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Two of county's biggest events canceled due to COVID-19 concerns

Patriot Staff Report

Two of Pulaski County's biggest annual events - the Claytor Lake Festival and the Dublin Lions Club's Pulaski County Flea Market – have been canceled due to restrictions surrounding

The Dublin Lions announced their decision to cancel late last

See CANCELED, page A2

Also...

Meals assistance to

CARES Act funds

continue into summer;

EBT cards to be issued.

coming to boost county's

distance learning efforts.

Three scenarios for fall

Football, other sports

questionable for fall.

school opening being

Bolling named PCHS principal, graduation planned for June 20

By MIKE WILLIAMS The Patriot

Jennifer Bolling has been named the new principal of Pulaski County High School, effective June 1. And a date for graduation has now been set.

Bolling's appointment was made Monday afternoon during a meeting of the School Board at the PCHS Little Theater.

Currently an assistant principal at PCHS, Bolling replaces Richie Thomas who has served as interim principal since the beginning of the second semester,

following the re-assignment of former PCHS Principal Mike Grim.

Bolling

Also, at PCHS, temporary Assistant Principal Brian Ward was elevated to a permanent position as assistant principal by the board.

In other personnel moves, William Atwood and Anthony Viers were named Assistant Principals at Pulaski County Middle School.

Mike Price has been named Principal at Pulaski Elementary School, replacing Rebeccah Smith who recently was named Principal of the new middle school.

While there will be

no prom or eighth grade dance this year, graduation will still be held at PCHS at 10 a.m. Saturday, June

studied.

Approximately 250 students will be graduating during the ceremony at Kenneth J. Dobson Stadi-See SCHOOLS, page A3

Pulaski County parents named Teacher of the Year for 2020

for COVID 19.

The Patriot

Pulaski County Public Schools has selected the Parents of Pulaski County as its Teachers of the Year for 2019-2020.

School Superintendent Dr. Kevin Siers made the announcement at Monday's meeting of the school

The Teacher of the Year recognition is awarded annually to the school system's most talented and respected educators and acknowledges the hard

work, sacrifice, and ingenuity demonstrated by the community's parents during the school shutdown

"At a time when our access to students has been limited to phone calls, the U.S. mail, and Zoom meetings, it has been parents who have worked hardest to cause learning to occur," said Siers.

"Whether it be instructing students through cooking lessons, helping them design and build protective masks, constructing a chicken coop, caring for small animals, leading nature walks, or pro-

See TEACHERS, page A2

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Teachers

Continued from Page A1

viding assistance with learning packets, the parents of Pulaski County have proven to be exemplary instructors who are enriching the knowledge and skills of our students on a daily basis.

"The fact that many have successfully done this during a time of financial strain, personal stress, and uncertainty about the future is a great testament to the high value placed on education by the Pulaski County community.

"We are proud and humbled by the incredible school to home and home to school collaboration that has occurred over the past few months," Siers continued.

'The faculty and staff of Pulaski County Public Schools enthusiastically look forward to our schools reopening and know that next year will be the best year ever thanks to the education provided during the shutdown by the parents of our students, our Pulaski County teachers of the year."

Siers also announced the teachers of the year at the individual schools in the county. They are:

Critzer Elementary - Rhodora Compton Dublin Elementary - Laurie Sexton Pulaski Elementary - Randee Chrisley Riverlawn Elementary - Susan Wirt Snowville Elementary - Traci Dishon Dublin Middle - Lincoln Whitaker Pulaski Middle - Kaliegh McKillican Career & Technical Education - Pulaski County High School - Toni Bowman

Pulaski County High School - Kirsten Hayes

The Patriot Is Published **Each Friday**

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

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

Canceled

Continued from Page A1

The club, in a press release, stated the following:

"The Dublin Lions Club would like to inform the community and other stakeholders that due to restrictions surrounding Covid-19, they will cancel the Pulaski County Flea Market scheduled for June The release said the club regrets

the cancellation, as this event has run continuously in June and September since 1974.

"However, we plan to be back as usual for our September 19-20, 2020 event."

The release stated that all vendors that have registered will automatically be transferred to the September 19-20, 2020 event; and no action is required.

If a vendor has any questions, email event coordinator Andy Hullender at info@pulaskicountyfleamarket.com or call 540.674.2754 ext. 2 and leave a message.

The release continued that "If you are visitor who is saddened that you will be unable to bite into a delicious Lion Dog, the club will be hosting a social-distancing friendly Lion Dog Drive Thru on June 6th between 11:30 a.m. and 2:30 p.m. and 5-8 p.m. at the Lions Club Clubhouse across from Dublin Elementary. Dinners will consist of 2 Lion Dogs, a bag of chips and a canned soda for \$5. Pre-orders will be available online at dublinlions.org. Follow the Dublin Lions or Pulaski County Flea Market on social media or check

countyfleamarket.com to stay up to date."

The Claytor Lake Festival Committee announced earlier this week the cancellation of the Claytor Lake Festival on June 13, 2020.

"The Committee feels that social distancing is not going away in the foreseeable future and Governor Northam's 'Stay at Home Order and No Large Gatherings' make the festival impossible this year. This decision was made for the safety of everyone during these trying times of dealing with the Coronavirus," said Judy Ison, Claytor Lake Festival Chair.

She added the Committee looks forward to seeing everyone on June 12, 2021, at beautiful Claytor Lake State Park. The Festival Committee is available to answers questions by email @ claytorlakefestival@gmail.com.

Both events attracted thousands of people each year.



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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.

Calling all outdoors persons. If you like hiking, camping, or just exploring outside then Miller is the dog for you. He's active and playful but also enjoys a good butt scratch and ear rub. So come and meet your new best friend and start your adventure together. No feline friends because he will chase them.

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

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

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Revised school budget gets OK from board

By MIKE WILLIAMS The Patriot

The Pulaski County School Board on Monday approved a new and final version of the 2020-2021 school budget.

"Any other year this revised budget would be a very good budget," stated Chris Stafford, Assistant School Superintendent for Finance and Business Operations.

Back in March, the board approved the first version of the budget, which Stafford referred to then as "the best budget I've ever had the pleasure of working on."

He and School Superintendent Dr. Kevin Siers noted then, however, that revenue figures would be affected by the COVID-19 shutdown and that would require changes in that earlier budget.

The big change made in the

new budget comes in the form of state revenue increases being lower than first thought.

The revised budget approved Monday shows state funding increasing for next year by \$1.4 million. The earlier budget had projected an increase in state funds of \$2 million.

Stafford said more changes in state funding are possible once the state has a better handle on just how badly sales tax revenue has been reduced due to the shutdown. The full impact on localities may not be known until later this summer or in the fall.

Also, because state lottery revenue is down by 25 to 30 percent, school officials will hold off on purchasing three additional school buses until the fourth quarter of 2021. This will allow for \$292,261 in the budget for buses to be held back as part of a contingency against further

state revenue decreases. The total contingency built into the budget for next school year is \$345,167.

Losing some \$600,000 in state funding meant school officials had to make some changes in their spending plans in the new budget.

The biggest changes came in scaling back pay increases for teachers and staff.

The first version of the budget featured a new teacher salary scale that was modeled from the current Radford City Schools pay scale, and would have generally matched or slightly exceeded each step from the Radford scale for those with a Bachelor's degree.

Because of state revenue reductions, Stafford said it was necessary to table the new salary scale and keep things as they currently are.

Teachers now will receive

a step increase plus 1 percent added to the scale, which Stafford says is generally consistent with other surrounding school divisions and those in Region 7.

A 2 percent increase for support staff has now been trimmed to 1 percent.

The new budget realities, however, did not prevent the school system from lowering employee health insurance premiums. The new premiums, when compared to surrounding school divisions, will give Pulaski County the second lowest employee plus one rates and the lowest family plan rates of any school system around Pulaski County.

Stafford said that will give the county a competitive edge in recruiting and retaining teachers and staff and will move school system employees closer to the same rates currently paid by county employees.

State funding in the budget

is based on an Average Daily Membership (ADM) of 3,861 students. The current budget is based on an ADM of 3,792.

Stafford said state officials have advised school officials to expect a decrease in student enrollment at the start of the next school year.

The budget for 2020-2021 also includes savings of \$117,029 due to retirements and personnel changes occurring this school year, and another \$129,690 in savings due to teacher retirements that are effective at the end of the current fiscal year.

School Board Chairman Tim Hurst thanked the Pulaski County Board of Supervisors for committing to level funding for the next fiscal year, despite the COVID-19 shutdown's impact on county revenues.

"They have their own challenges as well," Hurst said.

Interactive online town halls on COVID-19 set

Beginning next week, the New River Public Health Task Force will host a series of weekly, interactive, virtual town halls for COVID-19, and invites all area residents to participate.

Town halls will be held on Wednesdays, through June 10, from 6 to 7 p.m. Each will have a specific focus and will feature a panel of local experts, who will offer remarks and answer questions. The schedule, topics and invited panelists are as follows:

• May 13 - Law Enforcement/ Fire and Rescue - Counties of Floyd, Giles, Montgomery and Pulaski, City of Radford and incorporated towns

- May 20 Local Government - Counties of Floyd, Giles, Montgomery and Pulaski, City of Radford and incorporated towns
- May 27 Local/Small Business panelists to be announced
- June 3 Education/K-12 -Radford Public Schools, Floyd, Giles, Montgomery and Pulaski County Public Schools
- June 10 Education/Colleges and Universities - New River Community College, Radford

University, Virginia Tech

Submit your questions anytime, as follows:

- In writing at http://montva.com/NRVtownhall;
- Record your question by voicemail at 540-391-0385; and

On Twitter with the hashtag

#NRVStrongerTogether.
Written questions can be submitted during each town hall (at

mitted during each town hall (at http://montva.com/NRVtown-hall), and will be addressed as time allows.

The town halls will stream

The town halls will stream live at www.youtube.com/mont-

gomeryva, and will be archived on YouTube, agency websites and social media, and rebroadcast on local cable access stations including Comcast and Shentel Channel 190 (Christiansburg and Montgomery County) and Comcast Channel 2 (Blacksburg).

The New River Public Health Task Force is composed of local health, public safety, education and government agencies that work to proactively provide local residents and communities with information about COVID-19, to coordinate efforts to reduce its local impact and to facilitate

community recovery.

For information about the New River Public Health Task Force, visit www.montva.com/coronavirus. For information on the Virginia Department of Health and COVID-19, visit www.vdh. virginia.gov. For general questions about COVID-19 or testing, call the New River Health District public health call center at 540-267-8240. Hours are Monday through Friday, 8 a.m. to 8 p.m.; Saturday, 8 a.m. to noon and Sunday, noon to 4 p.m. After hours, leave a message.

Schools

Continued from Page A1

um with students being seated on the field, and parents seated on both the home and visitor sides of the stadium. Everyone, including graduates, will be placed six feet apart to abide by social distancing rules.

School officials grudgingly canceled both the prom and eighth grade dance because neither event could be held while social distancing rules are in place.

In an update of the school system's COVID-19 response, School Superintendent Dr. Kevin Siers told the board that the nutrition staff has surpassed 85,000 meals prepared as of Monday. He said the last day of the current program is May 20.

On May 27, Siers said, the school system's normal summer meal program begins at most county schools with curbside

service.

He also announced that EBT cards worth \$370 will be issued by the end of May to each student receiving free and reduced price meals at Dublin Middle School and Pulaski County High School, as well as all students who attend Community Eligibility Provision designated schools, which include all other schools in the county.





Happy 11th Birthday Markus!

Siers said all summer programs including summer academies, credit recovery courses, extended school year and Camp Cougar will be held July 27 – Aug. 7.

Siers disclosed that state education officials have told localities to plan for three different contingencies on opening schools in the fall.

Those include normal opening, opening with staggered attendance and social distancing, and no opening with the continuance of distance learning strategies.

Siers also announced the county is eligible to receive \$867,000 in CARES Act funding with a large portion of those funds to be used for expanding remote learning capabilities.

The superintendent said approximately one-third of county students have insufficient or no internet access.

Siers said local school officials are exploring ways to add additional instructional time into next year's calendar.

"We'll likely need to designate days at the beginning of the year to review material from this year, fill in gaps with skills and content students were not taught [due to the shutdown]," he said.

Finally, Siers announced that fall sports in the county is questionable at this time.

"We're working with the high school to identify the impact not having a football season would have on the ability to fund the other sports programs," Siers

Siers and School Board Chairman Tim Hurst discussed the fact football generates almost all the revenue to fund the other sports at PCHS, with football alone generating some \$60,000 to \$70,000.

Hurst said the only other sport at the high school that comes close to paying for itself is probably girls' basketball.

Griffith: EPA grants going to Pulaski, Bristol, Saltville, Jonesville

The EPA has just announced several grants for Virginia through the Brownfields program. Included were four projects located in Virginia's Ninth District:

Bristol, VA, Assessment Grant - \$300,000

Pulaski, VA, Assessment Grant - \$300,000

Saltville Industrial Develop-

ment Authority, Saltville, VA, Cleanup Grant - \$250,000

The Nature Conservancy, Jonesville, VA, Cleanup Grant - \$208,000

Further details on the projects are highlighted below. Additionally, Congressman Morgan Griffith (R-VA) issued this comment:

"Cleaning up and redeveloping old industrial sites can be an enormous challenge for local governments. The EPA's Brownfields program offers vital assistance in getting the job done. The grants awarded today are a significant investment in our region's environmental renewal and economic opportunity."

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Area Obituaries

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CHARLES WILLARD **HALE**

Charles Willard Hale, age 73 of Pulaski died Monday, May 4, 2020 at the Lewis-Gale Hospital-Montgomery. Born May 19, 1946 in Alabama he was the son of the late Willard Foster Hale & Leola Charles. His sister, Nadine Worrell also preceded him in death.

Charles was a past employee of Pyrotechnique by Grucci and veteran of the United States Navy serving during the Vietnam Conflict.

He is survived by his

Ruby Winebarger Hale - Pu-

Stepchildren Jill (Frank) Niece

Rusty David Wayne (Melanie) David

6 Grandchildren

Brother Jerre & Linda Hale - Stafford,

Becky Kimbrough – Dublin

Several nieces and nephews

Private services will be held Friday, May 8, 2020 with burial at the Southwest Virginia Veteran's Cemetery in Dublin.

To sign the online guestbook, please visit www.bowerfuneralhome.com

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





JONES

Lisa Carol Spence Jones, age 49 of Dublin passed away, Saturday, April 25, 2020 at the Roanoke Memorial Hospital. Born March 30, 1971 in Roanoke she was the daughter of Jacqueline Anne Myers Spence and the late Robert Lee Spence, Sr. Her brother, Robert Lee Spence, Jr., grandparents, Lawrence and Bertie Myers, Irene and James Spence also preceded her in death.

She is survived by her Husband

Nathaniel Wayne Jones, Sr.

Nathaniel Wayne Jones, Jr. Mother-Jacqueline Anne My-

ers Spence-Pulaski Sister

Ann Spence (William) Bentley

Pulaski

Aunt Joan Lambert

Uncles & Aunts

Fred (Diane) Myers Carol (Robert) Roark

Many cousins, family, friends Memorial services will be held

at a later date. Date and time will be posted in newspapers and our website.

To sign the online guestbook, please visit www.bowerfuneralhome.com

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



RAY DAVID RITTER, SR.

Ray David Ritter, Sr., age 79 of Pulaski passed away Tuesday, April 28, 2020 at the Lewis-Gale Medical Center, Salem. Born May 31, 1940 in Pulaski he was the son of the late Randall Francis Ritter & Leah Posey Sutphin Ritter. His wife, Dreama Louise Firebaugh Ritter also preceded him in death.

He is survived by his Daughter

Traci Ritter – Pulaski

Ray David (Vicky) Ritter, Jr. Grandchildren

Nikki, Erica, Marissa, Tanna, Carly, Kerra Beth and Jakob

10 Great Grandchildren

Sue Jones, Peggy Dalton, Wanda Davis, Patsy Hash, Lyda Far-

Many other friends who called him Granpa

Memorial services will be held at a later date due to current social restrictions, the service times will be announced in the newspaper

and our website. In lieu of flowers, the family ask that you visit www.bowerfuneralhome.com and sign Ray's guestbook and leave your fond memories of him or mail to 5181 Thornspring Road, Pulaski, VA

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



April 28th, 2020. He was 77 years old.

Born in Barren Springs, Va he followed his big brother to NJ and never really left. Burlington City was his home for over 50 years. Fred was considered a "jack of all trades". In his younger years he delivered medical equipment for Wheatley's Pharmacy and was a Burlington City Police officer for a short time. His vast trades included owning a gas station in Willingboro during the 1970's and a general store in Pulaski, VA during the late 1980's. But his true passion was mechanics and worked for several auto places throughout Burlington County. He could often be seen working on restoring his 1957 Chevy or driving around in his 1956 Chevy. Even during his retirement, he could be seen around town delivering flowers for Dullos' Florist.

In 2015 Fred was diagnosed with Progressive Supranuclear Palsy (PSP) a rare degenerative brain disease which is a form of Parkinson's.

He is preceded in death by his wife Donna L. Bond, his parents, Richard and Creola Bond, his in-laws, Peter and Lois Walter, his brothers and sister in laws, Jessie and Dorothy Bond, Garland and Cathy Bond, His sisters and brother in laws, Dora and June Taylor, Pauline and Larry Clark, Imoline and Edmund Staples. Brother in laws Ben Hancock and Fred Deptula. And his granddaughter Anna Claire Wright.

He is survived by his daughter and son in law, Tracey and Gary Weincyzk, sister in laws, Patricia Walter and Hazel Walter, his brother and sister in law Roger and Ellen Bond of Barren

Springs, VA and his sister Freda Hancock of Pulaski, VA. Fred had a special bond with his niece Danyell Ekelburg and nephews Peter Ekelburg and Ben Hancock Jr. but is survived by many loving nieces, nephews and cousins to numerous to name but loved just the same. He also is survived by two step grandchildren Tyler Wright and Melissa (George) Ondusko.

It was during his retirement that he found his loving companion Sheila Miller and was "step dad" to Kristen Nixon and Greg Miller and was known as "Pop-Pop" to Shane, Hollister, Dash, and Zach.

A memorial service will be held at a later time.

In memory contributions may be made to:

CurePSP 1216 Broadway

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New York, NY 10001

BOBBIE JEAN HORTON SHAFFER

Bobbie Jean Horton Shaffer of Dublin died peacefully May 1, 2020 in the Highland Ridge Rehab

Bobbie loved cooking for others, reading books, camping and most of all being "Nana". She is survived by her

Jeffrey Shawn Shaffer Scott Daren (Jennifer) Shaffer Granddaughter Kaylee Elizabeth Shaffer Sisters

Brenda Williams Kathy (Wes) Price Pam (Danny) Jones

Her nephews who she loved

Bobbie was preceded in death by her parents, Robert F. Horton and Kathleen Roseberry Farmer, her stepfather, Kelly C. Farmer, Jr. and her husband, Jesse E. Shaffer,

The family will hold a private graveside service at Thornspring UMC Cemetery. In lieu of flowers, donations may be made to the Pulaski County Library System in her memory @ 60 3rd St NW, Pulaski, VA 24301, so that others may enjoy her love of reading.

To sign her online guestbook, please visit www.bowerfuneral-

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

Happy Mother's Day



Happy Mother's Day, Mom! We love and miss you.

Love, Danny, Angie and Darlene

and Family



We love and miss you.

and Family



Happy Mother's Day! 1st Mother's Day in Love, Heaven.

All your kids We love and miss you.

Love, Sara, Blackey and **Danny Hancock**

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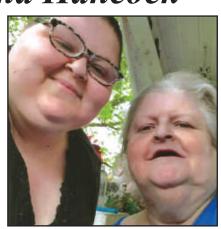
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Aaron C. Rygas, Manager 320 E. Main Street Dublin 674-4665

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Dreama Hancock

Happy Mother's Day Mom! You Are Always Missed.



Love Always, Carrie, Jerry, Katey & Sophia

In Memory Of Gracie G. Kimbleton Jan. 26, 1922 - July 4, 2012 On Mother's Day



Nothing can ever take away the love a heart holds dear.

Fond memories linger every day, Remembrance keeps her near.

HARRY MALCOLM MEREDITH JR.

Harry Malcolm Meredith Jr., 91 of Pulaski, VA passed away peacefully at Heritage Hall in Blacksburg on April 30, 2020.

He was born in Foster Falls February 23, 1929 to Harry M. Meredith Sr. And Bessie Sue Bryant Meredith.

In addition to his parents he was preceded in death by his brother Bernie Leo Meredith.

He is survived by his children, Sue M. and her husband Philip Hancock MD, Sandy M. and her husband Dan Worrell MD, Teresa M. Montgomery, Denise M. and her husband Nick Burroughs, Richard M. Meredith and his wife Mary Anne, and John D. Meredith.

His 12 grandchildren are, Crystal M. Walters, Richie Meredith, Logan Worrell DO, Stafford Worrell, Zachary Montgomery, Nicholas Montgomery, Colton Meredith, Christopher Meredith, Elijah Saunders, Caitlin Saunders, Addison Burroughs, Mason Burroughs and one great grandson Taylor Montgomery.

He is survived by his sister Darlene M. Rorrer, his brothers Ronald Meredith, Charles Meredith and his wife Eleanor, and numerous nieces and nephews.

He was a member of the Church of God of Prophecy.

He retired from the U S Postal Service and had made many friends there and at Nehi bottling and his business JR's Used Cars. He loved cars, racing and watching NASCAR.

Harry was a generous, kind, man with a heart of gold who always carried a smile on his face. He was well liked and will be missed.

The family would like to give a special thank you to those who showed loving kindness and cared for our father while he was at Heritage Hall.

Stevens Funeral Home will handle arrangements for a private service.

His interment will be at Foster Falls Cemetery.



DARLENE JUNE VIA COVEY

Darlene June Via Covey, 84, of Pulaski died Tuesday, May 5, 2020 in the Lewis-Gale Medical Center, Salem, VA. She was born in Pulaski on June 11, 1935 and was the daughter of the late William Via and Maxie Stoots Via. She was also preceded in death by her husband, Simon Kenton "Pete" Covey and by a daughter, Jennifer Sue Covey. Mrs. Covey was a retired employee of Roses Department Store.

Surviving are:

Daughter & Son-In-Law – Cynthia "Cyndi" Covey Pagan & Daryl Pagan, Christiansburg, VA

Grandsons & Wife – Lucas Scott Covey & Amanda Covey

Clayton Thomas Carter

Three Great-Grandchildren Funeral services will be held at a later date.

Arrangements by Stevens Funeral Home, Pulaski, VA.

NRCC Summer Semester Begins May 20

Registration for summer classes is in progress at New River Community College.

More than 130 classes are being offered for the online summer session, which begins on Wednesday, May 20, and includes both a 10-week and 5-week session. A second 5-week session begins on June 25.

Summer class offerings include courses in administrative support technology and general education courses such as biology, chemistry, math and public speaking. Students can take classes to begin college or catch up or get ahead for a program they are currently enrolled in. Many of the summer classes available online are transferable to four-year colleges and universities.

The summer class schedule is available at www.nr.edu/schedule. Current NRCC students may register for classes online by visiting their student accounts. New students or those who may need additional support can reach out to an advisor by emailing advising@nr.edu. For students who are new to online learning and those who just in need a little extra support right now, NRCC has additional support services for remote and online learning available at www.nr.edu/remoteresources.

Prospective NRCC students may visit www.nr.edu/register for enrollment information.





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

Hours 7:30 am -5:30 pm Monday –Friday
Sign up for the whole summer or just for a week.
Each day is filled with fun activities!
Every week we go on field trips,
hiking and swimming at Claytor Lake.
Fee: Weekly rates \$65.00 full rate, partial and full scholarships
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Contact Samantha for scholarships and transportation.

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

Community continues to help others as shutdown lingers

By DANIELLE REID
The Patriot

While many of our neighbors in Pulaski County are fighting financial distress and boredom after weeks of self-isolation, lockdown and social distancing, it is encouraging to know that caring individuals, churches and businesses are continuing to find ways to show love for their neighbors.

Stories of generosity continue to become evident, helping to promote good will and hope, while we travel through this phase of life together.

Only days after the schools in Virginia were closed by order of Governor Ralph Northam because of the COVID-19 pandemic, concerned citizens went into action to provide breakfasts and lunches for all school children in the county. A few local restaurants began offering take-out or drive-up breakfasts and lunches to ensure children had food to eat. Tom's Drive-in and Tha Dawg House in Pulaski and Patty's Kitchen in Dublin offered a free breakfast and lunch to any Pulaski County student.

Any child that participates in the free meal program at school can come by Tom's Drive-In Monday through Friday and pick up a to-go Pancake and Sausage Breakfast Free! Offer is good through May 2020.

Patty's Kitchen will provide a free to-go pancake breakfast and lunch for any Pulaski County Student from 7:30 a.m. to 1:00 p.m. through May 2020.

Starting March 18, under the supervision of School Nutrition Director Ethelene Sadler, all students in the Pulaski County School District were able to receive a free breakfast and lunch.

Sadler stated, "That first weekend when all this broke loose (March 14), we worked so many hours. Every district had to come up with a plan that day on how they were going to serve food to these children. It was on everybody's mind: 'we have to provide meals for these children.' I had a lot of nights I couldn't sleep thinking about how we could get everything working together."

"The thing about this meal distribution is that we are reaching a wide variety of students – not just individuals qualifying for free or reduced meals. All students are eligible. We didn't



Photo courtesy of Terrie Sternberg

A group of five women from Trinity Lutheran Church's Quilting Ministry have started a Facemask-making Ministry and produced over 300 face masks with more coming.

want there to be a stigma. We wanted every student, regardless of status, to get good nourishing meals," explained Sadler.

Although the current program will end on May 20, Phase II will take its place, beginning on May 27. This is because school groundskeepers have maintenance work to do and custodial workers need to clean the schools for an anticipated fall re-opening.

In Phase II, the number of distribution centers will be reduced to four:

Critzer Elementary, Pulaski County High School, Riverlawn Elementary and Snowville Elementary. The format will be the same where a parent will drive-up and receive a carefully packed bag of 10 meals for each

According to Sadler, "We have served over 60,000 meals since beginning the program.

We started out in unchartered waters and had to figure it out as we went. This was a collaborative effort with lots of hands involved in this process ... a huge task and it took a lot of people to get this job done. It was a heart matter to the 43 nutrition staff, custodians, bus drivers, grounds workers, teachers, principals, volunteers ... they all just wanted to come alongside and get this job done."

Several area churches have been distributing food and supplies through their food pantries to help sustain families in our community.

Heritage Church of Dublin continues to provide food boxes on Thursdays from 9 a.m. to 4 p.m., with drive-up service. Heritage Cares director Harriet Berry, serving for 17-years,

says, "It is vital that anyone who needs food doesn't go with-

See COMMUNITY, page A9



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Getting ready to re-open

As we continue to address the coronavirus outbreak, it is important also to plan for what comes next.

To slow the spread of the virus, states, including Virginia, imposed restrictions on gatherings, shuttered non-essential businesses, ordered citizens to stay at home, and generally curtailed many activities that make up our daily lives.

The intent behind these orders was to "flatten the curve," meaning to prevent a rapid spike in cases. While it is of course desirable to prevent as many infections as possible, the goal of flattening the curve was primarily to prevent a high number of cases overwhelming hospitals and doctors, as happened in Italy.

In much of the country, and in our region of Vir-



Morgan Griffith

9th District Representative

ginia, this goal has been achieved. The health system has been able to handle the influx of coronavirus patients.

Dr. Daniel G. Murphy, an emergency physician at

St. Barnabas Hospital in New York City, has been on the front lines of responding to the coronavirus. He recently wrote an op-ed for the New York Post calling for an end to lockdowns and a return to work. Even in the hard-hit, vulnerable community he serves, Dr. Murphy reports, the wave has crested.

As I have talked to health care providers in the Ninth Congressional District, in fact, I have been hearing anecdotally that more deaths may have taken place due to individuals not seeking treatment for non-coronavirus medical problems. They were concerned about becoming infected if they went to the hospital, so they put off calling the doctor for serious complaints such as chest pains or, for diabetics, improper sugar levels.

Dr. Murphy makes this same point in his op-ed: While the inpatient units remain busy with sick COVID-19 patients, our ER has been quiet for more than a week. We usually average 240 patients a day. For the last week, we averaged fewer than 100. That means our patients in this diverse, low-income community are afraid to come to the ER for non-COVID care . . . Everyone seems to be avoiding the health system — an important and unfortunate consequence of the stay-at-home strategy.

Data from the Virginia Department of Health is revealing. Among the 29 jurisdictions I represent, there have been a total of 376 coronavirus cases, 1.93 percent of the Commonwealth's total, 52 hospitalizations, also 1.93 percent of the total, and 8 deaths, or 1.17 percent of the total, as of May 4. By comparison, at the last census, the Ninth District had around 9 percent of the Commonwealth's population.

In three of these jurisdictions – Dickenson County, Bland County, and the City of Covington – there have been no cases at all, let alone hospitalizations or

In light of these facts, I have been urging Governor Northam to reopen Virginia on a regional basis. He

I understand that for some parts of Virginia, reopening does not make sense at this point. Fairfax County, for example, continues to see a high count of cases. But the numbers in our area do not justify the same restrictions that Fairfax County requires to slow the

Further, Southwest Virginia borders West Virginia, Kentucky, Tennessee, and North Carolina, and a Roanoke Times editorial recently noted that all of them have moved to reopen sooner than our Commonwealth. Virginians who live near these states could cross the borders to patronize their businesses and amenities, which would be an added blow to our economy.

According to a story in the Washington Examiner, the Burger Bar (which serves a great burger) in Bristol, Virginia, has to watch as customers go in to grab a bite at its competitor across the way in Tennessee while its own offerings remain restricted.

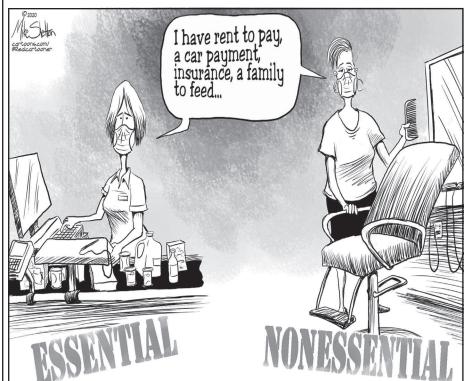
It is important that we be guided by data in reopening, but data interpreted correctly. As testing is done more broadly, the number of cases will likely go up, but if hospitalizations and deaths remain low, a rise in cases should not be cited to prevent reopening.

The Roanoke Times editorial previously mentioned made the case for reopening by region, noting that other states have chosen this path and detailing the criteria they used. If the standards being used in Pennsylvania were applied here, the editorial observed, all but three counties in the Ninth District would be reopened.

I urge the governor to reopen by region, as it would be in the interests of our health, our economy, and our society.

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





Two faces of Joe Biden

Even if the sexual assault allegations by former Joe Biden staff member Tara Reade turn out to be false there are still problems the former vice president faces.

The first and most important of these is whether he can win his party's nomi-

I'm generally suspicious when it comes to politics. Why has Reade waited until now to come forward? Biden has run for president before and several times for senator. He was vetted before Barack Obama picked him as his running mate. The timing seems too convenient.

Are there forces within the Democratic Party - Bernie Sanders supporters, for example - who don't believe Biden has the mental capacity to endure what will be a brutal campaign? Are they undermining him by canceling or delaying party primaries? Will he show up at his party's convention (if there is one) with an insufficient number of delegates to clinch the nomination, setting off a "trade war" among delegates won by Sanders, Elizabeth Warren and others?

Even The New York Times editorial board, no friend of President Trump, has called for a full investigation of Tara Reade's assertions.

Then there's the question of how Biden presents himself. In the controlled environment of his home, Biden has had difficulty stringing together coherent sentences during online interviews and often seems confused. President Trump is no great orator either, but Trump comes off as Daniel Webster to Biden's Porky Pig.

Biden's positions on China have been especially uninformed. In a speech one year ago, Biden responded to fears expressed by some that Beijing was a major foreign threat: "China is going to eat our lunch? They're not bad folks, folks... They're not competition for us."

Early this year he criticized President Trump's decision to halt air travel from China, calling it "hysterical xenophobic." He later changed his position as he has on so many other issues. Could this have had anything to do with son Hunter Biden's lucrative business deals in China?

Republicans also have a file full of quotes from Biden's fellow Democrats. Bernie Sanders may have been the most critical. During the debates, Sanders attacked Biden for supporting the invasion of Iraq, for his trade policies, which Sanders claimed cost the U.S. over four million jobs, and for Biden's support of American



Cal **Thomas**

Tribune Content Agency

trade relations with China.

Sen. Kamala Harris also repeatedly attacked Biden. She said Biden's criminal justice policies contributed to "mass incarceration," that Biden opposed school busing, and that Biden supported the status quo when it came to health care.

Only two months ago, Sen. Elizabeth Warren accused Biden of favoring the re-election of Senate Majority Leader Mitch McConnell and that despite his claim to the contrary Biden was not instrumental in the creation of the Consumer Financial Protection Bureau.

They weren't done.

On the campaign trail, former South Bend, Indiana Mayor Pete Buttigieg repeatedly criticized Biden, saying his support of the 1994 Crime Bill "did so much harm," that he supported the invasion of Iraq, which Buttigieg called the worst foreign policy decision in his lifetime, and that Biden had the same Washington, D.C. mindset when we need to "bring new voices" to the capital.

Sen. Cory Booker subtly raised the state of Biden's mental health when he expressed doubts the former vice president could win the presidency without "fumbling."

Now they all have, or will likely soon, endorse Biden, claiming he would make a great president. Voters have a right to ask if Biden once made bad decisions. how will he suddenly make good ones as president?

These and many more sound bites from Democrats critical of Biden now and in prior years will likely show up in Trump re-election ads.

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



Rich Lowery

Editor, National Review

Social distancing isnt a religion

Forgive Jacksonville, Florida, for it has sinned.

The largest city in Florida partly reopened its beaches, and it became something of a national scandal. CNN ran a disapproving segment, and the hashtag #FloridaMorons trended on Twitter.

As the CNN report put it: "The scene at Jacksonville Beach wasn't one of caution in the middle of a worldwide pandemic. Crowds cheered and flooded the beach when police took the barriers down. People were seen swimming, biking, surfing, running and fishing."

None of these activities has been shown to be a vector for the spread of COVID-19; in fact, no outdoors activities have been shown to be dangerous at all. A recent study examined hundreds of outbreaks and traced only one to an outdoor environment.

Surfers and bikers are the least of our worries. Yet, there is a segment of American opinion that takes it as its responsibility to scold and shame anyone who dares go out and get a little fresh

Early on in the crisis, CNN anchors spent 20 minutes inveighing against people walking, running, biking and rollerblading along San Francisco's Embarcadero. Noting that some people were holding hands, Jake Tapper called it "enraging." Of course, random strangers don't hold hands, but people who are likely in close proximity whether they are enjoying a stroll or not.

Despite there being no indication that outdoor spaces abet the spread of the disease, parks have been shut down throughout the United States. and the closures are at times enforced with rigor. No less than Tom Brady was chased from a closed Tampa Bay park after he was discovered working out, apparently alone. A father in Colorado was briefly detained by police for the alleged offense of playing T-ball with his 6-year-old daughter on a softball field.

A sure sign of fanaticism is the inability to make distinctions, in this instance between risky and non-risky activities and between places hard hit and places not. It's one thing to hold a day-long, 100-person family reunion in a public park, quite another to jog through one. It's one thing to begin opening up in New York City, where there have been more than 10,000 deaths, and another to begin opening in Montana, where there have been 14.

Jacksonville, Florida is the seat of Duval County. With a population of nearly a million people, the county has had 17 COVID-19 deaths. It is hardly a hot spot.

At least some of the spleen would be taken out of the coronavirus debate if people acknowledged that we live in a vast continental country, with radically different ways of life. Not only are not all states the same, not all counties within states are the same.

But such is the lockdown zealotry that any thought that

See LOWRY, page A7

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LewisGale Hospital Pulaski vigilant in fight against virus

To the editor,

We recognize during these uncertain times that you may have concerns about receiving medical care for yourself of your loved ones. As always the health and safety of our patients, caregivers and communities remains our top priority.

At LewisGale Hospital Pulaski we are diligent in our fight against coronavirus (COVID-19), and I want to provide you with an update about the thoughtful and deliberate steps we're taking to reopen our hospital and return to standard operations during this ever-evolving pandemic.

Over the last few months, due to fear and uncertainty about the safety of hospitals, we recognize that many of you have not sought medical care for your urgent healthcare needs unrelated to COVID-19. We want to reassure you of the numerous additional protocols that we have implemented to ensure your safety. We are here to take care of you and we are well-equipped to handle any health concern you may

OPEN FORUM

In addition to our emphasis on safety, we are also acutely aware of the financial strain caused by this pandemic on so many within our community. We are now providing Patient Benefit Advisors to help patients navigate their insurance options, given potential recent shifts in their coverage.

Across LewisGale Hospital Pulaski, our facility has maintained historically strict standards for infectious diseases while following updated guidance from the Centers for Disease Control and Prevention (CDC), and we will continue to do so to ensure the safety of all. We have carefully prepared for the reopening of many postponed services. We have introduced enhanced precautions to ensure a safe environment for health care delivery.

Here are just a few of the steps we're taking to keep our patients, visitors and our clinical teams

• Screening processes are in place for all patients, visitors and clinicians before entering our fa-

• Updated visitor policies, including limitations, which have been in place for the duration of the pandemic, remain in place across our facility.

 Universal masking is required throughout all our facility, which exceeds CDC guidelines. We continue to have adequate supply of personal protective equipment (PPE) for patients, visitors, clinicians and caregivers.

• Heightened infection prevention policies instituted, including the removal of high-touch items such as magazines, toys and public vending machines from our facility.

· Our facility transfers all COVID-19 positive inpatients to LewisGale Medical Center in Salem, for specialized medical management by some of the finest physicians in Southwest Virginia.

· We added screeners to manage expanded processes designed to identify anyone who may have respiratory illness and patients, caregivers and commuexpedite their entry to a dedicat-

• We are working with major commercial lab companies to increase testing capacity.

HCA Healthcare and Lewis-Gale Hospital Puylaski remain focused on providing our patients with outstanding care. Our facility is part of a comprehensive learning health system that uses data science from research, laboratory results and clinical excellence from 2,000-plus sites of care to drive superior, evidence-based and patient-centered care. As we continue to monitor the dynamic shifts of the COVID-19 pandemic, we will provide periodic updates on our continued efforts to care for our

nity. For up to date information and answers to frequently asked questions, please visit lewisgale.

As we reopen our communities and work to establish a "new normal," I encourage you to continue to follow current CDC guidance regarding social distancing and hand hygiene. These important infection prevention measures will help keep yourself and others in our community

Thank you for your shared commitment to protecting our health and safety, today and ev-

Sean Pressman, **Chief Executive Officer** LewisGale Hospital Pulaski

The Government Did It

To the editor,

We have been deluged for some time now from everywhere about what the corona virus has done. Here are just a few examples of late: The corona virus unleashed an economic earthquake; millions of new unemployment claims due to the corona virus; corona virus outbreak closes major (pork) processing plants; the corona virus did this the corona virus did that - here the corona virus did it - there the corona virus did it - everywhere the corona virus did it did it; etc. ad nauseum.

Everyone sit down and take three deep breaths: The corona virus didn't do it; the govern-

The corona virus didn't close anything; it's a virus. It didn't issue a single "stay at home order". It didn't demand social distancing. It didn't forbid the faithful to drive to their church and participate in a "drive-in" service while sitting in their cars. It

didn't threaten to take down the license plate numbers of cars in a church parking lot and then send the police to those people's personal residences to nail something on the door (a favorite tactic of the Nazis). The virus didn't get hysterical and lose all sense of rationality. CV didn't hit the economy; the government hit the economy. The virus didn't fail to do any sort of a cost - benefit analysis; the government failed to do that.

Yes, all of that and more was done by the government. We are in the state we are in today solely because of governmental actions.

Sweden, on the other hand, took minimal action and is doing quite fine, thank you.

And all of those extreme measures by our federal and state governments have taken place without Congress or a single state legislature passing any law.

We are supposed to be a representative democracy; i.e., governed by duly elected represen-

tatives via laws that they pass in full, open debate and on a rollcall vote. That hasn't happened once anywhere in the country throughout the government's response to CV. Not once. Everything has come from the executive branch; the other two supposedly co-equal branches (judiciary; legislature) have been totally by-passed. How can this happen? Because you can do anything if you get away with it. No legislature or court has challenged these actions of the executive branch.

This mantra of "the virus did it" is an attempt by the government to inoculate itself from any criticism or accountability. Why, they didn't do it; the virus did it. If you the people disapprove, call or write the virus.

Some people are going to say that those extreme actions by just one branch of government were justified because thousands, maybe millions, of lives

See LETTERS, page A8

Continued from Page A6

these kinds of places should be

treated differently is considered

heresy sure to get people killed.

spread of the disease, but at an

adopt a patchwork approach to opening up around the country.

We can't be beholden to public

officials and commentators who,

Rich Lowry is editor of the

to paraphrase H.L. Mencken, have the haunting fear that someone, somewhere may be

rollerblading.

National Review.

enormous economic cost. We are going to have to show some

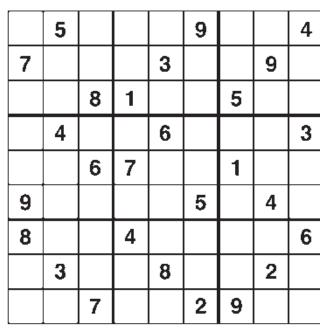
It seems indisputable that the

lockdowns have slowed the

flexibility and be willing to

Weekly SUDOKU

by Linda Thistle



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: $\Diamond \Diamond \Diamond$

♦ Moderate ♦ ♦ Challenging ♦♦♦ HOO BOY!

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Puzzle Answer Appears Elsewhere In This Week's Issue

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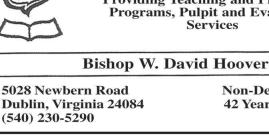
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Complete 2020 Census to Ensure SWVA Doesn't Get the Short End of the Stick

Did you know the U.S. Census provides critical data that lawmakers, business owners, teachers, and many others use to ensure daily services, products and support for our communities?

Billions of federals dollars that are allocated due to the results of the Census go to schools, hospitals, fire departments, roads and other resources. The results of the Census also determine boundaries of legislative districts. Completing the census is just as important as voting on



Ben Chafin Election Day. As of today, less than 50% of the 38th Senate District has completed the census. It is criticaland actually required by law-that every citizen responds to the Census. You can respond online, by phone, or

The United States Constitution 38th District Va. State mandates that the country conduct a count of its population once every ten Senate years. The 2020 Census will mark the 24th time the country has conducted a

Census since 1790. Typically, Census field workers would be out collecting data. Due to COVID-19, all field work data collection was suspended in March. That's why it is imperative for you to respond online (www.2020census.gov), by phone, or by mail.

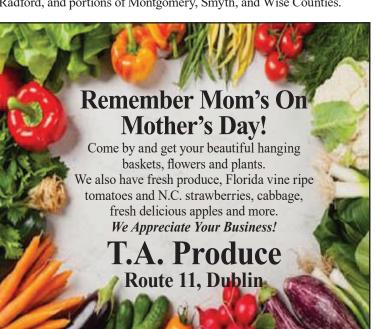
The results of the 2020 Census directly affects you. The Census determines how hundreds of billions of dollars in federal funding flow into our communities every year for the next decade. The Census helps determine federal funding for many different things, such as Social Services, Career and Technical Education, Highway Planning and Construction, School Lunch Programs, Crime Victim Assistance, Head Start, and Wildlife Restoration just to name a few.

The Virginia House of Delegates, Virginia Senate and United States Congressional Districts are drawn based on the results of the Census. With population gain in Northern Virginia, it is crucial that all Southwest Virginians are counted. After the 2010 census, the Second House of Delegates District that Delegate Clarence "Bud" Phillips sat in was moved from Southwest Virginia to Northern Virginia. It is critical every resident is counted so that our voice in Southwest Virginia is not further

You can respond to the 2020 Census online, by phone or by mail. My office is available to answer any Census related questions. Please call 276.889.1044 or email district 38@senate.virginia.gov. For more information on the 2020 Census, please visit www.2020census.gov.

Please make sure you and your family are counted so that we don't come up on the short end of the stick when it comes to our important Federal Programs Funding.

The 38th Senatorial District includes all of Bland, Buchanan, Dickenson, Pulaski, Russell, and Tazewell Counties, the Cities of Norton and Radford, and portions of Montgomery, Smyth, and Wise Counties.



Griffith Calls on Northam to Reopen Churches

Congressman Morgan Griffith (R-VA) issued the following statement after the U.S. Department of Justice filed a statement of interest siding with a Virginia church seeking reopening:

"I have been troubled by the closure of Virginia churches under Governor Northam's stay at home order and on Thursday specifically asked the Governor when he would be reopening the

"Learning that a pastor has actually been criminally charged for conducting worship services despite congregants practicing social distancing and that the Department of Justice has sided with the church against the Commonwealth makes it still clearer to me that these closures are

"Governor Northam must drop the unfair

treatment of churches and permit them to resume worship services under the guidelines that allow other functions deemed essential to stay open.

"In Virginia of all places, the birthplace of religious liberty, churches should be making the

call as to whether they conduct services, not the

government. "Under the current rules, Virginia's ABC stores, hardware, and craft shops, among others, are allowed to stay open with social distancing.

"When troubles befall us, such as those we face today, where I come from, God is more im-

portant than alcohol, hardware, or crafts. Common sense and the Constitution mandate that the Commonwealth should treat churches ac-

OPEN FORUM

cordingly."

They go about their jobs basically unnoticed

To the editor,

Sometimes it takes a game changing event in our lives to cause us to have a reality check, and realize that we have taken so many things and people for granted.

Thus in this current pandemic we are realizing how quickly life can change and how so many things pass in daily life and we just don't pay attention to realize the value.

One thing we have been made aware of is the people who serve us and we fail to acknowledge their importance in our lives such as police, fire, rescue, doctors, nurses, etc. Personnel who daily go about their jobs basically unnoticed.

I would personally like to mention two fellows who are up for re-election as our town councilmen, Greg East and Jamie Ratcliff.

These two gentlemen have been serving our community for some time now and their presence has made a difference. Both men took on this responsibility with a desire to see Pulaski headed in a new direction and not continue with status quo. Their presence on council was made immediately when they made it clear that change was mandatory and they stuck

Greg and Jamie have made it clear that the job is far from

to their plans.

being complete and they desire your support to continue the fight to see Pulaski prosper and grow and become a shining light in Southwest Virginia.

As well I would like to ex-

press my appreciation to Mike Williams and his staff at The Patriot newspaper for the outstanding job they are doing. I personally worked part time my junior and senior years of

high school at The Southwest Times and I know firsthand how difficult the job of producing a newspaper is with long hours and low pay. God Bless You!!!!

Sincerely, Roger D. Hurd Pulaski

Letters

Continued from Page A7

have been saved thereby.

This is a specious claim, because there is no control group. We do not know what would have happened if the government had done nothing. Sweden may give us an idea, but we're not Sweden, so we don't know.

Temporal proximity does not imply cause and effect. If I get up some morning, have a cup of coffee, and it starts raining, the coffee pot didn't cause the rain. From a scientific perspective, we cannot say that the government's action is why the CV numbers are what they are. Maybe some basic social distancing or even doing nothing would have led to the pretty much the same results.

The only way to scientifically claim that some results are due to a certain action is to have a control group similar in every way to the "experimental" group except for the actions taken on the experimental group. In the case of

CV in the U.S, there is no control group, so no conclusions can be drawn about cause and effect.

Therefore, we will never know whether these very extreme actions by the executive branch of the government that have been so very destructive to society, the economy, and our form of government were warranted.

> Jessee B. Ring Pulaski County, VA

I remember Kent State. May 4th, 1970

It was an unfortunate situation. Some rebel rousers came in a burned down the ROTC buildings, then ran off. The next day, the Guard was called in to smooth out the situation. They stayed for several days. They did some drills. Everyone got along great.

It was a beautiful day. The Guard was ordered to put their face masks on. Then ordered to move some students off a hill.

It put the Guard in a situation where they were boxed in by the fence on the ball diamond. They threw a smoke bomb to move the crowd. The crowd threw back the smoke bombs. The wind blew back into the Guard's faces. They couldn't see out of their masks. What

Somebody thought they heard the command to fire ... four innocent students were killed. Innocent Guards caught in a situation. All of them Americans, all of them loved their country.

I was at Ball State, a kindred college to Kent State. We dismissed classes and had services for the students. James Mitchner researched it and wrote a book, "Kent State." They were all Americans - The Students - and the Guards. Remember that! We are all Americans. It won't happen again. We will not let it!

I went home that weekend. Sat around the dinner table. Students, like myself, were not going to ever be home again. The conversation finally came around to the shooting. My dad, whom I loved and respected dearly, said "they should have shot them all."

I realized that I just grew up. I didn't argue back. He fought in the service for America and its freedoms. These people, both the students and the Guardsmen, were just caught in the middle for standing up and defending and exercising our freedoms. God, give us wisdom to do the right things. I write this with tears of remembrance.

> **Craig Strain** Dublin



May 2020

PLEASE NOTE: With the Stay Home Order Pastor Charlie and Pastor Todd will be speaking for all services. Services streamed live at streets4god.com, YouTube & Facebook. We pray for everyones safety and we thank you for your understanding in this matter.

Fri. May 1st: Pastor Charlie Barbettini Sat. May 2nd: Pastor Todd Garwood

Fri. May 8th: Pastor Charlie Barbettini Sat. May 9th: Pastor Todd Garwood

Fri. May 15th: Pastor Charlie Barbettini

Sat. May 16th: Pastor Todd Garwood

Sat. May 22nd: Pastor Charlie Barbettini Sat. May 23rd: Pastor Todd Garwood NOTE: Food to go orders only 11 am until 1 pm. Barbeque, Fries, Dessert and Drinks. The

Clothing Bank will remain closed during this time.

NOTE: 11 AM SUNDAY MORNING OUTREACH SERVICE AT THE STREETS Sun. May 24th: Pastor Todd Garwood

Fri. May 29th: Pastor Charlie Barbettini

Sat. May 30th: Pastor Todd Garwood

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Where's my check? Answers to common relief questions

By SARAH SKIDMORE

AP Personal Finance Writer

The US government has distributed about 130 million economic impact payments to taxpayers in less than 30 days. The IRS anticipates sending more than 150 million payments as part of a massive coronavirus rescue package.

The distribution has had some hiccups, including an overwhelmed website, payments to deceased taxpayers and money sent to inactive accounts.

For those still waiting or with other questions, here are a few answers.

WHERE IS MY PAYMENT?

The government can't logistically or physically make all the payments at once, so it's doing so

For those with direct deposit information on file with the IRS, based 2019 or 2018 tax return, payments began going out on

So, first make sure you're eligi-Payments started going out ble for a payment. Any U.S. citilast week to Social Security benzen with a Social Security numeficiaries, railroad retirees and ber who makes up to \$75,000 will get a payment of \$1,200; veterans who aren't required to file a tax return; these will conmarried couples who file jointly tinue through May. Individuals and earn less than \$150,000 will get \$2,400. The payment steadiin this group will get their relief by the same method they receive ly declines for those who make their other benefits, be that direct more, and phases out for those who earn more than \$99,000; or Others who are not required to \$198,000 for married couples. file tax returns, such as low-in-The thresholds are different for come individuals, were encourthose who file as head of houseaged to file basic information on

If you qualify, make sure the IRS has the current and necessary information. The IRS has a Get My Payment tool on its website for people to add their direct deposit information or track the status of their payment.

WHY WON'T THE TOOL WORK FOR ME?

The IRS has fixed some glitches with Get My Payment since the rollout. The experience may still not be perfect.

Community

out – especially the disabled and senior citizens who are afraid to go out shopping. We are able to distribute standard issue dry goods and frozen meats from Feeding America; breads, fresh fruit, and vegetables from Wal-Mart. During this time, if a senior citizen doesn't have a ride,

who will pick up food for them." Heritage Cares serves between 400 - 500 families per month.

they can call Agency on Aging

Pastor Dennis Jones and his wife, Cheryl of Dublin Baptist Church distribute food and supplies on Tuesdays and Wednesday from 10 a.m. to 2 p.m. Members of the church have made face masks for distribution, also.

Pastor Jones, who had been praying for a baby infected with RSV (respiratory syncytial virus), began doing extensive research about viruses. In January, while investigating a company that was working with a vaccine, Jones was alerted about the COVID-19 virus in Wuhan. Realizing the potential magnitude of the virus, he began to purchase supplies and food to help sustain his church and community in case of crisis.

"We purchased 300 pounds of beans, 300 pounds of rice and boullion cubes; and combined them into individual packages consisting of one pound of beans, one pound of rice and bouillion.

Continued from Page A5

the IRS website. Without this in-

formation, the government can-

Anyone who is eligible but

does not have direct deposit in-

formation on file will be mailed

a check. Those began to go out in

late April, but that process might

take several months because of

in order from lowest income to

All payments were prioritized

distribution limitations.

highest income.

deposit or mail.

not issue a payment.

We included preparation instructions for people unfamiliar with cooking items that were not pre-packaged or pre-cooked. We also included the Rev. Billy Graham pamphlet, 'Steps to Peace with God' with every food packet," commented Jones.

"Other churches have donated items to us for community distribution. We've received items from the Dublin United Methodist Church, Pulaski Church of God, and other organizations.

Pastor Terrie Sternberg of Trinity Luthern Church in Pulaski reports that, "We, along with other area churches, are providing beautiful hand-crafted face masks for long-term care facilities, social workers, and people in resident facilities. A group of five women from our church's Quilting Ministry have started a Facemask-making Ministry and produced over 300 face masks with more coming. One of the women had sustained a broken ankle before the COVID-19 lockdown but is still pursuing her sewing while nursing her injury."

Sternberg also noted that Pastor Will Shelton of First United Methodist Church in Pulaski has initiated the "Pulaski Prays for Teachers Project," along with Rev. Melissa McNair-King of first Presbyterian Church in Pulaski and Pastor Sternberg.

Partnering with 24 other Pulas-

ki County churches across eight different denominations, they have agreed to pray for every Pulaski County School employee by name. That's every teacher, bus driver, office staff, you name it, with one person praying for one employee by name.

As of this writing, prayer volunteers have covered 83 percent of the 697 school system employees and committed to pray for them from now through the summer.

Dr. Paige Cash, Robinson District representative on the Pulaski County School Board noted the effort during Monday's board

Many other individuals and organizations are contributing to the well-being of our community in various ways, some of which are not yet in the foreground. Individuals like Anthony Akers, Pastor Don Hanshew of Dublin United Methodist Church, Joe and Kelly Blankenship of City of Refuge, New River Valley Community Services and Taking It To The Streets Ministry are working to bring resources together that will further benefit the commu-

If you know of other individuals or organizations who are striving to enhance the Pulaski County community during this time, please contact The Patriot at: news@pcpatriot.com

Some taxpayers say they still cannot get past the first step of entering their basic information name, address and adjusted gross income. The information entered must exactly match that on tax returns. Look closely for minor differences, such as spelling out Street instead of abbrevi-

Several users said they had success with putting the address in all caps, as suggested by the LA Times. The IRS says, however, that the entry line is not case sensitive. It did say removing all punctuation may help.

If these fail, consider using 2018 tax return data.

A word of warning: Three unsuccessful attempts to log on in one day will leave a user locked out for 24 hours as a security pre-

WHY AM I GETTING ERROR MESSAGES ON **GET MY PAYMENT?**

The "Payment Status Not Available" response has vexed many users.

It means the IRS cannot determine your eligibility right now. There are a few reasons for this. First, you didn't file a 2018 or 2019 return, or it hasn't been fully processed. Or the site simply doesn't have the information available yet; the agency is adding more data for use every day. It updates the information overnight daily.

MY DECEASED RELATIVE GOT A PAYMENT. DO I HAVE TO PAY IT BACK?

It's unclear.

President Donald and Treasury Secretary Steven Mnuchin have said that these payments should be returned to the government. However, the IRS has yet to issue formal guidance, saying it's aware of the problem and working to resolve it. Experts say because of a lag in reporting data on who is deceased, the error is almost inevitable and has occurred with past

stimulus payments as well.

I DIDN'T GET A PAYMENT FOR MY CHILD, WHY?

Parents can also get a payment of \$500 for each child, but the money only applies to eligible children, generally those 16 and under. You might not get the payment if someone else can claim them as a dependent or if they're not reflected on your most recent tax return, such as a newborn

People who receive Supplemental Security Income or Department of Veterans Affairs benefits also don't automatically get payments for dependents. They must add that information on the IRS website by Tuesday to get payment.

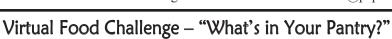
If you did not receive the full amount to which you believe you're entitled, for a child or otherwise, you'll be able to claim the additional amount on your 2020

I DON'T USE (OR DON'T RECOGNIZE) THE BANK ACCOUNT MY PAYMENT WENT TO. WHAT NOW?

If the account is closed or no longer active, the bank will reject the deposit and mail a check instead. It will go either to the address listed on your tax returns or the one on file with the U.S. Postal Service, whichever is

This is a common problem for people who got a refund anticipation loan, refund anticipation check or had their refund loaded onto a prepaid debit card. In these cases, the relief payment may have been directed to the real or virtual account associated with the product. But again, if the account is closed or inactive, it will be rejected and a check will be mailed.

The IRS has corrected an earlier online error, which told users that some rejected payments were being sent to the same account a second time; they are not and will be mailed.







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 <u>Virtual Food Challenge - "What's in Your Pantry?"</u> 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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FCHS student, Aspen Abner heads to Ivy League

From Wytheville Community College

With hopes to teach English as a second language, Aspen Abner will soon trade high school and dual enrollment college classes for the Ivy League. Abner will complete an Associate in Arts and Sciences Degree in General Studies from Wytheville Community College (WCC) as she also graduates with an advanced diploma from Fort Chiswell High School (FCHS). This fall, Abner has been accepted at Harvard University to study linguistics.

Abner gained an appreciation of world languages when she was given the opportunity to study abroad in summer programs offered by two other Ivy League schools, Brown and Yale Universities. In the Brown University program, she was able to spend time in Rome while studying Italian, and at Yale University she traveled to Beijing, China, to study Chinese. Abner has also studied French at FCHS as a part of her advanced diploma curric-

Unfortunately, COVID-19 has disrupted many of the milestones of Abner's senior year, yet she remains high spirited and has adjusted well to remote delivery of the remainder of her classes. Abner attributed the ease of transition of classes to the fact that many of her dual enrollment

classes with WCC were already online and that her high school class that had to transition was French, a class that she felt very comfortable in before moving to remote instruction.

In addition to her love to languages, Abner stated one of her favorite classes at WCC was a summer class she took directly with WCC that was offered on-

"Mr. [Josh] Floyd [, WCC Dual Enrollment Coordinator] was always helpful when it came to my dual enrollment classes," said Abner. "He has been quick to get right back to you when you need something and continually kept us updated during the transition."

In addition to the love of language, Abner also found time during her busy high school schedule to be involved in multiple clubs and sports. Some of her extracurricular activities included Marching Band, Tennis, MACC, and Mu Alpha Theta.

"WCC is very proud of Aspen's accomplishments," said Floyd. "I am confident that she will do well as she continues her education at Harvard."

WCC Dual Enrollment is offered to area high school students to provide an opportunity for students to receive college credit while completing their high school diploma. Many dual enrollment students are able to complete a degree or certificate



WCC photo

Aspen Abner will be heading to Harvard University this fall.

before their high school graduation. For more information about WCC Dual Enrollment, contact Josh Floyd, Dual Enrollment Coordinator, at (276)223-4110 or ifloyd@wcc.vccs.edu.

Remaining productivve when working from home interaction for the foreseeable

For Ramsey Solutions

As of mid-April, about 95% work-from-home experiment in

ty for innovation. It's critical that you stay as productive as possible during this time—for your

Create a schedule

the coronavirus shutdown will last. For now, you need to think of this as your new normal and get into a regular routine.

wake up at the same time every morning, get dressed, show up, and work hard—just like you would when you go into the office. If you have kids, especially little ones, then writing and posting a physical schedule is a must. Look at the day (or week) ahead and plan out meetings, schoolwork, screen time for the kids and even chores that need to get done. Involve your kids in the planning process, too. It will really help them buy in and participate.

Also, make sure to power down at the end of the day. You don't have a physical commute that separates you from the office, so create a ritual to help you disconnect. Walk the dog, go on a short drive, or get in a solid workout.

Set clear boundaries with your family or roommates

sharing your home and your office with other people. If you're not clear about your expectations, and respectful of what everyone else needs, you'll start to feel tension rise up.

on a conference call.

of Americans—or 306 million people—were placed under a stay-at-home order to stop the spread of the coronavirus. This means that in a matter of days we'd been thrown into the largest

But disruption is an opportuni-

own career, for your company, and for our larger economy. With that in mind, here are eight tips for working from home, whether you've been doing this for years or just a few days.

No one really knows how long

Unless you live alone, you're

If you live with other adults, then you should be able to set clear expectations in just one or two conversations. But if you're married or have kids, it's a good idea to have a regular check-in to make sure you're all on the same page. Ask your roommates (or family) to be respectful when you're digging into a project or

Take your personality into account

Some of you introverts are having the time of your life working from home. Some of the extroverts out there are panicking about not having human

future. Don't feel guilty because your routine looks a little different from your coworker's, or even your spouse's.

Reflect on how it's going, and check in with yourself from time to time. Are you easily distracted? Do you need to move around and be active? Are you able to sit down and just knock out work hour after hour? Be patient with yourself as you settle into a rhythm.

Understand what technology vou need

Now's the time to make friends with your IT department. You'll probably run into a few snags as you figure out technology from home. Ask your leader about the software you'll need and make sure you're able to access it. You don't want to waste time at home because you don't have the tools you need to get the job done.

Create a workspace

Having a space for your home omce will nelp you stay focused and get into work mode. It also helps you create a physical boundary to separate you from roommates or family. If you don't have a home office, you might need to claim the dining room table or a desk in your bedroom. Make it personalized and keep it

Step up the communication

Your success as a remote worker boils down to one thing: your ability to communicate with your leader and team. And if you're in leadership, then it's even more critical for you to communicate well as you manage your team remotely.

At the same time, don't let the digital communication overwhelm your productivity. Unless your position requires you to be on call, feel free to unplug from notifications when you need to focus. Just communicate to your teammates as to when you'll be available again.

Take breaks

When you work remotely, it's easy to blur the lines between life and work. Some people tend to work extra-long hours, and others might be tempted to slack off. Neither extreme is healthy. By scheduling breaks throughout your day, you give yourself something to look forward to.

Have some fun

Working from home has its perks, and you should enjoy them. Take advantage of the slower pace. Play with your dog once in a while, or have breakfast as a family.

Also, make sure to have fun with your coworkers. Share fun pictures and updates from your life, in addition to the "business

as usual" communication. It will help you strengthen your relationships, and make the whole experience feel more unified!

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Most ACC schools aim to re-open in fall

AP Sports Writer

Eight of the 14 football-playing members of the Atlantic Coast Conference are making plans for reo-pening campuses this fall while four others have publicly said they are exploring scenarios for a return following the outbreak of the coronavirus pandemic.

Reopening campuses for in-person instruction is a crucial step toward restarting college sports, which were shut down in March. Commissioners of the nation's major football conferences told Vice Presi-dent Mike Pence last month that college sports couldn't return until campuses have reopened, while the NCAA's chief medical officer said last week that widespread testing for COVID-19 would be critical to restarting sports.

Football stands out in particular, both with its preseason camps scheduled for August and its status as the revenue driver when it comes to conference TV deals. The ACC's first football games are sched-uled for Sept. 3, with Clemson visiting Georgia Tech and North Carolina State visiting Louisville.

So far, Clemson, Georgia Tech, Louisville, Miami, North Carolina, N.C. State, Virginia and Virginia Tech have all publicly stated the goal of having campuses open for fall classes,



assuming that health officials advise it is safe to do so.

"Our expectation is to begin our fall semester on time and on campus, so long as we can do so safely," Miami president Julio Frenk said in a video statement last month. "And we look forward to welcoming you back."

Louisville president Neeli Bendapudi was equally optimistic in a Sunday letter to the university com-munity.

"As spring draws to a close, the most frequent question I get is this: 'Will we back on campus in the Fall?" she wrote. "My unequivocal answer is: Yes!"

Still, Clemson president Jim Clements cautioned the "return to a new normal is going to happen in phases" beginning this summer, while Virginia president Jim Ryan said in a video message this week that the "hope" is to have in-person instruction as officials work "night and day to figure out how we might do that safely."

burgh, Syracuse and Wake Forest – say they are examining multi-ple scenarios for a potential return in the fall. Duke has said the strategy team examining steps for a potential return in the fall is due to make a preliminary report by June 1, while Pittsburgh chancellor Patrick Gallagher said last week that the school would likely share plans with students and their fami-lies by early July.

Boston College and Florida State haven't specifically addressed plans for reopening campus this fall.

There's also Notre Dame, a member of all league sports outside of its football independence. The school has a May 15 target for deciding how to operate for the second half of summer courses.

"That of course will help inform also the decision about moving forward beyond that," athletic director Jack Swarbrick said Tuesday.

"It also plays into the issue of when the

football team would return and the circum-

stances under which they'd be preparing: are the dorms open in the traditional way they are for the summer? Is the dining hall available, is it open? Or are there some other arrangements we'll have to focus on?"



Locker Room

> Dan Callahan

'Stone' Skipping'

Recruiting: Cavs hot, Hokies take tumble

I'm getting a bit panicky. I'd love to see a ground ball up the middle for a single, just a simple single. How about a ground ball to shortstop and getting thrown out? I'll take it.

Last weekend I watched a Cornhole" competition for the second time. Then while channel surf-ing, I ran across the "Stone Skipping Playoff." Remember when you were a kid and down by the creek you would find the flattest rock you could and see how many times you could make it skip across the water? That's what it was! Then came an old replay from the "Wide World of Sports." It was 1984, I think. The "World Barrel Jumping Championships." Good friend Erby Turpin told me he watched lawnmower racing and even got excited. Desperation might be setting in. I think maybe we should go back to watching old western movies. Thank goodness we're getting ready to go racing in a few days.

VHSL officially cancels spring sports season CHARLOTTESVILLE, Va. – The VHSL VHSL Executive Director Dr. John W. "Bilimpossible to have a spring season without

Executive Committee during its May meeting today voted (31-0-1) to cancel all spring sports and activities for the remainder of the 2019-20 school year due to the ongoing threat of COVID-19.

"This extremely difficult decision was made knowing the great disappointment our student-athletes, academic activity participants, coaches, administrators, parents, and their communi-ties will experience. We share those same feelings as well," said ly" Haun. "We especially grieve with those senior athletes and activity participants who will not have an opportunity to represent their school or wear their school jersey one final time after years of hard work and ded-

"Any options for the spring sports season would require that COVID-19 no longer be a threat and pose no health risks to our student-athletes or to the public. Sadly, the situation has not changed and has made it putting people at risk.

"While we recognize the importance sports has on our students and communities, we need to follow all the regulations and recommendations from the Governor, the Virginia Department of Health. And the CDC. Every decision we make, and will make looking forward, will be in the best interest of our student-athletes and the public. Safety will always be our number one prior-ity."

NASCAR set to return May 17

By JENNA FRYER **AP Auto Racing Writer**

CHARLOTTE, N.C. (AP) — NASCAR plans to restart its engines with a flurry of races at two historic tracks.

NASCAR said Thursday it is set to return May 17 with an elite Cup Series race at Darlington Raceway in South Carolina, the first of seven events in an 11-day stretch across the top three series.

There will be no practice, no qualifying and drivers will jump into their cars for the first time since March 8 and attempt to tackle "The Track Too Tough To Tame."

"Events are going to look different than they have in the past," said John Bobo, NA-SCAR vice president of racing operations.

NASCAR has set guidelines to safely hold the events using CDC guidelines on social distancing and personal protective equipment. The entire venue will be used to maintain distancing in garage stalls and where the haulers are parked, while drivers will have to self-isolate in their motorhomes as they prepare to compete.

"Our priority right now is to try and get back racing in a safe way," said Steve O'Donnell, chief racing development offi-

NASCAR follows the UFC as the first major sports organizations to get back to work since the coronavirus pandemic shut down U.S. sports in mid-March. The Professional Bull Riding series resumed competition last weekend and there has been some horse racing.

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Life

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INSURANCE

NASCAR's revised schedule goes only through May and has a pair of Wednesday Cup races, fulfilling fans' longtime plea for midweek events. The first of those races will be at Darlington, three days after the return race at the 70-year-old, egg-shaped

Charlotte Motor Speedway will then host the Coca-Cola 600 on May 24 to mark 60 consecutive years the longest race on the NASCAR schedule will be held on Memorial Day weekend. The track in Concord, outside NASCAR's home base of Charlotte, will then host a Wednesday race three days

There also will be lower-tier Xfinity and Truck series races at the two tracks. The North Carolina governor has said the the Charlotte races can be held as long as health conditions in the area do not deteriorate.

This has been a proactive effort to put our motorsports industry back to work and boost the morale of sports fans around the world," said Marcus Smith, president and CEO of Speedway Motorsports. He said "sports fans around the world need this, a return to some sense of normalcy with live sports on TV, and NASCAR is uniquely positioned to deliver it from a competition standpoint."

NASCAR suspended its season March 13 with only four of its 36 scheduled races completed. The stock car series, heavily reliant on television money and sponsor payments, has vowed to complete its full schedule. The revised schedule for now stays at tracks within driving distance of Charlotte-based race teams and in states that have started reopening.

O'Donnell said NASCAR wanted to get seven events completed within driving distance of North Carolina before it resumes competition in states that require air travel and hotels.

NASCAR has completed a fully revised schedule but would not reveal it Thursday as so much relies on the pandemic and guidelines in different states.

Darlington will now have three coveted Cup races for the first time in track history. It is also scheduled to open the playoffs with the Southern 500 on Sept. 6. Because the track now has two additional dates, NASCAR will lose two Cup races from its other properties. The same goes for Speedway Motorsports, which gained one additional race so far and will have to forfeit one at another facility.

"For the couple tracks where we need to move an event, we want to do that in the right way," O'Donnell said. "We just want to take a little time here before we're able to announce that."

Almost all teams began returning to their shops this week with either a reduced initial workforce or in split shifts. Now that NASCAR has told the teams where it will be racing this month, they can start preparing cars suitable for the two tracks.

Although Florida and Texas invited NA-SCAR to compete in those states without spectators, the sanctioning body is holding off on announcing races in those states because of the travel required.

ACC Football Recruiting:

Clemson is Clemson. In a relatively short period of time in the history of college football, the Ti-gers have become elite. They got off to fast recruiting start and then seemed to settle in. Clemson does not recruit like a lot of programs. The talent the Tigers pursue is a cut above what most are able to recruit. But Mack Brown and Carolina came on the scene and the Tar Heels are still there, and I predict will stick.

Over the past 33 days UVa has been hot. The Cavaliers probably had the best month in program history in football recruiting in April. In all over the past five plus weeks the ACC has had 38 football commitments. Until this week, Clemson was surprisingly the

only program without one. Carolina has the top class in the ACC, Clemson is second, Miami third, and UVa fourth. That will change in time at least somewhat, but UVa has landed six solid commitments over the past five weeks plus a very promising transfer from Mississippi State at quarterback. That's Keytaon Thompson, a 4-star recruit in 2017 and a top 200 player in the country. Those in the know say he's a bigger version of Bryce Perkins. That would be pretty good. Thompson is eligible immedi-ately and has two years of eligibility left. At the moment at least, the Wahoos are whoop-

ing it up. Now re-enter the Tigers. Just a few hours ago Clemson nailed the number one rated all-purpose running back in the nation, Will Shipley from Matthews, North Carolina. Every major program in the country wanted these 5 stars who is rated the 22nd best player in the country. It came down to Clemson and Notre Dame. Shipley pretty much said at his announcement, the Irish may have been able to win him over, but he got to visit Clemson multiple times and the virus stopped him from being able to visit the Irish. But now Clemson is back with the number four rated class in the nation with only 10 commitments. All programs rated higher have four to seven more players than the Tigers.

That should give everybody pause for concern. Clemson is now one of the programs that



540-838-2109

As you know my shop and others like it were temporarily closed by the Governor in response to the COVID-19 crisis. But we'll re-open just as soon as we're allowed. I hope you'll come back and see me then!



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See CALLAHAN, page B2

On Lookout For Wildlife

Last week I told of seeing turkeys along two different country roads. Being a successful hunter or fish-ing person doesn't always mean you have to cover large distances in the woods or boat a big portion of the river or wade streams for a couple of miles for good fishing. A good example is squirrel hunting as you only need to wait under trees that show evidence of cuttings of hickories on the ground.

You, the hunter, should get there early on a frosty morning and wait for "Sam" and the rest of his gang to show up and the familiar sound of chips of hickory shells hitting the ground. When the tree limbs begin shaking you can sight your prey and the shooting begins.

Even on stand for deer hunting is another good example. I was once on top of Big Walker Mountain with a hunting buddy waiting for deer to come across the mountain and I was a couple hundred feet out the mountain from my friend Jim. I heard what I thought was a deer coming up the south side of Big Walker. It was two turkeys and I nailed a big fat gobbler with my scoped Parker-Hale 30-06.

You may get on stand for a deer on opening day and you wait and wait for the big buck you have spotted traveling the trail beside your stand in the preseason and he's a no show. One problem its pouring down rain and you strike out into the woods, hoping to jump a deer. The only problem is yourself, (even deer have enough sense to get in out of the weather). You then come to this realiza-tion after you are soaking wet and return to camp or your house and get by a warm fire that you should never left that morning in the first place.

I recall a time of being eleven or twelve and I was in a large sugar maple that leaned out over Little Creek below our house and saw this big smallmonth bass that looked to be eighteen inches long at least. I hoped to get a chance to fish for him later as I was in the tree enjoying another pastime, We called them "skill pots" (painted turtle - real name) and my 'Little Creek Gang" buddies like to take a 22-rifle and shoot them as they came to the water surface or crawled out onto the banks across the Creek. I had shot two or three of these turtles when up to the top floated a large mud turtle which I shot. It dropped below the surface and I assumed dead like the skill pots that turned upside down on the bot-tom with orange and white showing from their undersides. I soon heard something crawling out on the bank and it was the mud turtle with a bullet hole on its back

I had heard mud turtle was good to eat and was noted to have the taste of several meats, i.e. ham, beef, chicken. I took



Woods, Water & Wildlife

W.A. "Doc" Davis

it to our backyard and my dad was sitting there reading his favorite Reader's Digest magazine. He had no objections to our trying to eat the turtle and as I had often helped my mother clean and dress chickens, I in similar fashion scalded the turtle in a pot and cut the shell off, removed the entrails and cut it into pieces and my mother, a great cook in her own right, fixed us a good country meal with mud turtle on the side. I do not recall if there were different tastes to the turtle meat. I will get into hunting them with some colleagues when I worked at the Celanese plant at Narrows and my ex-ploits with the Grand Daddy of the "big" small mouth bass in a later column.

This Sunday at 11 a.m., we parked our vehicle beside a car at the drive-in services of Max Creek Creek Baptist and Ms. Nancy Buckland was on the passenger side. I engaged her in a conversation about my columns and she said, "You need to put some recipes in there as you have done in the past." I won't do that for wild game (especially mud turtle) or any domestic meats as the latest news stating the virus pandemic may cause a shortage there.

There is one called "Mini-Balls." The Mini ball of Civil War fame was not "ballshaped," but a muzzle-loading spin-stabilized bullet for rifled muskets named after its developer, Claude-Etienne Minie, in-verter of the French Minie rifle. The mini balls of this recipe are balls-shaped as follows: 1 stick of but-tah; one cup or brown sugah; 1 cup of flaked coconut; 1 cup of chopped nuts; 1 cup chopped dates; 2 cups Rice Crispies. Mix nuts, coconut and crispies in bowl. Melt buttah, add sugah and dates. Stir while boilin' for 7 minutes at low heat. Pour over dry ingredients. Mix.

Now, very rapidly make this into 50 little balls and roll them around in confectionery sugah.

We regret to say that the song Dixie did not originate in the South. It was written by New England poet, Albert Pike, in 1850 before we had a chance to

Preacher Mike Coleman brought an inspiring sermon at our outdoor services Sunday which was well at-tended. We hope to be able be back in the sanctuary next Sunday for Mother's Day where all reading this are invited to come and join our fellowship.

As I have related "Be on the Lookout for Wildlife," or WATCH. This was the text that Preacher Mike brought using Mark 13: 32-37(KJV). It speaks of Jesus telling His disciples no one knows

the day or hour that the Lord will return again. It is given in parable form in verse 34.

"For the Son of man is as a man taking a far journey, who left his house, and gave authority to his servants, and to every man his work, and commanded the porter to watch."

Take a Bible and read all 32-37 verses to get the full meaning. The world-wide epidemic is bad, but everyone needs to realize the signs about us are evidence of His imminent return. He could come in the next micro-second and you are not ready, you will have to face eternity which is forever. You can know Him by reading John 3:16 today - then "WATCH."

Until next time

Shula, NFL's winningest coach, dies at age of 90

MIAMI (AP) — Measuring Don Shula by wins and losses, no NFL coach had a better year. Or

He looked the part, thanks to a jutting jaw and glare that would intimidate 150-pound sports writers and 300-pound linemen alike. He led the Miami Dolphins to the only perfect season in NFL history, set a league record with 347 victories and coached in six Super Bowls.

Near the end of his career, Shula's biography in the Dolphins' media guide began with a quote from former NFL coach Bum Phillips: "Don Shula can take his'n and beat you'n, and he could take you'n and beat his'n."

Shula died Monday at his home across Biscayne Bay from downtown Miami, the team said. He

"If there were a Mount Rushmore for the NFL, Don Shula certainly would be chiseled into the granite," Dolphins owner Stephen Ross said in a statement.

Shula surpassed George Halas' league-record 324 victories in 1993 and retired following the 1995 season, his 33rd as an NFL head coach. He entered the Pro Football Hall of Fame in 1997, and the induction ceremony took place at Canton, Ohio, 70 miles from his native Grand River.

Shula became the only coach to guide an NFL team through a perfect season when the Dolphins went 17-0 in 1972. They also won the Super Bowl the following season, finishing 15-2.

Shula was born Jan. 4, 1930, and raised in Painesville, Ohio. He played running back at John Carroll University in Cleveland and cornerback in the pros for seven seasons with Cleveland, Baltimore and Washington. He entered coaching as an assistant at Virginia in 1958.

Shula became the youngest head coach in NFL history when the Baltimore Colts hired him in 1963

Hokies add Diarra in hoops

BLACKSBURG -Tech head men's basketball coach Mike Young has announced the signing of grad transfer Cartier Diarra on Wednesday.

Diarra, a guard from Kansas State, will be able to play immediately for the 2020-21 academic vear and has one season of eligibility remaining. One of the more versatile players in the Big 12, Diarra was a three-year letterwinner for the Wildcats and racked up 40 games of scoring in double figures.

'We couldn't be more excited that Cartier decided to finish his career a Hokie," Young said. "He brings immediate experience and depth to our backcourt and boasts tremendous playmaking ability. We have a great amount of familiarity of Cartier as a player

and person, with Chester Frazier coaching him at Kansas State. We are looking forward to getting back on the floor when the time allows and are thrilled Cartier will be a part of that."

Cartier Diarra (pronounced Car-tee-YAY JOTT-ah) 6'4", 185 lbs. - Guard Florence, S.C. West Florence HS | Kansas State

Kansas State: Played in 95 games, drawing 58 starts ... 2020 first-team Academic All-Big 12 ... Averaged 13.3 points, 3.8 rebounds, 4.2 assists and 1.8 steals per game in 2019-20 and was one of only seven players nationally to average that stat line or better ... One of only two Big 12 players to rank in the league's top five in assists and steals and top 15 for scoring this past season ... Led the Wildcats in 20-point games, boasting five in 2019-20 ... Earned Big 12 Player of the Week after scoring a career-high 25 points against Tulsa thanks to a career-best six 3-pointers ... Had 15 games of owning two or more steals this past year ... Posted the first 10-assist outing by a Kansas State player since 2014 and led the Wildcats in assists in 21 games last year.

Personal: Cartier Ducati Diarra ... Born in Manhattan, New York on Feb. 6 ... Son of Sirima Diarra and Danyelle Lee ... Brother of Abraham, Cyncere and LadiRoyale ... Majored at Kansas State in human development and family sciences.

Callahan

selects as much as it recruits. That's what happens when you lose only five games in five years. Ohio State is still number one, Carolina two, Tennessee has been red hot and has vaulted up to three. UVa has the 20th rated class, West Virginia 33, but Virginia Tech has just taken a huge fall all the way down to the 51st rated class in the

It's still fairly early in the process and teams can move up and down the rankings much faster than will be the case in a few months, but just two weeks ago the Hokies had moved up to 27, and have fallen 24 spots.

The reason is not a surprise. Four-star Texas quarterback Dematrius Davis has decommitted from Va. Tech. It had been speculated for a couple weeks that would likely happen. Most believe Da-vis is likely to end up at Auburn, but this week he did not say where he was going, just that he was no longer committed to the Hokies.

Tech has tried to move fast. Three-star Lucas Coley was offered quickly the same day after the loss of Davis. Coley too is from Texas, San Antonio. He is also a duel threat quarterback and has been offered by Houston, Arkansas, Washington State, UNLV, and Vanderbilt, among others.

UVa has hit the mark on play-

Continued from Page B1

ers from all around the country the past month. Adding to the transfer Thompson at quarterback is four-star defensive end Josh McCarron of Washington. All other commitments for the Cavaliers are three stars.

UVa also landed a quarterback from Texas, Jacob Rodriguez, also a duel threat, Michael Green, a wide receiver from Williamsburg, Micah Gaffney, a cornerback from Alabama, and William Simpkins, another cornerback from Maryland.

A very interesting commitment for UVa is West Weeks, a linebacker from Georgia. Weeks will no doubt get bigger than his present 200 pounds as he will be a linebacker for the Cavaliers, however, he is a speed linebacker. Weeks returns punts and kickoffs for his high school team, and also plays wide receiver on offense. It would not be a surprise if before the process is over, Weeks becomes a four-star recruit. His video is very impressive, an impressive athlete.

In many ways college football is trying to operate business as usual. In recruiting some programs do not seem to have been injured by the virus. It's obvious also that a lot of other programs have been hurt.

When you are a program that depends on developing athletes you have lost valuable time, but also those programs that need to

sell themselves, that need that campus and home visit, are finding things hard. That's a huge reason why UVa's success recently is so impressive. It is also obvi-ous that some recruits have likely made their decisions a little sooner than planned because you don't know when you will be able to visit a college campus. A borderline recruit cannot afford to wait, and then be left behind, or not be able to go to the school he really wanted to. Evidence of that is that the number of recruits across the country in Power Five Conferences is about the same as a year ago at this point.

I do believe we will play college football in 2020. The season may start a bit late and there may need to be some adjustments. If state health officials feel it is safe to play and for people to watch, the games should go on. The ramifications of not playing are staggering, not only to foot-ball, but most of the other sports as well. And politically speaking, if you were the governors of Alabama, Ohio, Florida, Texas and so on, would you want to announce to your state there would be no football? Re-election would be in jeopardy.

Region's Biggest Recruit:

That would actually be a recruit for the 2022 class, and it would be junior Gunner Givens of Lord Botetourt. He transferred down from Covington two years ago. He could possibly end up being one of the most sought-after high school players ever from this end of the state. Givens is a 6-6, 280 offensive tackle that also plays on the defensive front for LB.

The schools hoping to get Givens' commitment almost reads like a who's who in college football. He has been offered by all the regional schools, Va. Tech, UVa, WVU and all the others, but he has also already been offered by defending national champion LSU, Florida State, Alabama, Notre Dame, Penn State, Texas A&M, and every ACC school other than Clemson, but that wouldn't come as a surprise.

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Please call 540-980-2251 after 5 p.m. and no calls after 8:30 p.m. Leave message and I will return your call as soon as possible.

Three guns for sale. No. 1 – A .38 special Model 856, six-shot revolver, made by Taurus. Stainless steel with 2-inch barrel with concealed hammer. New in box and never fired. \$325. No. 2 - .40 caliber 10-shot semi-automatic, blue steel pistol made by Hi-Point Arms with 41/2-inch barrel. New in box, never fired. \$250. Call 540-818-1939.

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

Have several CBs and CB accessories and "Secret CB" Magazines for sale. Call 540-994-0266.

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

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

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

540-629-9003.

FOR SALE: AUTOS

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

WANT TO BUY

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

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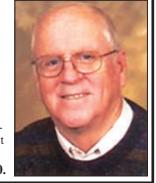
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Do we tithe on our stimulus check?

Dear Dave,

Should my wife and I tithe on our stimulus checks? She thinks we should, but I'm not sure. In my mind, we already gave our money to Caesar—so to speak—and now he's just giving it back. What do you think?

Dear Luke,

Well, it's your money you're getting back. The government doesn't really create anything, it only takes money from us. And in this case, it gave you back some of what it took. I don't really see that as a tithing circumstance.

The other side of the coin is that you really can't go wrong being generous. The tithe is your baseline for generosity. You shouldn't tithe or not tithe because of a set of rules, but if you're having a theological or philosophical discussion about the tithe and how it works, I think your reasoning is sound.

It's certainly not a salvation issue, but generosity is a good rhythm to have in your life. And honestly, these stimulus checks are kind of like tax refunds. You gave it to the government, and now they're giving it back.

So, in my mind it's okay either way. I've just always had an attitude of when in doubt, it's better to give.

Dear Dave,

We make about \$70,000 a year, and we're debt-free except for our house. We're following your plan, and just started saving for retirement, but we only have \$15,000 left on our mortgage. We can have that paid off in six or seven months, so would it be okay to go ahead and pay off our home as soon as possible before continuing to save for retirement?

Nate

Dear Nate,

I'm generally pretty hardcore about sticking with the proper order while doing the Baby Steps. But in your case, with such a small amount left to pay on your home, I think I'd go ahead and knock that out.

Most of the people I talk to still have six figures left on their mortgages. There's a big difference between that and the situation you two are in right now. Think about it, you guys could be completely debt-free by Christmas, and you've already started

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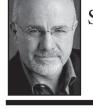
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to make a move on retirement planning. I say go for it!

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

NRCA Emergency Assistance Programs offer aid

New River Community Actions Emergency Assistance Programs offer aid to individuals and families experiencing financial crises. The agency helps with the following basic needs:

- Rental and mortgage payment assistance up to \$700 per year
- Utilities payment assistance –
 up to \$500 per year
 Food, household supplies,
- Food, household supplies diapers and infant formula monthly

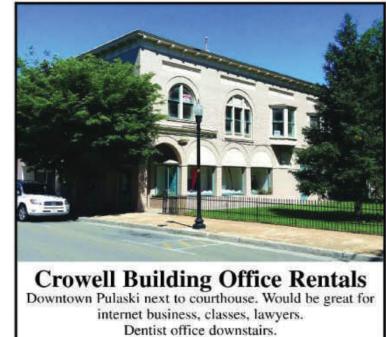
Assistance is available for households with incomes up to 200 percent of the federal poverty guidelines (example: \$52,400 for a family of four).

For information and assistance,

individuals may call their local New River Community Action Emergency Assistance Program:

- Floyd County: 540-745-2102
- Giles County: 540-921-2146Montgomery County: 540-
- 382-6186 or 540-381-1561
 Pulaski County: 540-980-
- 5525 • Radford: 540-320-7460
- New River Community Action staff are providing assistance without person-to-person





\$150 to \$350 per month.

Call Penny at 540-250-7367

Page B4 - The Patriot - May 8, 2020

Face masks make political statement in era of virus

WASHINGTON (AP) — The decision to wear a mask in public is becoming a political statement — a moment to pick sides in a brewing culture war over containing the coronavirus.

While not yet as loaded as a "Make America Great Again" hat, the mask is increasingly a visual shorthand for a debate pitting those willing to follow health officials' guidance and cover their faces against those who feel it violates their freedom or buys into a threat they think is overblown.

That resistance is fueled by some of the same people who object to other virus restrictions. The push back has been stoked by President Donald Trump—he didn't wear a mask during a Tuesday appearance at a facility making them—and some other Republicans, who have flouted rules and questioned the value of masks. It's a development that has worried experts as Americans are increasingly returning to public spaces.

"There's such a strong culture of individualism that, even if it's going to help protect them, people don't want the government telling them what to do," said Linsey Marr, a Virginia Tech engineering professor with experience in airborne transmission of viruses.

Inconclusive science and shifting federal guidance have no doubt muddied the political debate. Health officials initially said wearing masks was unnecessary, especially amid a shortage of protective materials. But last month, the Centers for Disease Control and Prevention began recommending wearing cloth masks in public to prevent transmitting the virus to others.

Whether Americans are embracing the change may depend on their political party. While most other protective measures like social distancing get broad bipartisan support, Democrats are more likely than Republicans to say they're wearing a mask when leaving home, 76% to 59%, according to a recent poll by The Associated Press-NORC Center for Public Affairs Research.

The split is clear across several demographics that lean Democratic. People with college de-

grees are more likely than those without to wear masks when leaving home, 78% to 63%. African Americans are more likely than either white people or Hispanic Americans to say they're wearing masks outside the home, 83% to 64% and 67%, respec-

The notable exception is among older people, a group particularly vulnerable to serious illness from the virus. Some 79% of those age 60 and over were doing so compared with 63% of those younger.

"Who knows what the truth

"Who knows what the truth is on masks?" asked Republican Kentucky Sen. Rand Paul, who, unlike some of his colleagues, went without a mask Tuesday in the Senate. Paul already contracted the virus and believes he is no longer contagious.

His comments were a long way from New York Gov. Andrew Cuomo's moral argument for the mask a few days earlier.

"How people cannot wear masks — that to me is even disrespectful," Cuomo said. "You put so many people at risk because you did not want to wear

a mask?"

Effectiveness aside, politicians of both parties are clued into the powerful symbolism of the mask, and many Americans take their cues from the president.

Trump was barefaced when he spoke to masked journalists, workers and Secret Service agents at the Arizona factory Tuesday. He later said he briefly wore a mask backstage but took it off because facility personnel told him he didn't need it.

But Trump has been mask averse for weeks. Within minutes of the CDC announcing its updated mask recommendations, he said, "I don't think that I'm going to be doing it."

Trump has told advisers that he believes wearing one would "send the wrong message," according to one administration and two campaign officials not authorized to publicly discuss private conversations. The president said doing so would make it seem like he is preoccupied with health instead of focused on reopening the nation's economy — which his aides believe is the key to his reelection chances in November.

Moreover, Trump, who is known to be especially cognizant of his appearance on television, has also told confidants that he fears he would look ridiculous in a mask and the image would appear in negative ads, according to one of the officials.

"It's a vanity thing, I guess, with him," House Speaker Nancy Pelosi said of Trump on MSNBC. "You'd think, as the president of the United States, you would have the confidence to honor the guidance he's giving the country."

That's left those around him.

That's left those around him unsure of how to proceed. White House aides say the president hasn't told them not to wear them, but few do. Some Republican allies have asked Trump's campaign how it would be viewed by the White House if they were spotted wearing a mask, according to two campaign officials who spoke on condition of anonymity because they weren't authorized to discuss private conversations.

Meanwhile, Trump's reelection campaign has ordered red Trump-branded masks for supporters and is considering giving them away at events or in return for donations. But some advisers

are concerned the president will later sour on the idea, according to one campaign official.

That uncertainty was on display last week, when Vice President Mike Pence went maskless at the Mayo Clinic in Minnesota. He later acknowledged he should have worn one and did use a mask during a subsequent trip to a ventilator plant.

The issue has been far less fraught for Democrats, whose presumptive presidential nominee, Joe Biden, has said he wears a mask when interacting with the Secret Service.

Dilemmas for politicians and other Americans are only going to increase as parts of the country begin easing stay-at-home orders and businesses reopen with new rules. The tensions have already flared in Michigan, where a man was shot and killed over a mask dispute at a store.

One of the earliest communities to require masks in public was Laredo, Texas. A \$1,000 noncompliance fine was negated by an order from the governor, but Mayor Pete Saenz said his community is still asking citizens to comply so hospitals aren't overtaxed with new cases.

"We don't want to violate anyone's civil liberties," Saenz said. But "we can't help you, if it's beyond our medical capacity, whether you exercise your civil liberties or not."

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LEGAL NOTICES

NOTICE OF PUBLIC HEARING REGARDING PROPOSED WATER, SEWER, AND GARBAGE SERVICE RATE AND FEE INCREASES BY THE TOWN OF DUBLIN

Pursuant to the authority granted by the Virginia Code §§15.2-927, et seq. 15.2-2109, et seq., and pursuant to Chapters 12, 13 & 16 of the Dublin Town Code, the Town Council of the Town of Dublin, Virginia will hold a public hearing on Thursday, May 21, 2020 at 7:00 p.m. in Council Chambers at the Dublin Town Center, 101 Dublin Park Road, Dublin, Virginia, to consider enactment of an ordinance increasing the rates and fees for water, sewer, and garbage services as follows:

Service	2019/2020	Proposed	
New water and sewer application	\$25.00	\$25.00	
Water disconnection or reconnection	\$60.00 \$60.00		
New water service (only) security deposit	\$150.00 \$150.00		
New sewer service (only) security deposit	\$100.00	\$100.00	
New garbage service (only) security deposit	\$50.00	\$50.00	
Combined, new water, sewer and garbage services security deposit	\$200.00	\$200.00	
Sewer connection fee,in town, 3" or 4" line	\$1,500.00 \$1,500.0		
Sewer connection fee, out of town, 3" or 4" line	\$1,600.00	\$1,600.00	
Water connection fee,in town, 3/4" line	\$1,500.00	\$1,500.00	
Water connection fee, out of town, 3/ 4" line	\$1,600.00	\$1,600.00	
All other water or sewer connections (total cost to be determined prior to connection)	Act. Connect. Costs plus \$1,000.00	Act. Connect. Costs plus \$1,000.00	
Customer requested water meter replacement	\$150.00	\$150.00	
Customer requested water meter accuracy test	\$55.00	\$55.00	
Monthly infrastructure rehabilitation fee- residential water and/or sewer	\$2.00	\$2.50	
Monthly infrastructure rehabilitation fee- commercial water and/or sewer	\$3.50	\$3.50	
Return Check Fee	\$50.00	\$50.00	

Water, Sewer and Garbage	2019/2020	Proposed rate	
Water	2000 Min		
Water - Residential In Town	\$22.26	\$24.49	
	\$5.80/1000	\$6.38/1000	
Water - Residential Out of Town	\$30.79	\$36.33	
	\$6.62/1000	\$7.81/1000	
Water - Commercial In Town	\$24.43	\$26.14	
	\$5.50/1000	\$5.89/1000	
Water - Commercial Out of Town	\$32.51	\$35.76	
	\$7.50/1000	\$8.25/1000	
Water - Industrial In Town	\$32.91	\$36.20	
	\$6.50/1000	\$7.15/1000	
Water - Industrial Out of Town	\$37.40	\$41.14	
	\$7.50/1000	\$8.25/1000	

Water - Industrial In Town	\$32.91	\$36.20 \$7.15/1000	
The state of the s	\$6.50/1000		
Water - Industrial Out of Town	\$37.40	\$41.14	
44 0000 L00000 District Queen * 10 C 2000	\$7.50/1000	\$8.25/1000	
Sewer	<u>1500 min</u>	Proposed	
Sewer - Residential In Town	\$10.21	\$11.74	
	\$5.25/1000	\$6.51/1000	
Sewer - Residential Out of Town	\$11.94	\$14.32	
	\$6.00/1000	\$7.80/1000	
Sewer - Commercial In Town/Out of Town	\$22.50	\$27.00	
	\$4.84/1000	\$6.15/1000	
Sewer - Industrial/Manufacturing	\$93.50	\$107.53	
	\$6.11/1000	\$7.02/1000	
Garbage	Rate	Proposed	
Garbage - Residential	\$15.00	\$17.00	
Garbage - Commercial/Industrial	\$22.00	\$24.00	
Dumpster (6 cu. Yd)	\$28.00	\$31.00	
Dumpster Rent	\$18.50	\$21.00	

LEGAL NOTICES

PUBLIC NOTICE

The Pulaski County Board of Supervisors will convene on Monday, May 18th, 2020. In accordance with the Code of Virginia, the Board of Supervisors will host three (3) public hearings on this date, beginning at 7:00 p.m., or as soon thereafter as it can be heard, on Monday, May 18th, 2020 in the Board Room of the County Administration Building, 143 Third Street, NW, in the Town of Pulaski to receive comments about the applications as listed below;

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

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

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

The agenda items are available at the Board Document link on the Planning & Zoning Webpage. http://www.pulaskicounty.org/planning-zoning.html

The public can request information and/or submit comments as part of the public hearing process, by using any one of the following methods; **E-mail:** Send information request or public comment to Elaine Holeton at eholeton@pulaskicounty.org **Phone:** Contact Elaine Holeton at 540-980-7710 or 540-440-0025 to learn more, or to have your comment transcribed for the public hearing. **Regular Mail:** Send your request for information or your comment to; Planning & Zoning Department, County of Pulaski, 143 Third Street, NW, Suite 1, Pulaski, VA 24301. **In Person:** By attending the meeting at the location listed. For disabled individuals who may require special auxiliary aids or services, the County upon request will make reasonable accommodations available. Contact the County's ADA Compliance Officer at (540) 980-7800 (TDD

accessible) or (540) 980-7705, ten (10) days prior to the above meeting date to arrange for these special accommodations.

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

usual critics cheer

WASHINGTON (AP) — The U.S. government has opened the spigots and let loose nearly \$3 trillion to try to rescue the economy from the coronavirus outbreak — a river of debt that would have been unthinkable even a few months ago.

And yet the response, even from people who built careers as skeptics of federal debt, speaks to the gravity of the crisis: Almost no one has blinked.

With the U.S. economy in a frightening free-fall, they say, the government has no choice but to pour trillions into an emergency operation. Doing less would risk a catastrophe — a recession that could devolve into a full-fledged depression. And if that were to happen, the government's fiscal health would end up far worse.

What's more, the lessons of World War II and the 2008 financial crisis suggest to many that a combination of ultra-low interest rates and eventual economic growth can keep government debts manageable and prevent a budget

In a sign that investors worry more about a deep recession than about whether the government might eventually struggle to repay its escalating debt, the yield on the benchmark 10-year Treasury note remains well below 1%. Many analysts say that while soaring federal debt may end up slowing an eventual recovery, there won't be any recovery if the government doesn't borrow and spend aggressively

"Like most folks, I'm not especially concerned about deficit and debt now," said Donald Marron, director of the Tax Policy Center, a Washington think tank. "Interest rates remain low. Immediate health and economic concerns must take precedence."

Nonetheless, the numbers are shocking. After Congress passed four programs to sustain the economy through the COVID-19 crisis, the budget deficit — the gap between what the government spends and what it collects in taxes will hit a record \$3.7 trillion this year, according to the Congressional Budget Office.

On Monday, the Treasury Department announced that it will borrow \$2.99 trillion in the April-June quarter, blowing away the previous quarterly record of \$569 billion, set in the recession year of 2008, and eclipsing the \$1.28 trillion it borrowed in the bond market in all of 2019. By the time the budget year ends in September, the government's debt — its accumulated annual deficits — will equal 101% of the U.S. gross domestic

product, according to the CBO. Policymakers are trying to fend off catastrophe. The lockdowns and travel curbs meant to contain the virus are battering the economy. GDP is expected to fall at a 40% annual rate from April through June. That would be the worst quarter since 1947. Over 30 million have sought jobless benefits since the virus struck.

ELECTION REMINDER

The deadline for Pulaski County Registrar Kathy Webb to mail a ballot for the Town Elections is Tuesday, May 12th.

The deadline for in person voting is Saturday, May 16th.

REMINDER: If Town voters received a ballot by mail, it must be returned to the Registrar's Office by 7 pm on election day for it to be counted. Ballots can be personally hand delivered by the voter or mailed to 87 Commerce Street, Pulaski. We are open 8:30 to 4:30 daily.





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As U.S. piles up debt Saltville man who lied about to aid economy, even his death pleads guilty to fraud

ville, Va., man, who lied about his own death in order to hide assets from the federal bankruptcy court and later fraudulently assumed the identity of an attorney from Florida to further the scheme, pleaded guilty yesterday in U.S. District Court in Abingdon to a series of crimes, United States Attorney Thomas T. Cullen announced.

"In an effort to game the bankruptcy system, Mr. Geyer devised a made-for-TV plot that ultimately collapsed under its own weight," U.S. Attorney Cullen stated today. "The audacity of his fraud scheme not only shocks the conscience, but it offends the integrity of our judicial system."

"Despite its complexity and shameless use of deceit, including against his own wife, Mr. Geyer's scheme failed to account for the FBI's and the US Attorney's office's commitment to protect both fraud victims and our judicial system." Special Agent in Charge of the FBI's Richmond Division David W. Archev said today. "Yesterday's guilty plea is a just and fitting end to Mr. Geyer's audacious plan. We are grateful for the USAO's efforts and assistance in this case."

Yesterday in U.S. District Court, Russell Geyer, 50, pleaded guilty to one count of contempt of court, one count of bankruptcy fraud, one count of wire fraud, and one count of aggravated identity fraud. At sentencing, Geyer faces up to life in federal prison. He will be sentenced on August 6, 2020, at 2:30 p.m.

According to court documents, Geyer devised a scheme to defraud the United States Bankruptcy Court through a series of deceptive statements designed to hide assets and maintain control of collateral. These actions included, but were not limited to, repeatedly lying about fake medical conditions, including prostate cancer, bone cancer, cardiac issues, a brain aneurysm, and pneumonia.

On August 30, 2019, the attorney working for Geyer informed the court that he had received an email purportedly from Russell Geyer's wife, stating that Russell was dead. In fact, Russell Geyer had sent the email posing as his

At a September 5, 2019 hearing, Mrs. Geyer testified that her husband was alive and that neither she, nor Russell Gever, had been out of town and in the hospital for the serious medical conditions claimed by the defendant throughout the case.

During the September 5, 2019 hearing, Russell Geyer's attorney read into the record an email he received from an attorney in Florida indicating that the Florida attorney had sold some of the assets involved in the bankruptcy proceedings without the Geyers' knowledge. The email further stated that he had complete control of Russell and told him to kill himself. The attorney concluded the email with "I am on a plane out of the country."

The investigation determined that the Florida attorney whose name was used in the email actually exists but had nothing to do with this case. Instead, Russell Geyer used the Florida attorney's name and a bogus email account to send these emails without the Florida attorney's knowledge.

Further investigation revealed that Geyer had assumed the Florida attorney's identity to fraudulently obtain \$70,000 from his own wife. Geyer told his wife that he was going to receive more than \$1 million in a settlement from a case that the Florida attorney was handling for him. Geyer said he needed money to pay the attorney's fees before the money would be released. Geyer then used a bogus email address and an app that disguised his voice to pose as the Florida attorney and to confirm that a settlement was imminent. It was all untrue.

This case was investigated by the Federal Bureau of Investigation. Assistant United States Attorney Randy Ramseyer is prosecuting the case for the U.S.

\$4,348,010

LEGAL NOTICES

NOTICE OF PUBLIC HEARING REGARDING PROPOSED MEALS EXCISE TAX INCREASE BY THE TOWN OF DUBLIN

Pursuant to the authority granted by the Virginia Code §58.1-3840, and pursuant to Article 6 of Chapter 7 of the Dublin Town Code, the Town Council of the Town of Dublin, Virginia will hold a public hearing on Thursday, May 21,2020 at 7:00 p.m. in Council Chambers at the Dublin Town Center, 101 Dublin Park Road, Dublin, Virginia, to consider adoption of the following ordinance to increase the excise tax imposed by the Town on meals ("meals tax") from the current 5.5 % of the selling price of each taxable meal to 7.0% of the selling price of each taxable meal. The full text of the proposed ordinance is:

Effective July 1, 2020, the excise tax on every meal, as "meal" is defined in §1(c) of Article VI of Chapter 7 of the Code of the Town of Dublin, and which meal is sold to, or prepared for sale to, the ultimate consumer within the Town of Dublin, without regard to the location of delivery or possible use by the purchaser, shall be 7.0% of the selling price of such meal. Only meals on which such excise tax may not be levied pursuant to Virginia Code §58.1-3840 (as specified therein) and §13 of Article VI of Chapter 7 of the Code of the Town of Dublin shall be exempt from this tax.

All persons desiring to comment on the proposed tax rate increase should submit their comments in writing to the Dublin Town Manager prior to the hearing, or, subject to current health safety regulations, may appear before the Council at the above-stated time and place

Copies of the proposed ordinance are available for review in the Dublin Town Treasurer's Office.

NOTICE OF PUBLIC HEARING TOWN OF DUBLIN FISCAL YEAR 2020-2021 BUDGET

The Dublin Town Council will hold a public hearing regarding the proposed budget for fiscal year 2020/2021 at its regular meeting starting at 7:00 p.m. on May 21, 2020 in the Council Chambers at the Dublin Town Center, 101 Dublin Park Road, Dublin, Virginia. Attendance and comment by the public is welcome, subject to current health and safety regulations. The Dublin Town Council will then convene for approval of a budget for fiscal year 2020/2021 at 7:00 p.m. on June 18, 2020 at the Dublin Town Center, 101 Dublin Park Road, Dublin, Virginia.

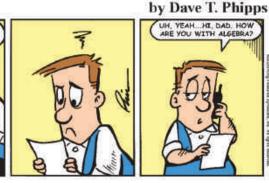
The following is a synopsis of the proposed budget and is published for informational and fiscal

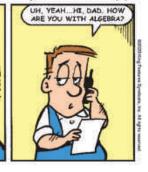
General Fund	2020-2021		
Revenue:			
Real Estate & Personal Property Taxes	\$336,300		
Other Local Taxes	\$377,833		
Licenses and Permits	\$63,000		
Fines	\$14,688		
State Revenue	\$188,967		
Miscellaneous Revenue	\$286,120		
Total General Fund Revenue	\$1,266,908		
Expenditures:			
General Administrative	\$184,731		
Police	\$410,266		
FireMarshal	\$9,977		
Fire	\$91,658		
Street Department	\$3,000		
Street Lighting	\$20,900		
REM SI, Inc.	\$6,800		
Recreation Department	\$2,500		
Capital Outlay	\$38,986		
Debt Service	\$92,540		
Nondepartmental	\$325,550		
General Fund Balance	\$50,000		
General Fund Cash Flow Reserves	\$30,000		
Total General Fund Expenditures	\$1,266,908		
Enterprise Fund			
Revenue:			
Water Sales	\$1,686,417		
Sewer Fees	\$531,240		
Solid Waste Collection/Disposal Fees	\$239,000		
Dublin Industrial Park	\$624,445		
Total Enterprise Fund Revenues	\$3,081,102		
Expenditures:			
WaterDepartment	\$1,301,679		
Sewer Department	\$324,600		
Nondepartmental	\$350,590		
Capital Outlay	\$206,879		
Solid Waste Collection/Disposal	\$130,662		
Dublin Industrial Park	\$545,884		
Debt Service	\$150,808		
Enterprise Unrestrictive Reserves	\$70,000		
Total Enterprise Fund Expenditures	\$3,081,102		
Washington and the second of t			

Total Budget-Revenue & Expenditures for both Funds









Out on a Limb

by Gary Kopervas



R.F.D. FOR ME, POTATOES ARE LIKE POTATO CHIPS.

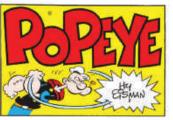
WE SHOULD CHANGE OUR LAST NAME TO "TURNER"



The Spats























Just Like Cats & Dogs



LAFF-A-DAY



"Who wants to scream first?"



"You're lucky, I have to put up with him AND his ___

SCRAMBLERS Touch SCARES LATER Debris UFREES HEETR TODAY'S WORD King Crossword

16

19

22

21

ACROSS

- Kills, slangily 5 Make up your mind
- 8 Padlock fastener

18

30

33

48

- 12 Polio vaccine pioneer
- 13 Born 14 Sheltered, at
- 15 Reacted to sun glare
- Hot dog holder

sea

- 18 Sugar suffix
- 19 Charged bit
- 20 Chin indentation
- 21 Kreskin's claim 22 Montana or
- Namath
- 23 Baghdad resi- 49 Ostrich's kin dent
- Feast
- 30 Frill for
- Fonteyn Bear hair
- 32 Radius neigh-
- bor In need of laundering
- 35 Bishop's headdress
- 36 Present 37 Corral
- 38 Engine
- 41 Fish's flipper 42 Fire residue
- 45 Pinnacle
- 48 Enticement
- 46 Hotel chain

49

20 Opposed

23 "Monty

24 Trench

Python"

opener

standstill

21 They occur

in March and

September

- 50 A bit too tight 10 Ego 51 Doctrines 11 Hide
- 52 "Gosh!"
- 53 Skillets

DOWN buco

- 2 Webpage list, 22 Pickle containoften
- Chimney channel
- 4 Tackle the slopes
- Winning 6 Hammerhead 26 Unopened
- part

- Williams
- flower Slugger 27 Last: Abbr.
- - 8 Buffoon
- - 28 Away from WSW
 - © 2020 King Features Synd., Inc.

9 Lotion additive 29 Pitch

50

- 31 Only a small number
- 16 Unless, in law 34 Neither mate
 - 35 Carte
 - 37 Fit of resentment
 - 38 Neighbor of Niger
 - 39 Piece of work
 - 40 Expression
 - 41 Notoriety
 - 42 Actress
 - Paquin
 - 43 Dazzle 44 Crones
 - 46 Journey segment

Rodriguez

47 AOL, for instance

1. GEOGRAPHY: Which is the only country to have three capital cities?

2. MOVIES: What year did the first Academy Awards ceremony take place?

GENERAL KNOWLEDGE: In police radio code, what does 10-31 mean?

4. U.S. STATES: What state would a

5. LANGUAGE: What does the Latin phrase "carpe noctem" mean?

6. GAMES: What color property is Kentucky Avenue in the Monopoly

7. ANIMAL KINGDOM: What do you call an animal that eats plants and meat?

8. SCIENCE: What is the study of

9. MEDICAL: What is a more com-

10. AWARDS: Which group has received the most Nobel Peace prizes?

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10. The International Committee of

five), Bloemfontein (judicial) and Preto-

South Africa — Capetown (legisla-

the Red Cross, with three awards

9. Chickenpox

5, 1929 ria (administrative)

8. The study of fungi 7, An omnivore 6. Red 5. Seize the night 4. Indiana 3. Crime in progress

Trivia Test Answers

Hoosier come from?

board game?

mycology?

mon name for varicella?



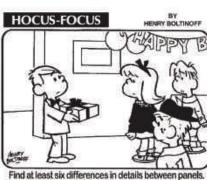
BEST COMPANIES TO WORK FOR

- 1. Hilton
- 2. Ultimate Software
- 3. Wegman's Food Markets
- 4. Cisco
- 5. Workday
- 6. Salesforce
- 7. Edward Jones
- 8. Stryker
- 9. American Express
- 10. Kimpton Hotels &

Restaurants Source: Fortune, 2020

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Differences: 1, Door is added, 2, Balloon is add 3, Girl's sweater is different, 4, Boy is missing. 5, Cake is added, 6, Giff bow is different.

CryptoQuip

Clue: C equals T UMZ ETCKWR CYLC KYQWUTKVME L

BLRTVG PXG'E LZBXV BLVV BQWR

PQLKM: "RG CYQMM ETUE."

02020 King Features Synd., In

FATHER

Today's Word

3. Refuse; 4. Ether 1. Caress; 2. Alert;

uojinjos

SCRAMBLERS

Solution time: 21 mins. Answers

King Crossword

"My mother's idea of natural childbirth was giving birth without makeup."

— Robin Williams

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New sitcom that chronicles a grace. "My Three Sirs."

CryptoQuip



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V J G T D(T) Z W T Q N K H D A

X U R E HIOIP M J G D A X V S

Q N K I C|G|E F D A X P V T Q

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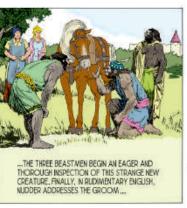
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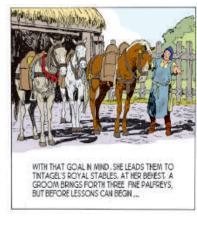
DBZYWRSVANOHVTO

RYQONEOEFFOSTEB









IT IS DECIDED THAT IT WOULD BE BEST TO ALLOW THE GENTLEMEN-IN-TRAINING TO WALK TO CAMELOT.





Aboard Day In all The rage
At once Dressed up In one piece Together
Bets off Due respect Night Told
Clear Fours Over

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Seed Tape Box

It's spring and time to plant the seeds that grow into vegetables and flowers that often are tasty salads for deer, rabbits, squirrels and other local wildlife. In 1790, a Shaker religious community started to sell packets filled with seeds saved from the previous year. It was a new idea. Seeds for farmers had only sold in bulk quantities. At first the packets held only vegetable seeds, but by the mid-1800s, flower seeds also were sold. Sometime before 1918, Shaker seed tape was invented and sold.

Today, gardeners can buy seed tape for hundreds of plants or make their own. Just unroll some toilet paper and press one or two seeds into the paper at spaced intervals. Then roll up the paper utill it's time to plant. The seed tape (toilet paper) can be stretched into a shallow line in the dirt, then covered with more dirt, watered and kept free of weeds. Rows of plants will come up in a few days.

The American Seed Tape Company of Newark, New Jersey, had a seed tape brand called Pakro that advertised in farm publications from 1918 to at least the 1920s. Recently, a Wm Morford advertising auction offered an early cardboard Pakro seed tape display box that held 60 different types of seed tapes in original small boxes with color pictures like those on the packets. The 15- by 18-inch display sold for \$1,033.

CURRENT PRICES

Fireplace fender, rectangular panel, cherubs, scrolls, ball finials, c. 1880, 10 1/2 x 41 in. \$390.

KOVELS Antiques & Collecting

By Terry and Kim Kovel



Advertising collectibles are very popular today despite decreased interest in displaying old signs in family restaurants, a popular decorating idea in the 1980s. This seed tape box is in great condition with original small boxes of seed tape filling each compartment. It sold for \$1,033.

Doorstop, organ grinder and monkey, red jackets, double sided cast iron, 1920, 10 in. \$480.

Plate, yellow hand, figure, holding urn, green, blue, Viola Frey, c. 1986, France, 6 1/2 in. \$550.

Baby Grand Piano, Steinway & Sons, high gloss black, E grade, bench, c. 1999, 60 x 57 in. \$2,400.

TIP: Recycle your unused ashtrays as drip-catching candle-holders, trays for change on your bedroom dresser or as a dish for imitation sweeteners.

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



- * "If you seal your jelly jars with wax, here's a good tip: Place a small piece of string into the wax before it hardens. Then, you'll be able to pull on the string to remove the wax when you are ready to enjoy your homemade goodies!" -- U.L. in Maine
- * Get your charcoal grill to light quickly by sacrificing a handful of Doritos in a paper bag. Light the bag and get ready to BBQ!
- * "I had a pair of tights that had a run, so I was getting ready to toss them, but I cut off the leg and tied a travel size bar of soap in the middle, right about where the knee would be. I knotted it on either side so the soap would stay in place. I use it as a self-foaming back scrubber, and it really works well." -- P.B. in North Dakota
- * "If you have an item that must be cooked in the oven, see if there's any other foods you can prep cook with it. Better to have the oven on a couple days of the week instead of every day, and you can reheat a quick dinner another night." -- B.J. in Pennsylvania

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.

QJJ UQWIIWX YC OR QEF FCBE

JDTI HWDIEFXZDRX, JDTI

GQWWDQYIX, JDTI QENVZDEY

IJXI, QEF NCO UQE'V AQV Q

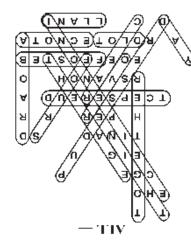
VZCOXQEF QJJ VZI VDGI.

KOJDI QEFWIBX

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All careers go up and down like friendships, like marriages, like anything else, and you can't bat a thousand all the time. — Julie Andrews

suswer Lyproguore



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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* Use melted ice cream in I use lightly

- * Use melted ice cream in place of cream in recipes for sweets. I use it as my own secret weapon when making frosting for cupcakes.
- * "My husband just loves homemade meatballs, because they are juicier than bagged and frozen ones, which can turn out very dry. To hold the moisture,

I use lightly ground oatmeal in place of breadcrumbs. I just toss a cup of oatmeal in the blender and give it a whirl. It doesn't need to be fine. The oatmeal really retains moisture and makes them so good!" -- J.J. in Florida

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

God puts rainbows of love in our lives

Part

When Noah lived God said to Noah, I want you to build an ark. A great ship that is to be 450 feet long, 75 feet wide and 45 feet high. It took Noah took 120 years of his life and built that huge ark. Noah was faithful to do exactly what God told him to do. Noah obeyed God. He did it by faith. And that is the proof of our faith. Faith is believing GOD WILL, even when there is no evidence to back it up.

Through the 120 years, Noah preached repentance, and the world was so wicked then that his preaching fell upon deaf ears. He never got one soul saved with the exception of his own family.

And this should be our main priority. To reach lost and dying souls for Jesus and especially the members of our own households. If we don't get our children saved, pray tell me who will? Wouldn't it be a terrible thing for us to get to Heaven and they wouldn't be there? So we need to make sure that we do everything possible in this life, to lead them to Christ for salvation.

We must make sure that we plant within them, as much of the seed of the word of God as possible and we must make sure to pray every day for them to be saved. God has given us parents the responsibility to get our sons and daughters saved so they don't end up in a devil's hell.

God shut and sealed the entry door to the ark and the rain started falling from out of the heavens and the fountains of the deep broke forth, and the whole earth was covered with water. 22.5 feet above the tallest mountain. And the whole population of the world was destroyed with the exception of Noah and his family in the ark.

After the flood waters abated, God made Noah a promise. That He would never again destroy the world by water. And as a sign, He placed a seven color Rainbow in the sky.

When the enemy comes in like a flood against us. When discouragement seems to be taking over our lives, God puts Rainbows in our lives to show us how to overcome adversity.

In the dark clouds of Sin, God puts a Rainbow in our lives called the Rainbow of Redemption.

When the shackles of sin are wrapped around us so tightly we can hardly catch our breath. When we are sinking down under the foaming brine for the third time. When we are hit with desperation, discouragement and despair, God puts a Rainbow in our lives called the Rainbow of Redemption.

"For God so loved the world, that He gave His only begotten son so that all who believeth in Him, should not perish, but have everlasting life." John 3:16.

God looked down through the scope of time and saw that we were lost and undone and in need of a Savior. He saw us when we were without hope.

So He sent His one and only Son to pay for our sins by His substitutional death for us on the cross, to redeem us from our sins and to save our unworthy souls.

And Jesus became our Redeemer.
A Redeemer is someone who

buys back something that was

See MCCRAW, page B7

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

Open Door Baptist Church

Sunday Night Power Hour, 6 to 7 p.m.

Wednesday Night 7 to 8 p.m.

Grace Kids and Teens Bible Study

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

ebastian Ruiz, Hispanic Pastoi 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.rolcdublin.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

Heritage Church

6:45 pm - 7:30 pm

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

Fairlawn Baptist 6758 Oxford Avenue

Fairlawn, VA 24141

First Missionary Baptist Church

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

Dublin United Methodist Church

Wednesdays: Prayer Meeting &

Bible Study 6:30 p.m.

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

Trinity Lutheran Church ELCA

e-mail - drapers.valley@dvpca.org

website - www.dvpca.org

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

Trinity United Methodist

www.trinitypulaski.org

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

Grace Ministries Church of God of Prophecy

ist-Church

Facebook.com/Fairlawn-United-Method-

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

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

Dublin Christian Church 5605 Dunlap Road

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

First Presbyterian Church 408 N. Jefferson Avenue, Pulaski

Pastor Melissa McNair-King (540) 980-2132
firstprespulaskiva@gmail.com
www.firstpresbyterianpulaski.org
Sunday Services:
Sept.-May: Sunday School, 9:45 a.m.,
Service 11 a.m.
June-Labor Day: Service 10 a.m.

Wednesday Family Night, 6 - 7:30 p.m.

Thornspring United Methodist Church

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

First Baptist Church

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

New Dublin Presbyterian Church

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

Community Christian Church

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

First Dublin Presbyterian Church (ECO)

409 Church Street, Dublin, Va. 24084 P.O. Box 2027, Dublin, Va. 24084 first-dublin-presbyterian-church-eco.com Minister:

The Rev. Dr. Olin Marsh Whitener, Jr.

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

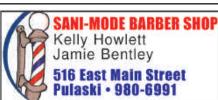
Pulaski Church of God

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

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305 Newbern Road, Dublin Pastor Elder Stephen Muse 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.









(540) 980-2101



Pulaski Christian Church, Inc.

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

Aldersgate United Methodist

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

First Baptist Church

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

Pulaski Presbyterian Church (PCA)

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

Sure Foundation Christian Fellowship

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

New Hope Chapel

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

Family Worship Center First Pentecostal Holiness 955 Memorial Drive, Pulaski

540-980-7287 Jeff Willhoite, Pastor Sunday School 9:45 a.m. Sunday Worship 10:45 a.m. KidsZone 10:45 a.m. Evening Worship 6 p.m. www.fwcpulaski.church

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Pulaski First Church of the Brethren

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

Abundant Life Ministries 3050 Lee Highway

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



Corner of Washington and **Main Street** Pulaski, Va. (540)509-5926

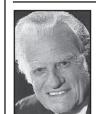
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My Answer

Billy Graham

Salvation found only in Christ

Q: It seems the debate about God being the same for all religions is taking hold with many people, yet many reject Jesus. Is the only true God the Father of Jesus and do they carry the same message? - G.J.

A: Jesus said, "For I have not spoken on My own authority; but the Father who sent Me gave Me a command, what I should say and what I should speak. And I know that His command is everlasting life. Therefore, whatever I speak, just as the Father has told Me, so I speak" (John 12:49-50). He goes on to say, "I and My Father are one" (John 10:30).

There's a scarcity of spiritual water throughout the world; people thirst for it. Yet we watch people going to the wrong watering holes searching for satisfaction - something that only Jesus can provide - the Water of life.

Just as we need water to drink for our physical needs, we also need spiritual water. Jesus said that the water He gives will become a spring of water welling up to eternal life (John 4:14).

God said, "For My people have committed two evils: They have forsaken Me, the fountain of living waters..." (Jeremiah 2:13). People everywhere are trying

to quench their thirst; their spiritual longings are evident by all the man-made religions. There are many bibles of various religions and they all begin with some flashes of true light, and end in utter darkness. Even the most casual observer soon discovers that the Bible is radically different. It is the only Book that offers redemption to us and points the way out of our dilemma through salvation found only in Christ

"Jesus stood and cried out, saying, 'If anyone thirsts, let him come to Me.... He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water" (John 7:37-38).

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



McCraw

Continued from Page B6 once theirs. A Redeemer is someone who comes to save, rescue, or deliver someone out of trouble by paying a great price for their freedom.

Jesus Christ is our living Redeemer because he came to save and deliver us out of sin by paying the greatest price that has ever been paid for anything or anyone.

The price that Jesus paid for our redemption was He shed every drop of His Life's blood, so that he may redeem us, deliver us, and save us from our sins.

Colossians 1:14 says, "In whom we have Redemption through his blood, even the forgiveness of sins."

I Peter 1:18-19 says, "Forasmuch as you know that you were not redeemed with corruptible things as silver and gold, form your vain conversation received by tradition from your fathers; But with the precious blood of Christ,

as of a lamb without blemish, and without spot."

Jesus is our Living Redeemer Who can pick us up when we are

Jesus is our Living Redeemer Who can strengthen us when we are weak.

No matter what problems that may come our way, just know that our Redeemer lives.

No matter what setbacks we may experience, just know that our Redeemer lives. No matter what pain that you or

I may be suffering from, just know that our Redeemer lives. He lives to take away our shame

and to give us eternal life. He lives to deliver us from every affliction, every disappointment, every trial, every persecution, every temptation, and from every bad thing that the devil sends our way.

Ephesians 1:7 "In Him we have Redemption through His blood,

the forgiveness of sins, according to the riches of His grace."

Jesus has redeemed us. He has bought us out of sin's slave market and has made us free. And when He redeems us, He gives us the blessed assurance that we'll never be auctioned off on sin's slave market again.

Christ, our Redeemer literally died on the cross of Calvary in payment for our sins, so that the blessings of God can come flowing down from out of heaven into our lives, like a never ending spring of living water.

Thanks to Jesus, our Redeemer, we are no longer under the curse of sin or of the law, and are now enjoying the sweet blessings of God on our lives. He puts a Rainbow of love within our hearts and souls and lets us know that He will never leave us or forsake us. He'll go with us, all the way.



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Page B10 - The Patriot - May 8, 2020

A basket of resources

FCS Extension Agent

Spring is my favorite season as the temperatures get a bit warmer, flowers of all colors begin to bloom, tree leaves peek out from the branches and, of course, the daylight hours increase. Children may also relate spring to egg hunts and baskets filled with goodies. We can all agree that this spring is different from any time most of us remember.

This article is my spring basket to you. It is filled with a variety of resources that have come across my desk recently. Some may be familiar to you and some new but all are relevant for this time. I hope you find them useful to you this spring.

Spring is often the time of year to open the windows, pull out equipment and start cleaning out all of the winter funk. Here are some resources to address some of the concerns we have

https://www.pubs.ext.vt.edu/content/dam/pubs ext vt edu/ FST/fst-368/FST-368-4C.pdf

https://extension.illinois. edu/sites/default/files/how to make bleach sanitizer.pdf

If anyone is eating outside of the home then that means takeout. There is always a concern for food safety but take out has some additional considerations. Check this out for more detail; https://www.fightbac.org/ take-out-sanity/

Maybe you are part of a community effort getting food to others, this publication provides guidelines; https:// www.fsis.usda.gov/wps/wcm/ connect/05f5933e-0a9c-4e9d-9be6-98fa3b5e8e3f/preparing-food-community-groups. pdf?MOD=AJPERES Or you have concerns about

purchasing groceries; https:// www.pubs.ext.vt.edu/content/ dam/pubs_ext_vt_edu/FST/fst-368/FST-368-17.pdf

Cooking at home may have its own challenges, run out of something or maybe need a new idea? Check for substitutions; https:// aces.nmsu.edu/pubs/ e/E131. pdf or check this site for ideas; https://www.choosemyplate. gov/eathealthy/recipes-cookbooks-and-menus

We love our families but we social-distancing may have its own challenges. Connect to these for information and ideas:

Balancing Life: Marital Relationships While Social-Distancing - Wednesday April 8 at 10am – https://virginiatech.zoom.us/j/176814398

"Staying at home and practicing social distancing in order to slow the spread of COVID-19 can strain even the strongest of relationships. Couples are suddenly spending all of their time together, while also juggling their work and parenting responsibilities. Add in housework, money concerns and other stressors, and many couples are feeling the strain. Some may even worry that their marriages won't survive. In this session, Dr. Megan Dolbin-MacNab, Director of Virginia Tech's marriage and family therapy doctoral program, will discuss ways to take care of your relationship in the midst of COVID-19. Tune in to learn more!"

Host: Dr. Crystal Tyler-Mackey; Expert presenter: Dr. Megan Dolbin-MacNab, LMFT

Provided by: Virginia Cooperative Extension, Human Development Program Team

Balancing Life: Teens, Stress and Anxiety While Social-Distancing - Friday, April 10 at

(check Facebook listed at end for link to session)

The COVID-19 pandemic has been stressful and has caused anxiety for many people. These emotions can be particularly strong in young people as they adjust to new schedules, separate from their friends, and find a new normal all while viewing the threat of illness and death from the pandemic. On top of that, they are around their family members all day, every day, with limited access to activities and social events. In this session, Dr. Kim Allen, Director of the Youth, Family, and Community Sciences academic program at North Carolina State University along with her two daughters, 16 year old Sofia and 19 year old Fiona, will present coping strategies for dealing with stress and anxiety in youth.

Host: Dr. Crystal Tyler-Mackey; Expert presenter: Dr. Kim Allen, BCC, CFLE, Associate Professor and Extension Specialist, NC State Extension

Provided by: Virginia Cooperative Extension, Human Development Program Team

We are all feeling stressed and it can be even more challenging for children. This site provides some suggestions; https://www. childtrends.org/publications/ resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic Want to keep their brains engaged, check this site for activities include virtual fieldtrips; https://wideopenschool.org/

Another concern many have relates to personal or business finances, here are two sites with many resources: https:// www.consumerfinance.gov/ coronavirus/ and https:// www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources

For more Virginia Cooperative Extension educational resources for you; https://ext.

To access additional information 'like' our state Family and Consumer Sciences Facebook

https://www.facebook.com/ pg/VirginiaFCS/events/

Weekly SUDOKU

Answer

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

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Challenges

As we all adjust to the new norm, whatever that might be, there are certain changes that are really standing out during this time. People are slowing the pace and coming "back home" in ways that we haven't seen or experienced in years. It's almost as if we are rediscovering the importance of having family time again. With that have come incredible acts of kindness and generosity. Maybe it's because the pandemic has been a social equalizer, but there are newfound signs of mutual respect for all professions. There are real heroes on the front line: doctors, nurses, first responders, and all those who are working to make it possible for our essential needs

COVID 19 has redefined leadership. We want leaders who will take a stand and put political agendas aside to do the necessary things. We are looking for leaders who are more concerned with people rather than solely with financial investments. During times like this it is easy to differentiate between those who are genuinely concerned about humanity and those who are merely looking to accomplish their own agendas.

to be met. People like cashiers,

truckers, and sanitation workers

our lives more safe and comfort-

are taking risks daily to make



Down To Business

Peggy White Pulaski Co. Chamber of Commerce

Genuine leaders are empathetic and compassionate toward others, and they are willing to help where needed. They know what is important in upholding the welfare of others, and they

quietly work to ensure that action is being taken to benefit the community.

This crisis has impacted our lives in such profound ways that we will not soon forget. Recovery might well take years. We have seen however, some incredible leaders, allowing us to be caring and concerned for those in our communities. Like the quote from Good Vibe, "You never know who your real friends are until you are in need. You'll be surprised who shows up."

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

Cooking from home

Sharon T. Rice, MSEd strice@vt.edu

One of the simplest ways to improve your health is by preparing home-cooked meals. Like most Americans, we are teleworking and now is a great time to prepare healthy meals at home. By cooking for yourself, you can ensure that you and your family eat fresh, whole-

I would like to share a few tips for getting started:

- Start with healthy ingredients
- Keep it simple. Steam veggies and grill fish or chicken.
- Cook enough for leftovers. - Choose whole grains. Pick whole grains over refined grains, at
- least 50% of the time
 - Cook a vegetarian casserole
- Keep cans of tuna, beans, tomatoes and frozen vegetables on hand for a quick meal
- Limit added sugar and salt when preparing meals

For more information on cooking basics, meal planning and recipes, please use this link: http://eatsmartmovemoreva.org/.

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