China committed unforgivable sins of commission, affirmatively lying about the outbreak and punishing doctors and disappearing journalists who told the truth, whereas the WHO committed sins of omission

-- it lacked independence and courage at a moment of great consequence.

In effect, China and the WHO worked together to expose the rest of the world to the virus, at the same time they downplayed its dangers.

China acted as you'd expect.
Countries that run gulags aren't
typically noted for their good
governance and transparency.
The WHO is supposed to be
different. According to its
constitution, "The health of all
peoples is fundamental to the
attainment of peace and security
and is dependent on the fullest
co-operation of individuals and
States."

But it's hard to see how the WHO would have acted any differently if its constitution contained a proviso stipulating that it should validate Chinese propaganda as much as possible, especially in the midst of a world-threatening outbreak of a novel virus.

On Jan. 14, WHO tweeted that "preliminary investigations" by Chinese authorities had found no evidence of human-to-human transmission. Several days later, it reported "limited" human-to-human transmission, although it downplayed the finding as typical of respiratory illnesses.

Then, the WHO declined to call the outbreak in China a public health emergency of international concern on Jan. 22, at the same time there were confirmed cases in Taiwan, Australia, Japan, Thailand and South Korea. After the WHO finally declared the emergency, it proceeded to drag its feet on declaring a pandemic, waiting until March 12.

One of the worst things China did was seal off Hubei province from the rest of the country while flights continued around the world. Was the WHO concerned about that? No, it was fully on board. As a headline in Reuters put it in early February, "WHO chief says widespread travel bans not needed to beat China virus."

Incredibly enough, in late January, WHO Director-General

See LOWRY, page A7

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Women veteran entrepreneurs focus of business pitch contest

RICHMOND - The Virginia Department of Veterans Services (DVS) and the StreetShares Foundation have teamed up for a nationwide business pitch contest for entrepreneurial women veterans and military spouses called The Female Founders Veteran Small Business Awards.

To qualify for entry in the pitch contest, the founder or owner of the business venture needed to be at least 21 years old, a female military veteran, active duty service member, member of a Guard or reserve unit, military spouse, or child of a Gold Star family. Each applicant was required to include a two-minute video pitching their business and submit it online to the StreetShares Foundation. More than 100 applications and videos were received before the entry deadline.

The StreetShares staff has reviewed all videos and selected 14 finalists. These videos are now posted online at https://streetsharesfoundation.org/vote. The public is invited to view the posted videos and vote for their favorites between now and midnight E.D.T., Sunday, May 3, 2020. The three pitch videos receiving the most votes will be the finalists to pitch live in the competition.

These top three will then be judged by a panel of business executives and entrepreneurs who will choose the first, second and third place entries. Winners will be announced on June 19, 2020 during the Virginia Women Veterans Virtual Summit. This annual Summit is being held online as a virtual event this year because of the restrictions imposed by COVID-19. A total of \$25,000 in capital funding will be awarded to the three finalists in the contest.

"As an Army veteran, I am especially aware that women veterans and military spouses face unique challenges when transitioning from active duty to the civilian world," said Annie Walker, Deputy Commissioner



of the Virginia Department of Veterans Services. "One such challenge is finding the capital investment and financing necessary to start a new business. We are excited to team with the StreetShares Foundation to host The Female Founders Veteran Small Business Award pitch contest and give these entrepreneurial women the opportunity to get the support they need to help make their business successful."

"All of us at DVS and our partners at the Virginia Employment Commission are excited about offering another great opportunity for women veterans in the Commonwealth and across the nation to stay connected to their sister veterans during the 2020 Virtual Virginia Women Veterans Summit," said Beverly Van-Tull, Women Veteran Program Manager. "The goal of our annual Summit is to increase awareness of the importance of women veterans' contributions and the unique challenges they face. We want to empower the women and provide them with the knowledge, tools and resources necessary to more smoothly navigate This is our second year of holding a business pitch contest to promote our female veteran entrepreneurs."

The theme of the 2020 Virtual Virginia Women Veterans Summit to be held June 17-19 is "Empowered: Collaborating and Creating Champions of Change." Virginia is home to more than 107,000 women veterans - the largest percentage of women veterans per capita of any state. Virginia is also home to thousands more transitioning women service members and military spouses. For more information on how to participate in and register for the Summit, please visit https://host.regform.com/virginiawomenveteranssummit/.

Lowery

Continued from Page A6

Tedros Adhanom Ghebreyesus was praising Chinese officials for "the transparency they have demonstrated." Despite the emerging consensus that China has lied about its number of cases and deaths, WHO hasn't yet said a discouraging word about China's actions. It's been resolute, though, in excluding Taiwan from its workings, just as Beijing dictates.

Trump takes more than his share of potshots, but that doesn't mean he's always off the mark. China and the WHO are genuine malefactors who deserve all the obloquy the president, and anyone else, can heap on them.

Rich Lowry is editor of the National Review.



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by Linda Thistle

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

DIFFICULTY THIS WEEK: ◆◆

♦ Moderate ♦ Challenging ♦ ♦ ♦ HOO BOY!

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Puzzle Answer Appears Elsewhere In This Week's Issue

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Facebook to label national origin of popular posts

OAKLAND, Calif. (AP) — Facebook said Wednesday it will label posts from popular accounts with their geographic origin in an attempt to curb political misinformation by foreign-based pages that mimic legitimate groups and political parties.

The new policy will apply to popular pages about elections, entertainment and other topics and will stamp every post they make on Facebook and Instagram with its origin. For instance, an Instagram account targeting U.S. voters but based in Brazil will have every post labeled with "Based in Brazil." Users then can swipe to find out more information about the account.

It's the social network's latest attempt to fight election-related misinformation. Russia and other countries have been using social media to try to influence political discourse in the U.S. and elsewhere, often by masquerading as local interest groups.

Facebook will initially target pages based outside of the U.S. that reach a large number of people inside the U.S. The labels, the company says, will help people "gauge the reliability and authenticity" of what they see.

While the labels add a new layer of information — and one users won't have to click to find — it's unlikely to help with more insidious attempts to influence the November presidential election and sow political discord in the U.S.

Last fall, for instance, Facebook removed dozens of pages and accounts that purported to be Americans focused on U.S. politics, but which actually originated in Iran and Russia. This March, meanwhile, both Twitter and Facebook announced takedowns of sophisticated foreign operations showing that showed Russian trolls outsourcing election interference efforts to countries in West Africa.

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Page A8 - The Patriot - April 24, 2020

Surviving financially as the bills come due

AP Personal Finance Writer

The coronavirus has dealt a financial blow to millions of Americans and now April's bills are coming due.

The good news is there is help available. Reach out immediately to your mortgage lender, student loan servicer or utility provider to see what's available. Other assistance, such as stimulus checks or unemployment benefits, will take more time. The bottom line is that you need to take action to seek certain forms of relief.

Here is help navigating the biggest issues:

HOUSING

Numerous mortgage lenders have said they are willing to work with distressed borrowers, including potentially suspending or reducing payments. Contact them immediately to find out about your options.

If you hold a mortgage backed by Fannie Mae or Freddie Mac - about half of all mortgage holders do — there is help. The mortgage buyers have suspended all foreclosures and evictions for homes owned by their companies. They've also expanded their forbearance program, which could suspend payments for up to a year. Ask the company you make your payments to if you hold a Fannie or Freddie

The federal government has also halted foreclosures and evictions for mortgages insured by the Federal Housing Admin-

Renters' fate depends on where they live and who they rent from. Reach out to your landlord or property management company to ask for leniencv. Several cities, such as Seattle, San Francisco and Boston, have halted evictions due to the coronavirus.

UTILITIES

Gas, electric, and other utility providers often have assistance programs for customers who cannot pay in full. There are also government and charitable programs to help low-income or struggling households. Ask the utility provider for referrals or call 2-1-1 for help finding local social service programs or charities. Several cities and regions have opted to halt utility shutoffs.

HEALTH INSURANCE

COBRA allows laid off workers at large employers to pay to continue their health insurance coverage, but it can be prohibitively expensive. Being laid off also qualifies as a life event for most insurers, which means someone could get on a partner's insurance outside of the normal open enrollment period.

Due to the coronavirus, a handful of states have reopened their individual insurance exchanges to people who didn't find coverage during the regular sign-up windows that started last fall. People who have lost coverage through their employer are allowed to shop on the exchanges outside the regu-

ify for their state's Medicaid their repayment options. program too.

your credit card, auto loan or ending your gym membership other debt, reach out to your and trimming phone or internet lender. They've been instructed plans. Daycare or monthly comby federal regulators to work muting passes might be paused with borrowers impacted by or lowered during unemploythe virus. Banks have said they ment. are willing to make a variety of arrangements such as waiv- can to bring in income. If you ing fees, temporarily lowering still come up short, stay calm. interest rates or making other payment arrangements.

STUDENT LOANS

Federal loan borrowers can now seek an emergency administrative forbearance, which would allow them to postpone payments for up to 60 days. Borrowers must contact a servicer to apply.

The federal government also lowered the interest rate on all federally held student loans to 0%. However, that will not lower the monthly payment; instead it will apply the payment entirely to the principle balance.

temporarily halted collections help. United Way and 2-1-1 can and wage garnishment for bor- also help you find social service rowers who've fallen behind on support you may qualify for in their federal student loans. It your area. has instructed private collection agencies to follow suit.

and dedication to their agency

mission. There are 29 agencies

and councils in government,

ranging from NASA to the Trea-

The Department of Veterans

* Patient safety was high on

Affairs won 16 Gears of Govern-

ment Awards this year. Here are a

the list. Procedures were put into

practice to prevent in-hospital

pneumonia and the prescribing

of unnecessary drugs to veterans.

VA police now carry opioid-re-

versing medication should there

be an overdose emergency. These

two steps lowered VA costs by

\$24 million and improved care

* Technological advances al-

* Over 350,000 VA custom-

lowed eyeglasses to be created in

minutes rather than a whole day.

for 120,000 veterans.

sury Department.

few of them:

If you have private student Some households may qual- loans, contact your servicer for

BUDGET

It's time to cut any non-es-If you are struggling to pay sential expenses,. That means

Consider extra work if you

"Companies are rolling out programs to help with missed or late payments," said Kristin Pugh, a certified financial planner. "If you can't make a payment or can only make a partial payment you need to be proactive and reach out."

FPA is offering free financial guidance to Americans in need. A nonprofit credit counseling agency can also provide low cost help managing debt and creating a household budget.

If necessary, consider seeking aid for basic needs such as food and shelter. Or consider local food banks, which have The government has also more leniency in who they can

GOVERNMENT HELP

Yes, the government is delivering one-time payments to adults but those are still weeks awav.

Evelyn Zohlen, a certified financial planner and chair of the Financial Planning Association, urges people to use that money for needs not wants. If you are not in need, consider dropping that money into an emergency savings fund as anyone's economic picture can change quickly.

If you are laid off or your income has been reduced, apply for unemployment as soon as

Congress is beefing up what

ates can offer — including allowing part-time, self-employed and gig economy workers who typically weren't covered to seek benefits. People who are quarantined, left work due to risk of exposure or to care for a family member can also apply.

Applications can typically take two to three weeks to process, thought the surge in applications could extend that time frame.

We want to hear how you've been financially impacted by the coronavirus. Email apmoney@ap.org to tell us more.

Protest

Continued from Page A1

proximately 10,000 confirmed coronavirus cases in the commonwealth as of Wednesday. Northam and health officials maintain that social distancing is keeping cases from skyrocketing.

Unemployment claims have had a dizzying ascent, with the Virginia Employment Commission reporting on April 16 that 410,762 claims were filed since March 21.

The event was not without counter protesters, among them Dr. Erich Bruhn, a surgeon from Winchester. Bruhn wore a facemask and carried a sign that read, 'You have no right to put us all at risk, go home."

"I came out here today to tell the other side that the majority of people do not agree with this," Bruhn said. "We want the economy to open up, but it is just too soon according to most scien-

As the interview with Bruhn was wrapping up, a female protester leaned out of her car window and shouted at Bruhn, "How long are we supposed to stay inside?"

Sen. Amanda Chase, R-Chesterfield, who has announced her intent to run for governor next year, voiced support for the rally.

"There will be a number of people at this rally, and it has been well publicized," Chase said during a Facebook livestream. "I think it sends a great message to the governor to reopen Virginia in a smart, wise way."

Protesters drove around the Capitol perimeter honking their horns for three hours. The event coincided with the General Assembly reconvening to respond to Northam's vetoes and amendments. The House of Delegates, which met under a tent on Capitol grounds, was bombarded by the ongoing ruckus. There were no incidents of violence reported, though one Capitol police officer joked he had a headache from all

VA garners awards The Gears of Government time for direct service to veter-Award is a program that recognizes individual federal employees and teams for performance

by Freddy Groves

trained on modernized and improved data systems, allowing real-time feedback.

* Processing times for disability compensation claims were reduced by automating 40% of those claims.

* A group of VA individuals analyzed criminal information and provided assistance to nab five criminals involved in identity theft and fraud schemes targeting VA employees and veterans. The schemes were stopped before veterans' personal and banking information was compromised.

* Changes in the way vocational rehab counselors exhibited proficiency in job skills eliminated inefficiency, leaving more * The VET TEC group man-

aged an educational program giving veterans more job opportunities through high-tech accelerated learning programs.

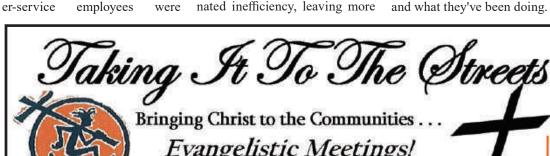
* A training and response team developed a safety program for patients receiving anesthesia, which prevented the risk of emergence delirium (panic when coming out from under anesthesia). This has reduced the risk of injury for both the veterans and staff across the country.

* Individuals were recognized, too, including one employee who worked with community, state and federal organizations across Illinois to benefit homeless veterans and those facing incarcer-

Wow! We knew there were some good people at the VA. Now we know where they are and what they've been doing.







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April 2020

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Fri. April 3rd: Pastor Charlie Barbettini Sat. April 4th: Pastor Todd Garwood

Fri. April 10th: Pastor Charlie Barbettini Sat. April 11th: Pastor Todd Garwood

Fri. April 17th: Pastor Charlie Barbettini

Sat. March 18th: Pastor Todd Garwood

Sat. April 24th: Pastor Charlie Barbettini

Sat. April 25th: Pastor Todd Garwood NOTE: POSTPONED WILL RESCHEDULE Food to go orders only 11 am until 1 pm. Barbeque, Fries, Dessert and Drinks. The Clothing Bank will remain closed during this time.

NOTE: 11 AM SUNDAY MORNING OUTREACH SERVICE AT THE STREETS

Sun. April 26th: Pastor Todd Garwood

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"Go Ye Into All The World and Preach The Gospel to Every Creature" Mark 16:15

Community Foundation awards COVID-19 grants

Community Foundation of the New River Valley (CFNRV) is pleased to announce \$25,000 in its first round of grants to NRV nonprofits affected by COVID-19.

The CFNRV announced its COVID-19 Response Grant Program in late March and received over 75 applications in the first few weeks. The program awards grants of up to \$2,000 to NRV charitable organizations to help them navigate the pandemic. Applications were received from many different organizations including hunger relief agencies, and those in diverse areas of the arts, education, health care and

Many organizations are seeing an increased demand for services, or having to make changes to how they deliver services or cover operational expenses. In response, the Foundation's leaders elected to direct a significant portion of grant funding available from its endowed funds in 2020 to COVID-19 Response Grants through a flexible system that allows organizations to use the grant money where it is need-

Test

Continued from Page A5

Meanwhile, Friedlander moved forward connecting faculty members who could meet the COVID-19 testing problem head-on, working with Virginia Tech Legal Counsel Kay Heidbreder and Assistant Vice President for Emergency Management Michael Mulhare in identifying and clearing regulatory hurdles, and working to reach agreements with the Virginia State Health Department, the U.S. Food and Drug Administration, and re-

Critically important, Virginia Tech had federal CLIA certification - short for Clinical Laboratory Improvement Amendments - to do complex testing through its Schiffert Student Health Center, which permits the university to perform non-research tests such as the COVID-19 assay using human samples.

gional health departments.

Kanitta Charoensiri, director of Schiffert Health Center, and other center leaders worked to help Friedlander and the teams in Blacksburg and Roanoke apply for testing approval under Schiffert's license.

Sample testing will enable Virginia Tech to support health providers throughout the region.

"We anticipate a wave of COVID cases, and we need to be ahead of it," said Sontheimer, a professor of neuroscience in the College of Science. "If you can immediately identify someone as positive for the virus it is a great help, because otherwise that person will infect at least five or 10 more people unnecessarily. We are approaching the point where we should be able to return a conclusive test result of a number of patient samples in a day. Once we get going, our faculty and postdoctoral associates hope to process several hundred samples a day."

Researchers, such as Finkielstein and Rich Helm, an associate professor of biochemistry in the College of Agriculture and Life Sciences who leads Core Services and the Genomics Sequencing Center, Sontheimer, and others collaborated on the novel assays to identify the virus, using a quantitative real-time polymerase chain reaction (qRT-PCR) protocol to test for RNA of the coronavirus in patient samples.

Meanwhile, neuroscientists

Anthony LaMantia and Tom Maynard are working with Friedlander and Sarah Glenn, the associate director of facility development and technical operations, in Roanoke at the Fralin Biomedical Research Institute.

Lamantia and Maynard relocated their research laboratories to the Fralin Biomedical Research Institute from George Washington University in Washington, D.C., two months ago and readied their new sophisticated platforms for qRT-PCR testing that were recently purchased for developmental brain research to begin using in the newly re-configured COVID testing suites at the research institute.

The New River Valley Health Department has provided samples for validation through the Fralin Life Sciences Institute's platform in Blacksburg, which are being shared for dual analysis at the Fralin Biomedical Research Institute in Roanoke. Both sites are ready to begin processing samples from the health departments.

"We are appreciative that our colleagues in the College of Science and throughout the university were able to quickly commit themselves to working to address the pandemic that has affected scores of nations and is now in our community," said Sally C. Morton, dean of the College of Science and former interim director of the Fralin Life Sciences Institute. "Scientists solve problems, and COVID-19 represents one of the most extensive challenges to our national health care system in many decades. The work of Drs. Finkielstein and Sontheimer and others will make a definitive impact in Southwest Virginia and beyond."

Virginia Tech President Tim Sands said the collaboration to establish two sample testing labs exemplifies Virginia Tech's commitment to community service as a land-grant research univer-

"We have the scientific expertise to address the COVID-19 pandemic throughout the state and the world," Sands said. "Diagnostic health testing may not be part of our normal academic and research routine, but when lives are at stake, it is Virginia Tech's role to take action and make a difference wherever we

Assembly

Continued from Page A2

Many of the other legislative amendments were technical and made minor changes to some pivotal legislation passed in the historic session. The session marked the first time since 1994 where Democrats controlled both chambers of the General Assembly and the governor's office. Two of Northam's recommendations to the marijuana decriminalization bill, HB 972, were rejected, regarding an extension for the study on the legalization of marijuana and not allowing a trial by jury for the civil penalty of simple possession.

The governor's recommendation to delay the \$9.50 minimum wage increase from January until May 2021 was accepted after several impassioned pleas. Other lawmakers voiced concern that the economy can not handle increasing the minimum wage. In the Senate, Fairfax cast a tie-breaking vote to accept the bill's delay.

A major concern during the reconvened session was that all

in attendance take precautions amidst the pandemic.

"This is definitely unique," Filler-Corn told the Washington Post. "Health and safety are a top priority."

Levine wished that the session had been held remotely for safety reasons, but understands that it was necessary to meet, even if in person.

"Any of us could have [the coronavirus] and the longer we all stay in this environment around each other, the more likely it is that it will be transmitted," Levine said.

Each session began at noon and after over eight hours of discussion, voting and interruptions, the House erupted in applause when they came to end. The Senate adjourned shortly after 10 p.m.

"Am I willing to risk my life to continue to serve this commonwealth?" Levine said. "Yes, I got elected for it, I'm going to take that risk, but we shouldn't have to.'

The program is open to 501(c)3 nonprofits that serve the New River Valley or units of the local government such as schools or libraries. Organizations complete a simple, online application, and grants will be awarded roughly monthly until funding is exhausted. The next set of grants will be awarded in mid-May. Agencies may apply at cfnrv.org/

Jessica Wirgau, Executive Director of the Foundation said "We are thrilled to be able to respond to the needs of our community during this time. We know that COVID-19 is not something that organizations were prepared for, and these grants will make a true impact in meeting the needs of our community to keep doors open, to keep food on the shelves for clients in need, and to transition essential services online."

In addition to the COVID-19 Response Grant Program, the CFNRV is hosting regular Nonprofit Listening Sessions to understand community needs, and is encouraging nonprofits to register for and utilize the GiveLocalNRV platform to share their needs and raise much-needed funds. GiveLocalNRV is an online platform that allows donors to give easily and securely to dozens of local charities. While the site is gearing up for its annual online giving day on June 24th, donors can support local charities on the site right now by visiting givelocalnrv.org. If you would like more information on getting involved with GiveLocalNRV, please reach out to the foundation. Additional resources and information can be found https://cfnrv.org/partnerships-initiatives/covid-19/.

A complete list of April grant winners is below, and the CFN-RV welcomes contributions to support this program. If you are interested in making a tax-deductible gift towards the CF-NRV's COVID-19 Response Grant, go to https://www.givelocalnrv.org/story/Covid19grants or mail a check payable to CF-NRV, P.O. Box 6009, Christiansburg, VA 24068-6009. Please mark "COVID Response" in the memo line. For additional information on how to give to this program, please contact Jessica Wirgau at jessicawirgau@cfnrv.

Apple Ridge Farm: \$2,000 from The Young Professionals Fund to support starting Apple Ridge Farm Virtual Camp and equipment to support virtual ef-

Boys & Girls Club of SWVA: \$2,000 from the Ghia Borg Memorial Fund to support virtual mentoring activities for kids, food boxes and "Club to go" kits to students.

Free Clinic of Pulaski County: \$2,000 from the Ghia Borg Memorial Health Care Fund to support essential personnel and services.

Giles County Public Schools: \$1,000 from the Giles Fund to provide enrichment supplies with meals delivered to schoolaged children.

Lyric Council: \$2,000 from the Arts Alliance Endowment to support operations during COVID-19 closure.

NRV Agency on Aging: \$2,000 from the Giles Fund to support supplemental food boxes and grocery items for 255 home-

NRV Diaper Pantry: \$2,000 from Smart Beginnings NRV Charitable Fund to supply diapers and wipes to 200 families

Plenty!: \$2,000 from Ghia Borg Memorial Fund to pay for food and administrative support as demand for food pantry services increases.

Radford-Fairlawn Bread: \$2,000 from the Ann & H.W. Huff Family Fund to purchase food for clients.

St. Michael's Lutheran Church (Micah's Initiatives): \$2,000 from Home-Hunger Health and Loving Care to support the cost of purchasing food and necessities for the children and families, and senior citizens in need of as-

Valley Interfaith Child Care Center: \$2,000 from Early Childhood Education Teachers Fund and the Children's Shelter Home Endowment to support core staff and operations. Warm Health Foundation:

\$2,000 from the Ghia Borg Memorial Fund and Homer T. and Beverly A. Hurst Family Fund for personal protective equipment for staff, additional cleaning supplies and staff assistance.

YMCA of Pulaski County: \$2,000 from the Ann & H.W. Huff Family Fund to support staff salaries and core operations during closure.

Total awarded \$25,000.00

Making sleep a priority

Laura Reasor

Associate Family and Consumer Science Agent, Pulaski/Giles lreasor@vt.edu; 540-980-7761

Along with food, water and oxygen, it is well-known that sleep is an essential part of life. A lack of sleep can result in negative outcomes in relation to overall health. Deficient shuteye, meaning not enough or low-quality sleep, has been linked to poorer dietary choices, increased risk of chronic diseases, decreased lifespan and reduced psychological well-being.

The American Academy of Sleep Medicine and Sleep Research Society recommends adults get seven or more hours of sleep each night. Lack of sleep can result in making poor food choices, eating too many calories and a higher risk of being overweight or obese. Not getting enough sleep can lead to an increase in ghrelin, a decrease in leptin, or both. Ghrelin and leptin are hormones that aid in regulating appetite and intake of food. Increase of ghrelin means an increase in hunger and a decrease in leptin means not being able

Stress can interfere with sleep and lack of sleep can increase stress. Sleep deprivation can reduce the body's ability to build up defenses against illness. Children with deficient sleep are at higher risk of obesity, Type 2 diabetes, and mental health and behavioral problems. Children ages 6 to 12 need nine to 12 hours of sleep each night, while 13- to 18-year-olds need eight to 10 hours of sleep.

More information about this topic can be found at www.eatright.

Trip to Supermarket Brings New Dangers during shutdown

It occurred to me the other day that I haven't been eating right. It's been difficult to find food in my stores, and it's been difficult to work up the courage to go out, fearing I might get too close to someone who is sick.

It also occurred to me that not eating right was bad for my immune system, should I need to fight off an illness.

I began going out just before my nearest store closed at night, dashing in for one or two items, using the self-checkout, and fleeing out the door with my haul. That's assuming my two items were actually on the shelves.

The store began holding "senior hours" early in the morning.

News Line

by Matilda Charles

Theoretically that would allow seniors to shop more safely and be able to find items on the freshly stocked shelves. In reality, said the store manager, it was likely more dangerous. He'd watched the security tapes of a few early morning openings and had seen no less than 80 seniors pushing through the doors when they opened, with no sign of social distancing anywhere.

But now, in the nick of time,

two stores have restarted pickup service after having cancelled it for over a month. I place the pickup order online, select a time slot two days in advance, and drive there to have my groceries put in the car. It works, even if there are a lot of substitutions of items and a few items out of stock.

Here's a thought: Do you have a supplemental Medicare policy or Medicare Advantage? Does it cover meal delivery service, perhaps Meals on Wheels? Some do. Coverage might only apply at certain times (if you've just had surgery or have a medical condition), but a lot of rules are changing now. It wouldn't hurt to check your policy.



The Horton Family 540-980-2101 We Appreciate Your Business!

Pulaski

Continued from Page A1

budget" of \$9.7 million. From there he cut down to the \$8.8 million proposed budget for 2020-21 through a series of departmental cuts and by creating a "set-aside" budget including some \$430,000 in vacant positions in five department and capital improvement projects. Items Utt says the town will re-consider should revenue levels improve later in the summer and fall.

The "set-aside" budget roughly equals the amount the town has been told to expect in revenue losses from lower meals tax and sales tax revenues due to the vi-

Several on council expressed their pleasure and appreciation for Utt's budget work.

Despite the town's financial issues, Councilman Jamie Radcliffe said Pulaski is in a lot better shape than our neighbors.

"Right now, we're in pretty good shape compared to jurisdictions around us," he said. "I'd hate to be on council in Christiansburg or Radford or Blacksburg right now. They're facing millions - not thousands - millions in [revenue] losses."

One reason for Pulaski's stronger position, he said, is due to fellow councilmembers Lane Penn, Greg East, Joseph Goodman and Mayor David Clark and "the work they put in through the years to get us here."

"We're in pretty good shape financially, not the greatest, but we're going to be okay," Radcliffe

"Pass the budget, get solid, keep our employees going and keep our citizens moving forward with the services they pay for. When it's all said and done in June or July we can find out where we land [with revenues] and we can make adjustments in the budget," Radcliffe said.

He pointed to two vacant positions in the Police and Fire De- a ways to go," East said.

partments that he believes must eventually be re-instated in the budget from the set-aside, as well as some \$7,000 in budget trimming in the Senior Center.

Goodman clarified that if revenue figures improve, items in the budget "set-aside" can be considered for funding. But if revenues don't improve, items in the "setaside" won't be done.

"And this budget proposal includes no layoffs," Goodman add-

Noting some areas of the budget proposal had been cut to the bone, Goodman proposed that Utt put together a priority list of items in the "set aside" budget so if council sees revenue figures tracking well, it can start restoring some of the items.

"Things that affect operations can be prioritized higher," he said. Goodman praised Utt for his budget work.

"Overall, I'm impressed," he said. "I challenged you to cut and challenged you further. I think this [budget proposal] is a good round one to take into the summer when we will have a better idea where revenues are. One seed I want to plant - this budget doesn't put any money back into reserves. So, when we look at this in the summer, that's one thing we need

Councilman Brooks Dawson

to start considering."

"I appreciate the work done and, with revenues like they are, I have no heartburn with this budget the way it is," Dawson said, adding he thinks the budget should always be "tight."

Vice Mayor Greg East noted the budget for next fiscal year will more than any other - "require a lot of attention to get us through this new process and all the un-

He also reminded that council needs to pay back the unassigned reserve funds to meet and exceed the recommendations of the auditors on reserves.

"We can't forget that. We've got

New River Health District confirms first COVID-19 death

(BLACKSBURG, Virginia) -- The Virginia Department of Health's New River Health District announced that a resident of the district who was ill with COVID-19 has died.

"We regret to announce that we have experienced our first local COVID-19-related fatality," said Noelle Bissell, M.D., director of the New River Health District. "On behalf of all of us at VDH, I extend sincere condolences to this person's family."

'Unfortunately, we've learned that those over 65 and those with underlying health conditions are at greater risk of serious complications from COVID-19," said Dr. Bissell. "Everyone, especially at-risk individuals, are strongly advised to take steps to minimize contact with others who are ill, practice social distancing and stay at home as much as possi-

In some patients, especially those at-risk patients, COVID-19 can lead to more severe illness, including death, particularly among those who are older or those who have chronic medical conditions, like diabetes, heart or lung disease or compromised immune systems.

To lower the risk of spreading respiratory infections, including COVID-19, the Virginia Department of Health encourages everyone to:

- Stay home as much as possible, except for essential travel;
- If you must go out in public,
- wear a cloth face covering; • Stay home when you are sick;
- Avoid contact with sick peo-
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or

- · Wash your hands often with soap and water for at least 20 seconds; use an alcohol-based hand sanitizer if soap and water are not available;
- · Avoid touching your eyes, nose, and mouth;
- Clean and disinfect frequently touched objects and surfaces;
- · If you are experiencing symptoms, call your doctor;
- Practice social distancing. Maintain at least six feet of space between yourself and other individuals when out in public; and
- · Avoid close contact with crowds of any size, and avoid any crowd of more than 10 people.

For more information on COVID-19 in Virginia, visit www.vdh.virginia.gov/coronavirus and www.cdc.gov/coronavi-

Va. War Memorial holding K-12 student art contest

Richmond - The Virginia War Memorial is seeking submissions for its first ever Armed Forces Day Student Art Contest. Saturday, May 16, 2020 is Armed Forces Day. Recognized annually on the third Saturday in May, Armed Forces Day is the day for all Americans to celebrate and to honor the men and women who serve in all branches of the U.S. military.

The Memorial's contest is open to all Kindergarten through 12th grade (K-12) students currently enrolled in public or private schools or homeschooled in Virginia. Artwork submitted will be judged in four grade categories (K-2, 3-5, 6-8,

"As the Virginia War Memorial is currently closed to the public due to the COVID-19 emergency and schools are closed, we hope this contest will encourage children and their families to use their creative talents to honor our servicemen and women," said Morgan Guyer, the Memorial's Assistant Director of Education. "This is a digital contest. We will post all entries received in a gallery on our website and the public will vote online for the best in each category."

artwork is 'home'," Guyer said.

"The theme for the submitted

"The Virginia War Memorial honors those who serve our nation from every town, city and county throughout the state. The artwork should reflect what 'home' means to the student artist and to those who serve today or served in the past. What does or did 'home' mean to them and why was it worth protecting?" Entries for the Virginia War

Memorial Armed Forces Day Student Artwork Contest may be two or three-dimensional and should be submitted as a clear photograph. There are no size requirements or limitations. Submissions will be accepted in digital format only – in JPG, PNG or PDF format. Each student is limited to submitting

one entry. Complete details are posted at https://vawarmemorial.org/learn/artgallery/.

Entries must be received by Friday, May 15, 2020 to be eligible for consideration. Appropriate submissions as determined by the Virginia War Memorial staff will be placed in the online digital gallery on the Memorial website beginning Saturday,

The public can vote for their favorites May 16-May 25 with the artwork in each category receiving the highest number of votes announced on Memorial Day, May 26. In addition to the online gallery, submitted art may be printed and displayed at the Virginia War Memorial when COVID-19 emergency restrictions are lifted and it reopens to public visitation. For additional information regarding the Armed Forces Day Student Artwork Contest, contact Morgan Guyer at morgan. guyer@dvs.virginia.gov.

Stretching pet food during virus

DEAR PAW'S CORNER: Because I was possibly exposed to COVID-19 at the grocery store where I work, I have to stay home for 14 days. About three days into my quarantine, I realized that the dog food for my mixed-breed dog Corky" is running low. I don't have any family nearby, and I don't want to make my co-workers nervous by asking them to bring a bag of dog food over. I thought about ordering from that online pet food delivery service, but I think it will take too long. What can I do to tide Corky over? D- Sara J., White Plains,



New York

DEAR SARAH: I feel for ya! My family and I are currently quarantined, too, and we're finding online ordering of staples and pet food to be challenging.

Take stock of exactly how much dry dog food you have left -- literally measure it out cup by cup into a container. Divide the total cups by the number of scoops per day that you give your

If the bag has less dry food than you'll need for 11 more days, you can stretch it out and make sure Corky gets enough calories by combining his dry food with fresh food. Unseasoned, cooked rice and oatmeal, veggies like peas and carrots (but not onions, garlic, grapes or avocado), chicken, beef or salmon (unseasoned) are all safe and healthy options. Replace half to all the kibble per

meal with a fresh alternative. Many communities are also spinning up "helping hand" services. Check the website of your local government, online community pages and even the local library's site to find out if you can contact someone to drop off dog

Send your tips, comments or questions to ask@pawscorner.

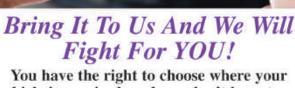
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Analysis: Expect college football to take a slow road back from virus

By RALPH D. RUSSO **AP College Football Writer**

While professional sports leagues can ponder plans to isolate their athletes from the new coronavirus and have them play in unusual, even secluded places, college sports have no such option.

Pro sports leagues can get creative with solutions to save their multibillion-dollar businesses. College sports will take a slower road back.

"The most at-risk sport of starting up again, in my opinion, is collegiate athletics," said A.J. Maestas, the CEO of Navigate Research, which consults with professional sports leagues and college conferences. "There is less of an incentive and less alignment with the ultimate mission of the entity they work at, live at. That fund them."

The commissioners of the 10 Bowl Subdivision conferences made it clear to Vice President

Mike Pence last week: There cannot be college sports played if campuses are not open. If university leaders do not deem it safe for students to return to classrooms and dorms, locker rooms and practice fields will also remain closed.

As big as the business of college sports is it is dwarfed by the business of higher education. For example: The University of Alabama's budget in fiscal 2018 was \$1.03 billion. Its athletic budget in 2018-19 was \$164 million.

"You think of all the stakeholders and constituents in the collegiate space and all the missions they're meant to serve in. This sports thing is like 3% of their budget," Maestas said.

Colleges and universities, for the most part, have been quicker than governments in enacting measures to slow the spread of the virus. They sent students home, extended spring breaks and shifted to online classes weeks before widespread bans

of large gatherings and stay-athome orders by governors and

Even before the NCAA canceled its basketball tournaments and spring sports March 12, schools were shuttering cam-

Fast forward to the fall, when the hope is many businesses and routine parts of daily life will be operating again, even if not back to business as usual. That doesn't mean colleges will be rushing to get students on campus. If they were first to shut down, they could also be among the last to reopen and it will be university presidents, not the NCAA, making those decisions.

Schools would take a significant financial hit by continuing to operate online only, but balance that against the legal and ethical liability they could face by being the catalyst for reigniting an outbreak.

"I think they do have to be conservative in how they approach this," said attorney Tim Nevius, a former college baseball player and NCAA investigator who now represents and advocates for college athletes.

If, come September, the students are physically going back to school, even then there will be hurdles to clear for football to start.

"Large gatherings of people are going to be the last thing we check off the box," Ohio Gov. Mike DeWine said last week when asked about Ohio State football games.

So play without fans?

"It isn't appropriate for us to play college football without fans. If that were the case, it would mean there would be major reservations about group gatherings," Northwestern athletic director Jim Phillips said on the Paul Finebaum Show, echoing a sentiment that is also becoming popular among administrators.

See ANALYSIS, page B5



Locker Room

> Dan Callahan

Football in limbo, but recruiting heats up

each day, has the cure become far more damaging than the virus? One day we will know that answer, but our country is getting restless. The limits on day to day life have become understandably irritating in some states.

The Locker Room will take a close look next week and begin a short series on just what are the prospects for football at all levels for 2020. I'm not sure our nation really knows how financially devastating a year without football would be. In short, minor, non-revenue sports are looking at the chopping block. While enthusiasts were understandably disappointed with the loss of spring activities in both colleges and high schools across the nation, athletic budgets actually got a

clines rapidly. But there is one area that continues to hit on all cylinders, at least for many college football programs and that is recruiting. It seems daily there is big news. This week one of the top-rated players in the nation and Clemson's top-rated recruit, defensive end Korey

Foreman, decommitted from the Tigers. It ended up being a mutual decision between he and It centered around program policy and Clemson has a

I like it. Foreman hopes things open up because he wants to travel. He's from California and he wants to see what LSU, and Ohio State are like, and he also has ties to local school USC who is trying to reappear on the national recruiting stage. What does it mean to Clemson? Foreman may still decide to commit to the Tigers, but he's hoping the virus concerns will fade and he'll get to do some

But at this time, Sweeney and his Clemson program is one of the few that virtually selects its recruits. So, if necessary, Foreman's spot will be replaced in fine fashion. It should be noted that many schools offer as many as 500 scholarships in a given year. Last year Clemson only

See CALLAHAN, page B2

Football at all levels is presently in a bit of limbo. Most conversations are now about will we take to the gridiron in the fall, and not if we can salvage baseball or racing in the summer. An unwanted virus has done shocking damage to our country in a thousand ways, but the question seems to become more and more prevalent

financial break.

Louisville made a 15% cut in its athletic budget this week. Cincinnati has already killed both men's and women's soccer. If we do not play college football this next season, those cuts will seem like child's play. Already to prepare for cutbacks if necessary, the NCAA has been asked by D1 schools to discard the requirement that each school must fund 16 varsity sports. The writing is on the wall. Just the loss of the NCAA Basketball Tournament resulted in NCAA schools splitting \$235 million instead of an anticipated \$635 million. When you're talking about splitting revenue among 353 teams, the cut de-

Clemson coach Dabo Sweeney. policy that most programs dare not attempt. Sweeney says that if a player commits to Clemson, he cannot take any additional visits and if he does, he forfeits his commitment to the Tigers.

traveling.

Virginia Tech guard Landers Nolley transferring to Memphis MEMPHIS, Tenn. (AP) — Memphis has added guard-forward

Landers Nolley II as a transfer from Virginia Tech.

The Tigers announced Monday that Nolley had signed a letter of intent soon after the 6-foot-7 player shared on social media that he had chosen Memphis.

Nolley was on the Atlantic Coast Conference all-freshman team this season after averaging a team-high 15.5 points and 5.8 rebounds with the Hokies. He started 29 of 32 games with Virginia Tech and ranked 12th nationally among freshmen in scoring.

Nolley's father played at LSU for Dale Brown.

The addition of Nolley helps make up for missing out last week on top recruit Jalen Green, who said he would have signed with Memphis only to choose the G League instead.

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Turkey Hunt Saturday Turkey season opened on the Woods,

eleventh of this month, but I did not get into the woods as it was too windy. I tried again this past Saturday and gave up as the wind was blowing northeastward back of my farm up the south side of Big Walker Mountain.

After three attempts of nine calks on my slate caller representing a lost turkey hen and if heard and answered by any gobblers, I could not hear them as the wind would have blocked out their sounds.

I then counted this as "three strikes" and you are out, and went back to the house (similar to how Babe Ruth was sent back to the dugout with 1,330 strike outs versus the 2,873 hits he acquired in his career).

I don't feel too bad as Mike Coleman, our pastor at Max Creek Baptist, Sunday morning asked Leo Nester how many times he had gone turkey hunting this spring. Leo, a better than average hunter who heads up the "Big Game Banquet" at Max Creek Baptist each year,

replied, "One time - no turkey." This was the second Sunday that Preacher Mike brought a message to us in a drive-up church service and we could honk our horns to say, "Amen" or "Preach it Brother." It reminds of the days that my mother's two Faw brothers had the first drivein movie theater in the area. People were often impatient and



Water & Wildlife

W.A. "Doc" Davis

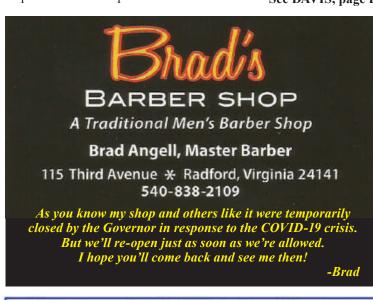
honked their horns to get the movies started or when a movie reel broke and took a while to get it spliced. By the way, if you are unable to get church services at your own church or want to hear the "old time preaching," come on out to Max Creek next Sunday at 11 a.m.

I like to watch some outdoor hunting and fishing programs on TV, but often wonder, "How many photo takes does it require to get the picture of a hunter taking down a trophy buck of the whopper fish that are reeled in after only one cast?"

A favorite one I enjoy is called "The Muskie Hunters." They are shown fishing in some lakes in Northwestern Wisconsin baiting with suckers a foot long using three treble hooks and the fish they catch look to be three feet long at least.

We used to use a bamboo pole of twelve feet or longer with a sinker on a line with a treble hook (we called them a grap

See DAVIS, page B3



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Callahan

Continued from Page B1 had 38 players visit campus, and only offered those 38, and 24 of them became Tigers. Most programs dream of being about to operate that way.

But it has created a change and North Carolina has the second highest rated recruiting class in the nation behind Ohio State. The Buckeyes continue to lead the way and OSU is having a dream recruiting class. Another 4 star committed this week, that makes three 5-stars and a dozen 4-stars according

to "247." After Carolina it's Florida in third, Clemson falls to 4th, USC has climbed to 5th, Notre Dame is six, Minnesota a surprising 7th, Georgia eight, Wisconsin nine, and Miami 10.

West Virginia is 18th with two 4-star recruits, and five 3's. Virginia Tech is 23rd with two 4's, and four 3-stars. Virginia is 39th with five 3-star players. Tech also has landed a transfer defensive end this week in Justus Reed from Youngstown State. It's his third school. Reed originally went to Florida.

The Hokies continue to pan for gold in Texas. Justin Fuente is particularly trying to find offensive players that fit his spread type offense, and he's working hard on speed, and skill position players. Tech's two 4-star recruits, quarterback Dematrius Davis and wide receiver Latrell Neville are both from Texas, and the Hokies are reported to have offered 46 players from the Lone Star state.

However, it may be difficult for the Hokies to hang onto Davis. He is openly looking around and has already committed to at least three visits when recruiting reopens. Davis appears to be very interested in Auburn, plus Miami and Arizona State could also be in the picture. Such is the world of recruiting.

Legal Notices

PUBLIC NOTICE

Public Notice Virginia Water Supply Revolving Fund, Project # WSL - 046 - 18

Pulaski County Public Service Authority has applied for funding from the Virginia Water Supply Revolving Fund for its Water Supply Intake Extension Project. The project proposes to extend the raw water intake pipes further into Claytor Lake. The intake is currently at the confluence of Cherry Tree Creek and Claytor Lake, and sediment deposition from the creek requires routine dredging to ensure functionality of the raw water intake system. Extending the intake further into the lake will reduce the need for routine dredging and improve the functionality of the intake system. Work within floodplains is unavoidable, as the project is within Claytor Lake. Best Management Practices would be implemented to minimize impact, and all federal, state, and local floodplain ordinances will be followed. The total funding request for the project is

\$923,000. A description of the project and an Environmental Assessment of the project are on file at Pulaski County Administration Building and available for public review between the hours of 8:00 <u>a.m. – 5:00 p.m. Monday - Friday.</u>

Written comments on the proposed project, the alternatives considered, their environmental impact, the estimated cost, and the associated user charge impact should be addressed to <u>Jared Linkous</u>, 143 Third Street, NW, Suite 1, Pulaski, VA 24301 and post marked no later than May 19, 2020.

Virginia lands four-star McCarron, adds transfer running back Walker

College football recruiting can change by the hour, and since writing my latest Locker Room, it has changed again in just 24 hours, and this time the boost belongs to the Wahoos. Virginia just landed its first 4-star commitment for the 2021 recruiting class.

Josh McCarron, a 6-4, 215 outside linebacker from Washington has become for the time being at least the highest rated recruit for UVa. Early in the process teams can make dramatic jumps in the recruiting ratings and this is the perfect example of that. UVa has moved up 11 spots overnight from the 39th rated class to number 28.

McCarron was also offered by state rival Virginia Tech, plus Boise State, California, Northwestern, Washington State, Air Force, Colorado, and Utah. McCarron's signing however did not effect the Hokies ranking as Tech is still considered to have the 23 rated class in the country.

The Cavaliers also added a transfer running back to the fold last weekend, Indiana transfer Ronnie Walker who has two years of eligibility remaining. He was a sometimes starter for the Hoosiers last season. He is regarded as a back that is equally as good at catching the football as he is running with it.



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HINKING OF A CAREER CHANGE? COME WORK WITH THE HOMETOWN TEAM

NOTICE TO ALL PULASKI COUNTY PUBLIC SERVICE AUTHORITY CUSTOMERS

Notice is hereby given that the Pulaski County Public Service Authority will hold a public hearing on Monday, May 11, 2020, at 5:30 p.m., in the Board Room of the County Administration Building, 143 Third Street, N. W., in the Town of Pulaski, Virginia, on the proposed revision of water, sewer and refuse rates at which hearing owners, tenants and occupants of property to be served or served by the Authority and all others interested will have an opportunity to be heard.

A copy of the current and proposed rate schedules are included below:

- Note: In all current and proposed water and sewer scenarios below the monthly bill is calculated as follows:
 - Base Rate + (Gallons Used X Usage Rate ÷1,000)

Current (Effective July 1,2019)

Base Rate (\$/mo):

Residential/Small Business (Less Than 50,000 gal/mo)\$ 11.39
Medium Commercial (50,000 to 100,000 gal/mo)\$ 67.00
Large Commercial/Industrial (Over 100,000 gal/mo) \$ 134.01
Usage Rate (\$/1,000 gallons):
up to 50,000 gal\$ 5.36
50,000 to 100,000 gal\$ 5.03
over 100,000 gal\$ 4.68

Proposed (Effective July 1, 2020)

Base Rate (\$/mo):
Residential/Small Business (Less Than 50,000 gal/mo)\$ 11.96
Medium Commercial (50,000 to 100,000 gal/mo) \$ 70.35
Large Commercial/Industrial (Over 100,000 gal/mo)\$ 140.71
Usage Rate (\$/1,000 gallons):
up to 50,000 gal\$ 5.63
50,000 to 100,000 gal

over 100,000 gal\$ 4.91

Sewer Current (Effective July 1, 2019)

Base Rate (\$/mo):

Usage Rate (\$/1,000 gallons): up to 50,000 gal\$ 7.70

Residential/Small Business (Less Than 50,000 gal/mo) \$ 13.41

Proposed (Effective July 1, 2020)

Base Rate (\$/mo): Residential/Small Business (Less Than 50,000 gal/mo) \$ 14.08 Medium Commercial (50,000 to 100,000 gal/mo)\$ 101.50 Large Commercial/Industrial (Over 100,000 gal/mo) \$ 211.06

Usage Rate (\$/1,000 gallons):

up to 50,000 gal.....\$ 8.09 50,000 to 100,000 gal\$ 7.74 over 100,000 gal......\$ 7.37

Residential and Commercial Connection Fees will remain unchanged.

Current PSA Refuse Rates

Basic Services

Residential Low Volume.....\$ 10.00

Commercial

Barrel

Additional, ea. \$2.00 Dumpster (6 Yard Container) • Rent, per month.....\$ 15.00

• Haul, ea.\$ 28.00

Rolloff (30 Yard Container) Rent, per month.....\$80.00 Tipping Fee, per ton\$ 37.00 **Special Services**

Residential

Brush/Debris Small Load (One Grapple)Free

Additional Grapple(s), ea.\$ 15.00 Full Truck, ea.\$ 60.00 Rolloff (30 Yard Container) Rent, per month.....\$ 80.00 Haul, ea.\$ 85.00 Tipping Fee, per ton\$ 37.00

Commercial

Haul, ea.\$ 60.00 • Tipping Fee, per ton\$ 37.00 Rent (30 Yard Container), per month\$ 250.00 Rent (40 Yard Container), per month\$ 300.00 Tipping Fee, per ton\$ 37.00

Truck, per hour......\$ 75.00

Proposed PSA Refuse Rates (Effective July 1, 2020)

Basic Services

Residential Standard\$ 18.00

Commercial

Low Volume......\$ 11.00 Barrel

Standard (2 Barrels)\$ 20.00 Additional, ea. \$ 2.00 Dumpster (6 Yard Container)

Rent, per month.....\$ 15.00 Haul, ea.\$ 28.00 Rolloff (30 Yard Container) • Rent, per month.....\$ 80.00

Haul, ea.\$ 85.00 Tipping Fee, per ton\$ 37.00 **Special Services**

Residential

Brush/Debris Small Load (One Grapple)Free Additional Grapple(s), ea.\$ 15.00 • Full Truck, ea.\$ 60.00 Rolloff (30 Yard Container)

Rent, per month.....\$ 80.00 Tipping Fee, per ton\$ 37.00

Commercial

Haul, ea.\$ 60.00 Tipping Fee, per ton\$ 37.00

Compactor

Rent (30 Yard Container), per month\$ 250.00 Rent (40 Yard Container), per month\$ 300.00

Tipping Fee, per ton\$ 37.00 Special Event

\$ 75.00

Truck, per hour

Additional related information may be obtained from the Pulaski County Engineering Office from 8:00 a.m. to 5:00 p.m., weekdays, 143 Third Street, N.W., Pulaski, Virginia or by calling 540-980-7710. For disabled individuals who may require special auxiliary aids or services, reasonable accommodations will be made available by the county upon request. Please contact the county's ADA Compliance Officer at 540-980-7800 (TDD accessible) or 540-980-7710, ten days prior to the above public hearing date to arrange for these special accommodations.

Davis

Continued from Page B1 hook) and bring in white and hog sucker that were eighteen inches in length or longer. If fixed properly, they were a sumptuous meal and a whole family could partake of a couple of these fish. I have heard people say they could not eat them as they are a trash fish. I feel that way about a carp and have never tried to eat one. One reason is they are not just a bottom dweller but are just too ugly to suit me.

I have an Ozark cookbook that gives jokes in addition to recipes and one I told in a column about 1 1/2 years ago and I repeat it as some may have missed it. It said after cleaning carp, get a six-inch board about two feet long and grease it with lard and place carp on board and put in over pre-heated to

300 degrees and bake for 15 minutes. Take from oven, throw away carp and eat the board.

Most all meats (domestic as well as wild game and fish) can be prepared for our enjoyment

In Acts, Chapter 11, verses 5 - 18 relates a vision of Peter, the disciple seeing a great sheet let down from Heaven with all kinds of animals, creeping things and fowls of the air and a voice urging Peter to eat, but he felt some of these were unclean.

The moral of this passage was that Christ died for both the Jew and the Gentile. The Good Lord loves all and is no respecter of person. He is as noted in Psalm 34:8 (KJV) "O taste and see that the Lord is good: blessed is the man that trusteth in him."

What better time than today to trust him?

Until next time...

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Legal Notices

Town of Pulaski **Public Hearing**

TAKE NOTICE, that the Town Council of the Town of Pulaski. Virginia will hold a public hearing on Wednesday, May 6, 2020, at 7:00 p.m. in the Council Chambers of the Pulaski Municipal Building, 42 First St., N.W. to consider an increase in the charges for residential garbage service in the amount of \$1.00 per month which will increase the monthly charges for service as follows: standard residential rate from \$17.00 per month to \$18.00 per month; low volume residential rate from \$10.00 per month to \$11.00 per month.

Citizens wishing to comment on the proposed rate adjustment may submit written comments to the Town of Pulaski, Attn: Town Manager, P. O. Box 660, Pulaski, Virginia 24301 or may leave their written comments in the Finance Drop-Off box at the Municipal Building. Citizens wishing to respond electronically may also post comments on the Town of Pulaski's website under the page titled "Town Budget for Fiscal Year 2020-2021." Comments will be forwarded to the Town Council for their review and consideration. Copies of the proposed rates are available for public review in the Town Manager's Office from 8:30 a.m. to 5:00 p.m., Monday

through Friday. For disabled individuals who may require special auxiliary aids or services, reasonable accommodations will be made by the Town upon request. Please contact the Town Manager's Office at (540)-980-1220 (TDD accessible) or (540)-994-8602 prior to the above meeting date to arrange these accommodations.

Legal Notices

Town of Pulaski **Public Hearing**

TAKE NOTICE, that the Town Council of the Town of Pulaski, Virginia will hold a public hearing and vote on Wednesday, May 6, 2020 at 7:00 p.m. in the Council Chambers at 42 First Street, N.W. to consider amending the Fiscal Year 2019-2020 Town Budget.

The totals of the budget amendments for each fund are summarized below:

Fund	Amount of	Amended	Amended		
	Amendment	Revenue	Expenditures		
General	\$ 163,279.18	\$ 10,515,183.33	\$ 10,515,183.33		
Water	\$ (1,623,272.00)	\$ 2,282,334.60	\$ 2,282,334.60		
Sewer	\$ 64,056.11	\$ 3,483,453.11	\$ 3,483,453.11		
Total	\$ (1,395,936.71)	\$ 16,280,971.04	\$ 16,280,971.04		
·					

The proposed amended budget is listed below.

All persons desiring to speak for or against the proposed budget amendment should appear at the aforementioned time and place or submit their comments in writing to the Town Manager prior to the public hearing.

A copy of the proposed budget amendments and amended budget is available for public review in the Town Manager's Office from 8:30 a.m. to 5:00 p.m., Monday through

For disabled individuals who may require special auxiliary aids or services, reasonable accommodations will be made by the Town upon request. Please contact the Town Manager at (540)-980-1220 (TDD accessible) or (540)-994-8602 prior to the above meeting date to arrange these accommodations.

Proposed Amended Budget No. 2 FY 2019-2020

General Fund Revenues	C	urrent Budget	Amendment	R	evised Budget
Total Property Taxes	\$	2,781,405.00	\$ (88,424.58)	\$	2,692,980.42
Total Local Taxes		3,229,000.00	(80,204.00)		3,148,796.00
Total Permits		20,800.00	9,390.44		30,190.44
Total Fines and Forfeitures		46,500.00	22,459.00		68,959.00
Total Recreational Charges		18,700.00	52,000.00		70,700.00
Total State Non-Categorical Aid		13,500.00	(904.00)		12,596.00
Total State Categorical Aid		3,016,249.23	21,035.00		3,037,284.23
Total Federal Aid		175,000.00	55,000.00		230,000.00
Total Misc. Revenue		169,656.00	11,433.15		181,089.15
Total Rental of Property		16,748.00	(260.00)		16,488.00
Total Transfer from Other Fund		510,513.09	(252,913.00)		257,600.09
Total Recovered Cost		235,600.83	7,294.17		242,895.00
Total Other Financing Sources		118,232.00	407,373.00		525,605.00
Total General Fund Revenues	\$	10,351,904.15	\$ 163,279.18	\$	10,515,183.33

Total Other Financing Sources		118,232.00		407,373.00		525,605.00
Total General Fund Revenues	\$	10,351,904.15	\$	163,279.18	\$	10,515,183.33
General Fund Expenditures						
Total Town Council	9	52,703.20	\$	123.78	\$	52,826.98
Total Clerk of Council		72,787.56		801.70		73,589.26
Total Mayor's Office		8,409.00		(1,559.08)		6,849.92
Total Town Manager's Office		332,571.57		(709.56)		331,862.01
Total Community Development		171,418.21		32,990.89		204,409.10
Total Finance		594,808.85		(47,989.24)		546,819.61
Total Administrative Services		325,243.00		5,321.69		330,564.69
Total General Engineering		250,443.86		2,286.74		252,730.60
Total Contributions		526,145.00		(22,150.23)		503,994.77
Total IT Department		149,000.00		10,031.60		159,031.60
Total Police Department		2,595,458.70		87,927.52		2,683,386.22
Total Fire Department		858,966.33		(30,597.74)		828,368.59
Total Building Inspection		195,985.94		(13,056.08)		182,929.86
Total Highways, Streets, Bridges-Ineligible		236,794.72		28,187.82		264,982.54
Total Highways, Streets, Bridges-Eligible		1,444,524.19		(147,787.90)		1,296,736.29
Total Refuse Disposal		3,300.00		(600.18)		2,699.82
Total General Property Maintenance		378,487.85		(153,686.93)		224,800.92
Total Cemeteries		13,014.00		25,590.24		38,604.24
Total Parks		-		-		=
Total Gatewood Park		23,500.00		(3,091.56)		20,408.44
Total Senior Center		91,056.24		2,089.39		93,145.63
Total Motor Vehicle Maintenance		130,370.70		(54,039.22)		76,331.48
Total Debt Service		705,125.00		-		705,125.00
Total Inter-fund Transfers		7,500.00		-		7,500.00
Total Capital Outlay		410,906.00		266,531.39		677,437.39
Total Train Station		12,200.00		9,209.98		21,409.98
Total Ratcliffe Museum		30,664.79		1,174.10		31,838.89
Total Town Wide Projects-Capital		113,863.21		6,280.07		120,143.28
Total EPA Brownfields				160,000.00		160,000.00
Total Downtown Revitalization		616,656.23		-		616,656.23
Total General Fund Expenditures	\$	10,351,904.15	\$	163,279.18	\$	10,515,183.33
Water Fund Revenues	Cu	rrent Budget	Α	mendment	Re	evised Budget
Total State Categorical Aid	\$	1,776,606.60	\$ (1,776,606.60)		-
Total Miscellaneous Revenue		5,500.00		889.06	\$	6,389.06
Total Transfers from Other Departments		7,500.00		_		7,500.00
Total Utility Collections		1,926,000.00		52,445.54		1,978,445.54
Total Debt Proceeds		190,000.00		100,000.00		290,000.00

Total Miscellaneous Revenue	5,500.00		009.00	Φ	0,369.00
Total Transfers from Other Departments	7,500.00		-		7,500.00
Total Utility Collections	1,926,000.00		52,445.54		1,978,445.54
Total Debt Proceeds	190,000.00		100,000.00		290,000.00
Total Water Fund Revenues	\$ 3,905,606.60	\$ (1	,623,272.00)	\$	2,282,334.60
Water Fund Expenditures					
Total Debt Service	\$ 218,986.00	\$	36,854.17	\$	255,840.17
Total Transfers	180,920.00		(180,920.00)		-
Total Capital Outlay	1,989,606.60	(1	,784,681.60)		204,925.00
Total Water Trans. & Distribution	513,159.98		(65,051.54)		448,108.44
Total Water Filtration & Purification	960,309.71		406,600.53		1,366,910.24
Total Other Financing Uses	42,624.31		(36,073.57)		6,550.74
Total Water Fund Expenditures	\$ 3,905,606.60	\$ (1	,623,272.00)	\$	2,282,344.60
Sewer Fund Revenue					

Octron Land Revenue			
Total Federal Aid	\$ 0.00	-	-
Total Miscellaneous Revenue	11,000.00	\$ (500.00)	\$ 10,500.00
Total Recovered Costs	26,157.00	-	26,157.00
Total Utility Collections	3,382,240.00	64,556.11	3,446,796.11
Total Sewer Fund Revenues	\$ 3,419,397.00	\$ 64,056.11	\$ 3,483,453.11
Sewer Fund Expenditures			

Total Debt Service 733,929.00 733,929.00 201,993.00 \$ (201,993.00) **Total Transfers Total Capital Outlay** 130,000.00 (104,201.00)25,799.00 10,046.95 259,461.88 **Total Sewer Collection** 249,414.93 Total Pepper's Ferry RWT Authority 2,417,897.20 2,070,896.00 347,001.20 **Total Other Financing Uses** 33,164.07 13,201.97 46,366.04 **Total Sewer Fund Expenditures** \$ 3,419,397.00 64,056.11 \$ 3,483,453.11

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.



Each Friday

Page B4 - The Patriot - April 24, 2020

Trade reunites Brady, Gronkowski in Tampa Bay

TAMPA, Fla. (AP) — Fourtime All Pro tight end Rob Gronkowski is back in the NFL, reunited with Tom Brady.

Brady's new team, the Tampa Bay Buccaneers, completed a trade for the retired New England star, sending a fourthround pick in this week's draft – No. 139 overall — to the Patriots for Gronkowski and a seventh-round selection (No. 241).

"Rob Gronkowski is one of the best tight ends in NFL history and he plays the game with the type of passion and desire that sets him apart," Bucs general manager Jason Licht said.

"Rob has played his entire career alongside Tom Brady and their accomplishments speak for themselves. Together they have developed the type of chemistry on and off the field that is crucial to success," Licht added.
"Rob combines elite-level skills as both a receiver and blocker, but what really makes him special is the fact that he's a proven winner who brings that championship mindset and work ethic."

Brady, a six-time Super Bowl champion with the Patriots, signed a two-year, \$50 million contract with the Bucs in free agency last month.

Gronkowski was one of the

league's most dominant tight ends when he walked away from the game in March 2019. He was part of teams that won nine division titles, appeared in eight AFC championship games and won three NFL titles in nine seasons.

Gronkowski, who turns 31 on May 14, has one year left on his contract at \$10 million.

"He will honor his current

contract at this time," agent Drew Rosenhaus said. In addition to 521 receptions

for 7,861 yards and 79 touchdowns in 115 regular-season games, the five-time Pro Bowl

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selection has 81 catches for 1,163 yards and 12 TDs in 16 playoff games.

Even before adding Gronkowski, the tight end position was considered one of Tampa Bay's biggest strengths, with O.J. Howard and Cameron Brate teaming with Pro Bowl receivers Mike Evans and Chris Godwin to form the best collection of targets Brady has had to work with in more than a decade.

The Bucs are coming off a 7-9 finish and missed the playoffs for the 12th consecutive season.

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They haven't won a postseason game since the franchise's only Super Bowl championship run 18 years ago.

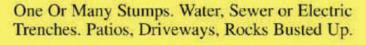
Brady played in nine Super Bowls in 20 seasons with the

Patriots, who appeared in 13 AFC championship games and won 17 division titles while the three-time league MVP was their primary starting quarter-





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Legal Notices

WOODS RIVER

Notice of Public Hearing

Town of Pulaski Proposed Budget and Capital Improvements Plan for the Fiscal Year Ending June 30, 2021 FY 2020-2021

The following summary of the proposed budget and Capital Improvements Plan for the Town of Pulaski is published for informative and fiscal planning purposes only. There is no allocation of any funds of the Town until there has been an adoption of the budget and appropriation thereof.

A public hearing will be held by the Town Council on Wednesday, May 6, 2020, at 7:00 p.m. in the Council Chambers in the Pulaski Municipal Building, 42 First Street, N.W., regarding the budget and Capital Improvements Plan for FY 2020-2021. Citizens may also submit written comments to the Town of Pulaski, Attn: Town Manager, P. O. Box 660, Pulaski, Virginia 24301 or may leave their written comments in the Finance Drop-Off box at the Municipal Building. Citizens wishing to respond electronically may also post comments on the Town of Pulaski's website under the page titled "Town Budget for Fiscal Year 2020-2021." Comments will be forwarded to the Town Council for their review and consideration.

The proposed annual budget for FY 2020-2021 consists of projected revenues and expenditures for the General Fund; Water Fund and Sewer Fund as listed below.

The proposed Capital Improvements Plan for FY 2020-2021 consists of capital projects for the General Fund, Water Fund, and Sewer Fund as listed below.

Copies of the proposed budget and capital improvements plan are available for review at the Town Manager's Office in the Municipal Building and at the Pulaski County Library.

157,000,00

824,435.18

87,650,00

239,174.28 1,479,124.53

215,968.53

12,514.00

19,500.00

87,801.99

73.622.55

243,161.00

34.085.00 10,150.00

94.688.97

438,194.56

100,000.00

\$ 8,817,775.00

2,546,104.95

PUBLIC NOTICE

Legal Notices

The Pulaski County Board of Supervisors intends to hold public hearings beginning at 7:00 p.m. on Monday, April 27, 2020, in the Supervisors Meeting Room of the County Administration Building, 143 Third Street, N.W., Suite 1 in the Town of Pulaski to

a) Adoption of an ordinance implementing pursuant to Section 15.2-1413 emergency procedures to ensure continuity of government during the disaster precipitated by the COVID-19 pandemic;

receive citizens' comments on the following matters:

b) Adoption of an ordinance providing relief to Pulaski County taxpayers by reducing to zero the interest and penalties assessed on first half 2020 taxes paid between June 5, 2020, and September 5, 2020, and enacted pursuant to Section 58.1-3916

Submission of comments in writing via mail to above address, fax (540-980-7717), or e-mail to bos@pulaskicounty.org are preferred. A copy of the draft ordinances are available for public inspection by phoning (540) 980-7705 or emailing bos@pulaskicounty.org.

If you are a disabled individual and would like special auxiliary aids or services, 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.

Shawn M. Utt Town Manager

. Toposed Budget . T zozo zoz	
General Fund Revenues	
Total Property Taxes	\$ 2,702,324.00
Total Local Taxes	3,152,000.00
Total Permits	5,600.00
Total Fines and Forfeitures	26,500.00
Total Recreational Charges	23,700.00
Total State Non-Categorical Aid	12,500.00
Total State Categorical Aid	2,407,509.00
Total Federal Aid	125,000.00
Total Misc. Revenue	170,156.00
Total Rental of Property	17,488.00
Total Transfer from Other Fund	94,998.00
Total Recovered Cost	56,000.00
Total Other Financing Sources	24,000.00
Total General Fund Revenues	\$ 8,817,775.00
General Fund Expenditures	
Total Town Council	\$ 48,903.20
Total Clerk of Council	76,185.00
Total Mayor's Office	7,309.00
Total Town Manager's Office	343,955.77
Total Community Development	108,859.96
Total Finance	486,597,62
Total Administrative Services	309,297.00
Total General Engineering	256,421.12
Total Contributions	478 106 00

Proposed Budget FY 2020-2021

Total IT Department

Total Police Department

Total Building Inspection

Total Highways, Streets, Bridges-Ineligible

Total Highways, Streets, Bridges-Eligible

Total General Property Maintenance

Total Motor Vehicle Maintenance

Total Town Wide Projects-Capital

Total General Fund Expenditures

Total Fire Department

Total Refuse Disposal

Total Parks and Facilities

Total Inter-fund Transfers

Total Ratcliffe Museum

Total Other Financing

Total EPA Brownfields

Total Downtown Rev

Total Gatewood Park

Total Senior Center

Total Debt Service

Total Capital Outlay

Total Train Station

Total Cemeteries

Water Fund Revenues Total State Non-Categorical Aid 5.500.00 Total Miscellaneous Revenue Total Transfers from Other Depts. 7,500.00 2,072,000.00 Total Utility Collections Total Debt Proceeds \$ 2,085,000.00 **Total Water Fund Revenues** Water Fund Expenditures 253,018.00 Total Debt Service Total Transfers 94,998.00 Total Capital Outlay 243,000.00 Total Water Trans. & Distribution 489.429.57 Total Water Filtration & Purification 941,026,48 Total Other Financing \$ 2,085,000.00 **Total Water Fund Expenditures** Sewer Fund Revenue Total Federal Aid

Total Miscellaneous Revenue	\$ 16,000.00
Total Recovered Costs	26,157.00
Utility Collections Total	3,557,000.00
Total Other Financing	0.00
Total Sewer Fund Revenues	\$ 3,599,157.00
Sewer Fund Expenditures	
Total Debt Service	\$ 823,772.00
Total Transfers	
Total Capital Outlay	315,000.00
Total Sewer Collection	322,598.36
	2,090,597.00
Total Pepper's Ferry RWT Authority	2,000,001.00
Total Pepper's Ferry RWT Authority Total Other Financing Uses	47,189.64

2,600.00 Proposed Capital Improvements Plan Fiscal Year 2020-2021*

Gatewood Rehab, Reserve Fund

Raw Water Rehab. Reserve Fund

General Fund		
Fire Department-Burn Building Grant	\$	34,085.00
Total General Fund Projects	\$	34,085.00
Water Fund		
Water Tank/Paint and Repairs	S	100,000.00
Water Line Replacements		60,000.00
Fire Hydrant Replacements		18,000.00

25.000.00

10,000.00

Total Water Fund Projects	2	243,000.00
Sewer Fund		
Sewer-4A Grit Chamber Repair	\$	30,000.00
Sewer Line Replacement		20,000.00
4A/4B Pump Station Reserve Fund		20,000.00
Sewer Force Main Reserve Fund		20,000.00
Manhole Rehab. Reserve Fund		10,000.00
Critzer Pump Station Rehab.		15,000.00
Logical Control Replacement(4A&4B)		200,000.00

Total Sewer Fund Projects \$ 315,000.00 *The projects listed above are already included in the proposed budget totals and do not constitute spending in addition to the proposed budget.

PUBLIC NOTICE

The Pulaski County Planning Commission will convene to review three (3) applications in May. In accordance with the Code of Virginia, the Planning Commission will host three (3) public hearings beginning at 7:00 p.m. on TUESDAY, May 12th, 2020 in the Board Room of the County Administration Building, 143 Third Street, NW, in the Town of Pulaski to receive comments about the applications as listed below;

1)Proposed text amendments to the Pulaski County Unified **Development Ordinance (UDO).** Text amendments relate to Article 3, 4 and 11.

2)Application by Shah Development, LLC to amend the Future Land Use Map of parcels #066-1-96, and 98 from Residential to Agriculture at 4627 Wish Lane, Dublin, Draper District.

3)Application by Shah Development, LLC to rezone parcels #066-1-96,98 and part of 95 from Medium Density Residential to Agriculture at 4627 Wish Lane, Dublin, Draper District.

The agenda items are available at the Board Document link on the Planning & Zoning Webpage.

http://www.pulaskicounty.org/planning-zoning.html

The public can request information and/or submit comments as part of the public hearing process, by using any one of the following methods; E-mail: Send information request or public comment to Elaine Holeton at eholeton@pulaskicounty.org **Phone:** Contact Elaine Holeton at 540-980-7710 or 540-440-0025 to learn more, or to have your comment transcribed for the public hearing. Regular Mail: Send your request for information or your comment to; Planning & Zoning Department, County of Pulaski, 143 Third Street, NW, Suite 1, Pulaski, VA 24301. In Person: By attending the meeting at the location listed. For disabled individuals who may require special auxiliary aids or services, the County upon request will make reasonable accommodations available. 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.

COVID-19 Message: Pulaski County is committed to safely serving the public during this Covid-19 pandemic. In consideration of the social distancing guidelines, we encourage you to contact our office prior to attending the May 12th meeting. This will enable us to share any meeting information updates and allow us the opportunity to accommodate you to the best of our ability. 540-980-7710. Thank-you.

540-808-3949 — The Patriot Classifieds — 540-808-3949

HELP WANTED:

Need someone to weed eat around my home. Message me (Lilly Collins) on Facebook.

Offering Free Rent/Utilities yearround: Immediate openings for Men & Women's attendants for the Warming Station in Pulaski in exchange for caring for our homeless guests throughout the winter season when temperatures are 40 degrees or below. Call 276-620-4293 for more information.

Wanting to hire mechanic to install 5.4 engine in 1999 Ford F150 pickup. Old engine already removed. Can pay \$12.00 per hour. Call 540-629-9003.

FOR SALE: **MISCELLANEOUS**

Three guns for sale.

No. 1 - A .38 special Model 856, six-shot revolver, made by Taurus. Stainless steel with 2-inch barrel with concealed hammer. New in box and never fired. \$325. No. 2 - .22 magnum 5-shot stainless steel revolver, made by North American Arms with 1 5/8-inch barrell. New inbox, never fired. \$275.

No. 3 - .40 caliber 10-shot semi-automatic, blue steel pistol made by Hi-Point Arms with 41/2-inch barrel. New in box, never fired. \$250. Call 540-818-1939.

I have 96 adult diapers, XL with tabs for \$40. 540 235 1228

Legal Notices

Town of Pulaski

Have several CBs and CB accessories and "Secret CB" Magazines for sale. Call 540-994-

2 mausoleum crypts in building A at Highland Memory Gardens Mausoleum, Dublin for sale. Opening and closing included. Deed transfer fee included. Call 540-577-1786

Fridgedaire up right freezer. Runs good. Clean. Asking \$160. Call 540-629-9003.

Pull behind trailer. 5 x 14 with wood floor, drive – up – on tailgate, spare tire, lights, good tires, good title. Asking \$1,200. Call 540-629-9003.

FOR SALE: AUTOS

2001 Volvo V40 wagon. Good body, no rust. Like new tires. V6 – good gas mileage. Asking \$3,200. Call 540-629-9003.

WANT TO BUY

Would like to purchase 5 or 6 older split rails to repair a split rail fence. Must be 10 feet long. Call 540-994-0266.

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

FAIR HOUSING NOTICE:

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

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

STATEWIDE CLASSIFIEDS

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Live Fish for Ponds-Lakes. Plants, Lilies, 32 Species Available. Free Catalog. Delivery or Pick-Up. Zetts Fish Hatchery, 878 Hatchery Road, Inwood, WV 25428 (304) 229-3654. www.zettsfishhatchery.com.

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REAL ESTATE FOR SALE

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SERVICES

DIVORCE-Uncontested, \$395+\$86 court cost. WILLS \$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.

Analysis

Continued from Page B1

Commissioners and athletic directors have stressed the importance of collaboration across conferences and starting any season at once. But the public health crisis is not playing out the same everywhere. Within 24 hours this week the president of the University of Connecticut said he was personally pessimistic about the return of fall sports while the University of Missouri System president Mun Choi said he expects in-person classes to

resume this fall.

In professional sports, players are well-paid and unionized. Essentially, they are business partners with the leagues. Players have to sign off on any return-to-play plan, and they might be motivated to take some risk to get paid.

In college sports, the relationship between the players and the schools, administrators and coaches is almost paternal.

"In framing it that way it restricts athletes' rights," Nevius said. "So it prevents them from being considered employees. It reduces their economic rights. It frames things so that the athletes also think that they are in this caretaker environment so they have to rely upon the coaches and the schools to advance their rights."

"But that is not always the case with the big business of college sports," Nevius added.

Later this week, the NCAA is scheduled to reveal some details of a plan to begin allowing college athletes to be compensated for use of their names, images and likenesses. The earliest it would go into effect is 2021-22.

Yes, college football players with professional aspirations have much to gain by playing. But not paychecks. And their scholarships are good whether they play or not.

"College sports are theoretically intended to exist to enhance that academic experience of its athletes," Nevius said. "And the NCAA repeatedly says that publicly and in defense of lawsuits as well. We've seen over time decisions made that completely contradict that. This is another test with respect to that philosophy."

Follow Ralph D. Russo at https://twitter.com/ralphDrussoAP and https://appodcasts. com/category/ap-top-25-college-football/

More AP college football: https://apnews.com/APTop-25CollegeFootballPoll

Public Hearing

TAKE NOTICE, that the Town Council of the Town of Pulaski, Virginia will hold a public hearing on Wednesday, May 6, 2020, at 7:00 p.m. in the Council Chambers of the Pulaski Municipal Building, 42 First St., N.W. to consider an increase in the charges for water service as set forth below:

Meter Size	Current In-Town Fixed Charge	Proposed In-Town Fixed Charge	Current Out-of- Town Fixed Charge	Proposed Out-of-Town Fixed Charge	
5/8 inch	\$ 12.71	\$ 13.09	\$ 25.43	\$ 26.19	
1 inch	\$ 28.42	\$ 29.27	\$ 56.86	\$ 58.57	
1 ¼ inch	\$ 41.27	\$ 42.51	\$ 82.50	\$ 84.98	
1 ⅓ inch	\$ 54.09	\$ 55.71	\$ 108.18	\$ 111.43	
2 inch	\$ 86.09	\$ 88.67	\$ 172.19	\$ 177.36	
3 inch	\$ 181.95	\$ 187.41	\$ 363.90	\$ 374.82	
4 inch	\$ 277.43	\$ 285.75	\$ 554.84	\$ 571.49	
6 inch	\$ 539.86	\$ 556.06	\$1,079.70	\$1,112.09	
8 inch	\$ 855.36	\$ 881.02	\$1,710.73	\$1,762.05	
10 inch	\$1,215.72	\$1,252.19	\$2,431.43	\$2,504.37	
Volume Charge (per thousand gallons)	Current In-Town Charge	Proposed In- Town Charge	Current Out-of- Town Charge	Proposed Out-of- Town Charge	
l to 20,000 gallons	\$3.31	\$3.41	\$5.71	\$5.88	
Next 680,000 gallons	\$2.81	\$2.89	\$4.69	\$4.83	
Over 700,000 gallons	\$2.10	\$2.16	\$4.18	\$4.31	

comments to the Town of Pulaski, Attn: Town Manager, P. O. Box 660, Pulaski, Virginia 24301 or may leave their written comments in the Finance Drop-Off box at the Municipal Building. Citizens wishing to respond electronically may also post comments on the Town of Pulaski's website under the page titled "Town Budget for Fiscal Year 2020-2021." Comments will be forwarded to the Town Council for their review and consideration.

Copies of the proposed rates are available for public review in the Town Manager's Office from 8:30 a.m. to 5:00 p.m., Monday through Friday.

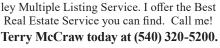
For disabled individuals who may require special auxiliary aids or services, reasonable accommodations will be made by the Town upon request. Please contact the Town Manager's Office at (540)-980-1220 (TDD accessible) or (540)-994-8602 prior to the above meeting date to arrange these accommodations.

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FOR RENT

Historic log cabin for rent on Robinson Tract Road. Former grocery store. Possible uses include office space, craft/gift shop, small farm and garden supplies, fabric, sewing and knitting supplies, photography studio, computer repair shop, etc. Rent is negotiable. Contact 804-530-4690.



FOR SALE - \$12,500 OBO

Trailer for sale in Covey's Family Campground, Dublin, Va. 34 ft. Wildwood. It has air conditioning and heat. This is a gated campground and very safe. Golf carts are accepted. Can be moved. Price is negotiable. Call 704-289-5116.



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

Amber Waves



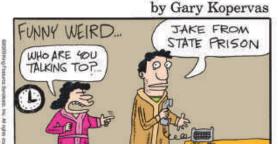






Out on a Limb





R.F.D.



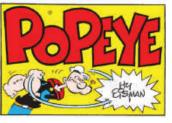


The Spats





by Jeff Pickering

















bu Dave T. Phipps



Just Like Cats & Dogs







*Don't you think it's time you started thinking about a diet?"

"No, I don't need you right now, Doctor, I just wanted to see if your were

SCRAMBLERS LARGE Sheet BOLTAID CRAVESS TABLE TODAY'S WORD

King Crossword

12

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52

54

Washington

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11 Egg-shaped

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Justice Dept.

Rather, et al.

31 Work together

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23

ACROSS

- Resided
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- fastener
- 15 Early spring bloom
- 16 Feedbag tidbit
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- 24 Force measures
- 26 Decorum 28 Quite some
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- - © 2020 King Features Synd., Inc.

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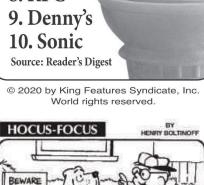
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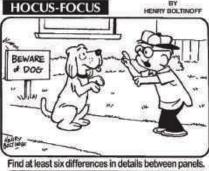
- Georgia 34 Female deer
- 36 Risk 37 Cheers up
- 38 Some lilies 41 Lash
- (berate) 44 Comic strip
- possum 25 Scale member 45 Nap 48 Body art, for
 - short Calendar
 - abbr.

OLDEST CHAIN

RESTAURANTS

- 1. A&W
- 2. White Castle 3. Dairy Queen
- 4. McDonald's
- 5. Dunkin' Donuts
- 6. In-N-Out
- 7. Jack in the Box 8. KFC







Differences: 1. Sign is missing. 2. Step is added. 3. Window is smaller, 4. Tree is added. 5. Hat is different.

CryptoQuip

Clue: H equals D

R CKILF COULI AJWI BWIU R QKE EKI ARL IUXH IU XJRPJ. IOJF HBHW'I LJZPJ LQBZBIL IOJZJ.

62000 King Features Synd., Inc.

AVAILABLE Today's Word

3, Scarves; 4. Bleat

1. Glare; A. Tabloid; uounjos

SCRAMBLERS

explorer discovered the Grand Canyon?

2. TELEVISION: In the "M*A*S*H" series, which U.S. state did Radar O'Reilly hail from? 3. LANGUAGE: What does the Latin.

EXPLORERS: Which Western

- phrase "acta non verba" mean? 4. GAMES: What are the names of the utilities in the Monopoly board game?
- 5. COMICS: Who is Garfield's girlfriend in the comic?
- 6. GENERAL KNOWLEDGE: What is_ the traditional birthstone for April?
 7. MUSIC: What does the musical
- notation "allegro" mean?

 8. MOVIES: In which 1970s movie does the Cahulawassee River play a...
- major role? 9. LITERATURE: What do the abbreviations stand for in the poet e.e. cummings' name?
- 10. ROYALS: What was Princess Diana's maiden name?
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10. Spencer 9, Edward Estlin 8, "Deliverance" 7. Lively and brisk 6. Diamond 5. Arlene 4. Water Works and Electric Company 3. Deeds, not words

Trivia Test Answers

1. Francisco Vasquez de Coronado

BMOI



Solution time: 24 mins.

Answers King Crossword mericanisms



but today is a gift. That's why it's called the present." — Bill Keane

They didn't serve spirits there. but was told to leave dug a ofni fraw feorly yetug A CryptoQuip

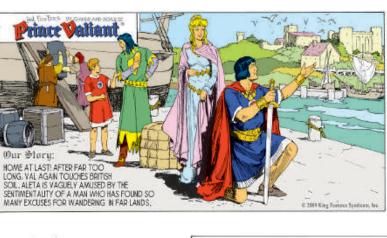


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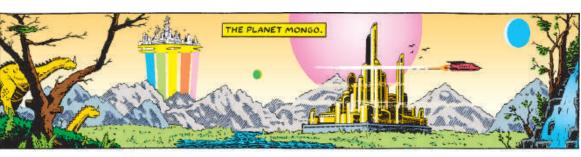






NATHAN, WHO HAS SPENT TIME WITH THE BRUTES; TRANSLATES: THE SAYS THAT THEY MAKE THER ARROW POISON FROM THE CREATURE THAT COMES FROM THIS































Rare Bird

Collectibles were sometimes made to fool people. A tiny teddy bear could hide a perfume bottle. Pincushions hide beneath the fabric skirts of half-dolls, ceramic figures stitched to the skirt. Some collectible canes hid thin flasks that held forbidden whiskey to drink secretly while on a walk. And bronze statues sometimes could open to reveal a naughty scene. In the early days of television, a ceramic black panther was really a lamp lighting the room and the

But almost forgotten are the loudspeakers made for early radios that looked like statues of birds or kings, instead of the large horns usually used. Most famous were the Andia loudspeakers, their radio parts inside a metal base with a glazed pottery top. One that was auctioned recently looked like a bright red, blue and yellow 14-inch-tall parrot. It was made by Royal Doulton & Co. of England for Artandia Ltd. in 1927. Other designs include Miss Muffet, a Persian king, a Chinese scribe and other figures that would attract buyers. It sold at Auction Team Breker, a German auction of radios, music machines and other technical collectibles, for \$906.***

CURRENT PRICES

Blown glass flask, amethyst, swirled pattern, spiral ribs, Stiegel type, sheared mouth, 5 inches, \$190.

Sterling silver stuffing spoon, Hester Bateman, Elk monogram,

England, 11 3/4 inches, \$355. Wooden box, pine, sliding lid, painted stylized tulips on all sides, 3 1/2 x 4 1/2 x 7 inches, \$585.

Antiques & Collecting

By Terry and Kim Kovel



This rare bird, a ceramic parrot, conceals the working parts of a radio loudspeaker made in 1927. It substituted for the large horn used to amplify the sound of the radio and sold for about \$900.

Coffee mill, Landers, Frary & Clark, No. 20, Crown, double wheel, cast iron, black paint, hinged lid, wooden handle, 12 1/4 inches, \$1,045.

TIP: When packing a piece of pottery for shipping, look at the shape. If it has a hollow space larger than 1 inch across, fill the space with sponge, foam or bubble wrap.

For more collecting news, tips and resources, visit www.Kovels. com



* "I use curbside pickup for my groceries these days. I keep two large laundry baskets in the hatchback of my vehicle. Any bags go in the baskets, so it's easy to transport them into the house and keep contact to a minimum. When I'm done unloading and wiping down, I can spray out the laundry baskets and let them dry in the sun for next time. Can't be too careful." -- T.E. in Virginia

* A hanging shoe rack is a handy place to keep office supplies and school supplies for the whole family. Pencils, markers, assignment cards, and even papers. You can give each person a row, or label

the pockets. * There's a lot of decluttering going on across the country right now. Here's a pro tip: For seasonal items, if you didn't wear it last season, consider selling or donating. Same applies if it's a specialty item (skiwear, hiking boots, formalwear) that hasn't been used for more than two years. Many people keep items that are on the expensive side, even though season after season goes by without the item being used. If you rationalize keeping the scuba suit, plan a scuba trip!

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

MAGIC MAZE • SEAWORTHY WORDS

RNKIFCAXVSQOLJH

ECAXVE(S)ROHAESTR MDRIBAESREDNUPG ROHCNAJAJESKCALBU GNTLJIIIC E F SDBYXL ESDAEDLS V A T T R P A EILGBUEA | P | OMBKOL DBZAEB|T| IXSWAGAUE

QOENLS|||EJEElOGS F L D C A Y (N) X S W V R T C S

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

TLIVEDIAI

Unlisted clue hint: FISH WITH HORSE-LIKE HEAD Black Sea Sea anchor Sea captain Sea bag Seabird Coral Sea Sea devil Dead Sea Sea bass Sea gull Undersea Red Sea Sea bottom. Sea level

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CryptoQuote

AXYDLBAAXR is LONGFELLOW

One letter stands for another. In this sample, A is used for the three L's, X for the two O's, etc. Single letters. apostrophes, the length and formation of the words are all hints. Each week the code letters are different.

RPN QDWR HM NGP LHBAC'K

EBPDN QHJPQPWNK, HM

NGHTEGN DWC DYNXHW, GDJP

MAHLPC MBHQ NGP LHBO HM

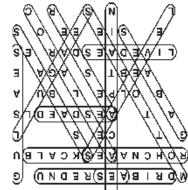
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Teach Me Your Word O Lord

Terry McCraw

Just what is being justified by

"Therefore being justified by faith, we have peace with God, through our Lord Christ Jesus." Romans 5:1.

The definition of justify and justified, as they are used in the bible, is when God deems us to be not guilty of our sins that have been cleansed and washed away by the blood of Jesus. A play on words can remind us of the meaning of the word justified, it's "just as if I'd" (Justified) never committed a single solitary sin.

Justification is the doctrine that God pardons, accepts, and declares a sinner to be "just" or "righteous" on the basis of Christ's righteousness. It is when our record of sins that is being kept in Heaven is expunged or erased and instead of a blank page we are credited with the righteousness of

"For He hath made His Son, to be sin for us, who knew no sin; that we might be made the righteousness of God in him." 2 Corinthians 5:21.

Justification comes by faith in Jesus Christ. Based on His work on our behalf, our own works are disqualified as a means of salvation. Romans 3:28 says, "Therefore we conclude that a man is justified by faith without the deeds

Abraham was justified by faith. Romans 4: 3-5. "For what saith the scriptures? Abraham believed God, and it was counted unto him for righteousness. Now to him that worketh is the reward not reckoned of grace, but of debt. But to him that worketh not but believeth on Him that justifies the ungodly, his faith is counted for righteousness."

Abraham was a man of great faith and was justified by faith. Abraham's righteousness did not come from performing good works, but from his faith in God. His was a righteousness obtained

Paul said of Abraham, "if Abraham was justified by works, he'd have something of himself to boast of." God's covenant that He made with Abraham was not made with Abraham because of his works, but because Abraham believed God. He didn't earn righteousness by works, because righteousness cannot be earned by works. It is a gift from God, freely given to those who believe in Christ Jesus. Works cannot save us but works can condemn us. For those of us who believe in

Jesus, all of His merits are now our merits. We stand before God as justified by faith in Christ Jesus. Christ stood for us and bore our punishment for sin. Therefore, our sins have been paid for in full. We are no longer guilty.

God responds to our faith in Him and His Son Jesus, by joyfully imputing to us, the gift of righteousness.

There are at leastl three times in the bible that says we are justified by faith. Romans 5:1; Romans 3:28; Gal. 2:16. If something is in the bible one time, it is important. Justification by faith is written down in God's book and is so important, it is stated three times.W

our greater responsibility is to be just before God. We cannot make ourselves just before God without having Jesus as the propitiation for our sins and His righteousness credited to our account. Spurgeon.

We may be just with men but

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 540-674-4500 www.rolcdublin.com

> **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

Heritage Church

6:45 pm - 7:30 pm

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

Morning Worship 11:00 a.m. The Lord's Supper - Each First Sunday Wednesdays: Prayer Meeting & Bible Study 6:30 p.m.

Sundays:

Dublin United Methodist Church

P.O. Box 577 424 East Main Street Pastors Don Hanshew & Don Shelor (540) 674-5128 office@dublinumc.com Early Worship - 8:45 am Sunday School - 9:45 am Praise & Worship Small Group - 10:00 am Worship - 10:55 am

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

> Contact Info: Phone - 540-994-9015 e-mail - drapers.valley@dvpca.org website - www.dvpca.org

and Adult Bible Study 6:30 p.m.)

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.

7584 Brandon Road, Fairlawn, Va. 24141 Pastor Mark A. Miller markmiller.psalm1@gmail.com

Fairlawn United Methodist Church

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/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. See MCCRAW, page B7

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.

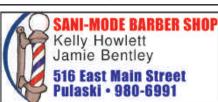
Pulaski Church of God

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.

Showers of Blessing Church of God in Christ

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







Horton Family

(540) 980-2101



Pulaski Christian Church, Inc.

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

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

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Pulaski First Church of the Brethren

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

Abundant Life Ministries 3050 Lee Highway

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

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

Bob White Boulevard Baptist Church

3826 Bob White Boulevard Pulaski, VA. Pastor: Allen Harman Sunday School: 9:45 a.m. Preaching: 11 a.m. Sunday Evening: 7:30 p.m. Wednesday Prayer Service: 7:30 p.m. FUNDAMENTAL



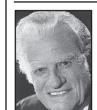
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My Answer

Billy Graham

God, the creator and sustainer of life

Q: Where in the Bible does it say that abortion is wrong, even murder? - A.D.

A: Abortion has divided our nation like no other issue in recent times. The Bible places the highest value on human life. It is sacred and of inestimable worth to God, who created it "in His own image." The Bible recognizes the unborn as being fully human.

The Bible says, "For You formed my inward parts; You wove me in my mother's womb. I will give thanks to You, for I am fearfully and wonderfully made; wonderful are Your works.... My frame was not hidden from You, when I was made in secret" (Psalm 139:13-15, NASB).

We must never think that we can solve one moral crisis by condoning another, especially the crime of murder, for unrestrained abortion is nothing less than that. We have an obligation to show others what God says about living self-controlled lives and being responsible for our moral actions, as God defines

God is the Creator of life and the Sustainer of life. He has given the "seed" of life and breath of life, and our responsibility is to protect these sacred gifts given by the Father in Heaven. This is why the hot button of abortion reaches the height of holocaust. Man has no right to steal from God or destroy the giving of life that belongs to Him.

In God's great love, He gives life that bears the image of God. The issue of abortion is not whether people have the right to terminate the life of a child; the real issue is whether or not people will insist on running their own lives according to worldly standards that oppose God's law. Contentment comes when people surrender to God and allow Him to guide their lives according to His loving righteousness.

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



McCraw

Continued from Page B6

We are made righteous or justified by faith. Giving blood is a good work, but you could give 200 pints of blood in your lifetime and it would not get you into heaven. In order to make it into heaven, we must have accepted Jesus as our personal Savior. You could give all that you own

to charity and still not make it into heaven. You must have your sins washed away by the soul cleansing blood of the Lamb of God. You could join every church in

the New River Valley, but if you don't know Jesus in the pardon of your sins, you'll not make heaven. You could be the kindest, most

gentle person in all the world, but if you haven't been made righteous by faith in Christ, you'll not make heaven.

Those who make it into Heaven are those who are justified or made

righteous by faith in Jesus Christ;

those who have the righteousness

of Christ credited to their account, by faith.

If we believe in Jesus, we stand before God as if we were Christ because Christ stood before God as if He were us, as our sinless substitute. He Who knew no sin was made sin for us. He bore our sins on the cross of Calvary so we wouldn't have to bear them ourselves. We can never, without Christ, stand before God on our own merits and make ourselves

Because of our faith in the atoning blood of Jesus Christ, we stand before God justified, without spot or wrinkle or any such thing, through the righteousness of the Son of God. The doctrine of justification

through Christ and Christ alone, is what sets Christianity apart from the other religions of the world. "For by grace are ye saved through faith; and that not of yourselves: it is the gift of God: Not of works, lest any man should boast." Ephesians 2: 8, 9.

"When we place our trust in Jesus, we are justified. All our sins are forgiven, and we are fully accepted by God. We experience this tremendous spiritual benefit on the basis of Christ's perfect life and sacrificial death as full payment for our sins. We don't deserve this substitutionary act. We can't work for it. We can't pay for it. Yet those who place their faith in Him are "justified freely by His grace through the redemption that is in Christ Jesus" Dennis Davidson. Romans 3:24. Being justified

freely by his grace through the redemption that is in Christ Jesus:"

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Those convinced against their will AA, Al-Anon meetings canceled

I'm debt-free except for my home, and it is all because I started following your plan four years ago. I'm even on track to pay off my mortgage in eight years. With all the scary economic news out there, I'd love to talk to my family about following your advice, too. Do you have any suggestions for doing this without sounding like a know-it-all or that I am brag-

Lacey

Dear Lacey,

It's been my experience that when it comes to family, words don't always do the trick. There's an old saying that goes, "Those convinced against their will are of the same opinion still." Some people have been brainwashed into believing credit cards and debt are an unavoidable part of life. They're stuck in their ways, and nothing anyone can say or do is going to change that.

I've been fortunate enough to help millions of people change their lives, get out of debt, and take control of their finances. But there are millions more who will never listen. They'll just keep going deeper and deeper into debt, and never realize the real problem is the person they see in the mirror every morning.

The truth is, you can make irrefutable arguments against

Dave Says

Dave Ramsey

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credit cards. People who use them spend more than those who use cash or debit cards. Research has proven this. You don't need one to rent a car, get a hotel room, or buy airline tickets. A debit card will do all those things without piling up debt. For an emergency fund, you can simply save up cash. It takes some discipline and hard work, but relying on credit when things go wrong is a really bad idea. It's a trap.

If they won't listen to all these truths, try telling them your story. Let them know you understand from experience how hard breaking old habits can be. Emphasize how amazing your life has been since you made the decision to actively control your money, instead allowing a lack of money to control you.

Congratulations, Lacey. I'm proud of you for working so hard and being disciplined. I hope you can be an influence on others in your family, and help lead them to a place of financial peace, too! - 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.

Weekly SUDOKU -

Answer

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7	9	8	6	5	4	1	3	2

due to coronavirus concerns

Due to the coronavirus concerns and Governor Northam announcement, there will be no AA or Al-Anon meetings at the Pulaski Presbyterian Church of America on Memorial Dr. in Pulaski, until after June 10th. To find meetings online please go to AA.org or Al-Anon.org.



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Who We Are

Last week I couldn't find the words to write. Do I write about the obvious? Do I try to find the positive? What do I say? It's hard to talk about the positive while fearing for people's lives. At the same time seeing so many businesses struggling to adjust and trying to find ways to survive in this pandemic left me feeling paralyzed. I found myself feeling as if I was trying to find the right words of comfort and support for someone that has lost a loved one.

You know that there is really nothing that can be said to change the feelings and emotions of someone who is suffering. All you can do is be there for support and understanding. Knowing doesn't really change anything other than maybe they won't feel

I remember when we lost our business years ago and all the emotions that I felt at the time: Shame, Guilt, Failure, Embarrassment, and Hopelessness. I had that feeling where I wanted to get in bed and pull the sheets over my head and not wake up until when it was all over. Time was standing still, and fear was overtaking every part of my



Down To Business

Peggy White Pulaski Co. Chamber of Commerce

being with questions like, what now? Finally, we came to grips with it all, and I realized that all I could do was be the best that I could, at the time.

I'm not going to lie, and say it was easy because it was one of the hardest things that I have ever been through. Many days I didn't get out of bed, but, fortunately, I had a beautiful little girl that needed me, and so I got up, I got dressed and got back into this crazy thing we call life. At the end of the day, I realized that all we do for a living, our jobs and our businesses, are not who we are. It is just what we do. Who we are is how we handle life and everything life throws at us.

Work hard, be productive, and - above all else - stay positive.

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