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WEEKEND WEATHER

Saturday

Partly sunny, with a high near 65. Northeast wind around 6 mph.

Saturday Night - Partly cloudy, with a low around 46.

Sunday

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Sunday Night - Partly cloudy, with a low around 44.

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Radford extends 50-person limit on gatherings to Nov. 1

By **MIKE WILLIAMS**
 The Patriot

Radford City Council on Monday night voted unanimously to extend until Nov. 1 a ban on gatherings of more than 50 people in the city in response to a huge increase seen in COVID-19 cases.

The limit on gatherings was first instituted in early August to run until Sept. 18 and be reconsidered during each meeting of council.

Mayor David Horton noted Monday night that the number of COVID-19 cases in Radford had grown over the past six weeks from 29 to well over 600.

Fortunately, Horton said, most of the cases have involved the young and healthy so there had been minimal hospitalizations.

"This is a very challenging time for the community," Horton noted. He mentioned Radford's

recent inclusion in a New York Times list of COVID-19 hot spots which listed locations across the U.S. that had seen the highest growth in per capita cases per 100,000 population over a seven-day period.

Horton told council a recent statement from the University of Virginia on their projection modeling for the city, as well as the Blacksburg-Christiansburg-Radford Metropolitan Area (which includes Pulaski, Giles and Montgomery counties) shows the area peaking at the end of September and beginning of October with COVID-19 cases around 2,300 to 3,000 per week throughout the area.

Horton said that as it gets colder, additional illnesses will become a factor.

"As we come inside one of our concerns is COVID-19 could gather more in indoor areas than

outdoor areas and could potentially increase the threat to the community," he added.

Horton said he believed it would be prudent for council to consider extending the limit on gatherings.

"Large gatherings simply are not a good idea," Horton said.

Horton said he had had people reach out to him to ask if they could have festivals and gatherings along that line.

"The advice is it's probably just not a great idea," he said.

Horton said council could re-visit the situation closer to Halloween.

"Halloween is not regulated by the government and we will certainly have some recommendations the department of health and other agencies will likely give us as to safe ways to enjoy the holiday. We're not changing

See RADFORD, page A2

Local churches to take part in national 'Return' event

By **DANIELLE REID**
 The Patriot

"I feel an urgency for believers to not only be made aware, but also to participate in this day of prayer and repentance. I realize that not only the nation and the world needs to repent, but the Church as well. I want God to hear from heaven and forgive our sins and heal our land," emceed Denise Burroughs. Burroughs was referring to an upcoming event called "The Return" taking place on the National Mall in Washington, DC on September 26th.

Burroughs, who attends Freedom Fellowship at 1730 West Street in Radford, said her Pastor Jerry Collins has been in touch with members of The Return and has arranged for their church to be one of the simulcast live stream locations starting at 9:00am on the 26th.

Collins has personally met one of the sponsors, Rabbi Jonathan Cahn, through his friendship with Evangelist Perry Stone and says



that he believes he and his church needed to extend this opportunity to the community. "If we don't seek this opportunity now (referring to repentance and turning back to God during The Return) we may lose the opportunity for revival in America. The Church has to lead the way to get back to God. If judgement begins in the House of God, then the return has to start there," explains Collins.

He believes it is a mandate from God and time for the Church to come together and understand the unity of purpose. "The mandate of the Church is to preach the Gospel to the nations. At this time more than ever, we need a unified effort in repentance, turning back to God and setting an atmosphere for revival."

See RETURN, page A3

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LewisGale Pulaski names Radford DAISY Award winner

LewisGale Hospital Pulaski (LGHP) Emergency Department Registered Nurse Kellie Phipps is the recipient of the second quarter 2020 DAISY Award for Extraordinary Nurses. The award is part of the DAISY Foundation's mission to recognize the extraordinary, compassionate nursing care they provide patients and families every day.

Kellie was nominated for the care she showed to a young visitor. When a single father was recently hospitalized, his young son was not permitted to visit due to the COVID restrictions. Kellie noticed the boy sitting in the waiting room and realized that the patient's child had probably not eaten since it was well past lunch time. Kellie contacted the dietary staff and had them prepare a meal for him. She even went a step further and made sure someone was available to care for him while his father was receiving medical attention. Due to her perceptiveness, she went



Kellie Phipps, R.N.

above and beyond for the child as she stepped in to provide "care like family."

Nurses, like Kellie and so many others, are heroes every day. Our leadership at the hospital strives to make sure our nurses, along with many other staff, know their

work is highly valued and our recognition programs enable us to do that," said Christine Ludwig, LewisGale Hospital Pulaski chief nursing officer.

DAISY is an acronym for Diseases Attacking the Immune System. The award was established by the family of a patient who succumbed to an autoimmune disease in 1999. The care the patient and his family received from nurses while he was ill inspired this unique means of thanking nurses for making a profound difference in the lives of their patients and patient's families.

Nurses are nominated for the award by patients, families, and colleagues. Honorees are selected quarterly based on the nominations that have been received. Each chosen recipient, selected by a committee, receives a certificate, a special pin and mug and a uniquely designed sculpture called A Healer's Touch, hand-carved by artists of the Shona Tribe in Zimbabwe.

Continued from Page A1

Halloween and we're not saying you can't celebrate, but large gatherings are not a good idea.

Each member of council expressed their approval of extending the ordinance.

The ordinance limiting gatherings to 50 or less does not prohibit activities such as church services, funerals and peaceful protests.

Councilwoman Naomi Huntington said she believes the issue council needs to continue examining is whether the threat posed by larger gatherings is serious enough to prohibit them.

"Based on the escalation of cases we are seeing in the New River Valley and knowing we are not an island - we are interacting with our neighbors on a daily basis - I do believe the ordinance continues to be merited at this time," Huntington said.

Later during discussion, Horton noted that a lot of people haven't considered that another spike in COVID-19 cases could result in the New River Valley and Southwest Virginia having to go back into a Phase 2 or even Phase 1 situation.

"Even if we don't choose to, the Governor's office may," he said.

"There's not a person on council who wants to do this [extend the ordinance deadline] but it's something we feel we need to do to help our community," Horton added.

Council's action to extend the city's limit on gatherings does not affect activities on the campus of Radford University, which has a 10-person limit on gatherings.

Like Radford City, however, the university also has exemptions to its gathering limits that allow for larger gatherings as long as face masks are worn by participants and physical distancing is practiced.

That will allow for a planned student-led gathering Saturday afternoon on campus called The Bigger Picture Rally and March.

The rally is described by Horton - an administrator at Radford University - as "student voices expressing their concerns about issues with race and equality while exploring ways to create a future where all people experience a just society regardless of race, creed, color, national origin, gender and so forth."

RU President Brian Hemphill noted the event is "not an external event and only Radford University students, faculty, and staff will be provided access to campus."

He also notes that, "Consistent with public health guidance, Saturday's outdoor event will require mandatory face coverings and physical distancing. The student organizers have committed to following the masking and distancing requirements and ensuring all event attendees do the same. Individuals refusing to wear face coverings or maintain physical distancing will not be permitted to participate."

See more from Horton, Hemphill and Pulaski County Supervisor Chairman Joe Guthrie on the event on page A8.

PET OF THE WEEK



We're planning a yard sale here at the animal shelter to raise money for a low-cost spay/neuter clinic. The clinic will be located within the shelter and will provide low-cost vaccines and spay/neuter surgeries for the community.

If you have items you'd like to donate for the yard sale, please bring them by the shelter or call 674-8359 for more information. Date: Saturday, September 26th Time: 8am - 2pm

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Efforts falter to require schools to provide in-person options for students

By Sam Fowler
Capital News Service

RICHMOND -- An effort to require Virginia school districts provide in-person classes to students with poor internet access during the COVID-19 pandemic is most likely dead.

House Bill 5009, introduced by Del. Mark Cole, R-Fredericksburg, would require public schools to offer in-person classes to elementary, middle and high school students who have substandard internet connections at home.

The bill was referred in August to the House Committee on Education during the Virginia General Assembly special session, but the legislation still hasn't been addressed as the legislature nears crossover day—when each chamber must act on bills for them to advance.

“Anything still left in committee, will essentially die. So it doesn't look like this bill will progress,” Del. Joshua Cole, D-Fredericksburg, who co-sponsored the bill,

said in an email.

Mark Cole's bill would have required schools to provide in-person instruction to individuals who can't access an internet speed of more than 10 megabits per second download and one Mbps upload.

“This is an equity issue,” Mark Cole wrote in an email earlier this month. “Some children do not have access to the internet or internet of sufficient capacity to be able participants in online instruction, primarily rural and poor children.”

More than 1 million public school students were slated to start school in an online-only format, according to data posted in August by the Virginia Public Access Project. That includes Fairfax County, home to almost 189,000 students. More than 269,000 children were set to start school in a hybrid format that offers in-person and online instruction. Many of those students are located in rural areas. Hanover County, which

See OPTIONS, page A7



The Family worship Center on Memorial Drive in Pulaski where Jeff Willhoite is the Pastor, will be simulcasting “The Return” on Saturday, September 26 beginning at 9:00am. “The Return” which is being held in Washington, DC on the Mall, is a clarion call to Christians to fast, repent and pray for our nation. Multiple Christian denominations, pastors and organizations are coming together in what is considered a Kairos moment, joining in unity and purpose to diligently pray for revival in our nation and around the world. The idea corresponds with Rabbi Jonathan Cahn's books, including The Harbinger and The Harbinger II. Cahn and Evangelist Mario Murillo are the impetus for the prayer event. Also sponsoring a simulcast of “The Return” in Radford is Pastor Jerry Collins of Freedom Fellowship. Freedom Fellowship will be simulcasting “The Return” on September 26 from 9:00am to 9:00pm. Both locations are open to the public. Social distancing and COVID-19 requirements are recommended.

Return

Continued from Page A1

al. Some want to bypass the return and just enjoy the fruit of revival, but we can't enjoy the fruit without the labor. I am hoping we will have one more Great Awakening,” adds Collins.

In Pulaski, the Family Worship Center, pastored by Jeff Willhoite, on Memorial Drive is also hosting The Return simulcast on Saturday, September 26 beginning at 9:00am. Willhoite received a link about “The Return” in an email and was already familiar with Cahn's books. He immediately stepped forward and registered to host a simulcast live stream.

Willhoite and his wife, Verna served for over 30 years as missionaries in China and the Philippines and have been ministering at Family worship Center for the past three years.

According to Cahn's website, everyone from Pat Robertson to Dr. James Dobson to Billy Graham's daughter Anne Graham Lotz to Martin Luther King's niece, Alveda King to Maurio Murillo and many more — leaders, pastors, believers from every background and denomination are joining together in The Return because they all sense that this is critical. The Return is about one thing only — not any ministry or organization or person, or anything but the heart of God for redemption — according to His Word - There will be no costs involved. It will be free. It is solely for God's purposes for this hour.

“I really felt this was something we needed and believe it is the Holy Spirit, in unity with other Christians national leaders, prompting us to do this. The Return is a movement, an appointed time, a specific day set apart for one purpose — the return to God by coming before His presence in humility, in sincerity, in prayer and in repentance,” stated Willhoite. Like Cahn, he believes this

is a Kairos moment in time where the Church can be awakened again. In Biblical terms a Kairos moment means the appointed time in the purpose of God, or the time when God acts.

“We need to have ears to hear what the Lord is saying to us, and then not just be hearers of the Word but doers of the Word lest we deceive ourselves, as the book of James 1:22-25 instructs us,” explained Willhoite.

“When God's people return to Him, then we'll see restoration and revival. The future of our nation as we know it hinges not on the next election or what Congress does; but on what the Church does in the next 90 days,” states Willhoite.

Many believe this is a most critical time for America and the world. Morally, spiritually and culturally America is rapidly descending away from God; and that falling away could shortly accelerate beyond what we could imagine. Religious freedom is imperiled and on top of all these things, America is being shaken in a way no one now living has ever experienced.

“We are living through difficult times. COVID-19 has broken the lines of communication. It is a test of our faith in some form but we need to move forward. We all struggle with ‘what's our purpose?’ We look around Pulaski and see the needs. Dozens of churches have a fraction of the people in them that were built to hold many more in the pews. So many people are not following the Lord but rather following the world. But there is hope. I need revival. Our churches need revival. America needs revival. We are still in the disposition of grace, love and mercy,” assures Willhoite.

When Cahn wrote his best seller book, The Harbinger, he mapped out the biblical template of national judgment — which warns a nation, then allows the nation to be shaken,

in the hope that it might return to God. If the nation doesn't return, it heads toward judgment.

Cahn writes, “I believe we are now at a critical moment in that window of time. Without revival, America is lost. Without repentance and return, there can be no revival. And it must be with God's people — us — coming before Him according to II Chronicles 7:14. We, and America, may not have this chance again.”

For more information about The Return, please go to: TheReturn.org

For information about the simulcast in Pulaski, please go to: <https://www.facebook.com/FamilyWorshipCenterIPHCPulaskiVA/>

For information about the simulcast in Radford, please go to: <https://www.facebook.com/FreedomFellowshipChurchVA/>

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Happy 96th Birthday Lena!

It's that time of year again to celebrate the birthday of one of Pulaski County's "older" senior citizens.

Lena Quesenberry Mitchell was born September 25, 1924 in Max Creek, Va. to Fred and Mae Quesenberry.

After living away for many years, Lena chose to retire to Newbern, Va. near family and friends.

Due to the coronavirus, an indoor event isn't possible. However, on Friday, September 25, 3 p.m. – 6 p.m. (weather permitting) friends and family are welcome to drop by for a social distancing yard visit or a drive-by "Honk and Wave" while she visits from the porch in the 5200 Block of Wilderness Rd. in historic Newbern.



Area Obituaries

Check www.pcpatriot.com Daily For Obituaries



JAMES ROSCOE JONAS

James Roscoe Jonas, 88, passed away at his home in Dublin on Tuesday, September 15, 2020 surrounded by his family. He was a retired engineer with Norfolk-Southern Railroad and a member of the Dublin Masonic Lodge. Jim loved to play golf and taking trips with his family. He was preceded in death by his parents, Fred and Thelma Jonas; brother, David Jonas; and sister and brother-in-law, Norma Jean and Harry Lee Gates.

Survivors include his loving wife, Violet Jonas; son and daughter-in-law, Tim and Janet Jonas; daughters and sons-in-law, Pamela Howard, Nancy and Ronald Lawson, Sandra and Bob Stough, Karen and Brad Martens, and Laverne and Keith Rotenizer; sister-in-law, Sharr Lee Jonas; grandchildren and their spouses, Stacey Utt (Chris), Jamie Riggins (Tonya) Paul Riggins (Tracy), Crystal Conner (Chris), Jessica Jonas, David and Katie Martens, Jonah Stough, Brandy Elwart (Derrick), Shelby Gilbo (Robert), and Katharine and Philip Tozier; many great grandchildren and great great grandchildren; and several other extended family members and friends.

Graveside services will be private.

In lieu of flowers, please make contributions for Dublin Baptist Church, 100 Hawkins St., Dublin, Virginia 24084.

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

BARBARA SIFFORD FOSTER

Barbara Sifford Foster, 83, of Parrott, left this world to enter the gates of Heaven on September 9, 2020.

The Foster family is in the care of Mullins Funeral Home & Crematory, Radford, Virginia.



WANDA SUE JACKSON

Wanda Sue Jackson, age 72 of Pulaski passed away Monday, September 14, 2020 at her home with family. Born October 23, 1947 in Honaker, Virginia she was the daughter of the late Foster Lee Honaker and Dixie Lea Musick Honaker. Her brother, Darrell Honaker and sister, Kathy Lee Davis also preceded her in death.

She is survived by her Husband Jerry Buford Jackson – Pulaski Daughter Denise (Joey) Quesenberry – Sumter, SC Grandchildren Jordan, Joshua and Rachel Quesenberry Sisters Carol (Larry) Ball – Ft. Chiswell Gail (Vic) Akers – Ft. Chiswell Judy (Craig) Tuggle – Swords Creek, VA Brother Terry (Rita) Honaker – Honaker, VA Numerous Nieces and Nephews

A graveside funeral service will be held 3:00 PM – Tuesday, September 22, 2020 at the Southwest Virginia Veteran's Cemetery, Dublin with Pastor Teresa Tolbert officiating.

The family will receive friends from 1:30-2:30 PM Tuesday before going in procession to the cemetery.

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

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

MERCEDES WATERS DILLOW

Mercedes Waters Dillow, 96, passed away Sunday, September 13, 2020 at her home in Dublin.

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



MICHAEL NORBERT JOHNSON

Michael Norbert Johnson, age 56 of Pulaski passed away Saturday, September 12, 2020 at the Lewis-Gale-Montgomery Hospital. Born January 22, 1964 in Hawaii he was the son of the late Ralph Edwin Johnson and Hildegarde Weber Johnson.

Michael was a veteran of the United States Navy. He was a software developer for Hexagon Corporation.

He is survived by his Wife

Amy Sue Bland Johnson – Pulaski Children

Kevin Michael Johnson – Pulaski

Matthew Jacob (Dana Marie) Johnson – Pulaski

Thomas Joseph Johnson – Pulaski

Granddaughter

Alyssa Caitlan Johnson & her cousin, A.J.

Sisters Barbara G. (Kathleen) Johnson – MD

Judith (Abram) Peele – Pulaski

Niece Blair

Funeral services will be held 11:00 AM – Friday, September 18, 2020 at the Bower Funeral Home, Pulaski. Interment will follow at the Southwest Virginia Veteran's Cemetery, Dublin.

The family will receive friends one hour before service time Friday at the Funeral Home.

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

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

EMMA ANN KING THORNTON

Emma Ann King Thornton, 76, of Dublin, passed away Monday, September 14, 2020 at Skyline Manor in Floyd.

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

HOMER LEROY SIFFORD

Homer Leroy Sifford, 87, of Fairlawn, passed away Monday, September 14, 2020.

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

Additional Obituaries On Page A5



DR. BRUCE L. FARISS, MD.

Dr. Bruce L. Fariss, MD., age 86 of Allisonia passed away Saturday, September 12, 2020 surrounded by his family.

Born July 22, 1934 in Allisonia, he was the son of the late Alven Pierce Fariss and Hetty Jo Lindsay Fariss.

He was also preceded in death by one daughter, Melissa Justman, two grandsons, Gabriel Fariss and Todd Justman; brother, Don Fariss, Sr., and brother-in-law, Bob DeHaven.

Fariss attended Draper High School where he graduated as valedictorian. After high school, Fariss graduated from Roanoke College in 1957 with a Bachelor of Science Degree and continued his education at the University of Virginia School of Medicine.

After graduating from medical school in 1961, Fariss joined the army as a general practitioner. In the Army, Fariss completed a residency in internal medicine and a fellowship in Endocrinology.

Dr. Fariss had a distinguished Army career. He was promoted to Colonel by age 35. Fariss moved around the US and spent multiple years in Germany where he held numerous Director and Consultant positions for US Medical Command of Europe. After Germany, Fariss was stationed at Madigan Army Medical Center where he led Clinical Investigation, became the Director of the Endocrine Fellowship, and acted as Center Commander. During his military career, he held the esteemed position of Consultant in Endocrinology to the Surgeon General of the US Army. His most loved position was Director of Madigan Medical Center's Research Laboratory, where he made numerous medical discoveries, applied throughout medicine today, and worked to publish 52 peer reviewed articles on various topics.

Dr. Fariss retired from the US Army in 1984 and started a private practice in Radford, Va which he later moved to Dublin, Va, where he practiced Endocrinology and Metabolism until 2020.

He enjoyed local politics, serving as a member of the Board of Supervisors for sixteen years, and also as a member of the Pulaski County's Planning Commission. During his years as Supervisor, he helped lead the development of Randolph Park and the paving of many rural roads within the county. Fariss's other civic duties included: the New River Recycling Committee, the Pulaski County Recreation Society, The Southwest Virginia Governor's School Education Foundation, the VA State Gifted Education Advisory Board, the American Forestry Association, and the Board of Directors of the Tacoma Philharmonic.

While maintaining his private medical practice, Fariss was the Chief of Staff at Carilion's New River Valley Medical Center for more than decade, worked as an adjunct professor in the department of biology at Virginia Tech. He also allowed medical residents to rotate through his practice, where he mentored many young students and residents.

Dr. Fariss received many awards during his career, including:

See DEATHS, page A5

Card of Thanks

In Appreciation

There are no words to express how I appreciate the many acts of kindness and prayers during the recent passing of my husband David Hoover.

Thank you to the pallbearers, Rev. Phillip Madison, American Legion Post #58, the staff of Bower Funeral Home, and for the home visits, food, cards and phone calls.

*May God bless you,
Jan Cox Hoover*

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Deaths

Continued from Page A4

the U.S. Army Certificate of Achievement, Meritorious Service Medal, Legion of Merit, Who's Who in the World, Who's Who in the South, Who's Who in the West, Who's Who in Technology and Science, Who's Who in America, the U.S. Army "A" Prefix for Proficiency in Endocrinology, the 1892 Roanoke College Medal, and the Order of Military Medical Merit.

Dr. Fariss was the member of many professional societies, including: the Southern Medical Association, SW Virginia Medical Society, Alpha Omega Alpha, American Federation for Clinical Research, the Endocrine Society, the American Diabetes Association, and the American Association of Clinical Endocrinology. In February 2020, Dr. Fariss closed his practice and retired after 59 years of practicing medicine. He focused on helping his son, Adam, grow Iron Heart Winery. He also spent time gardening, enjoying time with family, and even writing several books. Dr. Fariss enjoyed shaping the people and world around him in a positive manner, he led a full life from his amazing career, to a large family, helped improve the community and maintained many interesting hobbies. He will be greatly missed by his family, friends, patients, and community.

Surviving Wife
Cheryl Tomasi Fariss – Allisonia
Children
Adam Fariss & wife, Laura Fariss – Allisonia
Henry Fariss & Penny Kerr – Roanoke
Trevor Wilkes – Roanoke
Caroline Fariss – Allisonia
Bruce Fariss, Jr. & wife, April Fariss – Key West, Florida
Meg Deranick & husband, Mitch Deranick – Wisconsin Rapids, Wisconsin
Susan Fariss & Jeff Russel – Washington, D.C.
12 Grandchildren and 3 Great Grandchildren
Sisters
Rachael DeHaven – Roanoke
Patricia George & husband, Clyde George – Winston-Salem, NC
Brother
Micheal Fariss & wife, Carole Fariss – Fredericksburg
Best Friend of 35 years
Sue Roope
Outdoor Funeral services will

be held 1:00 PM – Saturday, September 19, 2020 at the Iron Heart Winery, 3742 Boone Furnace Road, Allisonia with Pastor Don Hanshew officiating. Face masks are required...

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

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

SUE SIFFORD BULLION

Sue Sifford Bullion, 74, of Parrott, passed away Friday, September 11, 2020.

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



DERRICK AUSTIN HARRISON

Derrick Austin Harrison, age 25, of Pulaski, died Sunday, September 13, 2020 as a result of an automobile accident. He was born in Pulaski on February 2, 1995, and is the son of the late Michael Wayne Harrison and Deborah Smith Harrison. He is survived by his mother; Deborah Smith Harrison of Pulaski: Maternal Grandparents; Bobby and Mildred Dunford of Pulaski: a brother; Shannon Harrison of Pulaski: sisters; Lindsey G. Harrison of Pulaski, and Shirley Muse of Florida. A memorial service was held on Thursday, September 17, 2020 at Seagle Funeral Home. Online condolences may be sent to the family by visiting www.seaglefuneralhome.com Arrangements by Seagle Funeral Home, Pulaski.



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BEULAH MAUDE EDNEY PASSMORE

*Assemble the choir....
Strike up the band....
Gather the Angels....
Another Soldier has made it home.*

Beulah Maude Edney Passmore, of Max Meadows, VA, left these earthly bonds behind as she was welcomed home by her Lord and Savior Jesus Christ. She passed peacefully on Saturday, September 12, 2020 at Highland Ridge Rehab Center in Dublin, Virginia. Beulah was the eldest of five children born to Roosevelt and Lucy Flinchum Edney. She was born in Roan Mountain, Tennessee on February 8, 1932. Beulah was predeceased by her husband Reverend Wilmon R. Passmore, eldest daughter Deborah Ann Edwards, grandson Casey Michael Wright and infant great-great grandson River Jace Nicholls.

She had been a resident of Max Meadows, Virginia and was formerly of Pulaski, Virginia. She was a graduate of Pulaski High School.

Beulah is survived by her daughter Marie and husband Frank Arnold, son Mark Edwards and wife Marilyn, she is also survived by five grandchildren; Angela and husband Timothy Black, Amy Taylor, Anjanette Wright, Luke Edwards and wife Jennifer and Ian Arnold. Great-grandchildren are Wesley Nicholls, Kevin Nicholls and wife Chrissy, Eric Nicholls and wife Chelsea, Victoria Draper and husband Logan,

Gary Cook, Darren Chrisley ,and Brantlee Arnold. Great-great grandchildren are Chevy Nicholls, Marquese De'vonn Banks, Marty Nicholls, Koda Bain, Levi Nicholls, Faye Nicholls, and Branson Nicholls. Beulah's four siblings are Harold Edney and wife Annie Mae, Raymond Edney, Gerry weeks, and Carl Edney.

Many nieces and nephews, as well as her step-children; Nancy Sullivan, Carol Gardner, Elaine Gallimore, Doyle Passmore and wife Nancy.

Beulah loved her Lord Jesus Christ and was devoted to the duties of being a pastor's wife in the ministry. She loved her family with devotion and was proud of each and everyone. She was greatly loved and will be so missed, but our comfort comes from the blessed assurance that we will see her again one fine day.

Stevens Funeral Home of Pulaski, Virginia is in charge of arrangements. Funeral services were held Wednesday, September 16, 2020 with Pastor Randall Lawrence officiating. Burial followed in the Thornspring Cemetery, Pulaski, Virginia.

DALLAS HAMPTON GALLIMORE

Dallas Hampton Gallimore, age 72 of Newbern, Virginia passed away Wednesday, September 16, 2020 at the New River Valley Medical Center – Christiansburg. Born July 19, 1948 in Shiloh, Virginia he was the son of the late Luther Gallimore and Ollie Thornton Gallimore. His wife Rosetta Faye Hodge Gallimore, sisters, Stella (Robert) Surratt, Ruby Stoots and brothers, Barney (Susie) Gallimore, Monroe Gallimore also preceded him in death.

He is survived by his Daughter
Selena (Nick) McNeil – Radford (Graysontown Community)
Grandchildren
Cody (Kimberly) McNeil – Radford
Olivia McNeil – Radford
Great Grandchildren
Holden and Kason McNeil
Brothers
Fred (Ruby) Gallimore – Shiloh
Paul (Phyllis) Gallimore – Shi-

loh
Richard (Betty) Gallimore – Shiloh

Everston Gallimore – Pulaski
Brother-in-law
Curtis Stoots – Shiloh
Funeral services will be held 11:00 AM – Monday, September 21, 2020 at the Bower Funeral Home-Chapel, Pulaski with Pastor Craig Caylor and Pastor Mike Vest officiating. Interment will follow at the Shiloh Cemetery.

The family will receive friends between 4:00-6:00 PM – Sunday, September 20, 2020 at the Funeral Home.

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

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



ROBERT MOORE LYNCH JR.

Robert Moore Lynch Jr., 85, of Savannah, GA passed away peacefully in his sleep August 28, 2020 at the Habersham House assisted living facility. He was born July 19, 1935 in Pulaski, VA. He was the son of the late Robert Moore Lynch Sr and Mildred Lynch. He graduated from Virginia Tech in 1957 and began his career with Owens Illinois in the corrugated box manufacturing industry the same year, moving to many areas of the US on his career path. After retiring he went to work with Global Contact Services in Salisbury, NC for 10 years locating new

See DEATHS, page A7

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Health legislation moves forward

The coronavirus pandemic has consumed the attention of the country, but health care challenges that existed before COVID-19 ever came about remain. Some of them have been aggravated by the pandemic, while others have faded from the spotlight despite not declining in seriousness. Without detracting from the serious threat posed by the coronavirus, I want to report to you action taken by the House Energy and Commerce Committee on these important matters.

The committee convened on September 9 for a markup. It was held virtually, and I and some other members participated in the meeting from the committee's hearing room in Washington.

Thirty-eight bills were ultimately considered and reported to the full House of Representatives, and over half of them related to health care. They were



bipartisan and received widespread backing from the committee.

Mental health has come into a sharper focus during the pandemic as stress and isolation have exacted a toll from people. A COVID Response Tracking Study poll conducted by NORC at the University of Chicago found that less than half of Americans aged 18 through 34 consider their mental health to be excellent or very good.

For those who are struggling with a mental health crisis, access to help is indispensable. Access is the purpose behind H.R. 945, the Mental Health Access Improvement Act, a bill I cosponsored and for which I offered revised language in order to pass the committee at the markup. It would provide coverage of mental health counselor services under Medicare Part B and passed the committee unanimously.

Other legislation related to mental health also advanced out of the Energy and Commerce Committee. Among other policies, these bills would expand services for students, require the development of best practices for schools to establish and use behavioral intervention teams, and establish grant programs.

Passage of these bills, which comes after a June 30 Subcommittee on Health hearing on the issue, represents a strong commitment by my colleagues and I to improving mental health services in the United States.

This month was an appropriate time to hold a markup, as September is National Alcohol and Drug Addiction Recovery Month. As you know, substance abuse is often related to mental health issues. Further, several of the bills we advanced take aim at the opioid epidemic that continues to hurt too many.

The old culprits, such as the increased availability of fentanyl, have been abetted by the coronavirus. Data collected by the University of Baltimore's Overdose Detection Mapping Application Program found in August that drug overdoses have risen by about eighteen percent during the pandemic. Stay at home orders and prohibitions on gatherings have deprived individuals recovering from substance abuse of their support networks.

To prevent relapses, the Trump Administration has eased restrictions on telehealth for counseling and addiction treatment, and the CARES Act included emergency funding for prevention, treatment, and recovery services during the pandemic.

In addition to these moves addressing the immediate surge in overdoses, the bills passed during the markup continue the committee's longstanding bipartisan efforts to resolve the opioid crisis.

During our investigation of the opioid epidemic, part of which I led, we found that the abuse of legal opioid manufacturing and distribution caused much of the harm.

A bill I introduced, H.R. 4812, the Ensuring Compliance Against Drug Diversion Act, would limit the transfer of registrations to manufacture, distribute, or dispense controlled substances. It was reported out of committee unanimously.

Other bills would require more action from manufacturers and distributors who receive suspicious orders and allow the U.S. Attorney General to prohibit a registrant from manufacturing, distributing, or dispensing a controlled substance if the registrant is found unfit or violates the Controlled Substances Act. Cracking down on bad actors who look the other way or who manipulate legal processes will help limit the availability of opioids to be abused.

Countering the coronavirus must not mean other health care problems are ignored. I am proud of the actions taken by the Energy and Commerce Committee to solve some of the health challenges faced by our country.

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



Why So Much Anger?

By Cal Thomas, Tribune Content Agency

There was a time in America, unknown or not experienced by people under the age of 50, when politics was a contact sport played with mostly accepted rules and the equivalent of "sportsmanship." Losers would graciously concede and wish the victor well, in most cases vowing to work with him or her for the good of the country. The public expected it.

Somewhere around the time of the Vietnam War and Watergate it started to become ugly and instead of sportsmanship the "players" began to engage in mutually assured destruction, to borrow a term used during the Cold War when the United States and Soviet Union had missiles aimed at each other's countries. It was appropriately abbreviated MAD.

It isn't that in earlier elections politicians would refrain from slurring and slander each other. Many did. The 1800 contest between John Adams and Thomas Jefferson was cutthroat in the extreme.

As CNN.com recalls, Jefferson's camp labeled President Adams "a fool, a hypocrite, a criminal, and a tyrant."

"In return, Adams' men branded Vice President Jefferson "a weakling, an atheist, a libertine, and a coward."

That was nearly two centuries before the creation of modern-day media outlets, like CNN or Fox News, capable of exacerbating division and promoting slug fests as in boxing matches, or long-ago outlawed cock fights.

This year's pre-election rioting, looting and shootings in many American cities is not only a consequence of the failure or refusal of politicians to fix problems; it is also a failure by too many citizens who look to government to find solutions for things it was never created to address.

It is not the fault of a train that it cannot fly. A car mechanic should not be blamed because he can't perform open-heart

surgery. Government has a purpose, but it is not to solve problems only an individual can address. People who are angry at government, instead of looking to Washington, should be looking in the mirror.

There have been injustices as long as humans have walked the Earth. The U.S. government has tried mightily and at great expense to fix them, but most are matters of the heart, not matters for politicians. If the latter, would not those injustices be now have been solved? While it is possible for government to impose or tolerate immorality, it is close to impossible to impose its opposite. This is the role of churches and of individuals making the right decisions for themselves and their families.

Is anyone ignorant of what creates "a more perfect union" that establishes justice and promotes the general welfare? The information is readily available. It is not classified.

The anger arises when people refuse to search, find and then live by well-established principles that have mostly worked for those who have embraced them throughout history. Anger solves nothing and only deepens divisions and multiplies the problems the angry claim they want to resolve.

In her book, "300 Questions to Ask Your Parents Before It's Too Late," Shannon L. Alder writes: "Anger, resentment and jealousy doesn't change the heart of others -- it only changes yours."

If only the rioters devastating our cities would understand this and look to themselves and not the next election, or Washington, to redress real and perceived grievances.

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



Rich Lowery

Editor, National Review

Hollywood's Shameful Kowtow to Beijing

Hollywood is accommodating a new era of McCarthyism, imposed this time by Red China. It involves everything that Hollywood tells us that it hates -- censorship, pressure to conform and blacklists. Yet the studios have seamlessly absorbed China's dictates into their operations.

This most iconic American business is now, literally, an agent of Chinese influence.

The latest outrage of Disney's live-action remake of the animated movie from the 1990s, "Mulan," based on Chinese folklore about a girl enlisting in the army. Disney filmed parts of the movie in China, and in its credits, thanks Chinese propaganda departments as well as a public security bureau in the province of Xinjiang, where Beijing is carrying out its hideous campaign against the Uighurs.

If you think Hollywood would be sensitive about associating itself with an ongoing atrocity, you haven't paid much attention to its priorities lately, which are all about pleasing Beijing.

Hollywood hasn't dared to make movies offensive to Beijing in more than two decades. A trilogy of such movies came out in 1997, most famously "Seven Years in Tibet," starring Brad Pitt. Ever since, Hollywood has considered kowtowing to Beijing the better part of valor.

In a chilling report released a few weeks ago about Hollywood's subordinate relationship to Beijing, PEN America described the forces that have given China the whip hand.

First, there's sheer market power. China went from having a market about the size of Peru in the late 1990s to a behemoth box office. Money talks, even if it is the money of a country hostile to the United States.

Then, there's China's comprehensive system of censorship that very much applies to foreign movies. It is rare that a studio or producer says "no." To his credit, Quentin Tarantino refused to cut a comic scene featuring Bruce Lee from "Once Upon a Time in Hollywood."

Otherwise, the changes are exacting. "Mission: Impossible III" cut a scene where tattered clothes hung from a clothesline in Shanghai. Chinese villains are out of the question. Notoriously, Paramount changed the invaders in a remake of "Red Dawn" from Chinese to North Korean.

Since Beijing can delay the release date of a movie or demand that a scene be reshot, and studios don't want to deal with the uncertainty, Hollywood preemptively accedes to Beijing's wishes. PEN America notes that producer David Franzoni has said, "They have a lot of power so you want to try to be sure you have it all down the first time."

Paramount removed patches with the Japanese and Taiwanese flags from Tom Cruise's bomber jacket in the sequel to "Top Gun." As PEN America points out, the changes had already been made when the trailer was released, meaning Paramount didn't wait for Chinese censors

See LOWRY, page A7

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Deaths

Continued from Page A5

site locations. In addition to his parents he is preceded in death by his loving wife Mary Nell Moyer Lynch, son David Bradfield Lynch and his sister Barbara Lynch Bell. He is survived by his daughter Carrie Lynch McCormick (Trevor), granddaughter Alisha Smith (Sara) and grandson Bradley Smith (Larkin) all of Savannah, GA. There will be a graveside memorial service Saturday, September 19, 2020 at 2:00 pm in the Oakwood Cemetery Pulaski, VA. In lieu of flowers, expression of sympathy may be made in the form of a contribution to the Alzheimer’s foundation. Arrangements are being handled by Seagle Funeral Home in Pulaski, Va.

JOSEPH ALFRED WHITE

Joseph Alfred White, age 84 of Pulaski passed away Thursday, September 10, 2020 at the Lewis Gale Hospital-Pulaski. Born December 22, 1935 in Carroll County, he was the son of the late Herbert Isaac White and Clarice Alma Surratt White. He was also preceded in death by his wife, Doris Lee Horton White and sister, Alice Marie Stout and brother, Robert Eugene White. He is survived by Son— Joseph H. White- Pulaski Brother— H. L. White and wife, Twila White- Pulaski Sisters- Doris Gardner and husband, Bill Gardner- Hillsville Shirley Burnette- Cana Becky Queen and husband, Randy Queen-Pulaski Numerous Nieces and Nephews and Great Nieces and Nephews

Funeral services were held Wednesday, September 16, 2020 in the Bower Funeral Home Chapel, Pulaski with Pastor Johnny Howlett officiating. Interment followed in Thornspring Cemetery. To sign the online guestbook, visit www.bowerfuneralhome.com Bower Funeral Homes, Pulaski is handling the arrangements for the family.



MELVIN GILFORD CRESSELL, JR.

Melvin Gilford Cressell, Jr., 72, of Dublin passed on Monday, September 14, 2020. He was preceded in death by his parents, Melvin and Rosie Cressell; and maternal grandparents, William Vance Robertson and Alice Hardy Robertson. Survivors include his son and daughter-in-law, Wayne and Elizabeth Cressell; daughter, Sherry Cressell; sister, Nancy Justus; grandchildren, Miranda, Emily, Rachel, and Kristina; great grandchildren, Ashton and Lylah; step children, Phillip Hensley, Garrett Hensley, Dougie Coble, and Michael Coble; and numerous other family members and friends. “Melvin” to some, but “Junior” to most, he spent his life playing in the dirt, on the road, working under the hood of a vehicle, or rescuing someone in distress. Melvin spent over 30 years working for H.T. Bowling, Inc. in some capacity, and the last 14 years for Gregory General Contracting. Melvin was a kind, generous man who gave his time and resources to anyone and everyone. He loved his friends and family well. He will be remembered fondly, and he will be dearly missed. The family will receive friends on Monday, September 21, 2020 from 4 until 7 p.m. at the Mullins Funeral Home in Radford. The Cressell family is in the care of Mullins Funeral Home & Crematory. www.mullinsfuneralhome.com

Options

Continued from Page A3

enrolls more than 17,500 students, is the largest school district offering a blended format, according to VPAP. Russell County in Southwest Virginia is among the schools offering an in-person and online learning format. The school has set up an internet hotspot on school grounds to help students download material for class, and zip drives to store what they download, according to Janice Barton, a teacher at the school. High schools in the surrounding area have also done the same, Barton said. Even though schools are offering ways to access the internet, they’re still not offering high-speed access, Mark Cole said. “This still puts children without high speed internet at a disadvantage over those that can participate in the comfort of their homes,” he said. “Children have to be driven to a hotspot, often a school parking lot, where they try to receive instruction while sitting in their car.” Joshua Cole believes children should have an equal opportunity to learn without having to worry about attending online classes.

“If you don’t have internet, if you don’t have high speed internet, if your speeds are low, we want to make sure that your student is not left out,” he said. Stafford County gives some students an opportunity to come to school if they need to, said Joshua Cole, who is one of the county’s representatives in the House. The lawmaker said only some students are attending in-person classes in Stafford County, primarily students with disabilities or those without reliable internet access. “It’s not a bunch of students coming in,” he said. Fredericksburg City Public Schools partnered with business owners in the area who are helping fund internet hotspots for students to access from their homes, according to Joshua Cole. Many schools that are offering in-person instruction have created spaces to accommodate students and follow social distancing. “We have signs in the hallways, in our classrooms. We have it set up 6 feet apart,” Barton said. “We have cleaning supplies, every teacher has that.”



Photo courtesy of Town of Dublin

Twins Pizza Opens

The Town of Dublin and Pulaski Chamber of Commerce welcomed Twins Pizza Italian Restaurant to Dublin. They offer Pizza, Pasta, Calzones/Stromboli’s, Subs, Burgers and more. They are open Sunday-Monday 10am-10pm. Visit them at 125 Broad Street, Dublin.

NRCC receives Baliles Award

RICHMOND – New River Community College recently received the prominent “Gerald L. Baliles Rural Virginia Horseshoe Initiative Award” from the Virginia Foundation for Community College Education (VFCCE) to increase high school and college completion. The award was renamed to honor the legacy of Gerald L. Baliles, the 65th governor of Virginia, a native of rural Patrick County and a forward-thinking leader. Baliles worked to ensure that all Virginians had access to education and training. The Gerald L. Baliles Rural Virginia Horseshoe Initiative (RVHI) Award aimed to reduce the number of rural residents without a high school diploma

from 1 in 5 to 1 in 10, and to increase the number of rural residents with an associate degree, diploma, or certificate from 26 percent to 52 percent. To date, RVHI has provided more than \$10 million in direct and matching funding toward achieving these goals. Significant outcomes indicate that the population of the RVHI region aged 25 and over without a high school degree has decreased by 4.2 percent and those with at least an associate degree has increased by 4.0 percent. NRCC’s award will be used to continue funding a Student Resources Specialist staff position. This position is housed in the Student Services department and provides direct student support by engaging current and future NRCC students as they navigate

the college process, from consideration to completion. “This award allows us to continue serving our students through personal support and direct contact. We are always striving to offer the best student support experience possible, and this award helps us to continue to meet the expanding student needs in our local community,” said NRCC President Pat Huber. The NRCC Educational Foundation will be providing matching funds through local efforts. To help support this effort, visit www.nr.edu/foundation or call (540)674-3618. There were 13 awards made by the VFCCE through a competitive application process. Recipients of the 2020 Gerald L.

See NRCC, page A10

Continued from Page A6

to object. The director of “Seven Years in Tibet,” Jean-Jacques Annaud, subsequently released a letter expressing slavish regret. He “solemnly declared” that he never supported Tibet independence and never had contact with the Dalai Lama. “Moreover,” he added, “becoming friends with him is out of the question.” The upshot is that Hollywood is much more comfortable criticizing the United States than one of the most reprehensible regimes on the planet. The repression of the Uighurs? As far as Hollywood is concerned, it doesn’t exist and, at this rate, never will.

Rich Lowry is editor of the National Review.



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Leaders speak out on rally planned at Radford University this Saturday

From Pulaski County Supervisors Chairman Joe Guthrie

Since we first learned earlier this week about the rally on the Radford University campus planned for this Saturday and Dr. Hemphill's open letter encouraging members of the university community to join him at it, I have been engaged in a number of conversations with my fellow board members, county staff, law enforcement, and constituents about it. We all share concerns about the rally.

I have reached out to Radford's Mayor David Horton and had a productive conversation with him learning more about the rally, expressing the concerns I and members of the Board of Supervisors and many of our county residents have about it, and offering suggestions for changes. Those suggestions include having a virtual rally rather than a large public gathering. I expressed that a primary concern we have would be with any large gathering at this time and the risks it brings of increased exposure to COVID to people at the rally and other people they interact with, including in Pulaski County, in the days and weeks that follow. I also expressed concerns we have related to security and crowd control.

I have also spoken with senior staff at Radford University in the President's office, having much the same conversation as I did with the mayor.

I have sent a letter to both the mayor and the university President's office on behalf of the Board of Supervisors expressing our concerns, particularly regarding public health, safety, and security. I offered suggestions to help mitigate those concerns.

We hope that the Radford City Council and Radford University leadership will take our concerns and suggestions into account in their planning processes for the event.

The Pulaski County Board of Supervisors stresses guidelines by the New River Health District and the CDC to avoid any larger public gatherings and to practice safe physical distancing.

Joseph W. Guthrie
Chair, Pulaski County Board of Supervisors



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From RU President Brian Hemphill

Editor's note: Radford Mayor David Horton posted the following statement on his Facebook page this week. The statement is from Brian O. Hemphill, Ph.D., President of Radford University:

Dear Radford Family:

Earlier this week, I sent a message to main campus students, titled Our Campus, Our Community, and Our Country. In the message, I expressed my strong support for a group of students and shared my personal experiences. Since that time, there has been a great deal of debate and discussion on social media and in the broader community. Individuals have taken my letter out of context and, in some cases, utilized it as a means to promote their personal agendas. This has caused both robust dialogue and significant disruption.

Since the distribution of Monday's message, the University has received many messages of both concern and support. As such, I want to share additional information in order to dispel rumors that seem to be quickly spreading both on and off campus. As a higher education institution, it is our mission to fuel intellectual discovery and foster supportive communities. These tenants represent the very foundation of our teaching, research, and service mission. More importantly, they are critical components in learning about differences, promoting civility, and engaging in respectful discourse.

The Bigger Picture March and Rally is not an external event. It is not being led or organized by a national organization or anyone who is not affiliated with the University. It is an event that is being led and organized by our students who have a desire and right to express their beliefs and perspectives in accordance with the University's Free Speech Policy and the founding principles of our country. The students have committed to do so in a peaceful and respectful manner, and the University will have measures in place to support their commitment. Additionally, only

From Radford Mayor David Horton

Good afternoon Radford

I wanted to address some concerns I have received regarding an on-campus program that is planned at Radford University for Saturday, September 19th.

The Bigger Picture Rally and March has been mischaracterized as some type of national or even state-wide driven activity and that is not accurate.

These are Radford student voices expressing their concerns about issues with race and equality while exploring ways to create a future where all people experience a just society regardless of race, creed, color, national origin, gender, and so forth.

At its heart, this is an educational event designed to help ask questions that can promote positive change such as:

What actions am I displaying to others that demonstrate support for people who are treated unfairly?

Do I even see that there is a bigger picture here that effects not just black and brown people, but will help create a culture of mutual respect and personal growth for all?

A couple notes about the event and the City of Radford Ordinance on gatherings.

The City of Radford cannot regulate legal activities on the Radford University campus according to state law.

The Ordinance cannot and does not prohibit expressive activity such a peaceful protest. We have several activities that are exempt including church services and funerals, but in all the exemptions, we have stressed that appropriate COVID 19 safety measures should be followed with masks and social distancing.

As you are aware, we have been concerned about large gatherings with regard to COVID 19 as most of our cases in Radford have come about due to people attending large gatherings and not practicing good safety measures such as social distancing and wearing masks along with frequent hand washing.

It is a challenging time to have such gatherings because it puts a responsibility on the organizers to limit the spread of the disease through their organization and execution of the program. Situations that have resulted in issues in Radford have not been about the event per se, but about not practicing appropriate safety measures to slow the spread of a dangerous virus.

Some have asked if this program is in violation of the Radford University limitation on gatherings to no more than 10 people.

It is not.

There are limited exemptions within that rule that must adhere to physical distancing and safety protocols.

Radford University students, faculty, and staff will be provided access to campus. This is consistent with the University's visitor guidelines and pre-registration requirements.

Consistent with public health guidance, Saturday's outdoor event will require mandatory face coverings and physical distancing. The student organizers have committed to following the masking and distancing requirements and ensuring all event attendees do the same. Individuals refusing to wear face coverings or maintain physical distancing will not be permitted to participate.

As previously noted, The Bigger Picture March and Rally is a student-led and student-organized event. In order to ensure the event is held in the safest format possible due to the COVID-19 global health pandemic, the University is assisting student organizers with the overall event structure and various logistical details. Despite the University's gathering limitation, the event is moving forward due to the University's Free Speech Policy and is modeling the practices and structures of other peaceful demonstrations that have been safely and successfully held during the pandemic.

As the proud leader of a student-centered institution, I will be in attendance at Saturday's event as a sign of my respect and support for our students. Contrary to various reports, I did not encourage, recommend, or require any individuals to participate in the event. Our student organizers have done an outstanding job of sharing their message and promoting their event. With differing opinions and opposing voices, we must show care and respect for one another. Highlanders, together, we can and should model the importance of being strong citizen leaders on our campus, in our community, and across our country through visible acts of kindness and a general respect for humanity!

With Highlander Pride,
Brian O. Hemphill, Ph.D.
President

Learn more about that at this link: <https://www.radford.edu/content/radfordcore/home/re-opening/updates/gathering-limitation-main-campus-students.html>

As Mayor, I have done my due diligence in checking to see what safety protocols are in place for the program and how people can be kept safe. Event organizers are working to keep people spread out, wearing masks and are even sanitizing podiums and microphones between uses.

We are working with the proper authorities to ensure the safety of our community around campus and throughout Radford. Radford City Police and Radford University Police are in close contact and have support of additional law enforcement agencies.

I will ask all of us as citizens of this community to help us drown out the hateful rhetoric that is being spread regarding this program.

Safety measures are in place.

The program takes place entirely on campus.

This is not a top-down indoctrination of students as some have claimed but instead a grass roots effort led by students who see challenges in their world and seek to find solutions for a better future.

I will have more thoughts in the coming days.

Thank you to all for your hard work in moving the City we love forward and in building a tomorrow for all of us and future generations. It is challenging but we will create a path.

Mayor David Horton
City of Radford

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Celebrating 95 years of faith, family and love

By **BERNITA BROWN GILLIAM**
Special to The Patriot

Pulling off a 95th surprise birthday celebration for Flossie Manns Brown during Covid-19 took support from many people - near and far, great weather and hush hush talk behind the scenes. Part of her celebration was to surprise her with 95 birthday cards.

When Deacon Joe Sheffey announced it at church, Rev. Richard Goodman, Pastor of First Missionary Baptist, where Flossie is the Mother of the Church, made the suggestion to take it a step further and include a drive by birthday parade.

Deacon Joe, who is married to Flossie's niece, Jeanette, talked with Flossie's family who were all delighted with the idea, and then he worked tirelessly with community effort and support, to get the celebration off without a hitch!

Pulaski County Sheriff, Mike Worrell, and Chief Randy Mills of the Fairlawn Volunteer Fire Department unhesitantly agreed to participate. The local rescue squad planned to participate but duty called and they were unable to be there.

Flossie Manns Brown was born on August 30, 1925. She was the second of ten children born to James and Hattie Manns. She loves to tell the story of it being all girls - Elizabeth, Flossie, Christine, Nenzarine, and then came a baby brother, James, who was followed by Charles, Lillian, Betty, Andrew, and John.

After graduating from Christiansburg Institute, Flossie moved to Washington, DC where she married and worked for three years at the Pentagon. After her husband died unexpectedly, she returned home to New River. She later married James "Ran" Brown, himself one of ten boys, and they raised seven children -- Patricia, Tony, Tampra, Phillip, Vanessa, Bernita, and. Montie. Ran died in 2006 after more than 50 years of marriage. Flossie has four living children - Patricia Thompson of Wilmington, NC, Phillip Brown and his wife Anne of New River, Bernita Gilliam of Somerset, NJ and who is now at home staying with her mother, and Rev. Montie Brown (Carolyn) of Dublin. She has 19 grandchildren, 40 great grandchildren, and 12 great great grandchildren.

Always a person who did what she had to do, Flossie (against her husband's wishes) got her driver's license so she could pick up her high school daughter at Christiansburg Institute after evening activities were over. Then, there was no I-81, so she made the trip down and up the mountain. That license and driving experience would come in handy some years later when her daughters were sick in Greensboro, NC. She would drop what she was doing to drive to Greensboro to be there for her daughters and to take care of the grandchildren. There was no I-77, so once again, she'd take a mountainous route to get there, and her grandkids said they never worried- they knew she'd be there for them. Grownups now, they often speak of those times and what it meant to them. Now, they often drive to Virginia to look after her.

After her retirement from Corning Glass, Flossie often spent time providing transportation for the elderly in New River taking them grocery shopping, doctor appointments, or whatever was needed. Flossie reluctantly gave up driving a couple of years ago.

Flossie always found time to be involved in her children's lives and activities. She was an active member of the PTA, and worked with the Girl Scouts, among other things. She encouraged her children and was always their number one supporter.

One of her greatest pleasures was being a member of the Twin City Garden Club - a club for African American women, who had an interest in flowers and plants. They would meet monthly at different homes and the women could show off their cooking skills with delicious deserts, and of course, they would discuss flowers. Flossie empha-



Flossie Manns Brown

Photos courtesy of Bernita Brown Gilliam



sized it wasn't just a club but they always supported local community efforts and it gave the women of the various communities an opportunity to get together. Her love of flowers and plants has lasted and she still looks forward to beautiful flowers and plants. She can't work her flower beds the way she did in the past, but they still bring her great joy.

Flossie's faith is an important part of her life. Flossie has been an active member of First Missionary Baptist Church since she was a child. Her father took them to Sunday School and

church as soon as they were walking. She now serves as Mother of the Church,

an honor she appreciates and does everything she can to show how proud she is to have that title. She has continued to be active in her church and attended Sunday School and church every Sunday until Covid-19. She looked forward to her Sunday job of folding the church bulletins, and her seat in her regular pew where she sat with her long time friend, Mrs. Audrey Lee. Her church has reopened but at the insistence of her children, she has not returned to church yet, but listens in every Sunday. She has served on the Usher Board, is a member of the Missionary Ministry, member of the Virginia Baptist Associ-

ation and attended the Virginia State Bible Conventions for thirty years.

First Baptist of Fincastle is another church Flossie is proud to claim as her own. Her son, Rev. Montie Brown, is pastor there, and the church has adopted Flossie as well. She has her special pew there and she is there for all of their special occasions and celebrations. She is loved by the congregation and they are loved by her.

Rheumatoid arthritis in one leg has caused her to slow down, but she still insists on staying active as much as possible. She walked at Bissett Park daily for over 40 years, where she walked with old friends and made new ones. She credits that to helping her stay on her feet as long as she has.

Traveling with her sisters, Elizabeth and Nenzarine, was always fun for the three of them. They traveled to Louisiana, Mississippi, Texas, Michigan, Alabama and other places with fellow senior citizens. She has also been to Disney World, California, New York and everywhere her children or grandchildren made their homes. For several years, she was part of an annual trip to Myrtle Beach with her daughters and their children.

Reading is a passion of hers and Flossie was a regular patron of the



Flossie as a young lady.

Radford Public Library for over 30 years. Today she reads at least two books a week, does word puzzles, and is 100% on top of her financials! Her mornings start with exercise in bed, breakfast with Kelly and Ryan, lunch with her favorite "stories" and dinner watching the evening news. She enjoys talking on the phone with friends and speaks everyday with her former daughter in law, Ellen, who calls to check on her every morning. She speaks with daughter-in-law Anne in the afternoons, and daughter-in-law Carolyn in the evenings! She has 3 siblings still living, Charles (Caroline), John., who still lives in the family home, and Ava Pope who lives in 'Greensboro. She calls to check on her brothers often - even though they live

about five minutes away, and she has taken on the role as second mother to her many nieces and nephews. Her "farmer" nephews often drop off fresh vegetables during the summer months.

Family dinners with Flossie and her children usually mean 50 people or more. The last big family dinner was last Christmas. She is looking forward to when the entire family can be together again, but for now, she just wants everyone to stay safe.

Keeping track of birthdays is not easy, but she does so and in this age of email, her grandkids, and great grandkids have said that when they were away at college, sometimes they felt a need to check their campus mailboxes where they'd find a card with a wonderful message and a check from their Ta-Ta, as she is affectionately known.. It didn't have to be a special occasion but just because she was thinking of them. Strangely, the message on the card always related to something going on in their lives at the time. She is still the same today.

Flossie, who loves cards herself, was the recipient of more than 170 birthday cards, and 160 plus messages on Facebook. She took time and read every card and she is soon going to read her birthday message on Facebook.

The morning of her birthday driveby as she was getting ready to sit at her viewing station, she wanted to know, Is all of this for me? Balloons were hung, the lawn decorated, and two brightly colored signs greeted drivers going off the hill and drivers coming up

- Honk! It's Flossie's 95th Birthday! Car horns blasted throughout the day.

As the parade of cars drove by, Flossie was so happy to see her church family, many of whom she hadn't seen in months and she would like to thank the Pulaski County Sheriff's Department's Deputy Dowdy who led the parade procession, and the Fairlawn Volunteer Fire Chief Randy Mills who drove the firetruck and had New River's own, Ralph Sheffey, Jr. riding with him for their participation, and the many members of our community and other communities who took time to make her 95th birthday special,.

At 95, Flossie still enjoys a good Sunday dinner, Wheel of Fortune and Jeopardy, and phone conversations with friends and family. Although she doesn't have Facebook, she enjoys the pictures and posts shared by her daughter. Through Facebook, she has been able to see her great grandkids in their Covid-19 classrooms - at home and at school. Her youngest great granddaughter loves to facetime with Ta-Ta! Flossie reads the newspaper everyday from front to back. She doesn't like to eat out, "sticks to her guns" on what she believes in and will listen to you but if it is something she doesn't want to do, she is not going to do it or will do it her way. She loves going to get her hair done takes pride in looking good every day. She looks forward to seeing her boys and will perch herself on the back patio to corner my brother after he cuts the grass each week. She only has to call and they are there. Her daughter, who is here from New Jersey to stay with her, had convinced her she doesn't need the boys to change a light bulb or to put gas in the car! Phone calls from her daughter in Wilmington brighten her day and they spend time catching up on the latest news - family and community.

Although Covid-19 has limited Flossie's activities, she still has her positive outlook on life and she can often be heard saying, "I can't complain." She continues to always see and look for the best in everyone or every situation. She doesn't let others steal her joy. In these times of uncertainty and unrest, Flossie implores that we always, always love one another.

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Photo courtesy of Town of Dublin

Water, beyond thirst

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

Water is a simple substance, containing one part oxygen and two parts hydrogen. Despite its simplicity, almost every life-sustaining body process requires water to function. Water is one of your body's most essential nutrients. It is the most abundant substance in your body, as well as on earth. On average, 50 – 65% of your adult body weight is water, and about 75% for a newborn.

Water moistens body tissues such as those in the mouth, eyes, and nose. It is the main part of every body fluid, including blood, gastric juice, saliva, and urine. Water regulates body temperature, keeping it constant at about 98.6°F. Through perspiration, heat escapes as water evaporates through your skin.

Drinking water and other beverages are the main sources of replenishing your fluids. You also “eat” a large amount of water in foods. Fruits and vegetables

such as cucumbers, tomatoes, watermelon, and bell peppers contain mostly water. About 15 percent of your body's total water supply forms in your cells when energy is produced from carbohydrates, fats, and proteins. Along with energy, water is an end product of metabolism.

The average adult loses about 10 cups or more of water daily through perspiration, urination, bowel movements, and even breathing. In order to keep your body working normally, you must replace the lost fluids. The Dietary Reference Intakes (DRIs) set the Adequate Intake (AI) level at 15.5 cups of total water daily for males aged nineteen and older and 11.5 cups for females. It is important to note that these values are based on the average total water intake estimated through US dietary surveys. Although these values seem excessive, remember the sources of which you obtain water.

Although dehydration may seem like just a summer issue, your body should be kept hydrated during all seasons. Drinking

small amounts of water throughout the day, keeping a glass close by during daily activities, and drinking beverages with meals are all easy tips to keep your body hydrated. More information on water and hydration can be found at www.choosemyplate.org.

NRCC

Continued from Page A7
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Barnes tapped as Carroll Co. hoops coach

(Editor’s note: Anthony Barnes, newly-hired head basketball coach at Carroll County High School is employed as the Superintendent of the Virginia Department of Transportation’s Dublin Shop. He is also owner of River Junction Campground and Canoeing, LLC)

**By ALLEN WORRELL
Carroll News (Hillsville)**

During the late 1980s, the Boston Celtics and Detroit Pistons became rivals in large part due to the physical nature of their style of play. And while he doesn’t want Carroll County to become the high school version of Detroit’s “Bad Boys,” new Carroll County boys’ basketball coach Anthony Barnes plans to implement a tough, physical brand of roundball that marked that particular era.

“Boston, and we will play along that line,” Barnes said when asked if there was a particular team’s style he hoped for Carroll to emulate. “We will be physical. We are not going to shy away from contact. When the rebound goes up we are going to make contact and get the rebound. We are going to play big.”

Barnes, 49, is a 1989 graduate of Fort Chiswell High School, but he’s been heavily involved in Carroll County basketball in some shape or form for nearly two decades. Barnes has been a middle school coach for the last four years at Carroll in addition to eight years of AAU coaching in the county. He’s also coached rec league and served as a referee for men’s games locally.

While the Pistons earned the “Bad Boys” moniker with the likes of Bill Laimbeer and Dennis Rodman and their hard-nosed, often violent style of play, Barnes wants the Cavaliers to implement a more-team oriented style of physical like the Celtics of the 80s did with Larry Bird, Kevin

McHale, Robert Parrish, etc.

“We are going back to that style of play, but there is a line between playing hard and being mean and dirty,” Barnes said. “We won’t be dirty, but we will be physical. Everybody has been so supportive from (CCHS Principal) Chuck (Thompson) all the way down. That’s big.”

Barnes is excited about the staff he will have with him at Carroll County. Kris Richardson, former Carroll standout and current AAU Director in Carroll, will serve as a varsity assistant. Recent Cavalier star Adam Horton will also be a varsity assistant, while long-time Carroll coach Casey Burcham will lead the JV boys’ team.

“Me and Kris and Casey can’t demonstrate it physically anymore, but Adam can. Physically he can get in there with Brady (Dalton) and them and close out on them and make them uncomfortable. Plus, I want to see the guys come through the program that have been successful and show interest,” Barnes said. “I am almost 50 and Kris and Casey ain’t no spring chickens either. I am excited and I have a lot of folks that have reached out to me in the county, former players. The staff has been real supportive of me and I appreciate it. Casey stepping up to stay with me is really big. I am very thankful for him to stay with us. It’s just a blessing to have a guy like that.”

Barnes takes over for former Carroll County head coach Tee Jackson, who led the Cavaliers for four seasons as head coach and five seasons prior to that as an assistant. Jackson said he had a blast coaching Carroll County and loved it, but time off due to COVID-19 made him realize how much time he was missing with his kids. Additionally, his job as a local attorney is taking up more of his time and making it tougher to get away.

“We increased our region and district rankings each of the last two seasons and just had our most wins since 2014,” Jackson

See BARNES, page B2

Postponement leads Fuente to reach out to Mendenhall

From Hokiesports.com

BLACKSBURG – Virginia Tech head football coach Justin Fuente reached out to Virginia head coach Bronco Mendenhall on Saturday after informing his Tech players Saturday morning of the postponement of the Virginia Tech-Virginia game scheduled originally for this Saturday at Lane Stadium.

An outbreak of COVID-19 among the Tech squad left the team with a small, unspecified number of players available to play, and thus forced the postponement of the game. Both schools’ officials and the ACC announced the postponement Saturday morning.

“We started to see a few more cases, along with the Blacksburg community and Virginia Tech,” Fuente said in a video news conference with media members Monday morning. “It wasn’t until the end. I was concerned about it, but it wasn’t until the very end until it became apparent that this wasn’t safe. This had nothing to do with competitive advantage.”

“I called Bronco on Saturday and talked to him. I told him there was no way we could walk out there and safely put our kids on the football field. That’s just the facts of it. I hate that that is the situation we’re in. Our kids were incredibly disappointed. I know they and I probably took quite a bit of flack from it, but the bottom line is it was absolutely the right call.”

Fuente and Mendenhall have squared off as coaches many times over the past 12 seasons. Fuente



Hokie head coach Justin Fuente wanted UVa head coach Bronco Mendenhall to hear directly from him about postponing their game.

once served as an assistant coach at TCU, and the Horned Frogs played Brigham Young University, where Mendenhall served as the head coach from 2005-15, as members of the Mountain West Conference.

The two also battled when Fuente served as the head coach at Memphis. The Tigers and BYU played against each other in the 2014 Miami Beach Bowl – a game marred by a brawl shortly after Memphis’ 55-48 double overtime victory.

The two talked the day after that game and have maintained a

good relationship ever since.

“It was good,” Fuente said of his Saturday conversation with Mendenhall. “Bronco and I – I understand where we coach and the rivalry – but we’ve coached against each other for a long time ... I just felt like it was the right thing to do. We’ve competed so hard against each other for so many years. There’s certainly empathy there. We all understand what we’re all going through, but I wanted to just make sure he knew what was happening and

See FUENTE, page B2

Bristol up next in playoffs

From NASCAR

The stage is set, and the anticipation is high for this Saturday’s NASCAR Cup Series Playoff Round of 16 cutoff race, the Bass Pro Shops NRA Night Race at Bristol Motor Speedway (7:30 p.m. ET on NBCSN, PRN and SiriusXM NASCAR Radio).

Three Playoff drivers have locked themselves into the Round of 12 by either wins or points in the first two races of the Round of 16 – Kevin Harvick (won Darlington), Brad Keselowski (won Richmond) and Denny Hamlin

(clinched on points) – leaving nine spots still up for grabs this weekend.

The 2020 season marks the first time the NASCAR Cup Series Playoff’s third race has been held at Bristol Motor Speedway and the first Cup postseason event at the 0.533-mile track. Bristol is the fifth different track in series history to host the third race of the Playoffs; joining Talladega Superspeedway (2004-2005), Kansas Speedway (2006-2010), Dover International Speedway (2011-2017) and the Charlotte Motor Speedway Road Course (2018-2019).

A total of 13 different drivers have won the third race of the Playoffs, led by Jimmie Johnson

(2008, 2013), Greg Biffle (2007, 2010), and Tony Stewart (2006, 2009) with two each. Three times the third race of the NASCAR Cup Series Playoffs has been won by a non-Playoff driver. In 2005, NASCAR Hall of Famer Dale Jarrett was 14th in points when he won the Talladega Superspeedway Playoff race.

Then in 2006, NASCAR Hall of Famer Tony Stewart was ranked 11th in points when he won the Kansas Speedway Playoff race. And finally, Greg Biffle was ranked 14th in points when he won the 2007 Kansas Playoff race.

See NASCAR, page B2

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Barnes

Continued from Page B1

said. "I'm hopeful I can get involved with our youth and AAU programs. I care deeply about the program and the kids, but it was just time."

Barnes said Jackson has been supportive of him and that he plans to pick the previous coach's brain quite a bit.

"I am still going to be in his ear," Barnes said. "He knows the guys and what makes them tick and he is on board."

The Cavaliers are coming off a 12-14 season a year ago and have several pieces back. In particular, Barnes hopes to be able to play inside-out with a bulked-up Brady Dalton in the post.

"Brady Dalton has really got in the weight room this past summer and put on about 30 pounds and we are going to work with him. If I can get Jackson (Hull) to be consistent and shoot well, we will go into him, and make them relax on him and go outside," Barnes said. "We can't be a one-guy show. It has to be team ball. It will not work. They are excited. We will apply pressure but we will not be pressured."

That said, Barnes feels like there is about a "50/50 chance" of high school hoops being played in Virginia this year. Regardless, because of the current VHSL rules, he plans on taking the team on the road in the new future.

"I am going to have to take these guys traveling, that is just what it is going to have to be. We will have to travel so the guys get

to know me and what I expect," Barnes said. "If we have to go to South Carolina to play, we will."

At Fort Chiswell, Barnes led the Pioneers' football team in rushing while also leading Fort's basketball team in scoring and assists. He said the late Danny Jonas and John Wayne Martin at Fort Chiswell were two huge influences on his life, and he plans to mix both of their coaching styles at Carroll.

"We are going to work as one unit. If I get a kid and take him to the side, I want my coaches up. What we do in JV mirrors into varsity, and we are going to get a good middle school coach," Barnes said. "This year is going to be tough with them getting to know me and then COVID, but I think next year and the following two years we can get the program back to where it needs to be."

Under the current VHSL guidelines for the 2020-2021 academic year, the basketball regular season is scheduled to begin Dec. 21 and consist of a 14-game regular season.

"He's excited and we're excited about what Anthony brings to the table," Carroll County Athletic Director Darrin Matthews said. "He's been working with the AAU program and is very familiar with the kids, and that helps a whole lot. We look forward to get things going and being able to play some games."

Reprinted with permission of The Carroll News.

Those Magnificent Fliers

If I spoke the above title, you might think I am speaking of the (flowers) with their beautiful blooms. I am, however, talking about a particular bird that visits flowers and feeders i.e. the hummingbird. My wife is a great flower person as well as a bird enthusiast. I mostly enjoy seeing her care for her many types of flowers, but help her in the feeding of the many kinds of birds that visit our feeders.

The favorite we enjoy the most is the Ruby-Throated-Hummingbird that is found predominately along the Eastern part of the United States. She, my wife Linda, has been after me to write a column on these birds and with her help, we are doing the following.

There are about 350 species of beautiful humming birds that are found in the tropics and about fourteen types that nest in the good Ole U. S. A. each year. To name and describe all fourteen types would take more than the normal length of this column. I hope to cover a few of the attributes of the ruby-throats in today's presentation.

There are two migrations of humming birds from Central America and Mexico that fly in late winter and early spring to as far North as Canada and Alaska. They make their return trips in late summer and early fall. The ruby-throat as the other species, can do amazing things for a bird that is only 3 to 3.5 inches in



Woods, Water & Wildlife

W.A. "Doc" Davis

length (females and youngsters are smaller). The ruby-throated-hummingbird beats its wings around 53 times per second. They can fly up to 49 miles per hour with a backing tail wind and can also fly upside down. The ruby-throat as other species are the only birds that can fly backwards. They are big eaters and can consume in a day up to twice their body weight (about the same as a penny). They are attracted to colors such as red, orange and pink. They feed on flowers, nectar and sap and the sugar water provided by humans. The ruby-throats are as, all hummingbirds, omnivorous in that they eat small insects and spiders. By watching them feed, one can see them occasionally catch insects as that are attracted to the feeders as well.

For feeders, one should buy the basic red plastic feeder that comes with a built-in ant moat and bee guard. One can purchase the feeder mix or easily prepare your own of four parts water and one-part sugar. After boiling to dissolve the sugar, let cool before putting in the feeder.

It is a good idea to provide protein for them especially at the time they are preparing for their migration South with a mesh bag of bananas or overripe fruit such as melons. What remains is then easily disposed of. Hummingbirds must winter in Mexico and Central America and their trip there entails huge distances. Hummingbirds can fly non-stop across the Gulf of Mexico a distance of 500 miles and they do this rather than the longer distances by following the coastline.

There are many species of wildlife that migrate and how they do this going and returning to these sites every year is difficult to understand. Scientists say it is a built-in instinct, but I feel there is a lot more to it than that. In Genesis 1:22KJV reads: "And God created...every winged fowl after his kind: and God saw it was good." There had to be a Divine Creator who not only made these beautiful creatures but could by his power guide them to their abodes to feed them as noted in Matthew 6:26KJV: "Behold the fowls of the air: for they sow not, neither do they reap, nor gather in barns; yet your heavenly Father feedeth them. He (God) in verse 6:33KJV will also do the same for you as stated: "But seek ye first the Kingdom of God, and his righteousness; and all these things will be added unto you."

Until next time

Fuente

Continued from Page B1

why it was happening from me and not somebody else."

In other news from the news conference:

• Fuente announced Monday morning that rover Devon Hunter had been suspended indefinitely

for "not upholding the high standards" of the football program. The staff expected the redshirt junior to replace Reggie Floyd at the rover spot after Floyd's graduation following last season. Hunter played in 13 games last

season, starting twice, and he finished with 16 tackles.

Fuente did not get into specifics as to Hunter's replacement because of an ever-changing roster thanks to COVID-19, but Tyree Rodgers and J.R. Walker figure to get extensive looks.

"To say all those things will be fluid is an understatement in terms of continuing to cross train guys and get guys ready," Fuente said. "It's a little early for me to make a call on that right now. Certainly, those are a couple of guys. Keonta [Jenkins] has had a good fall camp, and J.R. is certainly one that continues to get better as well."

NOTE: Later in the afternoon it was reported by various sources that Hunter was being held in Montgomery County Jail on assault charges.

NASCAR

Continued from Page B1

Since the inception of the Playoffs in 2004, three times the winner of the third race of the post-season has gone on to win the title that same year. In 2008, Jimmie Johnson won the third race of the Playoffs at Kansas Speedway and went on to win his third consecutive title. It was his first of three Playoff wins that season (Kansas, Martinsville-2, Phoenix-2). In 2012, Brad Keselowski won the third race of the Playoffs at Dover International Speedway and went on to win his first series title.

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Two antique washstands with pitcher and bowl, \$200; Curio Cabinet with dolls included, \$200; 180 Cookie Jar, \$30 each; Antique child's red wagon (56 yrs. old) \$50; Metal detector, \$50; Office refrigerator, 27 in. high, 17 in. wide, \$50; Antique white kitchen cabinet, \$200. Call 980-2943.

Approximately 70 square bales

of good quality horse hay, \$4 per bale; new 16 in. steel rim with Bridgestone H-T tire mounted, like new (215-65-16) \$150; Rocking horse, black and white with springs, 3 ft. long 32 in. high, 18 in. wide, \$20. Dyna/Glo Kerosene Heater, 23,000 BTU used one year, \$20. Call 540-307-5388.

Two sets of white closet doors with hardware, in good condition. Cost \$89 at set, will take \$39 a set. Call 994-0266.

Old Hickory Barn – 10' X12' – with two lofts, \$2,400. Call 540-994-5750.

Two antique children's desks from Hillsville High School (perfect for homeschooling); one large office desk 3' X 6' with locking file drawer; also one beautifully finished (on all sides) roll top desk from the "Keepsake" Collection by Pulas-

ki Furniture; one maple writing desk with drawers; one solid wood Library Card Catalog cabinet with base and top. Call 540-674-4294 for more information.

Thompson Center Oncore 12 gauge camo turkey barrel with choke and black forearm. New condition, sale for \$225. Call 540-980-1871.

Two end tables \$12 for both, other furniture; microwave \$15; pet cages; bundles of crochet yarn. Call 540-230-5386.

Engagement ring, pear shape diamond, 18k, never been worn, non-smoking and pet-free house, size 7, \$500. Call 540-980-5361.

TV stand with tinted glass and three selves, \$100, 65 X 24. Call 540-980-2291.

Yard Sales

Multi-Family Yard Sale
Saturday, Sept. 19
1416 and 1417 English Forest Road, Pulaski
8 a.m.-1 p.m.
Lots of stuff including lamps, picture frames, designer purses, kid stuff including dolls, books, CDs, DVDs, dishes, nice curtain rods, shades, other household goods, jewelry, watches and more.

Draper Valley PH Women's Fellowship Yard/Bake Sale
Sat., Sept. 19, 7 a.m. - ?
Take out breakfasts will be served as long as they last!
Interstate 81, Exit 86 – 5662 East Lee Highway, Max Meadows, Va.

Yard Sale Multi-Family
Friday & Saturday, Sept. 25-26
5251 Highland Rd., Dublin

Cousins and Friends, Things, Stuff, Homemade Pie Sale –
Something for everyone!
Saturday, September 26, 8 a.m. – 2 p.m. Rain or Shine!
3740 & 3734 Morehead Lane, Pulaski.

Craft Show – Seasonal Décor
Saturday, September 19, 9 a.m. – 2 p.m.
5980 Collier St. Dublin
Across from the NRV Fairgrounds. Masks recommended



Crowell Building Office Rentals
Downtown Pulaski next to courthouse. Would be great for internet business, classes, lawyers.
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Call Penny at 540-250-7367



FOR RENT

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



ADVERTISEMENT FOR SNOW REMOVAL EQUIPMENT SERVICES WITH OPERATOR SIGNUP

The Virginia Department of Transportation invites heavy equipment owners to sign up for the rental of their equipment with operators for SNOW & ICE REMOVAL purposes in Christiansburg Residency which includes the counties of Floyd, Giles, Montgomery, and Pulaski during the winter of 2020-2021. Price per hour shall include operators, fuel, tire chains, supplies and required insurance. VDOT will need dump trucks, pickups with plows, motor graders, backhoes, dozers, track loaders, tractors, rubber-tire loaders and farm tractors. All equipment shall be equipped for night work and be in good mechanical condition to ensure a safe and dependable 24/7 operation. VDOT reserves the right to determine acceptability of equipment size and condition for the task. Contractors submitting prices meeting the requirements of the Agreement may be contracted with and may be eligible to receive a mobilization payment.

Contractors must submit their application on the electronic M7B bidding site at <https://plow4va.com/>. All new and returning contractors must be active in the Virginia eProcurement Portal (eVA) in order to do business with the Commonwealth of Virginia (<http://eva.state.va.us>).

Applications received by 5 PM on Friday September 25, 2020 may be eligible for a mobilization bonus. See the EVA posting for additional information, including contract requirements: <https://m.vendor.eprocigpdc.com/Vendor/public/AllOpportunities>.

Questions can be emailed to SalemDistrictSnow@vdot.virginia.gov or directed to the Christiansburg Residency from 9 AM to 3 PM Monday – Friday at 540-381-7201.

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The Pulaski Free Clinic provides complete medical care to adult residents of Pulaski County who have no insurance and who qualify financially. You may qualify! Call the clinic at (540) 980-0922, or stop by the clinic between 9:00 am and 4:00 pm Monday through Thursday at 25 4th Street Northwest in downtown Pulaski to set up an appointment for financial screening.

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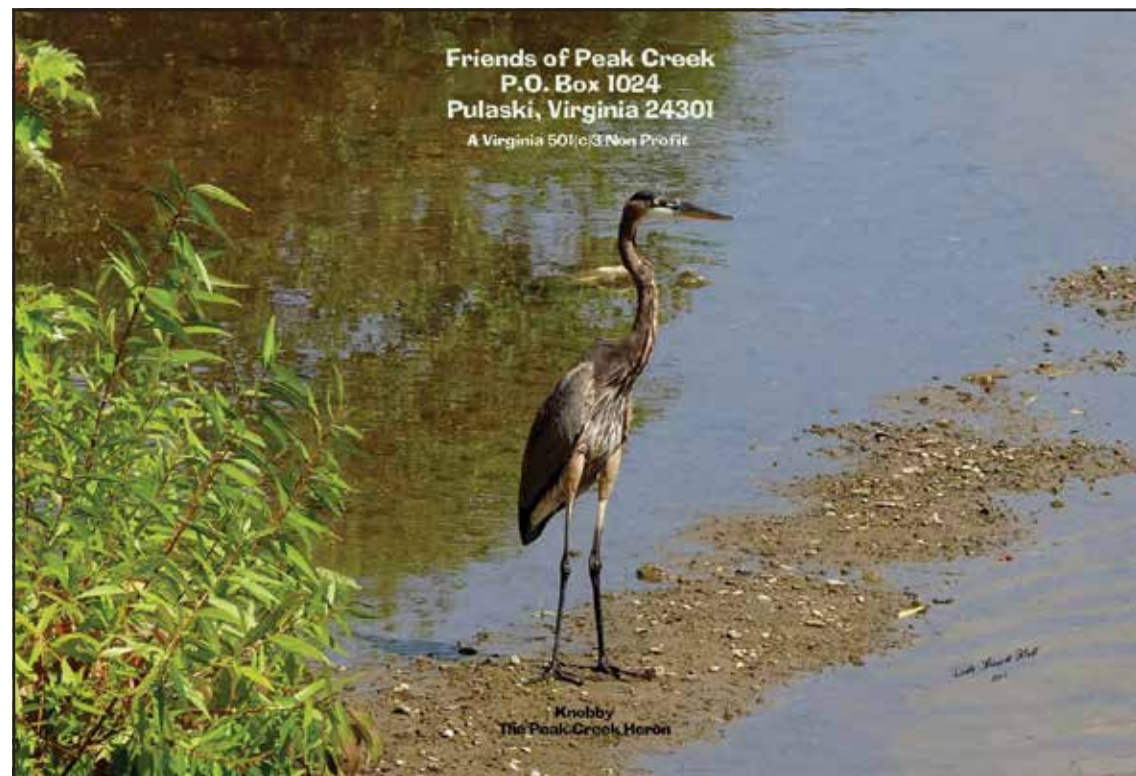
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Friends of Peak Creek schedule Fall Cleanup Oct. 3

Friends of Peak Creek is planning the Fall Clean Up for October 3rd. 10:00 A.M. til 12:00 noon. Volunteers are asked to meet at the First Street Parking lot across from Thompson Tire at 10:00 A.M for a safety briefing and assignments. We will be practicing social distancing and will provide volunteers with face masks, gloves, vests, bags, any tools that will be needed, snacks and drinking water. This is also the date of the Annual Go Pulaski County event. Some FOPC members will be participating with this group. Please come out safely and help get this much needed work done. Thank you in advance for your participation.



Free flu vaccine drive-thru clinic in Radford Sept. 25

The New River Health District (NRHD) will offer free seasonal flu vaccine at a special drive-thru dispensing clinic on Friday, September 25 from 9 a.m. to 2 p.m. at the Radford Fire and Rescue Station at 1500 Wadsworth St.

Vaccine will be available free on a first-come, first-served basis. Be sure to wear clothing that is loose around the arm so that a public health nurse can administer the flu shot in the upper arm, without having to leave the comfort and convenience of your car.

Influenza, commonly called "the flu," is a serious disease caused by the influenza virus that affects the respiratory tract. It is highly contagious and generally spreads from person-to-person when an infected person coughs or sneezes. The virus can be transmitted even before flu-like symptoms appear. A person usually becomes sick one to

three days following exposure to the virus. Typical flu symptoms include fever, dry cough, sore throat, runny or stuffy nose, headache, muscle aches and extreme fatigue.

"Vaccination is the best way to prevent influenza and its potentially severe complications. This unique 'drive-thru' approach is proven to be a fast and efficient way to vaccinate a large number of folks in a short time," said Nolle Bissell, M.D., director, New River Health District. "Community immunity develops when more people get vaccinated," Dr. Bissell explained. "There is less virus present to potentially infect those who cannot be immunized such as infants under 6 months old; this helps protect everyone from this potentially deadly disease. It is particularly important to get a flu shot this year due to the pandemic where COVID-19

will be circulating at the same time."

"The timing and duration of flu seasons vary - they can occur from early fall to late spring. Receiving an annual seasonal flu vaccine is the best way to reduce your risk of becoming sick with the flu and spreading the virus to others. When more people get vaccinated, less flu can spread through the community. It takes up to two weeks to develop the vaccine's full protection," said Dr. Bissell.

All persons aged 6 months or older should be vaccinated against influenza each year. Particular effort should be made to vaccinate people at higher risk for influenza complications, including:

- Pregnant and postpartum women, or those who will be pregnant during the influenza season;
- Persons over 65 years of age, including residents of nursing homes and long-term care facilities;
- People who have chronic lung or heart problems, including asthma; and
- People who have other serious medical conditions, such as diabetes, kidney disease, cystic fibrosis, anemia, cancer, weak immune systems (including those with HIV) or a seizure disorder.

To help prevent the spread of influenza to people in high risk groups, those who live with people in a high risk group and healthcare workers should also receive an annual influenza vaccine. Travelers to countries outside of the U.S. may also need to consider influenza vaccination, even at different times of the year.

For more information, call the New River Health District at 540-585-3300 or visit <https://www.vdh.virginia.gov/flu/>.

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Give them a call if you're interested in renting the space - club treasurer Mike at (540) 250-4582.

Legal Notices

PUBLIC NOTICE

The Pulaski County Board of Supervisors intends to hold a public hearing beginning at 7:00 p.m. on Monday, September 28, 2020, in the Supervisors Meeting Room of the County Administration Building, 143 Third Street, N.W., Suite 1 in the Town of Pulaski to receive citizens' comment on the following matter:

a) Adoption of an ordinance granting the operation of golf carts and utility vehicles, as defined by Section 46.2-100 of the Code of Virginia, 1950, as amended, is hereby authorized on Clark's Ferry Road (Route 653) on Clark's Ferry Road from its intersection with Ledge Rock Road to the intersection of Clark's Ferry Road and Shull's Lane

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

If you are a disabled individual and would like special auxiliary aids or services, please contact the County's ADA Compliance Officer at (540) 980-7800 (TDD accessible) or (540) 980-7705, ten (10) days prior to the above meeting date.

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Tuck's Hosts Extrication Class

On Thursday, September 10, the National Auto Body Council F.R.E.E. program held an event at Tuck's Collision in Pulaski to teach and train first responders how to safely extricate crash victims from today's vehicles following crashes. With newer vehicle models, the methods needed to get people out of them after wrecks have changed. Firefighters and EMT's from across the area came for the training. Damaged vehicles for the demonstrations were provided by Erie Insurance, Ryder Scrap Metal and J&J Auto. The training, sponsored by Tuck's Collision, has become an annual and much-appreciated event.

Photos by Lucas Goad





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Weekly SUDOKU

by Linda Thistle

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3				2			5	
	7	1			3			2
		8			7			3
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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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Puzzle Answer Appears Elsewhere In This Week's Issue

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September 2020

Fri. Sept. 4th: Pastor Sherman Buckner
Sat. Sept. 5th: Pastor Charlie Barbettini

Fri. Sept. 11th: Pastor Todd Garwood
Sat. Sept. 12th: Pastor Don Hackett

Fri. Sept. 18th: Pastor Harry Gunter
Sat. Sept. 19th: Evangelist Joyce Greer

Fri. Sept. 25th: Rev. Charles Farmer
Sat. Aug. 26th: "A Night Of Singing" With Various Local Singers
NOTE: Food to go orders only 11 am until 1 pm. Baked Spaghetti, Bread, Dessert and Drinks. The Clothing Bank will remain closed during this time.

NOTE: Sun. Sept. 27: 11AM SUNDAY MORNING OUTREACH SERVICE AT THE STREETS Pastor Todd Garwood

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

For More Information Contact: Charlie Barbettini. : 276.620.4293

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

Amber Waves

WHAT A BEAUTIFUL NIGHT WITH A PERFECT BREEZE.

WOW, WOULD YOU JUST LOOK AT THAT SUNSET.

NO NEED TO, THERE'S A SUNSET APP ON MY PHONE.

CLICK, CLICK, CLICK.

by Dave T. Phipps

Out on a Limb

Yee Ha!

SOMEWHERE OUTSIDE TUCSON, DONNIE AND ED COME ACROSS A WESTERN DOODLE RANCH

by Gary Kopervas

R.F.D.

HORSE-PULLIN'!? YUP.

THEY'RE DOIN' TWO KINDS THIS YEAR

by Mike Marland

The Spats

I SHOULD GO TO THE BEAUTY PARLOR...

...I NEED TO GET MY HAIR FIXED.

I DIDN'T EVEN KNOW IT WAS BROKEN.

by Jeff Pickering

POPEYE

UH-OH! DERE'S BRUTUS BUGGIN' OLIVE AGAIN!

I'LL SNEAK UP AN' LISTEN IN ON TH' POOR SWAB!

DON'CHA TINK Y' COULD FALL IN LUV WIT' ME? NEVER, BRUTUS...

...I COULD NEVER FALL IN LOVE WITH YOU! COUD'JA JES' LEARN T' LIKE ME A LITTLE?

IT'S IMPOSSIBLE FOR ME TO EVEN LIKE YOU!

I S'POSE FREE USE OF ME CREDIT CARD WOULDN'T MAKE A DIFF'ERENCE...

WAIT! PERHAPS I WAS A BIT HASTY!

OLIVE... I CAN'T BELIEVE HOW FRICKLE YA IS!

Just Like Cats & Dogs

by Dave T. Phippe

I AGREE, IF WE DO GET THIS HEALTHY GRANOLA CEREAL I WILL LOSE WEIGHT BECAUSE I'LL START SKIPPING BREAKFAST.

LAFF-A-DAY

May I have word with you alone, sir?

SCRAMBLERS

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

Mistake
PEALS

Gift
GITARS

Place
STILLAN

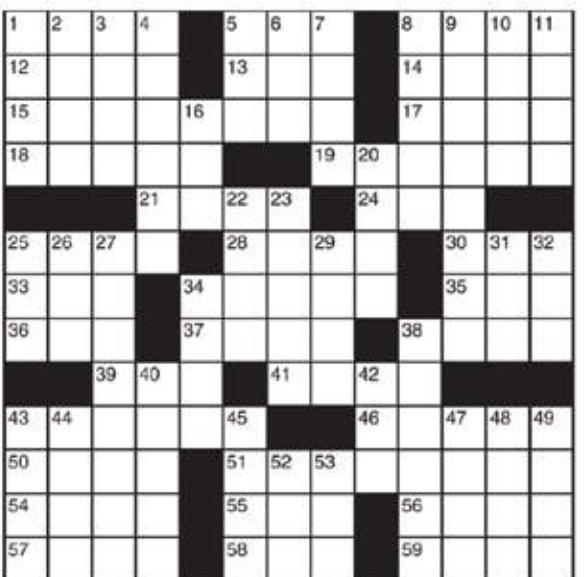
Room
MARBLE

TODAY'S WORD

King Crossword

ACROSS

- 1 Amorphous mass
- 5 Pouch
- 8 Con job
- 12 Portrayal
- 13 Id counterpart
- 14 Actress Jessica
- 15 "The danger has passed"
- 17 Borscht ingredient
- 18 Shelton or Lively
- 19 Chopping spree?
- 21 Breakfast for many
- 24 Jam ingredient?
- 25 Treaty
- 28 Teeny bit
- 30 Cow's chaw
- 33 Ostrich's cousin
- 34 Small chalkboard
- 35 Work with
- 36 Suitable
- 37 Gasp for air
- 38 Impale
- 39 Masseur's workplace
- 41 Not this way!
- 43 Plot
- 46 Supermarket section
- 50 Cupid's alias
- 51 2,000 pounds



- 54 Legal wrong
- 55 "Wham!"
- 56 String
- 57 Gospels follower
- 58 Longing
- 59 Robert of "Airplane!"
- 8 Israeli indigene
- 9 Unambiguous
- 10 Help a hood
- 11 Partner
- 16 Journey segment
- 20 Pinnacle
- 22 Big bash
- 23 Rise
- 25 Pod dweller
- 26 Pump up the volume
- 27 Curtain
- 29 "Beetle Bailey" dog
- 31 NAFTA signatory
- 32 Society new-corn
- 34 Unwanted email
- 38 Tattletale
- 40 Nuisances
- 42 Stratego situation
- 43 — good example
- 44 Gator's kin
- 45 Catch sight of
- 47 Old portico
- 48 Australian parrot
- 49 Conclusions
- 52 Weeding need
- 53 Have

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top ten

"SUPER" FOODS

- 1. Sweet potatoes
- 2. Mangos
- 3. Plain (0%) Greek yogurt
- 4. Broccoli
- 5. Wild salmon
- 6. Oatmeal
- 7. Garbanzo beans
- 8. Watermelon
- 9. Butternut squash
- 10. Leafy greens

Source: Center for Science in the Public Interest

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Trivia test

by Fifi Rodriguez

- 1. U.S. STATES: Where is the Rock & Roll Hall of Fame located?
- 2. LITERATURE: Which famous novel begins with the line, "You better not never tell nobody but God"?
- 3. GENERAL KNOWLEDGE: What is the nickname of Tulane University's athletic teams?
- 4. MUSIC: Acorn, drop, ball and barrel are all types of what?
- 5. MOVIES: Which animated Disney movie featured the theme song "A Whole New World"?
- 6. GAMES: How many strikes must one throw to achieve a perfect 300 score in bowling?
- 7. ANATOMY: Which human organ filters blood, removes waste and regulates salt levels?
- 8. HISTORY: How many people survived the sinking of the Titanic in 1912?
- 9. GEOGRAPHY: Where is the island of Palau located?
- 10. ANIMAL KINGDOM: What is a group of rhinoceroses called?

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HOCUS-FOCUS

BY HENRY BOLTONOFF

Find at least six differences in details between panels.

Differences: 1. Tree is larger. 2. Fence is missing. 3. Windshield is gone. 4. Farm is different. 5. Hubcaps are different. 6. Farm is missing.

- 10. A crash or herd
- 9. Oceania
- 8. 706
- 7. Kidneys
- 6. 12
- 5. "Aladdin"
- 4. Drums
- 3. The Green Wave
- 2. "The Color Purple"
- 1. Cleveland, Ohio

ACTS
TOR
NOT
SCHE
S
P
A
B
USE
PACT
EGGS
BLAKE
AL
ROLE
GLOB

Solution time: 25 mins.

Answers

CryptoQuip

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

Clue: S equals G

R'DH WHYPRMHEO JHHP SNRPS
JTEW ETMHEO. MN JH GNPHIM, R
YRPW MGMT DHXO WRI-MXHIIRPS.

ANIMALS

Today's Word

3. Install; 4. Ramble

1. Lapse 2. Grate

solution

SCRAMBLERS

Americanisms



"I've never lost a game. I just ran out of time."
— Michael Jordan

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I've definitely been going bald lately. To be honest, I find that very dis-tressing.

answer

CryptoQuip

TUCK'S COLLISION

A Direct Repair Facility

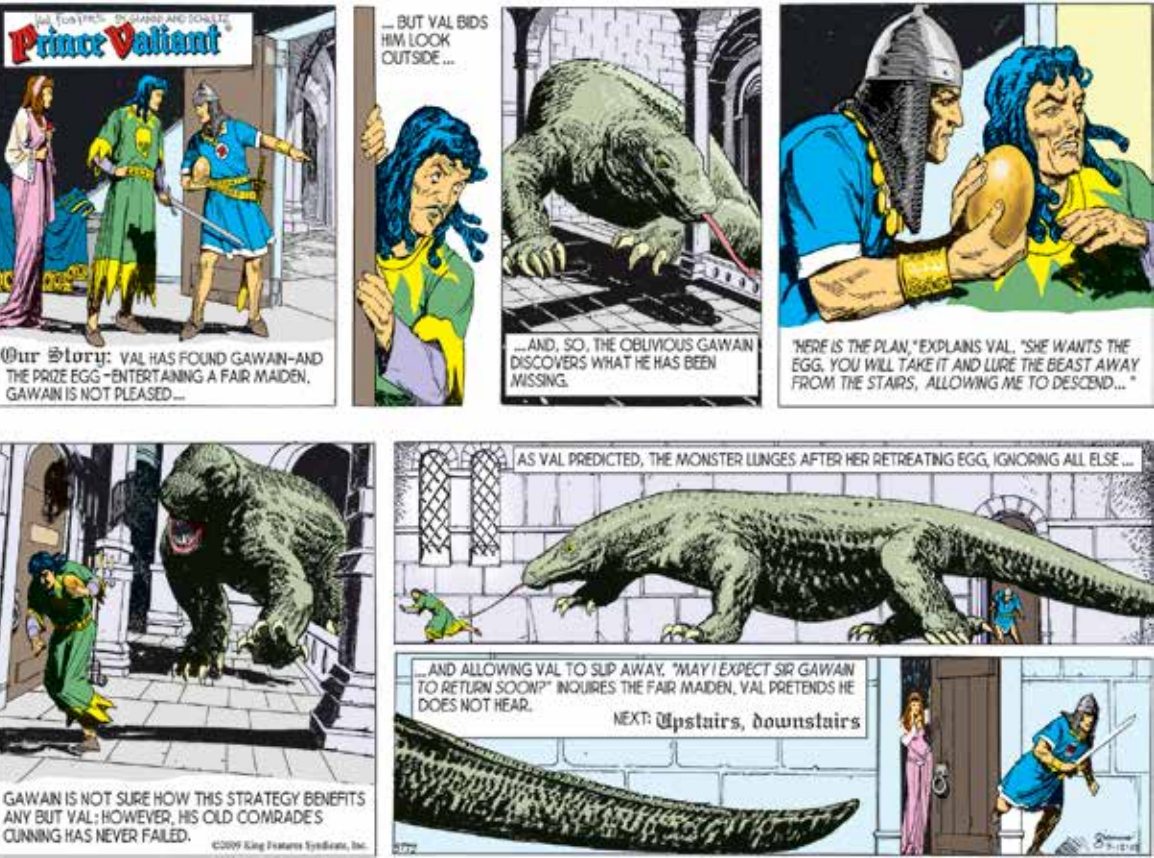
ALL INSURANCES ACCEPTED!

1001 East Main Street, Pulaski, VA (Adjoining Duncan Suzuki)

(540) 980-1922

The Patriot

www.pcpatriot.com



Ivory Pie Crimper

Old tools can be hard to identify because many are no longer used. A carved ivory leg with a little wheel at the top looks like it might be a toy or a drawing aid, but it would be odd to make a tool of ivory. This auction item, recently sold by Eldred's Auctions, is a pie crimper, probably made by a sailor to give to a girlfriend or mother. It sold for \$3,600 as an interesting, decorated piece of folk art. Those who bake pies know that the wheel is used to cut or seal decorative edges of a pie crust. But there is another bit of history that makes this antique interesting.

In the 1950s when we started writing about antiques, the identification of unfamiliar objects was based on old letters, ads, family stories and guesses. Today, most of the conclusions are considered myths. Sailors had time to carve many small ivory objects, often as gifts. Parts of the human body were considered erotic, and at various times the ankle, leg, neck, bust, buttocks, long hair or even total nudity were featured in paintings and pictures to set a risqué mood. But today the story of the ankle or the leg is considered a myth. Women usually wore boots, long stockings and long skirts for comfort and the leg was rarely visible. So, the pie crimper was a gift of love, but probably nothing more serious.

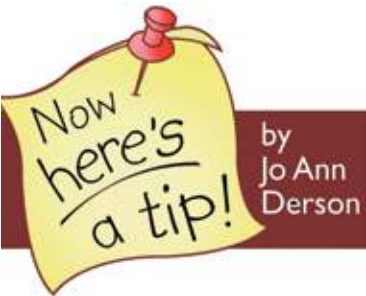
CURRENT PRICES
Folding ruler, boxwood, brass hinge tips, No. 61 Stanley, 24 inches, \$20.
Mixing bowls, nesting, red, turquoise, baby blue, yellow, McKee Glasbake, 1950s-60s, 6

KOVELS
Antiques & Collecting
By Terry and Kim Kovel



This ivory pie crimper was made in the 1800s by a sailor and sold at an Eldred's auction recently for \$3,600. It is a piece of folk art with several suggested explanations of the design.

inches to 9 1/2 inches, set of 4, \$145.
Toy, Space Frontier, Apollo 15, battery operated, astronaut, revolving, stop-and-go action, hatch opens, Yoshino, box, 1960s, 18 inches, \$270.
Doorstop, rabbit, wearing coat with tails and top hat, painted, cast iron, Albany Foundry 94, 10 inches, \$540.
TIP: Toothpaste makes good silver polish. It also can be used to clean ceramic doll faces. A toothbrush makes a good small scrubber.



* Cooking a recipe with garlic and onions to start? Invite me to dinner! But first, remember to let the onions cook to nearly translucent before adding the garlic, which cooks much faster. If you put both in at the same time, the garlic will burn before the onions have a chance to deepen their flavor.
* Automatic toilets are great for not having to touch the handles, but they can be scary for kids -- and some adults too, if I'm being honest. Try putting a sticky note over the sensor so that it will not flush until you take it off, giving you some control.
* "For chores, I write tasks on sticky notes and put them up on our family board. The kids choose the things they want to do, and when they are done to my satisfaction I sign their ticket. At the end of the week, they can bring me the tickets to pay out. This is for extra money, so they don't have to do it; I don't have to chase them, and I don't have to keep track of it either." -- E.L. in Montana
* Every so often, use a very diluted bleach solution to rinse out your reusable water bottles. Put them on a bottle rack to air dry completely before sealing them back up.

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

MAGIC MAZE ● END OF TIME

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: **After Sunrise, Before Sunset**

Airtime	Flextime	Mistime	Teatime
Anytime	Halftime	Onetime	Uptime
Bedtime	Lifetime	Pastime	Wartime
Downtime	Mealtime	Ragtime	

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CryptoQuote

AXYDLBAAXR
is **LONGFELLOW**

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

IGYWQ CWDNYGO WGY DZQ

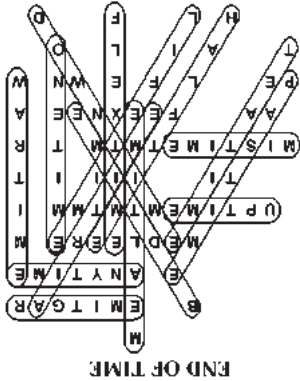
IGYWQ SYNWFOY ZM QEYXG

QYNEDXAFY, QEYV WGY IGYWQ

SYNWFOY ZM QEYXG BWOOXZD.

— KWGQEW IGWEWK

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Great dancers are not great because of their technique, they are great because of their passion. — Martha Graham

CryptoQuote
answer

Celebrity Extra: 'The Fall'

Q: "The X-Files" is my favorite show of all time. I realize it's better to leave it alone and not revive it because it might not be the same quality as the original, but I would be satisfied with another "X-Files" movie -- or two. Are there any in the works? -- S.N.

A: "The X-Files," starring David Duchovny and Gillian Anderson, ran on FOX network TV from 1993 to 2002, but did you know that the series already had a revival in 2016 with two additional seasons? Anderson, who played Special Agent Dana Scully, stated that season 11 was it for her. However, recently it was announced that an animated "X-Files" series is in development for FOX with the show's original creator, Chris Carter, executive producing. However, this version will feature new characters and have a comedic take on its unsolved mysteries.

As for Anderson, you can soon see her in "The Fall" on the Ovation channel, where she plays a British homicide detective chasing a serial predator played by Jamie Dornan. If the show sounds familiar, it's because it originally aired in 2013 on the BBC network. Ovation will re-air all three seasons beginning Saturday, Oct. 10, at 7 pm ET. Up next for Duchovny is "The Craft," a remake of the 1990s film of the same name about a coven of teenage witches.

Q: I can't wait for the new shows to premiere this fall. I realize they'll probably be later than normal, but will we have to wait until 2021 for shows like "Chica-



Gillian Anderson
(Ovation TV)

go Med" and "This Is Us"? Those are my two favorites. -- F.C.

A: The fall TV season has indeed been postponed, but the good news is you won't have to wait until 2021 for your favorites to return. NBC has announced that the family drama "This Is Us" will be back with a two-hour premiere on Nov. 10. It's hard to believe the hit show is starting its fifth season. Creator Dan Fogelman promises "a rebirth" next season and said that the writers are incorporating the COVID-19 pandemic into the storyline. Meanwhile, "Chicago Med" will broadcast new episodes starting Nov. 11, with "Chicago Fire" and "Chicago P.D." following in the hour timeslots the same evening.

See CELEBRITY, page B10



Church Directory

Worship Each Week In The Church Of Your Choice



Teach Me Your Word O Lord

Terry McCraw

From Prosecutor to Preacher

The central truth of the lesson for today is that if God would save a man like Saul of Tarsus, then He will save anyone, regardless of how bad they have been.

Acts 9: 1. “And Saul, yet breathing out threatenings and slaughter against the Disciples of the Lord, went unto the High Priest. And desired of him letters to Damascus to the synagogues, that if he found any of this way. Whether they were men or women, he might bring them bound unto Jerusalem. And as he journeyed, he came near Damascus: and suddenly there shined round about him a light from heaven.”

Saul before Christ, was like a raging bull. Persecuting the Christians without mercy. The letters he asked for from Caiaphas, the High Priest, gave him the authority to arrest every Christian that could be found, to persecute them, place them in chains, and to bring them back to Jerusalem as prisoners.

Damascus was about 140 miles north of the City of Jerusalem. Saul headed for Damascus where he hoped to find many Christians to persecute. The last one he expected to see on his trip was the glorified Lord Jesus.

And when Jesus came into my heart and life, it was the last thing that I expected to see happen to me. And I’m sure it was the same way, with many of you. We weren’t looking for Him, but thank God He was looking for us.

If He hadn’t found us, we’d still be on our way to a devil’s hell, but thank God, he found us where we were, saved us, transformed us, and gave us a life worth living.

Verse 4. “And he fell to the earth and heard a voice saying unto him, Saul, Saul, why persecutest thou Me? And he said, Who art Thou Lord? And the Lord said, I am Jesus Whom thou persecutest. It is hard for thee to kick against the pricks. And he trembling and astonished said, Lord, what wilt Thou have me to do? And the Lord said unto him, Arise, and go into the city, and it shall be told what you must do.

Saul had been persecuting Christians had never laid eyes on Jesus. So why did Christ say that Saul was persecuting him? Because, when someone is persecuting a Child of God, it is the same as persecuting the Lord Himself. When injuries are done to the followers of Jesus, the Lord Jesus takes it personally.

Jesus said to Saul, “It is hard for thee to kick against the pricks.”

This was a reference to the use of a sharp pointed goad to guide an ox to the place intended for it to go. Sometimes oxen would kick against the pricks and kick out the goad which only resulted in additional and deeper jabs with the goad. The more the ox rebelled the more it suffered.

Acts 9:9. “And he was three days without sight, and neither did eat nor drink.” His physical eyes were blinded but his spiritual sight was increasing.

God spoke to a man named Ananias and sent him to find Saul, lay his hands on him and pray. Saul was already praying, most likely repenting. As Ananias laid hands on Saul, there fell from Saul’s eyes, a flakey substance and he received his sight. God’s message to Saul was “He is a

See MCCRAW, page B9

Draper Valley Baptist Church

3200 Lee Highway
Draper, Va. 24324

Pastor: Alan Pearce

Service Times:

Bible Study Sunday, 5 p.m.

Sunday Worship, 11 a.m.

Sunday Evening, 6 p.m.

Prayer Service, Wed. 6:30 p.m.

Phone: 980-1028

www.drapervalleybaptist.org

Grace Baptist Church

552 E. Main Street

Dublin, Va. 24084

Pastor: Doug Testerman

674-1762

Primary Services:

9:45 a.m. Sunday School

11 a.m. Sunday worship

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

Wednesday Night 7 to 8 p.m.

Grace Kids and Teens Bible Study

Open Door Baptist Church

4576 Miller Lane

Pulaski, VA 24301

Pastor: Rev. N.K. Howlett

Primary Services:

Sunday School, 9:45 a.m.

Worship, 11 a.m.

Wednesday Night, 7 p.m.

Phone: 980-2046

Draper United Methodist Church

3080 Greenbriar Road

Draper, VA 24324

Pastor: Mark Asbury

Primary Service Times:

Sunday School, 10 a.m.

Worship, 11 a.m.

Phone: 276-477-3835

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 Mark Asbury

Worship service is 8:45am-9:45am

Sunday School is 10 - 10:45am

Ricky Dishon, 540 239 6360, www.facebook.

com/cecilschapel.umd

Newbern United Methodist Church

5155 Wilderness Road

Exit 98 off I-81 Newbern

Rev. Paige Wimberly

674-6111

Worship Services: 9:45 a.m.

Sunday School: 11 a.m.

Valley Harvest Ministries

1 Harvest Place

P.O. Box 458

Dublin, VA 24084

Senior Pastor Steve Willis

Associate Pastors:

Perry Slaughter, Elaine Wood, Derick Burton

Sunday Worship: 10 a.m.

Wednesday School 7 p.m.

www.vhmdublin.org

540-674-4729

Mountain View United Methodist Church

6648 Wilderness Road

Dublin, VA 24084

Phone: 540-674-6111

mountainviewumc.yolasite.com/

Pastor: Paige Wimberly

Adult Sunday School: 10 a.m.

Morning Worship with Children's Church at

11 a.m.

Dublin Baptist Church

100 Hawkins Street

Dublin, VA 24084

540-674-6061

secretary@dublinbaptistva.org

Website: dublinbaptistva.org

Pastor: Dennis Jones

Sunday School: 9:45 a.m.

Morning Worship: 11 a.m.

Children's Church and Nursery

Evening Service: 6 p.m.

Tuesday: Women's Bible Study, 10 a.m.

Wednesday, Adult Bible Study 7 p.m.

First United Methodist Church

301 N. Jefferson Ave. - Pulaski

(physical address)

135 Fourth St., NW - Pulaski

(mailing address)

Pastor's Name: Will Shelton

Associate Pastor:

Sebastian Ruiz, Hispanic Pastor

Sunday Services

9:00 AM - Hispanic Worship

9:00AM - Contemporary Worship

10:00AM - Sunday School

11:00AM - Traditional Worship

Contact Info.

Phone: 540.980.3331

e-mail: office@fumcpulask.org

website: www.fumcpulask.org

Belspring Baptist Church

6887 Depot Street

Belspring, VA 24058

Pastor Darrell Linkous

Service Times:

Sunday School: 10 a.m.

Sunday worship: 11 a.m.

Wednesday Bible Study and

Youth Group: 7 p.m.

Darrell Linkous: 353-0081

belspringbaptistchurch@gmail.com

Memorial Baptist Church

995 Peppers Ferry Road

Pulaski, VA 24301

Pastor: Michael S. Jones

Sunday

9:45 am - Sunday School

11:00 am - Worship

Wednesday

6:30 pm - Prayer Meeting

(540) 980-4731

Email: dfarley3@verizon.net

River of Life Church

5311 Black Hollow Road, Dublin, Va. 24084

Shawn Burchett, Pastor

Sunday School 9:15 AM

Sunday Morning Worship 10:30 AM

Wednesday Evening Life

Building Service 7:00 PM

www.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

6:45 pm - 7:30 pm

Heritage Church

6195 Cleburne Boulevard, Dublin

Pastor Mike Pierce

Service Times:

Wednesdays, 7 p.m.;

Sundays, 10 a.m.

(540) 674-9220

Website: www.heritagechurch.net

Facebook.com/

HeritageChurchDublinVA

Fairlawn Baptist

6758 Oxford Avenue

Fairlawn, VA 24141

First Missionary Baptist Church

7318 Manns Drive / P.O. Box 90

New River, Virginia 24129

(540) 639-5331

email: fmbc1872@verizon.net

Pastor: Rev. Richard A. Goodman, Sr.

Associate Minister:

Rev. Annette Cheek

Clerk: Mrs. Carlotta Lewis

Sundays:

Morning Worship 11:00 a.m.

The Lord's Supper - Each First Sunday

Wednesdays: Prayer Meeting &

Bible Study 6:30 p.m.

Dublin United Methodist Church

P.O. Box 577

424 East Main Street

Pastors Don Hanshew & Don Shelor

(540) 674-5128

office@dublinumc.com

Early Worship - 8:45 am

Sunday School - 9:45 am

Praise & Worship Small Group - 10:00 am

Worship - 10:55 am

Freedom Fellowship Church

1730 West Street

Radford, VA 24141

Sr. Pastor: Jerry W. Collins

540-577-5780

jcollinsfreedomfellowship@yahoo.com

Sunday Service: 10 a.m.

11 a.m. Children's Church

Wednesday - 7 p.m. Service

7 p.m. Youth Service

Draper's Valley Presbyterian (PCA)

2755 Old Baltimore Road, Draper, VA 24324

Mailing address: Same as above

Pastor's Name: Rev. Robert E. Davis

Associate Pastor: Rev. Roland Mathews

Primary Service Times:

Sunday Morning Worship Service

8:30 and 11:00

Sunday Evening Worship Service 6:15 p.m.

Wednesday Evening (5:45 Supper in the

Fellowship Hall (Sept thru May) - Youth Groups

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

Contact Info:

Phone - 540-994-9015

e-mail - drapers.valley@dvpca.org

website - www.dvpca.org

Trinity Lutheran

Church ELCA

2 Fifth Street, N.W., Pulaski

540-980-3624

The Rev. Terrie Sternberg

trinitypulaski@gmail.com

Sunday Worship 11 a.m.

(Sept. - May)

Sunday Worship 10:30 a.m.

(June - Aug.)

Bible Study: Wednesday, 12:30

www.trinitypulaski.org

Trinity United Methodist

Pastor: Judy Yonce

Sunday Worship - 9:45 a.m.

Bible Study - Wednesday, 7 p.m.

528 5th Street, S.E.

Pulaski, Va.

Phone - 980-0820

Snowville Baptist Church

3238 Gum Log Road, Hiwassee

Pastor: Rev. Tony Hart

Sunday School: 10 a.m.

Sunday Services: 11 a.m., 6 p.m.

Wednesday Night Service: 7 p.m.

Fairlawn United Methodist Church

7584 Brandon Road, Fairlawn, Va. 24141

Pastor Mark A. Miller

markmiller.psalm1@gmail.com

Cell) 540-320-2431

Sunday School: 9:45 a.m.

Sunday Worship (with children's message):

11 a.m.

Bible Study, Wednesday: 7 p.m.

Youth Ministry

Facebook.com/Fairlawn-United-Method-

ist-Church

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

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

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

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

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

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

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

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

Randolph Avenue United Methodist Church
1607 Randolph Avenue
Pulaski, VA 24301
Pastor: Rev. Dr. Elston McLain
Worship Service: 11 a.m.
Phone: (540) 980-8775

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

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

McCraw

Continued from Page B8

chosen vessel of Mine to bear My name before gentiles, kings, and the children of Israel.”
The Lord Jesus sent Saul down to Straight Street to straighten him out and there, Saul got saved. And he became obedient to the moving of God upon his life.
Acts 9:20. “And straightway he preached Christ in the synagogues, that He is the Son of God. Saul increased the more in strength, and confounded the Jews which dwelt in Damascus, proving that Jesus was Christ.”
Matthew Henry said, “Saul was no sooner a Christian than a Preacher; and no sooner a Preacher than a Sufferer; so quickly did he rise to the summit of his preferment.”

He immediately and straightway preached Jesus and he was instrumental in converting many to the faith.

God can bring good out of bad. He did it in the conversion of Saul. He couldn’t layer the old over the new and tuck in the edges and hope for a good fit. He had to unlearn his misinterpretations of bible prophesy.

“Before people can begin something new, they have to end what used to be, and unlearn the old way.” William Bridges.

If we’re only looking at the constellations, we’ll not see the stars.
“I have spent most of my life unlearning things that were proved not to be true.” R. Buckminster Fuller.

In order to be a positive thinking Christian we have to unlearn all the negative things that we have stored away in our minds. We are no longer under the old Covenant, but we are now under the new Covenant. We must learn to keep these two Covenants separated in bible study.

I’m not saying that all of the old ways are to be abolished. Some of the old ways work better than the new ways. I still believe in Old Time Religion. I still love the old tried and true traditional hymns.

Paul learned to keep many the good things that he had learned and to correct the ones he was in error about before he learned about the New and Living Way, Jesus Christ. Then he learned to add in the new things as they were revealed to him by God.

When Saul got saved, the persecutor became the persecuted.

God is God. His grace is truly amazing. His mercy is everlasting. He is omnipotent. He can take a bad person, save him, and fill him with the Holy Ghost and make a good person out of him, or her.

Bible Trivia

1. Is the book of Boaz in the Old or New Testament or neither?
 2. From John 3:16, to whom did Jesus speak, “For God so loved the world, that he gave his only Son ...”? Mountain’s multitude, Simon Peter, Shepherds in field, Nicodemus
 3. Whose first chapter (KJV) begins, “Paul, an apostle of Jesus Christ by the commandment of God”? 1 Timothy, Titus, James, 2 John
 4. From 2 Samuel, who killed a giant having 12 fingers and 12 toes? Mephibosheth, Jambres, Abimelech, Jonathan
 5. What false prophet preached a message of peace during the days of Jeremiah? Simon Magus, Noadiah, Bar-Jesus, Hananiah
- ANSWERS: 1) Neither; 2) Nicodemus; 3) 1 Timothy; 4) Jonathan; 5) Hananiah**

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We must ask God to give us a forgiving spirit

From the writings of the Rev. Billy Graham

Q: I had a terrible falling out with a dear friend of mine who has betrayed me. My pastor says I should forgive her, but shouldn't she be the one to ask forgiveness? -- F.F.

Living with regret can affect us in many ways, emotionally, physically, and spiritually. The Bible says, “Pursue peace with all people... lest any root of bitterness springing up cause trouble” (Hebrews 12:14-15).

A: Forgiveness doesn't necessarily come easy, especially when someone we have trusted betrays us. We must ask God to give us a forgiving spirit, for this is an example to others watching that we seek to follow

When we experience broken relationships, often times they are not healed because we refuse to take the first step. Sometimes this is because of pride, hating to admit that we might be wrong or at least that



My Answer

Billy Graham

we had a part in causing the split. Other times it's because we are afraid of opening our lives to still more hurt. Whatever the reason, we mustn't let it keep us from seeking reconciliation from past conflicts.

It is not always possible to mend a broken relationship, of course. Some people simply refuse to be reconciled. Some refuse to accept responsibility for what they have done, making it difficult to bring about resolution. But at least when we reach out and try, we know that the effort has been made. We can bathe our efforts in prayer asking God to heal our own hearts and ask Him to work in the heart of the other person as well, that they would be open to reconciliation.

“Bearing with one another... forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do” (Colossians 3:13).

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

The Patriot
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Shop Local - More important than ever

As seems to be true for so many of us these days, I recently had a lively conversation about local and world affairs. In many ways, it was the usual conversation about what is going on in this world, why we are divided so as human beings, and why sometimes state and national actions feel counter-productive to our personal core beliefs. While no one seemed to have any answer or panacea, the discussion continued. I began to develop a very ominous feeling that that we are imploding. Many may wonder whether we are damaging ourselves personally as well as our communities. Are we destroying the backbone of our local economy, the small businesses?

That recent discussion was my wakeup call. I also realized that it does not have to be this way. I remembered something I'd read recently, indicating that if just one person decides to "shop local" and fully support local businesses, that one simple action can kick-start a multiplier effect. Our choices can impact our community in tangible ways.

When we spend \$100 in our local community, \$68 stays in the community, versus \$43 spent at a national chain, according to Civic Economics, Andersonville Study of Retail Economics. These choices and these outcomes all begin with us. Just think of the impact we could have on our own community if we would all commit to shopping locally.

Rabies and vaccine clinic for pets set for Oct. 3

Rabie and Vaccine Clinic for Pets. Saturday October 3, 2020 9 am till 1 pm Pulaski County Animal Control will be hosting a vaccination clinic at the shelter located at 80 Dublin Park Road in Dublin. Rabies will be five dollars each (bring previous rabie certificate to get a three year certificate) Distemper/Parvo vaccines are ten dollars. County License tag will also be available for purchase (cash only) . Check Pulaski Co. Animal Control VA FB page for more info. Call today to register your pet for their vaccines/rabie 674-8359. Walk-ins will be welcomed. The Bryon Katrovitz animal wellness fund can help If you are struggling financially and your cats or dogs are in need of vaccination's please email me akatrovitz@gmail.com for an application form to access our services. For more information check out the fb page.

Celebrity

Continued from Page B7

Q: I was wondering when "Star Trek Enterprise" with actor Scott Bakula aired on TV? -- P.G.

A: Scott Bakula became a household name back in 1989 when he starred as a time-traveling scientist in the hit series "Quantum Leap." In 2001 he joined the "Star Trek" franchise "Enterprise" as Cmdr. John Archer, which aired until 2005. "Enterprise" was set 100 years before William Shatner's Captain



Down To Business

Peggy White
Pulaski Co.
Chamber of
Commerce

More than thirty years ago, I saw a quote from the Chinese philosopher Confucius that continues to resonate with me. He wrote, "If there is righteousness in the heart, there will be beauty in the character. If there is beauty in the character, there will be harmony in the home. If there is harmony in the home, there will be order in the nations. When there is order in the nations, there will peace in the world." Right now, a growing peace and harmony in our community, nation, and world is needed as we continue to determine how we will thrive.

Never has it been more important for us as individuals to support our local economy and the small businesses that make our communities unique. I challenge you to join me in making a commitment to the continued support of our local businesses as we take steps that will make our community stronger than ever. Pulaski is stronger, better, ours!

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

Saving? Get Practical

Dear Dave,
I'm having a hard time saving money. Do you have any practical advice for saving when you have an average income?

Nikki

Dear Nikki,
One thing I've learned over the years is that people only start saving money when they learn healthy money habits—like living on a written, monthly budget—and let their future needs become more important than their current wants. What I'm saying here is it will only happen when you make saving a priority.

Everything doesn't have to magically line up before you start saving, and there are plenty of easy, practical ways to save money and breathe a little extra air into your finances. The biggest one is by saying goodbye to debt. Monthly payments are the biggest drain I can think of when it comes to saving money, because debt robs you of your income.

Most people are shocked when they realize how much they're actually spending at the grocery store. It's easy to walk through the aisles grabbing things on impulse, but it all adds up. Save money on groceries by planning out your meals each week. Here are some other good ideas:

- Buy generic. One of the easiest ways to save money is to give



Dave
Says

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name brands the boot.

- Skip the coffee shop, and make coffee at home.
- Take your lunch to work, and eat breakfast and dinner at home.
- Cut your ties with cable, and try network apps or streaming services.
- Check your insurance rates. You owe it to yourself to have your agent look things over for you, and see what savings they can dig up.
- When buying, pay in cash and ask about discounts. You never know until you ask, and you should always ask.
- Declutter your home, garage, basement or attic. Get rid of things you don't need and are willing to let go of for the sake of your

financial future.

- Lower your cell phone bill by getting rid of extras like costly data plans, phone insurance, and useless warranties. Don't be afraid to haggle with your provider, or switch to another company.
- If your goal is to save money, a vacation is just about the worst thing you can do. Finding fun close to home will save hundreds, if not thousands of dollars.

When it comes to saving, Nikki, how carefully and intentionally you spend can be more important than how much you make!

*** Dave Ramsey is a seven-time #1 national best-selling author, personal finance expert, and host of The Dave Ramsey Show, heard by more than 16 million listeners each week. He has appeared on Good Morning America, CBS This Morning, Today Show, Fox News, CNN, Fox Business, and many more. Since 1992, Dave has helped people regain control of their money, build wealth and enhance their lives. He also serves as CEO for Ramsey Solutions.**

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