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Pulaski County sports icon, Dan Callahan passes away

It is with heavy hearts that we announce the passing Wednesday morning of Dan Callahan after a short illness.

He passed at about 8:45 a.m. Wednesday morning at LewisGale Hospital Salem. His wife, Brenda was at his side at the time of his death.

Known affectionately by many as Dan "The Man" Callahan, he was in his 50th year of newspaper work - the last several with The Patriot.

For years he wrote a popular weekly column called "The Locker Room," which touched on high school, college and pro sports - as well as a variety of other topics. He also covered Pulaski County football and basketball.

Dan was also known as "The Voice of the Cougars," for his years of work on WPSK radio as the play-by-play man for their Cougar football broadcasts.

Dan, probably the authority on Pulaski County Cougar football, covered the Cougars since the high school opened in 1974 for The Southwest Times, WPSK and The Patriot. Prior to that he covered the Dublin Dukes beginning in 1970 for the Radford News Journal.

Dan leaves behind his wife, Brenda; two sons, Shane and Jason, his daughter-in-law Vanessa and his granddaughter, Layla.

Funeral arrangements are pending at this time.



Supervisors' resolution asks governor to let county re-open

By MIKE WILLIAMS
The Patriot

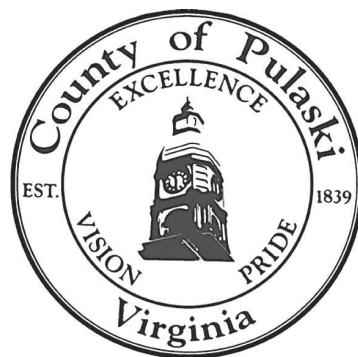
Pulaski County is asking Gov. Ralph Northam to immediately allow "non-essential" and retail businesses in the county to open with practical COVID-19 health safety practices.

The county's Board of Supervisors unanimously approved a resolution Monday night officially requesting action by the governor.

"Different areas of Virginia have seen different levels of cases of COVID-19," said Supervisors Chairman Joe Guthrie. "There have been a lot fewer cases in this region and in the New River Health District in particular. It makes sense to us to look at a faster reopening here - while still keeping in mind necessary public health and common-sense procedures."

Guthrie said the board feels like areas such as ours that have seen fewer cases are more ready and able to reopen.

"The reason for a lot of the measures we've taken were to prevent an overwhelming of our



healthcare system. So far that hasn't been an issue for us in Pulaski County or the New River Health District," Guthrie said.

County Administrator Jonathan Sweet said Monday night the county had experienced 11 cases of COVID-19, with no active cases at the time. He noted two of the 11 cases involved prisoners at the New River Regional Jail. "They are in isolation," Sweet added.

Sweet said Pulaski County and other regional partners are asking the governor to reopen the state in a different phased approach, using the same metrics for health districts.

"The New River Health District has the hospital capacity, the

testing capacity and a low case load. They talk about flattening the curve, Pulaski County hasn't even experienced a curve to flatten," Sweet said.

"We've had no hot spots. We're really in a different position. We could be through phase two and three - but instead we entered into phase one along with the rest of the Commonwealth"

In the resolution, Sweet points out that the New River Health District - which includes Pulaski, Montgomery, Giles and Floyd Counties and the City of Radford - has an estimated population of 181,872.

The resolution states that, as of May 5, the New River Health District has had 80 confirmed cases of COVID-19 infection, resulting in 12 hospitalizations and one death.

The resolution also states that - as of May 5 - there are 458 available hospital beds within the health district at LewisGale Hospital Pulaski, LewisGale Hospital Montgomery, Carilion Giles Community Hospital and Carilion New River Valley Med-

See COUNTY, page A2

WEEKEND WEATHER

Saturday

Partly sunny, with a high near 78. Chance of precipitation is 30%.

Saturday Night - Partly cloudy, with a low around 58. Chance of precipitation is 30%.

Sunday

Partly sunny, with a high near 78. Chance of precipitation is 60%.

Sunday Night - Showers likely and possibly a thunderstorm. Mostly cloudy, with a low around 61. Chance of rain 60%.

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Election: Collins, Skeens win big races on Tuesday

Patriot Staff Report

Shannon Collins and Benny Skeens won the big races Tuesday in Pulaski and Dublin, and Radford's City Council added two conservatives to its lineup.

In Pulaski, Shannon Collins defeated incumbent Mayor David Clark by 101 votes in probably the most-watched race of the day in the county.

"My mind is in shock right now," Collins said in a Facebook post Tuesday night. "I want to give a HUGE THANK YOU to everyone that supported me, from the ones in town and our friends out of town. This is the biggest accomplishment I've had in my life. I would also like to thank the ones who laughed and didn't think I had a snowballs chance at winning as well! To all of my friends in town who came out to vote, y'all have a special place in my heart."

Collins collected 410 votes on the day (57 percent) to Clark's 309 (43 percent).

On the council side, incumbents Jamie Radcliffe and Vice Mayor Greg East won re-election.



Benny Skeens (left) and Shannon Collins won mayoral races in Dublin and Pulaski.

tion, while a third incumbent – Joseph Goodman – was the odd man out, losing the third and final council seat to local political newcomer Michael Reis.

Radcliffe was the top vote-getter on the day with 541 votes (30 percent). East won 440 votes (24 percent), followed by Reis with 417 votes (23 percent). Just one percent back was Goodman at 402 votes (22 percent).

In Dublin, incumbent Mayor Benny Skeens won a sixth term by defeating challenger Norman



"Buck" Dowdy Jr., 117 (58 percent) to 84 (42 percent).

In the council race, incumbent Edith Hampton won re-election and was top vote-getter with 129 votes (27 percent). She was joined as winners Tuesday by two former council members, Dallas Cox and Peggy Hemmings. Cox gained 124 votes (26 percent) with Hemmings gained 122 votes (25 percent).

For the second straight election, Wayne Seagle was the odd man out. He collected 104 votes in his council bid (22 percent) this time around. He was unsuccessful in his earlier election bid – running for mayor.



Jamie Radcliffe (left) and Edith Hampton were top vote-getters in Pulaski and Dublin.

A second incumbent, Doug Irvin Sr., chose not to seek re-election.

In Radford, four candidates sought two spots on council.

Vice Mayor Dick Harshberger was seeking re-election, while Andrew Crane, T. Forrest Hite and Onassis Burress were challengers.

Incumbent Rob Gropman chose not to seek re-election.

Hite – who ran unsuccessfully for the House of Delegate last November as a Republican, won as did Burress, with Burress being the day's top vote-getter.

Burress had 955 votes (29 percent) and Hite collected 893 (27



percent).

Harshberger was next at 803 votes (25 percent) followed by Crane with 602 (18 percent).

In the city's school board race, five candidates ran for two seats.

Jenny Riffe was top vote-getter with 817 (26 percent) followed by Joseph "Jody" Ray with 757 (23.41 percent).

Chris Calfee was a close third with 747 votes (23.10 percent), Justin Mosby was fourth with 652 votes (20 percent) followed by Mary Knarr Smith with 258 votes (8 percent).

Incumbents Joe Hester and Adam DeVries chose not to seek re-election.

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.

Rader DSH Grey /white medium size Just over 2 years old. Eight pounds. He is neutered and up to date on his vaccines.

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Photo developing lab in Virginia, Lifetouch is closing for good

NORFOLK, Va. (AP) — A photo developing lab in Virginia impacted by the coronavirus pandemic says it is closing its doors for good.

The Lifetouch facility owned by digital photo developer Shutterfly had first announced in early February that it would close the Chesapeake lab, The Virginian-Pilot reported Tuesday. Then it announced that it would close even sooner because of the coronavirus.

Lifetouch reopened amid the pandemic and rehired nearly 100 of its 317 workers to finish produc-

ing school photos and products before it planned to close for good by June.

Spokeswoman Sondra Harding says operations now will end in mid-May and the Chesapeake facility will close by June 5.

Founded in 1999, Redwood City, California-based, Shutterfly lists three divisions, including Lifetouch. Its web page says Lifetouch specializes in school photography and also serves families through portrait studios and other partnerships.

County

Continued from Page A1

ical Center.

Also, the resolution states that the health district has been operating a mobile drive through testing facility since March 31 and Fralin Biomedical Research Institute at VTC has now been approved for and provides rapid testing capability for residents in the district.

The health district, the resolution states, is able to and has been performing contact tracing

as needed.

Sweet said all partners in this effort are involved in the same mission – to keep everyone in the New River Health District safe.

"And that means reopening – because of the consequences of keeping us closed. We're seeing an increase in all these other indicators as a result of isolation and as a result of a stymied economy.

"We're concerned that the prevention of COVID-19 in Pulaski County and the New River Valley is posing more detrimental effects than the virus itself," Sweet said.

"An expedient, safe reopening is what we're requesting from the governor," Sweet added.

Sweet noted that since March 14, localities within the health district has seen 17,633 new unemployment claims filed.

"Many of which are the direct result of Executive Orders by the governor that allow large retailers to remain open and profitable while small businesses who operate on minimal budgets are disproportionately forced to close and may not be able to ever reopen unless the current executive orders are modified quickly," the resolution states.

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Kirby chosen Count Pulaski NSDAR Good Citizen Award Recipient

Because of social distancing required at this time, Count Pulaski Chapter NSDAR Good Citizen recipient, Aaron Blake Kirby, received his certificate, pin, monetary award and book from Count Pulaski Chapter Good Citizen Chairman, Elinor W. Farmer and Count Pulaski Chapter, Regent Carol H. Smith in a brief ceremony on April 21, 2020 at the Ratcliffe Transportation Museum Garden. Aaron will continue his education at Radford University in Criminal Justice with plans to enter the Law Enforcement Field. Best Wishes Aaron.

Pictured L-R: Elinor W. Farmer – Count Pulaski Chapter, NSDAR Secretary and Good Citizen Chairman; Aaron Blake Kirby – Pulaski County High School 2020 DAR Good Citizen; Carol H. Smith – Count Pulaski Chapter, NSDAR Regent.

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Pulaski County details local government reopening plans

Monday, May 18, 2020, Pulaski County Administration discontinued teleworking and County employees returned to a report-to-work schedule. The County is preparing to safely reopen county facilities to the public on Tuesday, May 26, 2020, with adherence to health safety guidelines. [https://www.montva.com/docs/default-source/default-document-library/nrv-working-smart-working-safe-resource-guidebook-052020.pdf?sfvrsn=c3306ael_2]

On Tuesday, May 26, 2020, the County also plans to reopen all segments of county outdoor recreation facilities and will reopen all county operated indoor recreation facilities with adherence to health safety guidelines as well as adherence to the Commonwealth's applicable phased approach reopening guidelines (Phase I, II, or III). For specific questions regarding reopening, please call County Administration at: 540-980-7705.

"It is important to denote that we want to safely resume county operations and safely reopen county facilities, but do so with a focus on mitigating any possible spread of the virus to better keep our employees and the public safe and feeling safe", stated Jonathan D. Sweet, County Administrator. "We have been very fortunate here in Pulaski County to have had no new confirmed or known active cases in our community in quite some time, with the only known new or active case(s)

being an inmate(s) quarantined and effectively isolated within the regional jail.

Pulaski County has not yet made a final determination on certain summer activities, community events, or parks and recreation operations. The County will continue to monitor national and state reopening guidelines as well as the Governor's Executive Order(s) in making the final decision on when and what will reopen or resume.

Please continue to do your part to help prevent the spread of COVID-19 by:

- Wearing an appropriate face covering or mask when in public spaces
- Washing your hands with soap and water or use hand sanitizer
- Coughing or sneezing into a tissue (and discard it) or your interior elbow
- Avoiding touching your mouth, nose, eyes or face in public
- Practicing 'physical distancing' and avoid shaking hands
- Remaining at home if you are sick and avoiding others who are sick

The New River Health District local public health hotline at: (540) 267-8240

Virginia Department of Health (VDH) public health hotline at: 877-ASK-VDH3

For updates on Coronavirus visit: www.vdh.virginia.gov/coronavirus/ or www.pulaski-county.org/



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Dublin Town Offices closed Monday

Dublin Town Offices will be closed Monday, May 25th. Garbage scheduled for pick up on Monday, May 25th will be picked up on Tuesday, May 26th.

PSA dropsites closed Monday

The PSA and all three dropsites will be closed Monday, May 25 for Memorial Day.

There will be garbage collection.

Please have garbage out by 7 a.m. and have all garbage in bags.

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JOHNNIE WILLIAM "TOMMY" DOBBINS, JR.
Johnnie William "Tommy" Dobbins, Jr., age 64 of Radford passed away at his home Saturday, May 16, 2020. Born April 24, 1956 in Radford he was the son of Martha Weiss Dobbins and the late Johnnie William Dobbins, Sr.
Tommy was a retired police officer with over 20 years served with Radford City and the Town of Dublin Police Departments. An avid youth sports coach, he also drove buses for Pulaski County and Radford City Schools. He was a member and former deacon of the Dublin Baptist Church.

He is survived by his
Loving wife of 35 years
Linda T. Dobbins – Radford
Mother
Martha W. Dobbins – Fairlawn
Daughter & Son-in-law
Krystal T. Matusevich & husband, Dale W. – Frederica, DE
Son
Christopher Arnold – Dublin
Grandchildren
Warren H. Kark – Riner
Hunter A. Matusevich – Lawrence, KS
Mallory A. Matusevich – Eugene, OR
Caiden M. Arnold – Wytheville
Jaxon T. Arnold – Pulaski
Honorary Granddaughter
Jessalynn L. Kenton – Harrington, DE
Brother
Ralph E. Dobbins – Radford
Many nieces and nephews
Family Friends
Jerry, Debbie and Jamie Farmer – Dublin
The family held private graveside services Thursday, May 21, 2020 at the Old Dublin Cemetery with Pastor Dennis Jones officiating.
Flowers are appreciated and online condolences can be sent on our website www.bowerfuneralhome.com
Bower Funeral Homes, Pulaski is handling the arrangements for the family.

VINCENT FRANCIS PAMPLEY
Vincent Francis Pampley, age 89 of Pulaski passed away Thursday, May 14, 2020 at his home.
Born March 25, 1931 in Washington D.C, he was the son of the late William Pampley and Margaret Pampley. He was also preceded in death by his wife, Peggy Ann Jones Pampley; sisters, Julie Wimmer and Kathleen Wilson; Brothers, William Pampley and Paul Pampley.
He was a veteran of the United States Army having served in the Korean War.
He is survived by his children
Vincent Ray Pampley – Roanoke
Anna Godfrey – Pulaski
Jonnie Sellers – MD
Malcolm Atkins – MD
10 Grandchildren
9 Great Grandchildren
Private family services will be held at a later date.
To send condolences to the family and sign the online guestbook, visit www.bowerfuneralhome.com
Bower Funeral Home, Pulaski is handling the arrangements for the family.

Death Notices

DEBORAH ANN MONTGOMERY TURPIN
Deborah Ann Montgomery Turpin, 60, of Fairlawn, passed away Thursday, May 14, 2020.
The Turpin family is in the care of Mullins Funeral Home & Crematory in Radford. www.mullinsfuneralhome.com

CONRAD BRUCE FRITZ, JR.
Conrad Bruce Fritz, Jr., 66, passed away Wednesday, May 13, 2020 at his home in Dublin.
The Fritz family is in the care of Mullins Funeral Home and Crematory in Radford, www.mullinsfuneralhome.com

DONALD ALLEN MITCHELL
Donald Allen Mitchell, 53, passed away Sunday, May 17, 2020 at his home in Pulaski.
The Mitchell family is in the care of Mullins Funeral Home & Crematory in Radford, Virginia. www.mullinsfuneralhome.com.

The Patriot
540-808-3949

HELEN KIRBY KELLEY
Helen Kirby Kelley, 87, of Draper, VA passed away peacefully on Saturday May 16, 2020 in the Pulaski Health & Rehab Center. She was born on June 20, 1932 and was the daughter of the late Duval Adams Kirby and Maude Mae Allison Kirby of Draper. Also preceding her in death were her husband, Joseph Francis Kelley and her son John Duval Kirby.

She leaves behind to cherish her memory her sister, Jean K. Plott, Fairlawn; daughters, Martha K. Biggar (Ed), Draper and Elizabeth K. Whitman (Robert), Pulaski; son, Joseph N. Kelley, Draper; grandchildren, John & Julia Whitman, Pulaski; several nieces and a nephew; and numerous cousins and friends. She was a long-time member of the Draper's Valley Presbyterian Church.
The family is grateful for the quality of care from the staff of Pulaski Health and Rehab, who became part of her family. In lieu of flowers, donations may be made to the Draper's Valley Presbyterian Church Cemetery Fund, 2755 Old Baltimore Rd., Draper, VA 24324, or to the charity of your choice.
Mrs. Kelley's service will be private.
Arrangements by Stevens Funeral Home, Pulaski, VA.

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Citizens of Pulaski County reminded to complete the U.S. Census form

Pulaski County Administration is reminding citizens of the importance of completing their Census form if they have not done so already.
In April, Census officials mailed post cards to every household in America, provided instructions on completing the 2020 Census; however, with the outbreak of COVID-19 bringing our nation to a standstill many residents have forgotten all about the 10-year count that has been taking place in the United States since 1790.
Article I, Section 2 of the United States Constitution mandates a ten year census of the nation and a 2020 count will mark the

CALLIE VIRGINIA MAXWELL EDWARDS

Callie Virginia Maxwell Edwards, 83, of Pulaski went to her heavenly home on Thursday, May 14, 2020. All of the angels in heaven and on earth gathered for a celebration! She was born April 8, 1937 in Pulaski, VA. At 14 years of age she gave her heart and soul to Christ. For 69 years she served the Lord through teaching the little children in Sunday School and spreading God's holy scriptures through her ministry. She achieved so many accomplishments here on earth, yet her greatest was the many souls she touched through God's love in her heart.

She was preceded in death by her husband, Ernest Joseph Edwards; two sons, Larry Joseph Edwards and John Perry (Johnny) Edwards; two brothers, John Maxwell and Houston Maxwell; three sisters, Daisey McPeak, Dorothy (Dot) Lindsey and Mary Bell Hendley; and her father and mother, Henry Mike Maxwell and Anne Belle Sirt Maxwell.

Those that survive her are one son, Ernest Wayne Edwards and his sweet wife, Lisa; two daughters, Patricia (Pat) Patterson and her loving husband, Randy Patterson and Callie Marie Edwards Abdelwahed; sixteen grandchildren; thirty great-grandchildren and seven great-great-grandchildren.

Funeral services were held Tuesday, May 19th from the Stevens Funeral Home Chapel with Rev. Dale Akers officiating. Burial followed in the Peak Creek Mission of Prayer Church Cemetery, Case Knife Rd., Pulaski.

Arrangements by Stevens Funeral Home, Pulaski, VA.

ALICE MARIE WHITE STOUT

Alice Marie White Stout, age 80 of Pulaski passed away Saturday, May 16, 2020 at the home of her daughter. Born September 17, 1939 in Carroll County she was the daughter of the late Herbert White and Clarice Alma Surratt White. Her husband, Jerry Junio Stout and brother, Robert Eugene White also preceded her in death.

She is survived by her
Children
Alice Gale (Billy) Shores – Wytheville
Charlotte (Tony) Edwards – Pulaski
Melissa (Malcolm) Ayers – Pulaski
Shane Eversole & Angela Cook – Pulaski
10 Grandchildren 29 Great Grandchildren

Brothers
Joe White – Pulaski
H.L. & Twila White – Pulaski
Sisters
Doris (Bill) Gardner – Hillsville
Shirley Burnette – Cana
Becky (Randy) Queen – Pulaski
Private graveside services were held Wednesday, May 20, 2020 at the Highland Memory Gardens, Dublin.

Special Thanks to Medi-Home Hospice and Sunni and Curtis for their care.

Flowers are appreciated and your online condolences can be sent to the family by visiting www.bowerfuneralhome.com

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

24th time the country has counted its population.

Assistant County Administrator, Anthony Akers serves on the Census Complete Count Committee and reports the response rate for Pulaski County as of May 19 is at 56.7% of citizens that have responded. The current national average is at 59.6% and Virginia response is at 64.7%.

If any household has misplaced their Census information, they may go to My2020Census.gov and follow the simple instructions. It takes a little less than 10 minutes to complete the census.

The Census provides critical data that affects the number of

representatives a community receives in local, state, and national government as well as billions of dollars in federal and state funding for hospitals, fire departments, schools, roads and other valuable resources.

During this time residents are reminded that the Census Bureau will never ask you for your: Full Social Security Number, banking information, political positions or money and donations.

Pulaski County is asking local residents to help encourage their friends and loved ones who may or may not have completed their Census forms to do so as the results will affect every resident.

Radford's annual Memorial Day service canceled, replaced by radio broadcast

RADFORD –Radford's annual Memorial Day service, the largest in the region, honors all 59 of the city's military lost in battle, as well as honoring all military, past and present. Due to state Coronavirus limitations, this year's ceremonies had to be cancelled, but the organizing committee has arranged to broadcast last year's 2019 service on the WRAD Talk Network: 101.7, 103.5, 107.1 and 1460 AM, to continue the tradition of thanking those who have served our nation and region.

The taped ceremonies begin at 11 am on Monday, May 25, as recorded at Radford's Bisset Park.

The event in front of the Gazebo, features a dramatic "Field of Crosses" honoring Radford's servicemen lost in past wars. Each cross represents one of 59 from the city who gave the ultimate sacrifice for our nation.

In Loving Memory Of Duaine & Ricky Hundley

*Those we love
don't go away,
they walk beside
us every day,
unseen, unheard,
but always near,
so loved, so
missed, so very
dear.*

Mama & Family



CARD OF THANKS

Thanks So Much...

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The Family Of Ona J. A. Anderson



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*Those we love
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they walk beside
us every day,
unseen, unheard,
but always near,
so loved, so
missed, so very
dear.*

Mama & Family



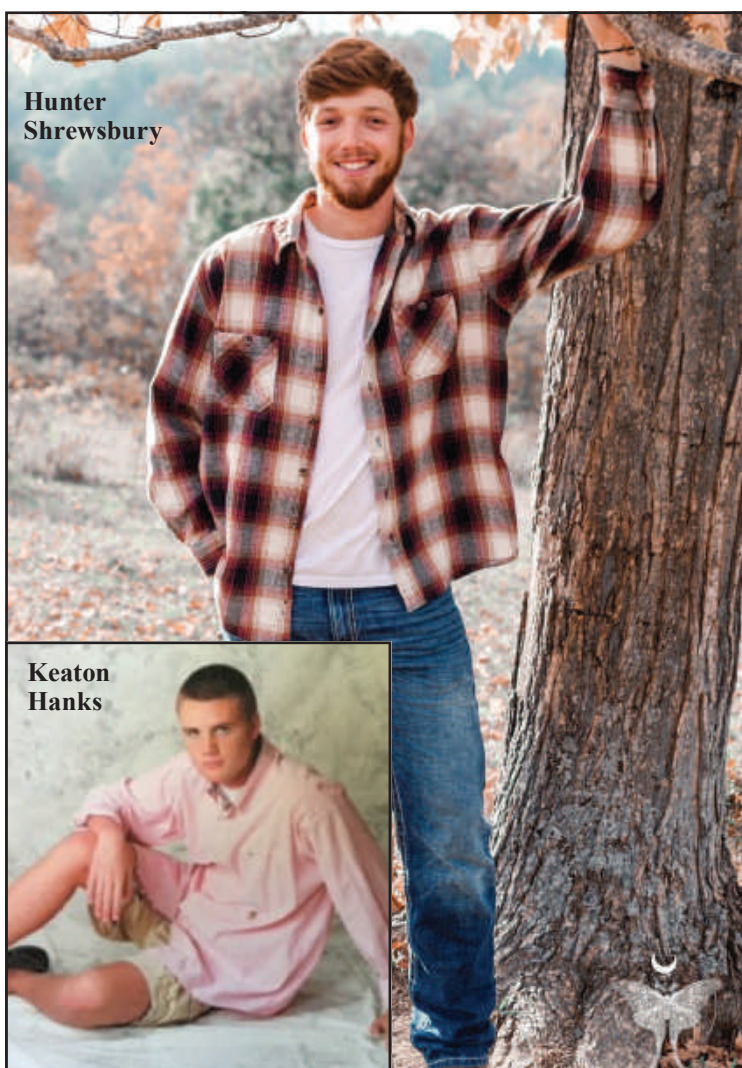
Nine countians named outstanding at NRCC

Nine students from Pulaski County were recognized as Outstanding Students in a Curriculum/Subject Area by New River Community College.

In lieu of the previously scheduled in-person annual President's Awards ceremony typically held on campus that honors outstanding students, students received a congratulatory letter from the college president as well as a plaque honoring their awards. Students are also being individually recognized on NRCC's social media outlets.

The awards were determined by the faculty in the various programs at the college. All students receiving the Outstanding Student in a Curriculum award have completed requirements for an associate degree, certificate, diploma or career studies certificate and are eligible to graduate from the college this spring or summer.

Students from Pulaski County who were honored included Hannah Mae Altizer, Studio Art; Brandon K. Curtis, Welding Technology; Stephen G. Earhart III, Electronics Technology; Connor Hale, Engineering; Mark Keaton Hanks, Medical Administrative Support Specialization; Louisa Mae Paulson, Writing; Hunter William Shrewsbury, Welding Technology; Glenn

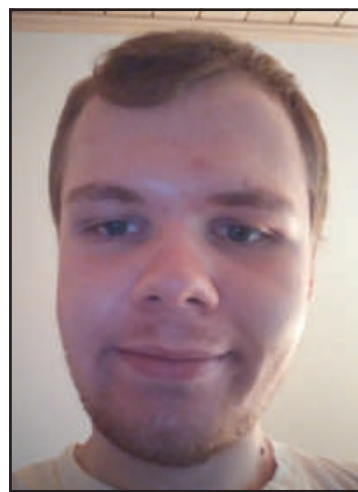


Herbert Stike, Instrumentation and Control Automation Tech-

nology; and Daniel Hunter Wimmer, Information Technology.



Connor Hale



Daniel Wimmer



Glenn Stike



Hannah Altizer

Issues persist with antiquated Va. unemployment system

RICHMOND, Va. (AP) — More than two months after the coronavirus pandemic started forcing Virginia businesses to slash their workforces, the state's unemployment system still can't keep up with the unprecedented deluge of calls and emails from laid-off workers who need help.

Virginians across the state continue to report that it's nearly impossible to reach anyone with the Virginia Employment Commission by phone and have instead turned to social media, legal aid centers or their elected officials for help troubleshooting the complicated process.

The Virginia Employment

Commission's five-person customer service team is getting as many as 20,000 emails a day, said spokeswoman Joyce Fogg, who acknowledged problems with the phone line and whose own phone rings off the hook all day long.

"Everybody's getting all kinds of requests right now," she said. "I just hope it's going to level out."

Virginia's antiquated unemployment filing system — which Fogg said was put in place in 1985 — has strained under the demand for assistance unleashed by the pandemic. And Megan Healy, Gov. Ralph Northam's

chief workforce advisor, has said the agency had to work quickly to staff up — in February it had about half the number of workers it did during the Great Recession.

Nearly 678,000 unemployment claims were filed between mid-March and May 8, according to a presentation Virginia Employment Commissioner Ellen Marie Hess gave to a Senate committee Tuesday. Of those, about two-thirds have been paid, according to her presentation, which said that over \$2 billion in benefits have gone out since March 15.

The VEC could not provide a breakdown of the status of the remaining one-third of claims that remained unpaid. But Fogg said many were ineligible or awaiting an appeal or validation of some part of their application.

Fogg said there are also lots of people "scamming and working the system," noting a recent email she received from someone who said she hadn't worked

in years but wondered if she could get the supplemental \$600 federal payment.

The department recently acknowledged overpaying about 35,000 people, while others have reported a weekslong wait before receiving benefits.

Robert Hyde, who was laid off in mid-March from his job

as a breakfast cook at a Virginia Beach hotel, said he filed for unemployment the very next day with help from his human resources department.

Hyde said for weeks his online account showed he had no benefits available, which he felt

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Haynes graduates

Kelli Haynes, daughter of Rev. Dwight and Ann Haynes of Pulaski recently graduated with her Associate of Arts Degree in Christian Leadership from Life Pacific University Virginia.

She has been a dorm student there for two years and graduated with a final GPA of 3.92, third in her class. Her final semester was all A's.

Haynes plans to finish her bachelor's degree with Life Pacific University in Los Angeles, CA. and later pursue a master's degree at Liberty University.

It is significant to note Kelli was homeschooled, and was the university's youngest enrolled student at age 17.

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Science advances against the Coronavirus

During the coronavirus outbreak, we have witnessed the heroic work of health care professionals. Doctors and nurses have been on the front lines, treating patients and attending to their health care needs under the trying circumstances of a pandemic.

May 17 through 23 of this year is Emergency Medical Services (EMS) Week, and the contributions of EMS personnel have been vital as well. As the first to respond to calls for help, they act when time is of the essence to help save lives.

We owe these personnel our thanks as they carry out their vocations of healing the sick and tending to the ill.

Extraordinary efforts are also being made in the field of medical research, as scientists in the government, private sector, and academic world race to find treatments and vaccines to prevent, or at least to alleviate the effects, of the coronavirus.

Scientists at the National Institutes of Health (NIH) began developing the first vaccine candidate once the virus's genetic code was posted online on January 11, even before the first known coronavirus case in the United States was recorded.

To aid and accelerate such important medical research work, the CARES Act passed by Congress and signed into law on March 27 included \$11 billion for the research and development of vaccines, therapeutics, and diagnostics related to the coronavirus. The law also cut away red tape, permitting the Federal Government to partner more easily with the private sector and to expedite diagnostics and vaccines.

The speed with which the medical community has answered the call to respond to the coronavirus is striking.

The NIH and the U.S. Department of Health and Human Services have been working with private industry to evaluate treatments. As of May 15, those treatments numbered over 100.

Further, the Food and Drug Administration (FDA) has also approved more than 130 therapies for active trials, with 450 more in the planning stages.

The varied experimental treatments make for interesting reading.

For example, Sorrento Therapeutics, a biopharmaceutical company based in California, has conducted research on antibodies, the part of the immune system that neutralizes viruses. Sorrento claims to have found one particular antibody that is 100 percent effective in blocking COVID-19 from infecting cells, therefore preventing the virus from replicating.

Former FDA Commissioner Scott Gottlieb has suggested that antibody treatments such as this offer promise. Doctors have taken plasma from individuals who recovered from the coronavirus, which contains the antibodies that block it, and infused that plasma into patients still fighting the virus. But Dr. Gottlieb worries that there is an insufficient supply of this "convalescent plasma."

A supply of plasma is essential for this treatment, so if you have had the coronavirus, have been fully recovered for at least two weeks, and are otherwise eligible to donate blood, consider a plasma donation. The American Red Cross permits convalescent plasma donations every 28 days.

Many of these treatments are under development in laboratories with teams of scientists and researchers working together, but doctors on the front lines of the pandemic, confronted for the first time with COVID-19, have also contributed through their attempts to treat patients.

The Richmond Times Dispatch reported on April 15 about a doctor who successfully treated his patient, a fellow physician. The doctor's experience guided him toward prescribing Actemra to prevent the inflammatory system from overreacting to the virus. He also injected vitamin C. This treatment worked.

Many of the doctors who find treatments that seem to work for their patients share the results with each other as a resource.

As the outbreak stays alive, so does the effort to fight it. On May 15, President Trump announced Operation Warp Speed, an initiative bringing agencies across the Federal Government together with the private sector to coordinate the development, manufacture, and distribution of vaccines, treatments, and diagnostics.

Many once-feared diseases have been drastically curtailed or even eliminated thanks to the advances of medical pioneers. In response to the coronavirus, science has taken up the challenge again.

If you have questions, concerns, or comments, feel free to contact my office. You can call my Abingdon office at 276-525-1405, my Christiansburg office at 540-381-5671, or my Washington office at 202-225-3861. To reach my office via email, please visit my website at www.morgan-griffith.house.gov.



Morgan Griffith

9th District Representative



'Snake Oil' Cures

On Monday, in an off-the-cuff comment following a White House meeting with restaurant industry leaders, President Trump revealed that he has been taking the anti-Malaria drug hydroxychloroquine for "about a week and a half now" to protect himself from COVID-19.

Asked why, the president said he has heard from a number of people, including a doctor from Westchester, New York, that it is a good preventative. He said he had checked with the White House physician who said he does not object to his taking the drug.

Asked what evidence he has that the drug is effective, the president responded: "Here's my evidence: I get a lot of positive calls about it."

The Food and Drug Administration, according to the Washington Times, has warned against using hydroxychloroquine "outside of the hospital setting or a clinical trial due to risk of heart rhythm problems." The National Institutes of Health has also advised that doctors use caution when prescribing it.

On Fox News, host Neil Cavuto interviewed Dr. Bob Lahita, chairman of medicine at St. Joseph University Hospital in Paterson, New Jersey. Dr. Lahita said he has seen "no effect whatsoever" when hydroxychloroquine is used to treat the coronavirus. In fact, said Dr. Lahita, if taken in combination with certain other drugs, it could cause arteries to expand, which could be fatal.

Instead of taking and promoting this unproven and possibly dangerous drug, the president should have been touting a new vaccine produced by the American company Moderna. The New York Times reports the company tested eight healthy volunteers and discovered the experimental vaccine was "safe and provoked a strong immune response." The results have put the vaccine, known as mRNA, on an accelerated timetable so that larger human trials can begin.

It is always dangerous, especially when it comes to medications, to believe anecdotal information. The president said the unnamed doctor wrote him in praise of hydroxychloroquine. He also said thousands of front-line health workers are taking the drug as a prophylaxis.

While I don't doubt the president's sincerity, he has no medical training and never even played a doctor on TV. It is dangerous to promote drugs one knows little about and it is even more dangerous to take them at his age and at what appears to be his increasing weight.



Cal Thomas

Tribune Content Agency

Throughout history there have been snake oil salesmen. The term dates back to the mid-1800s and is linked to Chinese indentured laborers who were brought to America to work on the Transcontinental Railroad, bringing their medications with them. These laborers literally rubbed snake oil on their sore joints, relieving their pain but also attracted the attention of Americans.


A National Public Radio story broadcast in 2013 asked: "So how did a legitimate medicine become a symbol of fraud? The origins of snake oil as a derogatory phrase trace back to the latter half of the 19th century, which saw a dramatic rise in the popularity of 'patent medicines'. Often sold on the back pages of newspapers, these tonics promised to cure a wide variety of ailments, including chronic pain, headaches, 'female complaints' and kidney trouble. In time, all of these false 'cures' began to be referred to as snake oil."

I've seen these ads in old newspaper clippings. One was placed by a traveling "doctor," who claimed he could diagnose female ailments while women remained fully clothed. The cure was a bottle he sold, the contents of which he likely mixed up himself.

TV evangelist Jim Bakker is being sued by the Missouri attorney general for promoting a cure for coronavirus. Bakker calls it "Silver Solution." The lawsuit seeks to stop Bakker and his company from advertising the product, which he has been selling for \$80 per four-ounce bottle.

While President Trump doesn't exactly fit the profile of a snake oil salesman, he should stick to sound medical science and start placing his bets on mRNA and other vaccines that show promise.

(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).



Rich Lowery

Editor, National Review

New York Story

New York is the greatest city in the world. It also is uniquely suited to the spread of the coronavirus.

As the national debate over re-opening continues and the political blame game intensifies, it's worth considering the scale of New York's outbreak. There is nothing like it anywhere else in the country, and almost nothing like it in the rest of the world.

The story of coronavirus in America is overwhelmingly the story of coronavirus in New York and its surrounding suburbs. Any account of how we got to this place, with deaths nationally headed toward 100,000, must center on New York, which was seeded with the virus early and then seeded much of the rest of the country.

Nearly 20,000 people have died in New York City. If the city were a country, it'd rank sixth in the world in total deaths, behind France and ahead of Brazil.

In New York City, according to a New York Times report, deaths have been more than 300% above normal. In New Jersey, intimately connected to New York, deaths have been 90% above normal. Otherwise, no other state is close. In the rest of New York state, deaths have been 9% above normal.

The epidemic started early in New York. By the time it had its first confirmed case on March 1, there may have been as many as 10,000 undetected cases.

The city was abroad the constant from abroad. A study published by medrxiv.org concluded that "introductions from Europe account for the majority of cases found in NYC in the first weeks of March 2020." Then, people coming from or through New York spread the disease elsewhere in the United States.

A New York Times analysis found that the number of cases around the country correlated with how many travelers arrived from New York in early March. New York's connection to the world, especially Europe, its density and its mass transit system all made it a potent vector.

So, the question of how we could have kept the U.S. from getting so hard hit is really how we could have kept *New York* from getting so hard hit. Every day counted, and better leadership at the federal, state and local levels would have made a difference, but we shouldn't underestimate the difficulties. Trump's early travel restrictions on China would have had to be imposed on Europe as well, when no one was contemplating that. New York's leaders would have had to warn people off the subways, shut the schools and torch the Big Apple's economy before any plainly visible metrics justified it.

This is why the simplistic shots at President Trump, who indeed should have taken the virus more seriously at the outset, don't work. He's the president of New York, but also of other large, international cities like Los Angeles and Miami that have escaped New York's fate. Has his leadership been better in those

See LOWRY, page A7

What's that noise? 17-year cicadas are back

From Virginia Tech

With warm daytime weather and mild nights upon us, you may find yourself opening a window to enjoy the cool spring air. But accompanying this breeze will be a cacophonous whining like a field of out-of-tune car radios.

That can only mean one thing: the cicadas are back.

This year, that alien-like wail of the insect world will be even more pronounced, as millions of cicadas from brood IX emerge after 17 years underground.

“Communities and farms with large numbers of cicadas emerging at once may have a substantial noise issue,” predicts Eric Day, Virginia Cooperative Extension entomologist in Virginia Tech’s Department of Entomology in the College of Agriculture and Life Sciences. “Hopefully, any annoyance at the disturbance is tempered by just how infrequent — and amazing — this event is.”

The scale of these emergence events is astounding, with as many as 1.5 million cicadas emerging per acre. Each periodical cicada brood covers a specific geographical region, with some areas overlapping. This year brood IX spans Southwest Virginia, parts of North Carolina, and West Virginia. People who live in these regions will experience a unique natural phenomenon that has not occurred in most of the area since 2003-04 (some of the region overlaps with Brood II, which emerged in 2013).

Cicadas — large, clear-winged



As many as 1.5 million cicadas per acre will emerge from the ground this spring.

Photo for Virginia Tech by Doug Pfeiffer.

insects with bulbous eyes — occur either annually (every year) or periodically (every 13 or 17 years) depending on the species. Periodical cicadas spend most of their lives as immatures, called nymphs, living in the soil and feeding on tree roots. The iconic brown husks of the cicada, which can be found on trees and structures, are left behind as the nymphs construct mud tubes to crawl out of the soil toward a high place to molt for the last time. The transition from soil dwelling nymphs to mature adults is synchronized based on the year and temperature of the soil, allowing for all of a brood to emerge together to breed and lay eggs.

The timing of a 13- or 17-year cycle is one of the great mysteries of the insect world. Research and

mathematical modeling suggest that the length of these brood cycles could be attributed to predatory avoidance. When the cicadas emerge, the amount of biomass they provide could serve as a food source for potential predators to take advantage of. It is theorized that these cicadas have evolved to avoid synching up with predator cycles by having a 13- or 17-year prime number emergence interval.

The periodic nature and synchronous emergence of these broods facilitates the mating and egg laying habits of the insect. The noise we hear is the mating call of the males who are attempting to attract females. For most people, the droning song of the cicada is nothing more than a slight annoyance, or fascination, especial-

Issues

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was an error. He made calling the VEC a part of his daily routine — though not once did he manage to get through — and found a part-time job making \$8 an hour doing deliveries for Jimmy John's. He finally saw a \$1,200 payment in his bank account Wednesday morning, about eight weeks after he initially filed, but said he hadn't received any notification about why it suddenly went through.

"I was shocked," he said.

Fogg said capacity on the phone line is an ongoing issue. Once the line reaches a certain capacity, the system just hangs up on people, she said.

Many unemployed Virginians with internet access have turned to social media, using Twitter to troubleshoot questions or soliciting help in Facebook groups or on Reddit. News reporters have also been trying to help, forwarding Fogg questions about particular cases, she said. TV station WAVY reported it had referred about a hundred viewers to Sen. Bill DeSteph.

Sen. Steve Newman told Hess at the end of her presentation that he has had trouble getting answers from the agency regarding constituent questions.

"I know you're just inundated, you've never seen anything like this and your system wasn't set up for this, but making sure that we can at least get the answers back is pretty helpful," he said.

Fogg said the agency has done its best to add staff to accommo-

date the unprecedented demand. She said it has added 25 workers at a southwest Virginia call center and 10 in South Boston. Retirees have been brought back on an hourly basis to help handle claims. VEC workers in other departments with unemployment insurance experience have been redeployed to focus on claims and more are being trained. And a third party has been hired to handle claims for Pandemic Unemployment Assistance, which covers workers who wouldn't qualify for regular unemployment.

"We're hoping that's going to pick up the pace, you know, and clear up some of the backlog," she said.

About 53,000 additional Virginia workers applied for unemployment benefits last week, according

Lowery

Continued from Page A6

places, or do divergent conditions and local decisions account for the better outcomes?

None of this, of course, is to disparage New Yorkers. They have absorbed a gut punch over the past two months with characteristic grit and bravery. Yet, without New York's distinctive vulnerability, the course of the epidemic would look completely different.

Rich Lowry is editor of the National Review.

to federal data released Thursday, a figure that declined for the fifth straight week but was still far higher than before the coronavirus.

Follow AP coverage of the virus outbreak at <https://apnews.com/VirusOutbreak> and <https://apnews.com/UnderstandingtheOutbreak>

ly with these large broods which only appear roughly once every two decades. For ornamental tree growers, and orchard and vineyard managers, this sound signals potential danger to their juvenile trees, vines, and saplings.

“Cicadas can occur in overwhelming numbers and growers in predicted areas of activity should be watchful” said Doug Pfeiffer, a professor and Extension specialist in the Department of Entomology.

Cicadas do not pose a danger to these plants through feeding, but instead through their egg-laying habits. Cicada females select pencil-width branches or vines, then implant their eggs into them using a sharp egg laying tube called an ovipositor. The nymphs then hatch from the eggs and drop down to burrow into the soil where they begin harmlessly feeding on the plants’ roots. The egg implantation causes the branch or vine to split and wither, a phenomenon known as “flagging” where a group of leaves on an otherwise healthy part of the plant turn brown and die. For a small tree or young vine, too many flagging sections can stunt their growth or even kill them outright.

Fortunately, the timeline for

mitigating the impact of cicada egg laying is very short, as broods tend to have four-to-six weeks of activity before the generation dies off. Many entomologists suggest that tree growers avoid planting new trees in the year or two before large periodical cicada emergences in their area. While potential treatment options exist, from netting to sprays, few of these have a lasting effect on cicada egg laying. The most effective method for reducing the potential economic damage these insects can cause would be for growers to plan ahead for their emergence.

Even if you are not a fruit tree grower or vineyard manager, it is likely you will experience some sign of these cicadas. You may hear them, find their cast skins on trees, or even see them congregating. While large, cicadas do not bite, and are largely harmless, even to cats and dogs. This emergence, as well as the emergence of Brood X next year, are natural occurring events entomologists have been looking forward to for years. “This insect is really fascinating, and if you don’t have fruit trees or grapevines to protect, you can enjoy this phenomenon while it lasts,” suggests Pfeiffer.



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COVID-19 Greetings

Every week since COVID-19 has become a daily vocabulary word, I have been glued to the internet in search of any information that could help our business community. Last week in a webinar from Cornell University, "Managing Restaurants in the Time of Coronavirus: A Look at Emerging Best Practices," I got more than I had bargained for.

A restaurant owner in Italy discussed how COVID-19 has changed everything. It has even changed how we handle "greetings" in the restaurant world. Wow! That was an observation I had not taken account of before. That comment gave me insight into something that should have been so obvious, but that had been so obscure until that point. You might not imagine the immense impact that seemingly simple greetings could have on a restaurant business.

Think in terms of how we choose our favorite restaurants. What makes that place special? It's the experience, right? We are attracted by how we feel when we go there. In business, entertaining a prospective client often includes dinner at a special restaurant. Usually it is place known for great food,



Down To Business

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good service, and a greeting that says you are a special person at that business. Places that show they appreciate their clients and, better yet, make them feel special rank high. How might a restaurateur show you he/she appreciates you? It's in the greeting.

Greetings are the way we embrace people and let them know how glad we are to see them. For our culture, especially in business, it usually includes a handshake. For many, there is something about flesh pressing flesh that makes the handshake feel important. This is a tradition that most of our parents, grandparents, and generations before them have valued.

Think back to when you were first instructed on the proper handshake. For most of us, it was during our teenage years. We were told to give a good

firm grip and look a person in the eye to make a strong impression. Sometimes we might laugh, but people have been judged on the adequacy of the handshake as an indicator of how a person will perform in business.

For more intimate greetings, hugs or kisses on the cheek are sometimes appropriate. Nothing says I'm glad to see you better than hug or a kiss on the cheek. In the world of restaurants, a simple greeting can be the difference between whether you return or not. Greetings are a restaurateur's secret ingredient. It can truly be the most important part of the overall experience, as the Italian restaurateur pointed out.

COVID -19 likely has forever changed the way we greet each other. However, for the restaurant owners that understand the importance of a greeting, they will find a new way to engage and welcome their customers.

What will the new greetings be in our hometown? How will we show how much we value our customers?

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

Astronauts arrive for NASA's 1st home launch in decade

CAPE CANAVERAL, Fla. (AP) — The two astronauts who will end a nine-year launch drought for NASA arrived at Kennedy Space Center on Wednesday, exactly one week before their historic SpaceX flight.

It will be the first time a private company, rather than a national government, sends astronauts into orbit.

NASA test pilots Doug Hurley and Bob Behnken flew to Florida from their home base in Houston aboard one of the space agency's jets.

"It's an incredible time for NASA and the space program, once again launching U.S. crews from Florida and hopefully in just a week from about right now," Hurley told reporters minutes after arriving.

Hurley was one of the four astronauts who arrived at Kennedy on July 4, 2011, for the final space shuttle flight, "so it's incredibly humbling to be here to start out the next launch from the United

States."

"We feel it as an opportunity but also a responsibility for the American people, for the SpaceX team, for all of NASA," Behnken added.

The two are scheduled to blast off next Wednesday afternoon atop a SpaceX Falcon 9 rocket, bound for the International Space Station. They'll soar from the same pad where Atlantis closed out the shuttle program in 2011, the last home launch for NASA astronauts.

Since then, the only way to the space station for astronauts has been on Russian rockets launched from Kazakhstan.

Hurley and Behnken still don't know how long they'll spend at the space station: anywhere between one and four months. Only one American is up there right now — astronaut Chris Cassidy — and could use a hand. Hurley said he got an email from Cassidy on Tuesday night in which he wrote that "he's looking forward to seeing our ugly mugs on board."

Greeting the astronauts at Ken-

nedy's former shuttle landing strip were the center's director, former shuttle commander Robert Cabana, and NASA Administrator Jim Bridenstine.

"You really are a bright light for all of America right now," Bridenstine told them.

The welcoming committee was reduced drastically in size because of the coronavirus pandemic. There were no handshakes for the astronauts, who did not wear masks but kept their distance at separate microphones. Cabana and Bridenstine wore masks except while addressing the crowd; so did the approximately 20 journalists standing more than 20 feet (6 meters) away.

During these tough times, Bridenstine said, "this is a moment when we can all look and be inspired as to what the future holds."

NASA's commercial crew program has been years in the making. Boeing, the competing company, isn't expected to launch its first astronauts until next year.

Nearly 39 million have sought jobless aid since virus hit

WASHINGTON (AP) — More than 2.4 million people applied for U.S. unemployment benefits last week in the latest wave of layoffs from the viral outbreak that triggered widespread business shutdowns two months ago and sent the economy into a deep recession.

Roughly 38.6 million people have now filed for jobless aid since the coronavirus forced millions of businesses to close their doors and shrink their workforces, the Labor Department said Thursday.

The number of weekly applications has slowed for seven straight weeks, and last week the figures declined in 38 states and the District of Columbia. Yet historically, they remain immense — roughly 10 times the typical figure that prevailed before the virus struck.

"While the steady decline in claims is good news, the labor market is still in terrible shape," said Gus Faucher, chief economist at PNC Financial.

The continuing stream of heavy job cuts reflects an economy that is sinking into the worst recession since the Great Depression. The nonpartisan Congressional Budget Office estimated this week that the economy is shrinking at a 38% annual rate in the April-June quarter. That would be by far the sharpest quarterly contraction on record.

Nearly half of Americans say

that either their incomes have declined or they live with another adult who has lost pay through a job loss or reduced hours, the Census Bureau said in survey data released Wednesday. More than one-fifth of Americans said they had little or no confidence in their ability to pay the next month's rent or mortgage on time.

During April, U.S. employers shed 20 million jobs, eliminating decade's worth of job growth in a single month. The unemployment rate reached 14.7%, the highest since the Depression. Millions of other people who were out of work weren't counted as unemployed because they didn't look for a new job.

Since then, 10 million more laid-off workers have applied for jobless benefits. Federal Reserve Chair Jerome Powell said in an interview Sunday that the unemployment rate could peak in May or June at 20% to 25%.

Across industries, major employers continue to announce job cuts.

The total number of people receiving benefits rose 2.5 million to 25 million in the week that ended May 9.

Some economists see tentative signs that economic activity might be starting to recover, if only slightly.



Weekly SUDOKU

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: ♦♦

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Puzzle Answer Appears Elsewhere In This Week's Issue

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Hamblin family no stranger to sheep business

The Hamblin family is no stranger to the Sheep business. In fact, Courtney Hamblin (then Courtney Farris) has been in the sheep business more years than not. For as long as she can remember, there was a barn full of sheep that needed daily care and attention. When she was growing up, Courtney was in charge of bottle feeding all of the orphan lambs and also helping to feed every day. The Farris family mixed their own feed at that time, so the feeding schedule and regimen was a little more involved. After being out of the sheep business since 2005, the Hamblin family has jumped back in with the purchase of 50 ewes and 3 rams to start the next generation of sheep producers with Carlie and Carson.

Brandon, Courtney and Carlie Hamblin visited the local Farm Service Agency (FSA) to secure a loan through their Youth Loan Program. As a teenager, Courtney took out the same type of loan to purchase cow/calf pairs. Carlie bought sheep. So once again the barn is full and the flock is being guarded by two donkeys while out on pasture.

FSA makes loans to individual young persons to start and operate income-producing projects of modest size in connection with their participation in 4-H Clubs. The project being fi-



nanced with an FSA Youth Loan needs to provide an opportunity for the young person to acquire experience and education in agriculture-related skills. As a member of the Pulaski County 4-H Livestock Club, Carlie has already immersed herself in the world of agriculture, participating in every activity, event and

contest that we currently offer.

Carlie, 12, and Carson, 5, are not afraid of work. Before the sheep showed up you could find the entire family in the barn cleaning out and making everything ready for the newcomers. The sheep will have access to the barn as well as pasture so that they can come and go as

they please.

The day the sheep were being sheared the kids were there. When it was time for deworming, hoof trimming and vaccinations, Carlie and Carson were there, each with a job to do. Whether it was packing the wool in bags, or running them down the chute for their shots,

the Hamblin kids were busy.

When asked what her favorite part of the sheep business is Carlie said, “October! I can’t wait until October when the ewes will start lambing! My favorite part is the babies!” She is very excited about being a sheep producer and doesn’t mind the work at all. Except for the hay! “We fork hay off of a large round bale to put in a feeder for the sheep and that is not much fun, especially during allergy season!” Carlie told us. Her biggest concern is knowing when her sheep are sick and what she needs to treat them with to make them better.

When Carson was asked what his favorite part of the sheep business is he said, “Snuggling with Rambo!” Rambo is a Texel ram, one of three rams that will be turned in with the ewes very soon. When asked what his least favorite job is, Carson came up blank. “I can’t really think of anything except maybe turning on the water.” One of his jobs is to water all the sheep and to feed the rams. Maybe he can talk Carlie in to turning on the water for him.

For more information about the youth loan program through your local FSA office go to www.fsa.usda.gov.

Virginia EMS honored during special week

When Virginians make the call for help, they rely on Emergency Medical Services (EMS) providers to respond quickly and to supply the best emergency prehospital care possible. During the Coronavirus Disease 2019 (COVID-19) pandemic, EMS providers delivering emergent care, while protecting the health and safety of their patients and themselves, is especially important. Last year, EMS providers responded to more than 1.66 million calls for help in Virginia, representing more than 4,500 incidents per day.

As proclaimed by Governor Ralph Northam, May 17 – 23, 2020 is EMS Week in Virginia. This special week honors EMS responders’ commitment to providing quality emergency medi-

cal care to the communities they serve. EMS for Children Day, May 20, emphasizes the pediatric patient and required specialized treatment required.

“We appreciate Virginia’s EMS providers’ hard work and dedication to keep all people in the Commonwealth safe during this pandemic and every day,” said State Health Commissioner M. Norman Oliver, MD, MA. “Your emergency response efforts and ability to adapt and overcome to this ever-changing situation is inspiring. I offer my sincerest thanks and gratitude for everything you do to protect the health and well-being of the people in our communities.”

“Through continued education, training and planning, Virginia’s EMS providers have been

prepared to respond to emergency situations like the pandemic we’re experiencing today,” said Gary Brown, director of the Virginia Department of Health Office of EMS. “We have the best EMS providers in the nation, who are ready to act quickly and precisely to provide the safest and most effective prehospital emergency care, from the time a call is received by the 911 center until the time a patient is delivered to the hospital. I am honored and beyond thankful to recognize the incredible work of our EMS providers and their commitment to Virginia’s EMS System.”

Due to COVID-19, regularly scheduled EMS Week community activities hosted by local EMS agencies may be cancelled or rescheduled. However, there

are still ways to support an EMS agency in your community. Please check their websites or social media pages for additional information.

To learn more about the Virginia Department of Health Office of EMS, visit www.vdh.virginia.gov/emergency-medicalservices/.

Weekly SUDOKU

Answer

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

How should you clean your mask?

How should I clean and store my face mask? The Associated Press

How should I clean and store my face mask?

Cloth face masks worn during the coronavirus pandemic should be washed regularly, according to the U.S. Centers for Disease Control and Prevention.

Public health experts recommend wearing a mask made from cotton fabric, such as T-shirts, or scarves and bandannas, when you are outside and unable to maintain social distancing from others.

The covering should be washed daily after use, says Penni Watts, an assistant professor at the University of Alabama at Birmingham’s School of Nursing.

It is best to clean your mask in a washing machine or with soap and hot water. The mask should be dried completely. Dry it in a hot dryer, if possible.

Watts advises storing the clean, dry mask in a new paper bag to keep it safe from germs.

The CDC has urged people to use washable cloth coverings to ensure there are enough surgical and N95 masks for medical workers.

The AP is answering your questions about the coronavirus in this series. Submit them at: FactCheck@AP.org.



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Gardening for health and your wallet

By Rachel Burks, FCS
SNAP-Ed Agent,
Virginia Cooperative
Extension

When money is tight, vegetable gardening is one solution that can benefit your wallet AND your health! Although gardening can be quite expensive if you want it to be, here are a few tips to get the most bang for your buck and reap the health benefits too.

Start small. If you've never gardened before, just choose a few types of vegetables to start, and grow them in smaller quantities. Larger gardens require more time and energy, and there will be a lot to learn if you're just getting started. Even a small garden can increase your physical activity, give you the mood-boosting benefits of spending time with nature, and give you and your family some added nutrition. Green beans are an easy vegetable to grow if you're just starting out. They're also quite nutritious as they are a good source of fiber, folate, and vitamins A, C, and K. You can steam green beans in a covered bowl with a small amount of water in the microwave for a quick side dish. Cook six to seven min-

utes or until crisp tender.

Use what you have on hand. Don't have much space? You can start a container garden on your doorstep using any large items around your house that can hold soil. For in-ground gardens, you can also save money on weed management by using things like cardboard and dried leaves. This is particularly helpful for vegetables that grow on vines (like cucumbers) when you don't have a trellis. Cucumbers are a good source of vitamin K and carotenoids. Leave the skin on for more nutrients, but make sure to scrub them while running under tap water to clean them off first.

Grow vegetables that you like, and involve the whole family. You'll be more likely to take care of (and eat!) things that you like. Save money by planting vegetables that you already know you like. If you have children, get them involved in choosing what to grow and caring for the plants. Children are often more willing to taste and eat vegetables that they help grow. Grow a larger amount of these vegetables, and get creative about using them in recipes. For example, you can use summer squash as a pasta substitute. Use thin strips of

squash in place of lasagna noodles or julienned strips in baked spaghetti recipes.

Choose vegetables that are high yielding or more expensive to buy at the store. Bell peppers and tomatoes are two great examples of vegetables that can provide a high return on investment. Many gardeners say that home grown varieties of these vegetables taste better too. To preserve taste, store tomatoes at room temperature away from direct sunlight. Use within one week after ripe. Peppers should be stored in the refrigerator and will stay fresh for one to two

weeks.

Select vegetables that can be easily preserved or stored. Preserving or storing excess harvest can really help you stretch your food dollars. Many vegetables can be preserved by canning or freezing. Potatoes, onions, and winter squash can be stored in a cool, dark space for many weeks before spoiling. Sweet potatoes are a rich source of vitamins A and C, and a good source of vitamin B6, potassium, and fiber. Substitute sweet potatoes for regular potatoes in recipes for increased nutrition.

Have a plan. Check out the

new Virginia Cooperative Extension home vegetable gardening resource page here: ext.vt.edu/lawn-garden/home-vegetables. You'll find information about starting a garden and about each vegetable you hope to plant. Write out a plan for your garden including the location, materials you need, and a budget. Don't forget, you can always reach out to your local Extension Office with questions on gardening, food preservation, and healthy eating on a budget. You can find contact information for your local office by visiting ext.vt.edu offices.

Report: 1st Virginia case of Multi-system Inflammatory Syndrome in Children seen

The Fairfax Health District has confirmed a case of Multi-system Inflammatory Syndrome in Children (MIS-C) associated with COVID-19. This is the first case of MIS-C reported in Virginia. The child was hospitalized on May 5 and has since been discharged and is recovering at home. To protect privacy, no other patient information will be disclosed.

MIS-C, previously called Pediatric Multisystem Inflammatory Syndrome, is a new health condition associated with COVID-19. The first reports of this syndrome came from the United Kingdom in late April. U.S. cases were first reported in New York City in early May.

MIS-C may cause problems with a child's heart and other organs. Most children with MIS-C have fever lasting several days and may show symptoms of irritability or decreased activity,

abdominal pain without another explanation, diarrhea, vomiting, rash, conjunctivitis, lack of appetite, red or cracked lips, red or bumpy tongue, or swollen hands and feet.

Virginia Health Commissioner M. Norman Oliver, M.D., M.A., provided information and guidance on the syndrome to health care providers in Virginia in a May 15 Clinician Letter.

"I urge all health care providers in Virginia to immediately report any patient who meets these criteria to the local health department by the most rapid means," said Dr. Oliver. "All Virginians should take steps to avoid exposure to COVID-19 by practicing social distancing, frequent hand washing and wearing cloth face coverings if appropriate." Cloth face coverings are not recommended for children under 2 years old.

Parents should watch for persistent fever in their children and contact their pediatrician if a child appears especially ill.

The CDC issued a Health Advisory on May 14 about the syndrome, which may include symptoms of persistent fever, hypotension, multisystem organ involvement and elevated markers of inflammation. It is not currently known how common it may be for children to experience these symptoms.

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Hamlin scores 2nd win of season

DARLINGTON, S.C. (AP) — Denny Hamlin won NASCAR's first Wednesday race since 1984 when rain stopped the event with 20 laps remaining at Darlington Raceway.

The Daytona 500 winner was out front but out of fresh tires and trying to hang on when he got unintended help from Joe Gibbs Racing teammate Kyle Busch. The reigning Cup champion caused Chase Elliott to crash eight laps earlier to bring out the caution.

A furious Elliott waited for Busch on the apron of the track and flipped Busch the middle finger as he passed. As NASCAR cleaned the track, it started to rain and the cars were called to pit road under red-flag.

It was an already active evening at "The Track Too Tough To Tame" as drivers were racing against the field and the weather. As the drivers sat in their cars waiting for NASCAR to pull the plug, a handful of Elliott's crew members sat on the pit wall staring down Busch.

One of Busch's crew members sat between them on the wall and NASCAR eventually ordered everyone back over the wall. Eight minutes later, the race was called and Busch was greeted by Alan Gustafson, Elliott's crew chief and Busch's former crew chief when he drove for Hendrick Motorsports, for a conversation between two masked competitors.

Busch immediately copped to the error.

"There's no question I made a mistake and just misjudged the gap," Busch said. "They're upset, they're mad. I'm not just going to fix and we're going to go have ice cream tomorrow. They're going to dwell on it and

See HAMLIN, page B2



A New & Old Fishing Tale

Last week I wrote of a site on Little Walker Creek that was very picturesque to see when my wife and I enjoyed during a drive on Sunday afternoon. I stated I wanted to get a picture of the site with me in it and without to put in a picture frame. This became a reality this week as you can view the writer trying to hook into one with his fly-fishing tackle; the other is slated for a frame from my shop using walnut, black cherry etc. lumber.

I did not have much time to fish and using a hellgrammite fly, never got any strikes from even a sun perch, rock bass (redeye) or Mr. Bass himself. Perhaps, I could have done better with another fly — but most fish love hellgrammites.

See TALE, page B2



Woods, Water & Wildlife

W.A. "Doc" Davis

NASCAR gives fans a reason to celebrate

By PAUL NEWBERRY
AP Sports Columnist

Finally, a reason to cheer. We'll take it.

Even from afar.

No doubt, it was downright eerie when Fox came on the air Sunday afternoon for NASCAR's return to racing, a camera hovering over tens of thousands of empty seats at the enormous, iconic speedway in the backwoods of Darlington, South Carolina.

This is the way it has to be until we get to a place — still difficult to see in the age of coronavirus — when it will again be safe to pack our stadiums and arenas and racetracks.

The broadcast team of Mike Joy and Jeff Gordon wasn't even at NASCAR's oldest superspeedway. They were watching the network-televised restart of American sports from the haven of a Fox studio, about 100 miles up the road in Charlotte.

They were essentially like the rest of us, settling into our recliners, remote controls in hand.

"All other sports are watching NASCAR," said Regan Smith, the lone Fox reporter who was actually at the track, sending dispatches from pit road with his face covered like a Wild West bandit. "They've all been in contact with NASCAR to see how they're making it work."

Then, the green flag waved.

And something strange happened.

Normality.

Yep, it was just another day at the races. The incessant roar of the engines. The squeal of the tires. The crunch of metal when a car slammed into the wall.

If you're a fan of the good ol' boys, it was good ol' fun.

There were plenty of boneheaded moves, like Ricky Stenhouse losing control of his machine on the very first lap.

After waiting 10 weeks for the season to resume, his day lasted less than a minute.

"Pretty embarrassing for myself, our team, our crew guys," he said. "I feel awful for them. They put a lot of hard work into getting our cars ready."

Jimmie Johnson had his own cringe-worthy moment. Looking like a rookie instead of a seven-time Cup champion, he plowed into the back of another car like a distracted driver, ending his day when he was on the verge of winning the first stage.

"Gosh, what I would do to get that corner back to do it over again," Johnson moaned.

There was even a bit of unexpected drama at the Track Too Tough To Tame when a sponsorship sign attached to the outside wall was rubbed loose by Kyle Busch, shredding debris into the grill of Denny Hamlin's car.

With his Toyota on the verge of overheating, Hamlin managed to slide in behind another car, a nifty bit of impromptu aerodynamics that caused the flapping piece of vinyl to rip loose, though a yellow flag was needed so workers could repair the wall.

Finally, in a rather anti-climatic finish, Kevin Harvick took the checkered flag with no one else in sight for the 50th Cup victory of his career.

"Great job! Great car!" Harvick screamed to his check-back crew over the radio. "Thank you guys. Awesome job! Thank you! Awesome! Awesome! Awesome!"

Harvick celebrated with a customary spin of his tires at the start-finish line, smoking up the track before he climbed out of his No. 4 car.

It was a routine he'd done many times before.

Until Harvick realized it wasn't routine at all.

See NASCAR, page B2

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Hamlin

Continued from Page B1

I'm sure there are repercussions of it I'm going to have down the road."

Meanwhile, a fox was scampering across the deserted track and Hamlin, wearing a mask that depicted his actual smile, was having a muted celebration in the rain.

He walked to victory lane under a large black umbrella. It was a 1-2 finish for Joe Gibbs Racing and Toyota. Hamlin has won three times at Darlington and has two wins this season.

"I got my happy face on. Made sure I brought it with me," Hamlin said of his mask. He said he also had masks made with a "sad face" but only brought the smiling masks to a track he counts among his favorite.

Hamlin thought he was in good shape when he made his last pit stop but a caution by Clint Bowyer, who won the first two stages of the race, jumbled the strategy with 34 laps remaining.

Hamlin had no choice but to stay on the track, and his crew chief Chris Gabehart told

Tale

Continued from Page B1

The time probably wasn't right for a number of reasons. The fishing calendar had a bad all-white fish symbol, storm clouds were forming, and a front was no doubt moving in and fish do not bite during these conditions. Little Walker Creek, to have good fishing, needs to warm up and is later than usual this year with the cold May rains recently. In the past when you have the Mayfly hatch around this time of the year, one could reel them in as fast as you throw your bait in the water. We should get the rising of the Mayflies by month's end.

The above-mentioned site is just above the one of two old fords that crossed the CREEK which is like a "horseshoe" that travelers had to ford before the now present VA 601 that goes around the edge of Big Walker Mtn.

I got with a friend, Eddy Stephens, to help me remember the facts from the older fishing tale.

Eddy lived about one and a half miles down Little Creek from me and worked evening and weekends with another buddy of ours (won't give name as is now deceased - will refer to as Bill)

him over the radio, "you ain't going to like it, but we're going to have to eat our vegetables here."

Hamlin, the leader because he didn't pit on the restart with 29 to go, only had to hold off traffic for one lap before the Busch and Elliott collision. The rain then came and Hamlin earned the trophy.

"It's a driver's race track," he said. "You can do different things to make (the car) handle. We got it right."

The race marked the first time in NASCAR history that the Cup Series had two points-paying races at the same track in one week.

The start of NASCAR's second race back during the coronavirus pandemic was moved up an hour because of poor weather, but that was then delayed nearly 90 minutes because it rained most of the day.

When the action finally began, the 310-mile affair was spirited from start to finish because drivers were unsure if they were racing to the halfway point — the mark a race becomes official — or the distance.

NASCAR returned to action Sunday at Darlington after a 10 weeks off by using a a strict

health protocol and limiting those in attendance to only the most essential for conducting a race.

Health screenings were required to enter the track and each of the 40 cars were allowed just 16 team members.

Fox Sports again broadcast the race primarily from a studio in Charlotte, North Carolina, with just one pit reporter at Darlington. For its prerace show, drivers used varying technology to make brief appearances while sitting alone in their motorhomes.

Drivers had to travel to the track alone, pass through a health screening and then isolate before the race. They are required to wear face masks.

NASCAR has an ambitious return plan of 20 races spanning its three national series between Sunday's return and June 21. Spectators are not expected to be permitted to any of the events in this span.

Rain disrupted the schedule Tuesday night when the Xfinity Series was washed out. That race is now scheduled to be held Thursday afternoon.



Chris Graythen | Getty Images

Denny Hamlin, driver of the #11 FedEx Delivering Strength Toyota, celebrates in Victory Lane after winning the rain-delayed NASCAR Cup Series Toyota 500 at Darlington Raceway on May 20, 2020 in Darlington, South Carolina. Hamlin exited his car wearing a face mask completely with a pre-printed smile.

'Skins draft pick from Liberty University says he had coronavrius

(AP) - Washington Redskins rookie receiver Antonio Gandy-Golden says he tested positive for the new coronavirus in March and has fully recovered.

Gandy-Golden said in a statement that he tested positive during NFL draft training on March 24, had mild symptoms and was cleared on April 7.

"I self-quarantined for two weeks and followed all guidelines from health experts," he said. "I feel 100% now and can't wait to get on the field with the Redskins."

Gandy-Golden played the past two seasons at Liberty University in Lynchburg, Virginia, which reopened in March despite the COVID-19 pandemic. Jerry Falwell Jr., president of the evangelical school, appeared to reference Gandy-Golden during a Fox News appearance on Wednesday.

"Even the one student who was an online student who never was on campus who tested positive, it

turns out he quit school to go into the NFL draft back early in March even though he was online, but somehow that got press," Falwell said. "That was crazy."

Liberty spokesman Scott Lamb responded to an email inquiry about Gandy-Golden's diagnosis and Falwell's comments with a paragraph from the school's website that does not specifically mention the former football player. The site makes reference to a graduated student who tested positive for the coronavirus on March 24 but was not on campus during the two weeks prior.

"Prior information that the graduated student came to an on campus clinic was incorrect," it said. "While the student lives in Lynchburg with family, the location of infection cannot be pinpointed, in part, because the graduated student traveled to Florida on business in the two-week period before the test."

NASCAR

Continued from Page B1

"I just want to thank everybody from NASCAR and all the teams for letting us do what we do," Harvick told Smith. "I didn't think it was gonna be that much different. Then we won the race and it's dead silent out there. We miss the fans."

This was a day when everyone should call themselves a stock car fan, even those who aren't least bit interested in a bunch of noisy cars going round and round an egg-shaped oval for 400 miles.

These guys who like to go fast are setting the pace for everyone else in the U.S. to get back in the game.

For now, we'll have to settle for these made-for-TV spectacles, put on solely by leagues and organizations that can make it work financially because of hefty broadcast fees, who can get by in the short term without generating a nickel off pricey tickets or overpriced concessions or ridiculous parking fees.

The PGA Tour is set to return next month (and gave us a preview Sunday with a charity skins game televised by NBC). IndyCar hopes to hold its first race of the season at Texas Motor Speedway in a few weeks. Major League Baseball is pushing a plan to get started on an abbreviated season around the Fourth of July. The NBA, NHL and Major League Soccer are sorting through various scenarios that would allow their safe return.

NASCAR is making its return at warp speed, with Sunday's race the first of four Cup events to be held over 11 days at Darlington and Charlotte Motor Speedway.

Assuming they don't have a wave of positive tests, this will undoubtedly be the template that others will look to follow in the days and weeks and months to come.

Hopefully, we'll have more to cheer about.

Even if no one can hear us.

Paul Newberry is a sports columnist for The Associated Press. Write to him at pnewberry(at)ap.org, follow him on Twitter at <https://twitter.com/pnewberry1963> and find his work at <https://apnews.com>

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that I had no injury, but had it been out in the hard-packed dirt road, I would have ended up with a broken foot.

Darkness had settled in as we had something to eat and got a pup tent set that Bill had brought along. We got a campfire going that helped us see in addition to our flashlights and commenced to fish.

The only problem was we got no game fish to bite, but did occasionally catch some six to eight-inch catfish (we called them "madtoms").

We turned in after setting our baited rods, but found sleeping on blankets on a hard ground is not all that romantic.

Next morning was a disappointment as well as we caught no fish except another madtom or two that were on our baited lines. We were still blessed as we had the camaraderie as only country boys can have in our growing up years and can get together at times and reminisce some of the "good ole days."

Eddy was very instrumental in setting up the get-togethers the first Friday of each month for breakfast where those that attended DHS & PHS meet at Shoney's. Another classmate, Tom Spraker, via email keeps us abreast of others with medical problems and deaths. When the virus crisis becomes history, we hope to see more of our old classmates coming out.

We in America have been blessed as a nation that was founded upon Christian principles. It behooves me that the COVID-19 pandemic has people at odds end with a lot "what ifs" as to the solution to the problems facing this nation and the world. There is little emphasis put on the fact that the Good Lord above is still in charge and we need to seek his guidance. Psalm 119:2 (KJV) reads: "Blessed are they that keep his testimonies, and that seek him with the whole heart."

Until next time

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Consider rent to own?

Dear Dave,

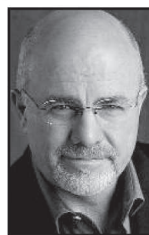
I'm single, have no kids, and
I've paid off all my debt. I'm
ready to move to Baby Step 3,
and increase my emergency fund
to cover three to six months of
expenses. Now that I'm gaining
control of my finances, the idea of
leaving apartment life and own-
ing a home is more appealing.
Should I consider a rent-to-own
deal on a house when the time
comes?

Alex

Dear Alex,

I wouldn't go that route. In rent-
to-own scenarios, you pay more
in rent so that some of it will go
toward the down payment if you
buy the home. However, in most
rent-to-own deals, the renter ends
up not buying the home. The net
result? You paid more in rent, and
you still don't own a home!

In your situation, being a single
guy with no kids, you're better off



Dave
Says

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to continue renting a while lon-
ger and save money like crazy.
That way, you can look around,
find something you really like,
and make a big down payment.
And make sure you get a 15-year,
fixed-rate mortgage, where the
monthly payments are no more
than 25 percent of your take
home pay.

Good luck, Alex!

—Dave

Dear Dave,

My husband and I owe \$3,500
in federal taxes, along with
\$3,000 in state taxes. We're both
still working during the pandem-
ic scare. Would it better to wait
until the new July 15 due date to
pay taxes, and pay off other debt
in the meantime, or go ahead
and pay state and federal taxes
now, and take care of our other
debts with what we have leftover
monthly?

Erica

Dear Erica,

If you're talking about back
taxes, I'd say pay them now. You
don't want to play around with
the IRS, because they can re-
ally mess you up if they decide
they're coming for you.

But if you're talking about
taxes for 2019, I'd go ahead and
include them in your debt snow-
ball. If you need to move them
up in your debt snowball in or-
der to pay them on time, that's
fine. Whatever you do, don't pay
them late. Sit down together, and
lay out a game plan that includes
paying your taxes—and all your
other debts—on time!

—Dave

* Dave Ramsey is CEO of
Ramsey Solutions. He has
authored seven best-selling
books, including The Total
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Boating facts: Cold water immersion, hypothermia

This is the time of year when many of us are ready to get our boats out on the water.

This is also the time of year to remember that while the days are getting warmer, the water is still cold.

If your vessel capsizes or you fall overboard, you will have to try to survive in very cold water. Just a few minutes in cold water can have devastating effects which can lead to death. Whether you are planning to go to the lake to fish or to the river for a day of kayaking, it is important to know the dangers of falling into cold water.

First, you will gasp and most likely inhale water into your lungs. Then, you will struggle with loss of strength in your muscles.

If you fall into cold water, your survival may very well depend on whether you are wearing a life jacket. Without a life jacket, you will likely drown before you realize you are hypothermic. Putting a life jacket on after you fall into the water is next to impossible, especially in cold water. Therefore, it is vitally important to always wear your life jacket.

Wear layered clothing for insulation. The recommendation is to dress for the water temperature, not the air temperature.

- Do not wear cotton. When wet it is worthless as an insulator and heavy.
- Remember: "Wick, Warmth, and Weather." Wear a wicking fabric next to your skin, insulating layers of fleece or wool, then an outer layer made of wind-proof, watertight materials.

The best defense against cold water immersion is to prevent capsizing and falls overboard.

If you do fall into the water, don't panic.



- If you're not already wearing a life jacket, try to put one on.
- Do not take off your clothes
- Try to re-board your boat or get on top of anything that is floating. Get as much of your body out of the water as

possible. You will start to lose strength if you stay in the water for more than a few minutes, so get yourself and others out of the water as soon as possible.

If you are unable to get out of the water, focus on reducing

heat loss.

- Stay as still as possible and let your life jacket support you.
- Staying with the boat is usually a better choice than trying to swim for shore.
- Adopt a position to reduce

heat loss. If you are alone, pull your knees toward your chest and your arms into your sides, assuming a fetal-like position. In swimming, this is called the "HELP" position, and is a survival method used to conserve heat if you have fallen into cold water. It is difficult to maintain this position unless you are wearing a life jacket. "HELP" stands for Heat Escape Lessening Posture.

- If others are in the water with you, huddle together.

Carry a communication device.

- You can use an Emergency Position Indicating Beacon (EPIRB) or Personal Locator Beacon (PLB), to send out an emergency distress signal and summon help.

- If you place your cell phone in a sealed plastic bag, and attached this to your life jacket, you can use your cell phone to call for help.

When able to get to shore, or as soon as rescued, wrap in warm blankets and seek a warm environment. Seek medical attention immediately.

Hopefully, we can all pay attention, and commit to keeping ourselves and others safe on the water. Wearing your life jacket can save your life.

Submitted by:
Sharon Eifried, Flotilla Commander, US Coast Guard Auxiliary, Flotilla 83, Claytor Lake

Mendy Harman, Public Education Staff Officer, US Coast Guard Auxiliary Flotilla 83 at Claytor Lake and

Region 3 Boating Education Coordinator, Virginia Department of Game and Inland Fisheries

Community Foundation awards \$19,250 in COVID-19 grants

The Community Foundation of the New River Valley (CFNRV) is pleased to announce \$19,250 in its second round of grants to NRV nonprofits affected by COVID-19.

The CFNRV announced its COVID-19 Response Grant Program in late March and has received nearly 100 applications, showing the overwhelming need in the NRV. The program is awarding 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 more.

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 needed most. The CFNRV has also raised additional funds from the community towards these grants.

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 last set of grants will be awarded in mid-June. Agencies who have not already applied may apply at cfnrv.org/grants. Those who applied and did not receive funding will automatically be rolled over to the June cycle.

Apple Ridge Farm was one of the April COVID-10 Response Grant recipients and expressed their gratitude for the support "with this generous contribution, you are making an impact in the lives of many youth in need in the Roanoke and New River Valleys. Thank you for being part of the reason that many of the non-profit organizations in our community can continue to do more good amidst this pandemic."

Jessica Wirgau, Executive Director of the Foundation said "We are really seeing the impact of COVID-19 in our community. Organizations are being bold and innovative to transition services online, move staff to work from home and continue to market their organization in our new normal. We are so appreciate of the feedback we've received to date from grant recipients, making clear that these grants are a huge help in a challenging time."

In addition to the COVID-19 Response Grant Program, the CFNRV is hosting regular Non-profit 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 givelocalnr.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 at <https://cfnrv.org/partnerships-initiatives/covid-19/>.

A complete list of May grant winners is below, and the CFNRV welcomes contributions to support this program. If you are interested in making a tax-deductible gift towards the CFNRV's COVID-19 Response Grant, go to <https://www.givelocalnr.org/story/Covid19grants> or mail a check payable to CFNRV, 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.org.

DePaul Community Services: \$2,000 from Andy and Susan Morikawa Capacity Building Fund, the Diana, Princess of Wales Fund and the General Endowment to help offset staff expenses.

Dublin United Methodist Church Feeding Program: \$2,000

See GRANTS, page B5

PULASKI COUNTY PSA WASTEWATER SERVICE TECHNICIAN

The Pulaski County Public Service Authority is seeking a Wastewater Service Technician. This position is responsible for performing routine, semi-skilled and technical work in the installation, maintenance and repair of utility systems, pump stations, monitoring, repair and maintenance of flow meters, minor repairs to automotive and other equipment, inspection of sewage facilities, manholes, valves, etc.

This is a full-time, non-exempt position with benefits such as health, dental, optional vision, retirement, vacation, sick leave and paid holidays. The salary range for this position is \$22,880 to \$38,885 and is commensurate upon education and experience.

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

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Social workers tackle needs during pandemic

RICHMOND, VA: Although deemed “essential” by Gov. Ralph Northam early in the pandemic, social workers in Virginia remain underrecognized for their frontline heroism in supporting families and individuals experiencing mental health crises due to COVID-19 fallout, according to Executive Director Debra Riggs, CAE, longtime executive director of the Virginia Chapter, National Association of Social Workers (NASW).

“It seems apropos that National Mental Health Awareness Month is in May during the possible peak of the pandemic across Virginia, since social workers statewide are seeing increasing mental health needs,” says Riggs. “They are especially focused on helping vulnerable populations such as children, older adults, people with disabilities, and the chronically mentally ill.

“Many people don’t understand what social workers do,

Grants

Continued from Page B7

from the Todd Family Fund,4the Youth Awareness Fund, and Ann and H.W. Huff Family Fund to continue spring and summer feeding in partnership with Pulaski County Public Schools.

Friends of the Farmers Market: \$2,000 from the Annette and Lee Brown Fund and the Cottingham-Stuart Community Fund to help offset lost revenues and support online ordering.

Mayapple School: \$2,000 from the Jackson S. Coperhaver Fund, the Stoop Fund and the Luba Fabrycky Memorial Fund to support building maintenance and staff.

Montgomery Museum of Art and History: \$2,000 from the

but social workers make up the largest behavioral health profession in the country, and each day thousands of them form a nearly invisible frontline battalion—often at great risk themselves—to help Virginians fight through the war on COVID-19,” she continues. “Frankly, they manage crises every day, regardless of a pandemic, since they deal with everything from addiction to trauma to abuse in our schools, hospitals, you name it!”

Social workers also have been key to expanding access to mental health services. Thanks to advocacy efforts by NASW, its Virginia Chapter, and their allies, federal and state officials have loosened telehealth regulations to enable more people to receive mental health services from video-based—and as of May 1, audio-only--devices such as smartphones and landlines.

In addition, NASW Virginia is calling for the state to ad-

dress the serious shortage of personal protective equipment for social workers—some of whom work in high-risk facilities or homes—and to emphasize to employers that they cannot legally direct social workers to choose between working in unsafe conditions or be fired.

“Social workers should contact NASW Virginia at 804-204-1339 if they are asked to work either with inadequate safety equipment or under threat of dismissal or discipline due to questions about on-the-job safety,” says Riggs. “We want the public to know that social workers are part of the courageous brigade of health providers trained to assist them, and we want government officials to ensure social workers receive more regulatory, operational, and financial support to properly address mental health conditions emerging as a result of isolation, lost jobs, and other COVID-19 outcomes.”

Project CRIB: \$1,250 from Mary E. Sanders Fund and the Homer T. and Beverly Hurst Fund to provide books to students in Radford City for the remainder of the year.

Salvation Army: \$2,000 from the Joann and JB Sutphin Fund, the Margaret and Samuel F. Tollison Family Fund, and the Homer T. and Beverly Hurst Fund to support social service assistance and the increase in demand for food.

Southwest Virginia Legal Aid Society: \$2,000 from Andy and Susan Morikawa Capacity Building Fund for secure, confidential communication systems to continue serving low-income clients remotely.



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School meals available, distribution sites change

DISTRIBUTION SITES CHANGES - MEALS AVAILABLE : Critzer Elementary- Pulaski County High School - Riverlawn Elementary - Snowville Elementary beginning May 27th, 2020. Meal times remain 1:00 pm – 3:00 pm.

Date: May 14, 2020
To: Parent/Guardians
From: Pulaski County Public Schools – School Nutrition Program

Subject: School meals during coronavirus-related closure
Pulaski County Public Schools (PCPS) are closed due to concerns over the coronavirus beginning March 16, 2020. The PCPS School Nutrition Program will be providing a packaged breakfast and lunch during this closure. We will utilize the following schedule:

- o Monday: 2 breakfasts & 2 lunches
- o Wednesday: 3 breakfasts & 3 lunches

Meals are for children ages 2 through 18 (or up to age 21 for student with disabilities).

Meals are being prepared and packaged by the Pulaski County School Nutrition Program staff.

Request children are with parent/guardian during pickup of meals. Be prepared to show student ID number if children are not present during pickup.

Beginning May 27th, 2020 Drive through to pick up meals will be available at the following sites from 1:00 pm-3:00 pm on Monday and Wednesday.

- Critzer Elementary
- Pulaski County High School
- Riverlawn Elementary
- Snowville Elementary

All meals consist of a minimum of the following items: 2oz protein, 1oz grain, ½ cup fresh, frozen or canned fruit, ½ cup fresh, frozen or canned vegetable & 8 oz flavored or unflavored fat free or 1% bottled milk.



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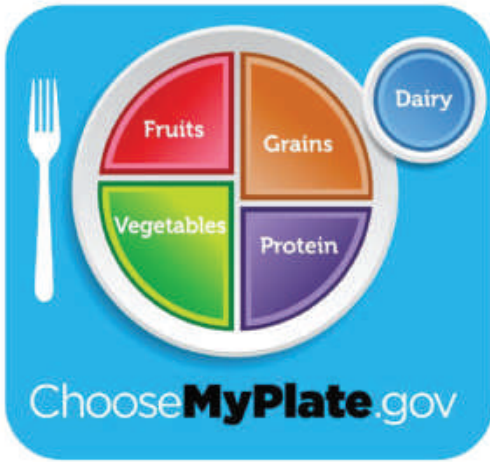
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Virtual Food Challenge – “What’s in Your Pantry?”



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Hey Everyone!

It is well-known that our bodies need food as fuel to grow, have energy, and complete everyday activities. It is important to cover all 5 food groups: protein, grains, dairy, fruits, and vegetables.

During this time of change in our routines, your Pulaski County Extension crew wants to encourage you to send us a picture or video of a homemade snack or meal that yourself, your kids, or everyone as a family created based on the foods available in your refrigerator or pantry. Please share your food item, ingredients, preparation steps, and anything else you would like to share!

We are excited to see what everyone comes up with and to share their cuisine ideas! So, send your recipes, list of ingredients, materials needed, and a picture to us, online at [Virtual Food Challenge - "What's in Your Pantry?"](https://www.facebook.com/PulaskiVAExtension/) Weekly entries are due every Friday, by 12pm. We'll select our weekly favorite(s) to post on Tuesday, by 12pm, to the Virginia Cooperative Extension – Pulaski Facebook Page, <https://www.facebook.com/PulaskiVAExtension/>.



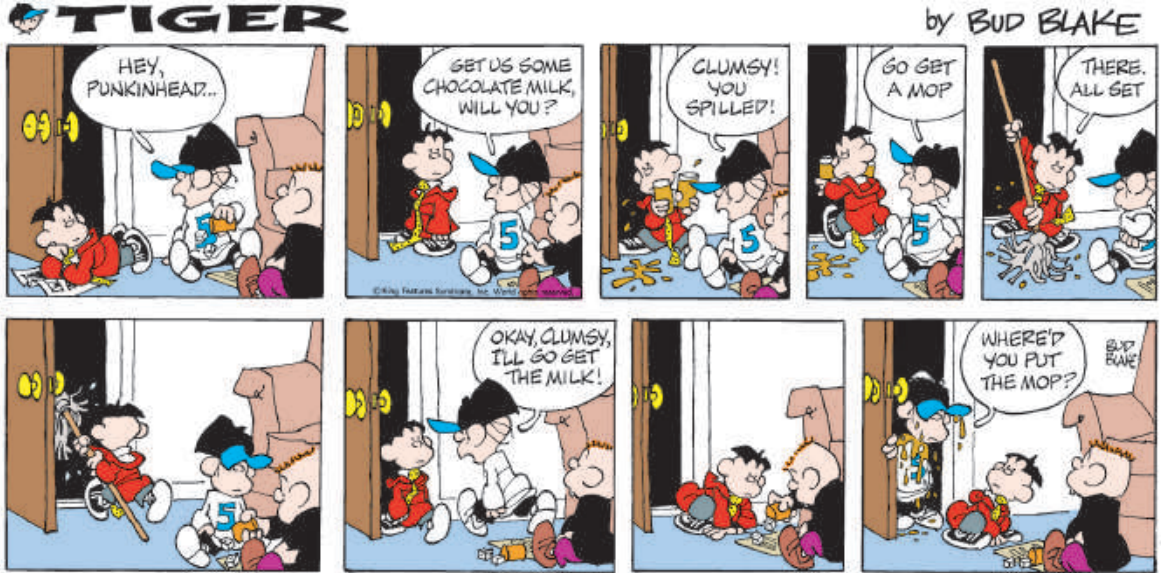
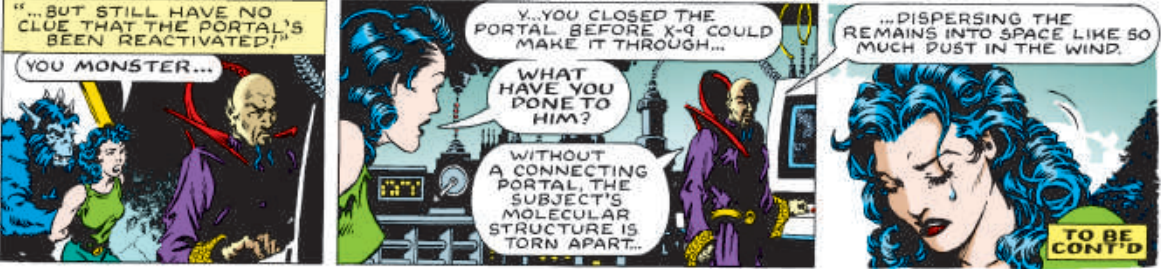
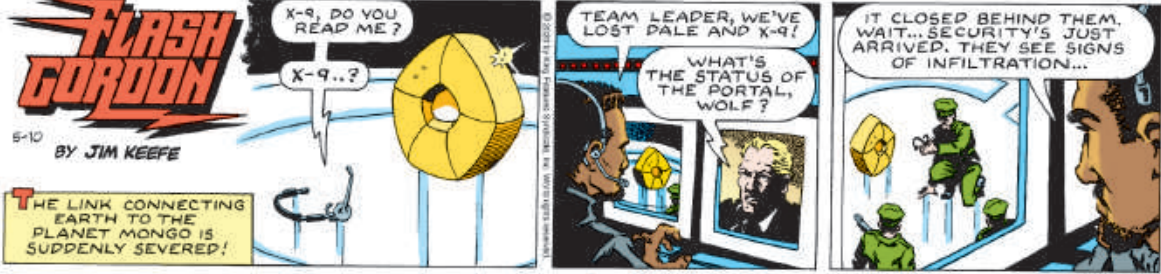
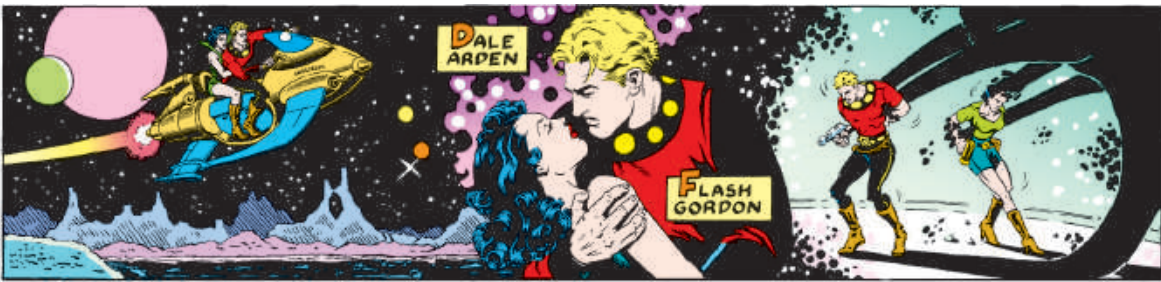
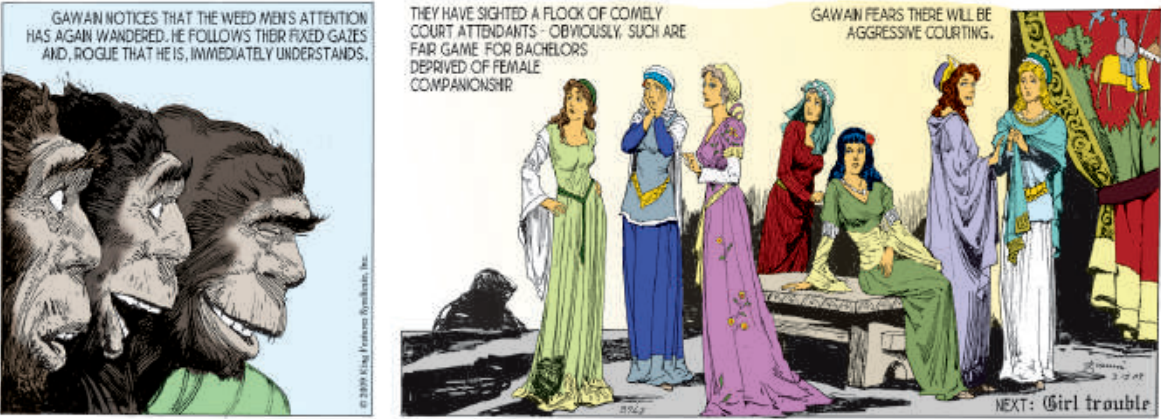
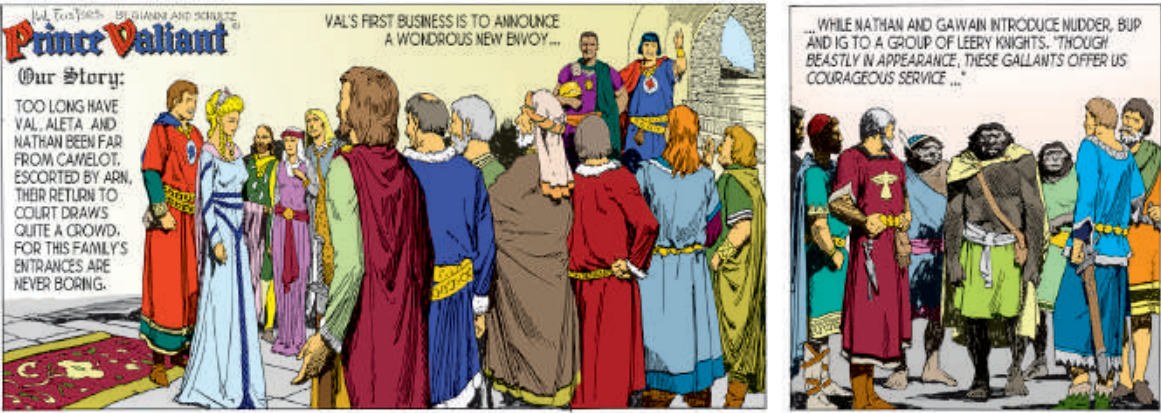
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Airline Chair

Kem Weber (1889-1963) followed a strange path in his life, going from a farmer in Berlin to a famous modern architect and designer in the United States. He apprenticed in 1908 under a famous cabinetmaker. In 1926, he was chosen to supervise the construction of the German Pavilion at the 1910 exhibition in Brussels. A few years later, he went to California to design the German exhibit at the 1915 exhibition in San Francisco. But he was trapped in America by World War I and was refused permission to return home to Germany when the war ended. He had several art-related jobs. He taught art in a studio in Santa Barbara, and in 1921 he went to Los Angeles and worked in the design studio of a furniture and decorating store. In 1924, he became an American citizen. By 1926, he was the only designer and cabinetmaker producing modern designs on the West Coast. He created now-famous silver cocktail shakers and tea sets, and he decorated homes and store interiors.

In 1934, he created his famous sleek "Airline" chair. It was made to be taken apart so the pieces could be packed flat for inexpensive shipping. He was the main architect for Walt Disney Studios by 1939, and Disney ordered 300 of the chairs, but no more were made until 1993. His designs influenced many others while he continued to teach and design private houses. Today, streamlined designs by Kem Weber are famous and hard to find. A set of four unmarked Airline chairs were estimated at \$8,000 to \$10,000 at a Rago auc-

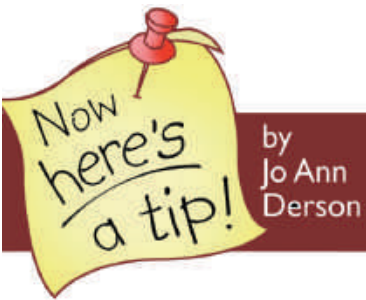
KOVELS
Antiques & Collecting
By Terry and Kim Kovel



This chair made by Kem Weber in 1934 comes apart so the back can be laid flat to hold the seat and legs in a compact, space-saving package. It takes less space and money to ship. A few were made, but no furniture company wanted to gamble on such a modern design until the 1990s, when this Airline chair was again produced.

tion recently, but they did not sell. Perhaps the historic design is still a little ahead of its time.

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



* "I found a small waste basket that fits right between the wall and my dryer. There's a gap that's about 8 inches wide. The lip of the basket keeps it from sliding down to the floor, so it's easy to clean out the lint trap and put the waste in the basket. Also, I used a strip of hook-and-loop tape to attach a tissue holder box vertically to the wall. I stick a box of fabric softener sheets in it, and they, too, are right where I need them." -- T.K. in Nevada

* "To keep the kitchen garbage can from smelling, I put spoiled food items in a bread bag, and then put it in the freezer until it's time for the garbage collector. I also have a friend with a compost bin, and I am doing the same with vegetables, fruit and peelings. I plan to bring the whole mess when I get to visit. The compost bin won't care if it's been defrosted!" -- E.L. in Virginia

* "Place recipes inside of a plastic bag so that they can be handled while cooking, but not dirtied. This is especially necessary with heirloom recipes. For myself, I have made photocopies of recipes handed down from my grandmother, so the originals are safe in the cookbook. I like hand-

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K A X V S Q O L C J H E R R C
H A X V T R P R N R R L E J A
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T R T P O S M T K T T K R I N
G E D I (T R A N S I S T O R) E
B Z X A W T I W F C I I F U T
T R L Q S S L I O A R N S L N
J L I O T G E I F P Y D N E A
C A E A Y R X W O A I I V A S R
T H E D O I D S R C T P R U O
R H N R O T S I M R E H T F L

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: PROTECTS A CIRCUIT

Antenna	Diode	Resistor	Thyristor
Capacitor	Heat sink	Rheostat	Transformer
Coil	LED	Switch	Transistor
Crystal	Rectifier	Thermistor	

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CryptoQuote

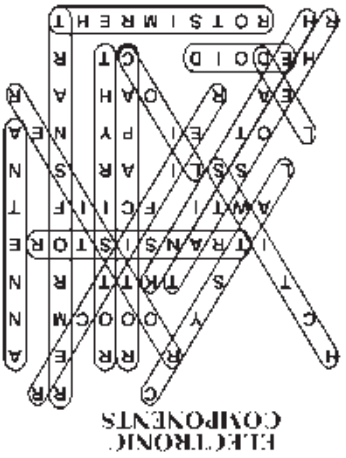
AXYDLBAAXR
is LONGFELLOW

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.

AKU LZJX NUROLZ AKUX FLYU
AL OUU YU HO AKRA H BZLV
AKRA JH DU HO SNURA —
RZQ AKUX BZLV H BZLV HA.
— FJRN B SRMJU

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The only reason they come to see me is that I know that life is great — and they know I know it. — Clark Gable



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.



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239-1467 Pulaski, Va. 24301 230-6602
(540) 980-7261

written recipe cards because it's like the writer is there with you." -- T. in Ohio

* Clogged drain? Don't use chemicals. "If you do encounter a full clog, try hot water and baking soda first. If that doesn't work, try a mixture of baking soda and vinegar. Avoid plumbing snakes, which can scratch the interior of your pipes, and commercial chemical cleaners,

which are caustic and a health hazard, even when used according to instructions." -- Colepepper Plumbing in California

* To keep dirt from sticking to your dustpan, spray it lightly with furniture polish. Buff with a cloth so that it's not wet. Floor dirt will slide right off.

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



Church Directory

Worship Each Week In The Church Of Your Choice



Teach Me Your Word O Lord

Terry McCraw

Christians are connected to the Resurrection

In Peter's sermon after he received the baptism of the Holy Ghost he said: "Him being delivered by the determinate council and foreknowledge of God, ye have taken and by wicked hands have crucified and slain. Whom God hath raised up, having loosed the pains of death: because it was not possible that He should be holden to it." Death couldn't keep Him and the grave couldn't hold Him.

Jesus was raised from the dead by the mighty power of God. Romans 8:11 says, "But if the Spirit of Him that raised up Jesus from the dead dwell in you, he that raised up Christ from the dead shall also quicken your mortal bodies by his Spirit that dwelleth in you." To quicken means to make alive.

The Resurrection of Jesus from the dead makes possible, our own Resurrection.

For as in Adam, all die, even so, in Christ shall all be made alive. But every man in his own order. Christ the first fruits; afterward they that are Christ's at His coming." 1 Cor. 15:22, 23.

The first Adam lost his footing, and tumbled headlong into the abyss, pulling the whole human race down with him.

But the second Adam, Jesus, the resurrected Christ, kept His footing. He stood fast. Thus all who are united with Him by a true and living faith, are secure, because we are holding on to Him, and He is holding on to us. "

"Verse 32, "This Jesus hath God raised up, whereof we all are witnesses."

After making many appearances after His resurrection, Jesus ascended back up to the Heaven from which He descended.

So the people wondered, if He was raised from the dead, where is He? Peter and the Disciples had all personally witnessed the risen Lord. And Peter explained to the people how Christ ascended after His work on the earth to purchase our salvation was finished. Jesus showed Himself to be alive by many infallible proofs for 40 days. Peter preached about how He is now exalted.

He is now at the Father's right hand with all of His glory restored to Him, and now has even greater glory, than He had before the incarnation.

During the great fire of London, it caused long and deeply buried seed to sprout and live. This seed lay dormant, forgotten and useless, but the fire gave it life. Vegetation came up everywhere. When Holy Ghost fire fell upon and into the 120 in the upper room, they were quickened (made alive) by the mighty power of God.

Their lives were transformed. They had no fear of what man could do to them. The words that the Lord Jesus had spoken to them had lain dormant, forgotten and useless for the most part. But when they received the Holy Fire of God, the word was awakened in them, and they went out and turned the world upside down for Christ. Many of these in the upper room had ran away and hid when Christ was crucified. But after receiving the fire baptism of the Holy Ghost, they were energized. They were invigorated. They were motivated. They were strength-

See MCCRAW, page B9

Draper Valley Baptist Church

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

Grace Baptist Church

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

Open Door Baptist Church

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

Draper United Methodist Church

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

Newbern Christian Church

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

Christ Episcopal Church

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

Jordan's Chapel UMC

Pastor: Rev. Becky Wheeler
Worship: 9:30 a.m.
Sunday School: 10:45 a.m.
Wednesday Bible Study: 7 p.m.

Cecil's Chapel United Methodist Church

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

Newbern United Methodist Church

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

Valley Harvest Ministries

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

Mountain View United Methodist Church

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

Dublin Baptist Church

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

First United Methodist Church

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

Belspring Baptist Church

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

Memorial Baptist Church

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

River of Life Church

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

Delton Church of God of Prophecy

4570 Boyd Road, Draper, VA 24324
Pastor Vickie Lee Viars
deltoncogop@gmail.com (276) 620-3191
Service Times
Sunday school - 10 am - 11 am
Sunday Morning Worship - 11 am - 12 pm
Sunday Evenings - Devoted to
Evangelistic Outreach
Wednesday- 6 pm
2nd Wed Each Month - Free Community
Dinner - 5:45 pm - 6:45 pm
2nd Wed Each Month - Missions service
6:45 pm - 7:30 pm

Heritage Church

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

Fairlawn Baptist

6758 Oxford Avenue
Fairlawn, VA 24141

First Missionary Baptist Church

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

Dublin United Methodist 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
and Adult Bible Study 6:30 p.m.)
Contact Info:
Phone - 540-994-9015
e-mail - drapers.valley@dvpca.org
website - www.dvpca.org

Trinity Lutheran Church ELCA

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

Trinity United Methodist

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

Snowville Baptist Church

3238 Gum Log Road, Hiwassee
Pastor: Rev. Tony Hart
Sunday School: 10 a.m.
Sunday Services: 11 a.m., 6 p.m.
Wednesday Night Service: 7 p.m.

Fairlawn United Methodist Church

7584 Brandon Road, Fairlawn, Va. 24141
Pastor Mark A. Miller
markmiller.psalm1@gmail.com
Cell) 540-320-2431
Sunday School: 9:45 a.m.
Sunday Worship (with children's message):
11 a.m.
Bible Study, Wednesday: 7 p.m.
Youth Ministry
Facebook.com/Fairlawn-United-Methodist-Church

Grace Ministries Church of God of Prophecy

1021 Macgill Street
Pulaski, VA 24301
Church: 540-980-2118
Cell: 276-233-8083
Bus Ministry: 540-385-9972
www.pulaskigracemin.com
Email: pulaskigracemin@hotmail.com
Pastor Mike Williams
Children's Ministry
Aaron & Becky Sampson
Morning Worship 10:30 a.m.
Children's Church 10:30 a.m.
Children's Free Breakfast 10:30 a.m.
Ages 5-12
Men's & Women's Ministry Wed. 6:30

Faith Bible Church

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

Dublin Christian Church

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

First Presbyterian Church

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

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

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

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

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

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

Max Creek Baptist Church
3000 Old Route 100 Road, Draper, Va. 24324
www.maxcreek.org
www.facebook.com/maxcreekbaptist
Senior Pastor: Mike Coleman
Youth Minister: Charlie Prince
Director of Visitation: Ersel Alderman
Sunday Services
Sunday School: 10 a.m.
Morning Worship: 11 a.m.
Teen Social and Class: 5 p.m.
Evening Worship: 6 p.m.
Wednesday Bible Study & Classes:7 p.m.


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

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.



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980-3021

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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(540) 674-8606
Todd Howard,
Owner, Licensed Optician

STEVENS FUNERAL HOME-INC.
815 Randolph Ave.
Pulaski, Va.
(540) 980-2600

SAL'S JR. 540-639-2600
7401 Peppers Ferry Blvd.
Fairlawn
NEW YORK STYLE PIZZERIA ITALIAN RESTAURANT
www.salsjr.com

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

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

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

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

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

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

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

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.
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My Answer

Billy Graham

Pride is a universal problem

Q: It seems that technology in the hands of the population focuses too much on the "me" culture, and has given just about everyone a personal platform before the masses. Does the Bible say anything about this? -- T.P.

A: There seems to always be good and bad to every form of new technology. The internet can be used to preach God's Gospel, and with a quick tap pornogra-phy can pop up. Wisdom and self-discipline is required when using the technology of the day, just as it was when television came into existence. But there is no question, obsessing about "self" is destructive.

The Bible says, "For [people] will be lovers of themselves, lovers of money, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, unloving, unforgiving, slander-ers, without self-control, brutal, despisers of good, traitors, headstrong, haughty, lovers of pleasure rather than lovers of God" (2 Timothy 3:2-4).

But pride is a universal prob-lem. Scripture tells us that the Lord hates six things and one of those is pride (Proverbs 6:16). This is perhaps the greatest sin because it seems to lead to all others.

The letter "i" sits in the middle of this little word with a great big ego. No one can expect vic-tory and inward rest until the "i" has been conquered. God com-mands us to "humble ourselves." That is our job!

If we are to live above the clouds, the sin of pride will have to be confessed and forsaken. It is deadlier than the poison of a rattlesnake. It stunts, stifles, weakens and destroys Christian victory. Pride comes from look-ing only at ourselves; meekness comes through looking at God. "For all that is in the world ... the pride of life -- is not of the Father but is of the world" (1 John 2:16).

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

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Continued from Page B8

ened. They were empowered. They were revitalized.

God breathed new life into them, and they went out in the Spirit and power of God and won multitudes to Christ. 3,000 souls were saved on the day of Pente-cost alone.

We need the fire of God burning in our Churches and in our ministries. When we come to Church Services we’re not to just sit around in spiritual straitjackets. We are to worship God, in Spirit and in truth, freely and complete-ly, and be filled with Holy Ghost power, and this will cause us to be firebrands for the Lord. It will cause us to glow with enthusiasm, as we go out and share the gospel with others.

Jesus came to restore the glory that man lost when he fell into sin. When God made man, the Bible says that God crowned him with glory and honor. When man

sinned against God, he forfeited the glory of God. But when Jesus Christ was born, the glory of God came down. And many years later, Jesus, before He died, said to His Father, “The glory which Thou gavest Me, I have given them, that they may be one, just as We are one.”

Because God’s glory is with us, on us, and in us, as born again, blood washed, spirit filled believ-ers in Christ Jesus, we can expect it to touch every aspect of our lives—our finances, our relation-ships, our work, our relationships, and our health. When Jesus died on the cross, He took away our shame, gave us His righteousness, and restored the glory of God to us.

In Acts 13:33 we find record of the fulfillment of bible prophecy of the resurrection of our blessed Lord. “God hath fulfilled the same unto us their children, in that he

hath raised up Jesus again; as it is also written in the second psalm.”

If Jesus had not risen from the dead, he’d be no more than all other religious leaders who are moldering in the grave. But since He is the only One who has risen from the dead, it proves, beyond any shadow of any doubt, that He really was, and is, the One and Only Son of God and the One and Only Savior.

All of the founders of other world religions are dead and buried. Their bodies are still in the grave. But not Jesus.

On the third day, Jesus arose from the dead, and behold, He is alive forevermore. And because He lives, we have the blessed promise that we shall live also.

Jesus gave us a promise. “Be-cause I live, ye shall live also.” So we who are “in Christ” are connected to His resurrection.

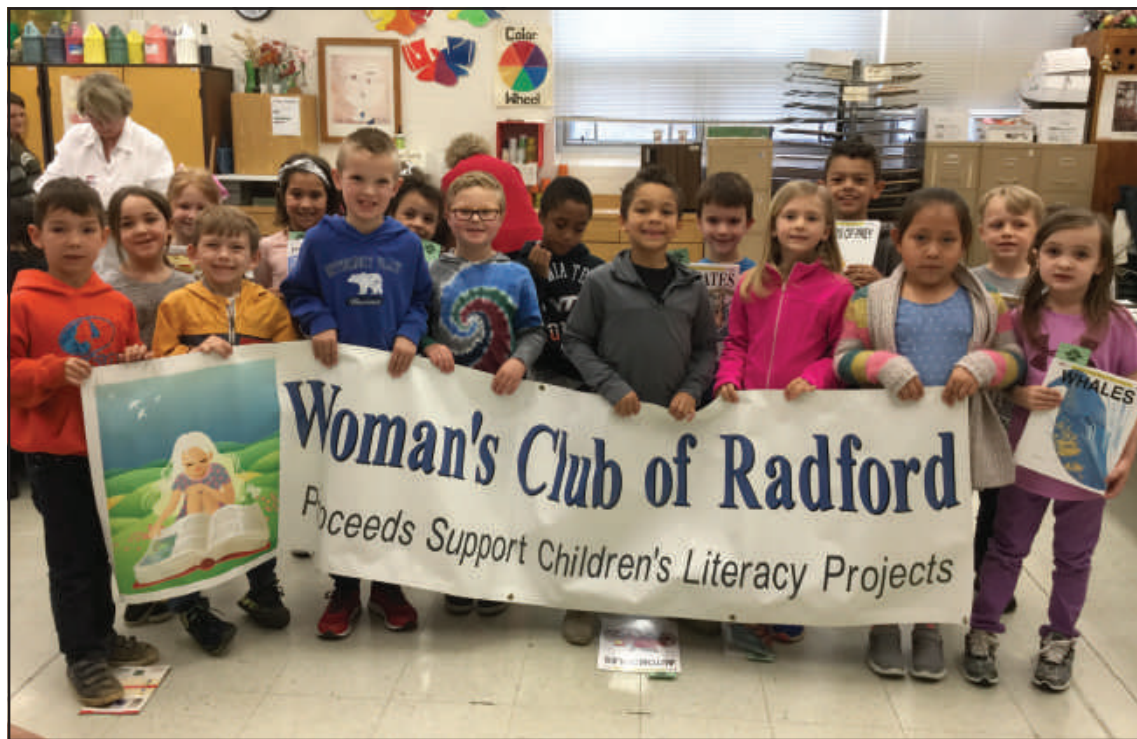


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Radford Woman's Club supports reading at Riverlawn, McHarg

The Woman's Club of Radford is involved in two Reading is Fundamental (RIF) book distributions each school year, one in the fall and one in spring. Pulaski County's Snowville and Riverlawn Elementary Schools and Radford's McHarg Elementary are the beneficiaries of this program.

Unfortunately, due to Covid-19, the April 20 distribution at McHarg Elementary was cancelled. Believing that a love of reading and access to books is vital to children, RIF chairpersons, Betty Overdorf and Vicki

Tupman contacted school personnel for help to ensure that the children received their books.

Lori Keister is a second grade Title One Reading Specialist. "Since we were already distributing food bags, we combined RIF with that program," she explained. "We had good success. Four hundred books were given out."

Next school year, McHarg Elementary students will be attending classes at Belle Heth Elementary while the current building is being renovated. The RIF pro-

gram will reach these students at Belle Heth.

As part of the club's commitment to promote children's literacy, 1900 books are distributed through RIF each year to the children at the three elementary schools. The Babies into Books program at Carilion New River Valley Medical Center gives approximately 1000 books to babies born at the hospital.

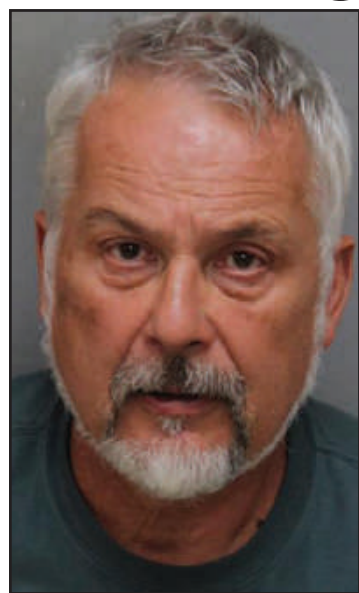
Man arrested for murder of wife in Christiansburg

At 8:47 p.m. on Tuesday May 19th, deputies from our Office responded to a 911 call from the 1400 block of Red Hawk Run (Christiansburg).

When deputies arrived on the scene they discovered 51 year old Michelle L. Tompkins suffering from multiple gun shot wounds. Riner Rescue Squad members transported her to the New River Valley Medical Center where she died a short time later. Deputies arrested her husband 58 year old Gerard P. Tompkins of Christiansburg at the scene. He was charged with second degree murder and is being held in the Montgomery County Jail with no bond.

The investigation is on-going, further charges may be pending. No other information is available at this time.

Brian Wright, Captain
Montgomery County
Sheriff's Office



Gerard P. Tompkins

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30,000 enrolled in Medicaid during pandemic

RICHMOND, Va. (AP) — Virginia Gov. Ralph Northam says almost 30,000 adults have enrolled in the state's expanded Medicaid program since he declared a state of emergency in response to the coronavirus pandemic.

Northam said Wednesday that more than 420,000 Virginians have enrolled in Medicaid since the state voted to expand it two years ago.

Northam said that thousands of adults enrolled in Medicaid have received treatment for underlying conditions that have proved fatal during the pandemic, including high blood pressure and diabetes.

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