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WEEKEND WEATHER

New Year's Day

Showers. High near 50. Chance of precipitation is 90%.

Weekend

Saturday - Mostly sunny, with a high near 55.

Saturday Night - A chance of showers.

Sunday - Partly sunny, with a high near 44.

Public hearings on proposed solar farm project set for Jan.

By MIKE WILLIAMS
The Patriot

Two public hearings are planned in mid-January on a Special Use Permit application from Hecate Energy Pulaski, LLC to operate a solar farm on 40 parcels in Pulaski County zoned for agriculture.

During the first hearing the Pulaski County Planning Commission will review the Special Use Permit application and a Comprehensive Plan Review application for the same project.

Planners will hold a public hearing at 7 p.m. on Tuesday, Jan. 12 at Pulaski County High School's Little Theatre to receive public comment on the project.

The Planning Commission will hear comments, consider the application and make a recommendation to the county's Board of Supervisors.

Two weeks later, on Jan. 25 at 7 p.m. — also at PCHS' Little Theatre — the supervisors will host a public hearing to receive



Hecate Energy

public comments and take action on the matter.

The supervisors will make the final decision on whether to approve the Special Use Permit clearing the way for the solar farm's development.

More details on the two hearings can be found inside this week's edition in a Public Notice running in our Classified section, and on the county's Board Docs platform linked to the county's website home page at www.pulaskicounty.org

The public notice includes information on submitting comments on the project.

AgriSunPower, Hecate Energy's development partner on the project, recently hosted an informational meeting for area citizens who joined a ZOOM presentation, or who attended an in-person information meeting

at Pulaski County High School, to learn more about Hecate/ASP's New River Valley Solar Project.

"We were happy to clear up some common misperceptions which existed about the project, and answer questions from Pulaski County residents," said Jay Poole, spokesperson for AgriSunPower. "It was a good chance to provide factual information to the public that describes the enormous financial benefit to the County that the project can provide."

Poole noted the new revenue stream for the county of more than \$400,000 annually to be generated by the solar farm project is especially significant.

"This totally new revenue stream for Pulaski County,"

See HEARINGS, page A2

Ainsley named interim director of Pulaski County Chamber

Pulaski County Chamber of Commerce Announces New Interim Executive Director

Pulaski County Chamber of Commerce President, Shelia Smith would like to announce that Shannon Ainsley has been named Interim Executive Director of the Chamber. This change follows former Executive Director, Peggy White's acceptance of the Pulaski County Tourism position. The change will take place January 4, 2021.

Serving as Pulaski County Chamber of Commerce Membership Director since May 2015, much of the business community is familiar with Shannon Ainsley. In her 5.5 years at the Chamber she was mentored by former Executive Director Peggy White, allowing for a smooth transition into the role of Interim Executive Director. Her time as a small business owner gives her a strong



understanding of the needs of Chamber members. She brings knowledge in marketing and graphic design, familiarity of the Chamber operations and membership, as well as new, exciting program ideas for 2021.

"I am excited to hit the ground running January 4th with the support of the Chamber Executive Committee" says incoming Interim Executive Director, Shannon Ainsley. "My experience with the Chamber will allow me to continue the Chamber's role as an economic champion for Pulaski County promoting workforce development and small business, remaining a valuable resource for

our membership as well as implement new programs to keep the Chamber moving forward."

The Executive Committee is looking forward to the new exciting programs in store for 2021. January will kick off with The BOSS's Table where business owners will have a candid conversation about their successes and struggles in their journeys as business owners. Other new programs will be Power Hour and an outdoor business expo with an international flare to celebrate our many international businesses in Pulaski County. We will continue popular events such as the

See AINSLEY, page A2

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Hearings

Continued from Page A1

Poole indicated, “is made possible by recently-enacted state legislation allowing localities to impose an energy generation fee on solar projects.”

This new revenue stream can be used for all sorts of projects which benefit county residents, he said.

In a recent article on the project in the Roanoke Times, County Administrator Jonathan Sweet noted the additional revenue generated by the project could be used by the county to construct a recreation center in the county – a facility long sought by members of the community.

Direct economic impact from the area’s COVID-ravaged economy was also a highlight of the presentation by Hecate and AgriSunPower.

More than 130 jobs will be generated during the year-long construction-phase, which will provide a direct and significant infusion of consumer spending into the local economy.

During the question-and-answer session which followed the recent presentation, it was not-

ed that many of these jobs may be filled locally, based upon experience that AgriSunPower’s Development partner Hecate has had on other projects.

Hecate Energy LLC is the largest privately held independent solar development company in the United States, with over 50 projects in the United States or around the world are in some stage of development.

Poole emphasized that, “not once, not one single time, has Hecate not finished a project it started.”

“With a partner like Hecate, perhaps the most significant part of the project is that Pulaski County citizens will receive the financial benefits associated with a \$400+ million capital investment with no – ZERO – investment by Pulaski County taxpayers required.”

“The nature of the project itself means there will be no burden to county services – schools, roads, water and sewer – as the project is being constructed and once the project is on-line,” Poole indicated.

Holiday sales tick up as shoppers invest in their homes and food

NEW YORK (AP) — Retail sales increased a modest 3% during a longer holiday season this year, as homebound shoppers spent more on furnishing and food but less on clothing and jewelry, according to figures released Saturday by a firm that tracks all forms of payments.

The increase fell short of predictions from the National Retail Federation, the nation’s largest retail trade group, which had expected sales to rise between 3.6% and 5.2% this year compared to 2019.

As expected, a surge in online shopping fueled much of spending. Online sales rose a record 49% year-over-year between Oct. 11 and Dec. 24, according to the Mastercard SpendingPulse figures, which exclude services, automotive and gasoline sales.

The holiday shopping season was considered longer this year as retailers offered promotions sooner and encouraged customers

to get a jump-start to avoid delivery delays. During the traditional holiday period, between Nov. 1 and Dec. 24, retail sales rose 2.4% year-over-year, according to Mastercard’s data.

Steve Sadove, senior advisor for Mastercard and former CEO and Chairman of Saks Incorporated, said the surge in online spending and the early shopping was “a testament to the holiday season and strength of retailers and consumers alike.”

Buying trends benefited e-commerce giant Amazon and big-box stores like Target and Walmart, which already had robust e-commerce operations and were allowed to stay open during the pandemic, attracting shoppers who wanted to avoid visiting multiple stores.

But the pandemic has been detrimental for smaller shops, clothing brands and department stores, which had already been struggling to adapt to the rise of

online shopping. Already, more than 40 U.S. retailers have filed for Chapter 11 bankruptcy protection since the pandemic started forcing shutdowns in March.

Holiday department store sales fell 10.2% year-over-year, according to Mastercard. Spending on apparel plunged 19.1%, and jewelry sales fell 2.3%.

Shoppers instead invested in their homes. Furniture and furnishing sales increased 16.2%, while spending on home improvement rose 14.1%. Consumers also favored electronics and appliances, a category where sales rose 6%.

Clothing stores and specialty retailers offered big discounts and promoted curbside pickup in the hopes of rescuing the holiday season and surviving a difficult year. There was some payoff, as online clothing sales rose 15.7%, according to Mastercard. E-commerce sales at department stores also ticked up 3.3%.

Ainsley

Continued from Page A1

Membership Luncheon at Calfee Park, the Annual Networking on the Green golf tournament and of course, the Chamber of Commerce Annual Meeting. Tuesday Topics will continue with a new twist promoting member businesses.

No VFW Bingo Saturday, Jan. 2

Due to the governors restrictions the VFW Auxiliary will not be able to have Bingo Saturday, January 2nd 2021.

Please have a safe New year and thank you for your support.

Executive committee member and LewisGale Pulaski CEO, Sean Pressman says “We are fortunate that one of the Chamber’s strongest and most talented resources remains on board, and that Shannon will continue to build upon the tremendous momentum we have collectively created. The entire Board of Directors is looking forward to working more closely with her during this transition. Her strong background and connections across our community will serve her and the Chamber well.”

The Chamber Executive Committee would like to thank Peggy White for her impact, guidance and contributions to the Chamber of Commerce over the past 20 years and congratulate her on her new position. “After two decades in service to the Chamber, we know Peggy leaves a long-standing legacy on this organization and this community. We wish her well in her new role with Pulaski County and know we will continue to work closely with her in the years to come” says Sean Pressman.

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Pulaski County’s January meetings, closings

• Friday, January 1, 2021, Pulaski County Offices will be closed in observance of New Year’s Day. The Pulaski County Public Service Authority billing office will be closed on Friday, January 1, 2021, in observance of New Year’s Day. The Dora Highway, Pulaski, Bagging Plant Road, Dublin and Mason Street, Fairlawn convenience centers will be closed on January 1, 2021, in observance of New Year’s Day. All convenience centers will reopen on Saturday, January 2, 2021. There will be no garbage collection on Friday, January 1, 2021. Thursday and Friday garbage collection will be picked up on Thursday, December 31, 2020.

• Wednesday, January 6, 2021, Pulaski County Board of Supervisors Organizational Meeting, New River Room, New River Valley Business Center, 6580 Valley Center Drive, in Rad-

ford, Virginia; 5:30 p.m. (Contact: Ashley Edmonds, Executive Secretary and Clerk to the Board of Supervisors, 143 Third Street N.W., Suite 1, Pulaski, VA, 24301, 540-980-7705, aedmonds@pulaskicounty.org). The Board of Supervisors is the governing body for Pulaski County and is responsible for the budget and concerns of its citizens.

• Tuesday, January 12, 2021, Pulaski County Public Service Authority Board of Directors Meeting, Board Room, Pulaski County Administration Building, 143 Third Street N.W., in the Town of Pulaski, Virginia, 9:00 a.m. (Contact: Natasha Grubb, Clerk to the Board, 143 Third Street, N.W., Suite 1, Pulaski, VA, 24301, 540-980-7710, ngrubb@pulaskicounty.org) This Board is responsible for the operation of water, sewer, garbage and streetlight service

in Pulaski County.

• Tuesday, January 12, 2021, Pulaski County Planning Commission Meeting, Little Theatre/Auditorium, Pulaski County High School, 5414 Cougar Trail, Dublin, Virginia, 7:00 p.m. (Contact: Markie Quesenberry, Clerk, 143 Third Street N.W., Suite 1, Pulaski, VA, 24301, 540-980-7710, mquesenberry@pulaskicounty.org). This Commission oversees land – use, zoning and subdivision issues related to Pulaski County properties.

• Monday, January 18, 2021, Pulaski County Offices will be closed in observance of Dr. Martin Luther King, Jr. Day. The Pulaski County Public Service Authority billing office will be closed on Monday, January 18, 2021, in observance of Dr. Martin Luther King, Jr. Day. Garbage collection will remain on regular schedule.

• Tuesday, January 19, 2021, Economic Development Authority Board of Directors Meeting, Basement Central Conference Room, Pulaski County Administration Building, 143 Third Street N.W., in the Town of Pulaski, Virginia, 10:00 a.m. (Contact: Megan Bird, Clerk to the Board, 143 Third Street N.W., Suite 1, Pulaski, VA, 24301, 540-980-7705, mwbird@pulaskicounty.org). The Economic Development Authority serves as the economic development arm of Pulaski County working with local industries and providing building spaces to local employers.

• Monday, January 25, 2021, Pulaski County Board of Supervisors Regular Meeting, Little Theatre/Auditorium, Pulaski County High School, 5414 Cougar Trail, Dublin, Virginia; Executive Session, 5:30 p.m., Open Meeting, 7 p.m. (Con-

tact: Ashley Edmonds, Executive Secretary and Clerk to the Board of Supervisors, 143 Third Street N.W., Suite 1, Pulaski, VA, 24301, 540-980-7705, aedmonds@pulaskicounty.org). The Board of Supervisors is the governing body for Pulaski County and is responsible for the budget and concerns of its citizens.

• Tuesday, January 26, 2021, Pulaski County Sewerage Authority Board of Directors Meeting, Conference Room, Peppers Ferry Regional Wastewater Treatment Authority Administration Building, 7797 Mason Street, Fairlawn, Virginia, 6 p.m. (Contact: Fairlawn Tax and Bookkeeping, 7436 Peppers Ferry Boulevard, Fairlawn, Virginia, 24141, 540-639-6926). This Board manages daily operations for the sewer infrastructure in the immediate Fairlawn area.

US home prices rise at fastest pace in more than six years

WASHINGTON (AP) — U.S. home prices jumped in October by the most in more than six years as a pandemic-fueled buying rush drives the number of available properties for sale to record lows.

That combination of strong demand and limited supply pushed home prices up 7.9% in October compared with 12 months ago, according to Tuesday’s S&P CoreLogic Case-Shiller 20-city home price index. That’s the largest annual increase since June 2014.

The coronavirus outbreak has forced millions of Americans to work from home and it’s curtailed other activities like eating out, going to movies or visiting gyms. That’s leading more people to seek out homes

with more room for a home office, a bigger kitchen, or space to work out.

“The data from the last several months are consistent with the view that COVID has encouraged potential buyers to move from urban apartments to suburban homes,” said Craig Lazzara, Managing Director at S&P Dow Jones Indices.

All 19 cities reported larger year-over-year price gains in October than in September, Lazzara said. Detroit wasn’t able to fully report its home sales data because of delays related to a coronavirus lockdown.

The biggest price gain was in Phoenix for the 17th straight month, where home prices rose 12.7% from a year ago. It was

followed by Seattle with 11.7% and San Diego at 11.6%.

Home sales slipped in November, according to the National Association of Realtors, after rising steadily for the previous five months. Even after the decline, sales were nearly 26% higher last month compared with a year ago. Sales have also been boosted by low mortgage rates, which reflect the Federal Reserve’s moves to keep its benchmark short-term rate at nearly zero.

The number of homes for sale fell to 1.28 million in November, the Realtors said, enough to last just 2.3 months at the current pace of sales. Both figures are record lows.

Truck plunges off bridge into Chesapeake Bay

VIRGINIA BEACH, Va. (AP) — Coast Guard officials said Tuesday evening that they have suspended their search for the driver of a box truck that plunged into the water after crashing on the Chesapeake Bay Bridge-Tunnel.

The truck crashed about 8:20 a.m. on the east side of the bridge’s northbound lanes, according to Chesapeake Bay Bridge-Tunnel officials.

Fire, police, and EMS units arrived to find the vehicle floating in the water, said Virginia Beach Fire Department Battalion Chief Richard Trent.

Witnesses saw a man get out of the truck and drift westward in the water, Coast Guard officials said. It was not clear whether the driver climbed or fell out, said Petty Officer First Class Tara Molle.

Coast Guard rescuers joined with the fire department, emergency medical services and police to search for the driver.

According to several media outlets, CBBT officials identified the driver of the truck as Erik Mezick, 47, of Fruitland, Maryland.

The Virginian-Pilot reported that Mezick was driving the truck for Cloverland Greenspring Dairy, a Baltimore-based company that sells food products to hospitals, private and public schools, convenience stores and supermarkets in the mid-Atlantic region, including Virginia.

Man wanted for Wythe County robbery caught in Bristol, Tenn.

On Dec. 29 at 4:33 am, an armed robbery occurred at the Speedway convenience store located off of I-81 on Ready Mix Rd, Wytheville.

A white male produced a handgun and demanded money from the clerk. The male then exited the store and left the scene with an undisclosed amount of money.

Upon investigating the robbery, it was linked to a stolen vehicle and breaking and entering that took place in the 3100 block of West Ridge Road in the town of Wytheville on Dec. 18. The stolen vehicle was a 2007 GMC Sierra. This stolen vehicle was involved in several larcenies in

Wise County, Virginia.


While the Wythe County Sheriff’s Office was investigating the armed robbery, they were able to determine Timothy Allen Sarver (date of birth Oct. 18, 1976) was the suspect. Sarver was suspected of committing crimes in Wythe, Wise, and Dickenson counties.

A Be On the Lookout notification was sent out to agencies. At 9:15 a.m. the Bristol, Tennessee Police Department went to a garage located on Volunteer Parkway and found Timothy Sarver. Officers located the stolen GMC Sierra from Wythe County along

with another stolen vehicle out of Kingsport.

Evidence was found in the stolen vehicles to link Sarver to the robbery in Wythe County.

He has been arrested and taken to the Sullivan County Jail in Tennessee.



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Dublin Town Offices closed Friday

Dublin Town Offices will be closed Friday, January 1, 2021.

County, PSA, garbage pickup schedules listed

Friday, January 1, 2021, Pulaski County Offices will close and reopen on Monday, January 4, 2021, in observance of the New Year.

The Pulaski County Public Service Authority billing office will be closed on Friday, January 1, 2021, and reopen on Monday, January 4, 2021, in observance of the New Year.

The Dora Highway, Pulaski; Bagging Plant, Dublin and Mason Street, Fairlawn convenience centers will be closed on Friday, January 1, 2021.

All convenience centers will reopen on Saturday, January 2, 2021.

There will be no garbage collection on Friday, January 1, 2021. Thursday and Friday garbage collection will be picked up on Thursday, December 31, 2020.

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Area Obituaries

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OLGA SALAMANCA-GONZALES

Olga Salamanca-Gonzales, age 72, of Pulaski, formerly of Mexico, died Sunday, December 27, 2020 at Carilion New River Valley Medical Center. She was born in Acapulco, Mexico on May 17, 1948 and was the daughter of the late Felipe Salamanca and Olipita Gonzales. Olga was faithful in attending Trinity Baptist Church in Pulaski, and was the proud matriarch of her loving family.

In addition to her parents, she was preceded in death by two brothers and one sister, along with a grandson; Jose Guadalupe Almenta.

She is survived by two sons: Enrique Valdez, and Julio Aguilar: five daughters; Irma Valdez, Gabriela Aguilar, Cecilia Garcia, Maria Aguilar, and Maricela Lopez: five sisters; Margarita Salamanca, Elsa Salamanca, Elvira Salamanca, Lupe Salamanca, Norma Salamanca. She is also survived may many grandchildren and many great-grandchildren.

Graveside funeral services were held Wednesday, December 30, 2020 at Oakwood Cemetery in Pulaski. Online condolences may be sent to the family by visiting www.seaglefuneralhome.com Arrangements by Seagle Funeral Home, Pulaski.



HELEN SYLVIA MAJOR DIGGS

Helen Sylvia Major Diggs age 93 of Pulaski passed away Wednesday, December 23, 2020 at Pulaski Health Care Center.

Born February 27, 1927 in Canton, Ohio, she was the daughter of the late John Major and Pauline Baila Major.

She was preceded in death by her husband, Marion W. Diggs.

Surviving Daughters- Carolyn M. Diggs-Gaithersburg, MD

Janis Pauline Burke and husband Larry- Pulaski

Son- Danny W. Diggs and wife, Trace- Westover, MD

Three Grandchildren, Four Great Grandchildren, Two Great-Great Grandchildren

Brothers- Milton Major- MD John Major- DE

Graveside services were held Wednesday, December 30, 2020 at the Oak Lawn Cemetery, 7225 Eastern Avenue, Baltimore, MD. 21224.

To sign Mrs. Diggs online guestbook, visit www.bowerfuneralhome.com

Bower Funeral Home, Pulaski is handling arrangements for the family



BOBBIE JEAN CAMPBELL HAWKS

Bobbie Jean Campbell Hawks, devoted wife, loving mother, nana and great-nannie, age 78 passed away on December 24th, 2020 at Lewis Gale Pulaski Hospital. Born December 30th, 1941 in Ivanhoe she was the daughter of Louise Campbell Dunford. She worked in Pulaski County Public Schools cafeteria for over 40 years, providing her famous yeast rolls, cinnamon rolls, and a smile to every student who came through her line. She was preceded in death by her mother Louise Campbell Dunford.

She is survived by:

Her husband of 60 years - Daniel Herman Hawks, Draper

Daughters - Jennifer (Mark) Ducker - Cedar City, UT, Nicole (Timothy) Ward - Pulaski

Brother - Joseph (Bridget) Kline - Summerville, SC

Stepsister - Marlene (Dana) Jonas - Wytheville, VA

Sister - in - law - Marie Williams - Greensboro, NC

Grandchildren

Tiffany (Joshua) Riggins - Pulaski, Reed (Samantha) Ward - Pulaski, Dakota Ward - Pulaski,

Jared Ducker - Los Angeles, CA Morgan Ducker, (Gabe Lin) - Glendale, CA, Amanda Ducker - Colorado Springs, CO, Jack Ducker - Aviano AFB, Italy

Great-Grandchildren

Billy Chrisley II - Pulaski, Adam Ward - Pulaski, Antonio Hendricks - Pulaski

Special Aunts and Uncle

Edna Bond - Kernersville, NC, Juanita Gibson - South Carolina, Harlan Campbell - Greensboro, NC

Many Aunts, Uncle, and Cousins and friends

Bobbie loved God, and her family with all her heart. She was a faithful servant and trusted in God in all that she did. She loved going on adventures and watching her grandchildren play and enjoy this life. She will be truly missed by so many. The family would like to thank Lewis-Gale Pulaski Hospital for all of their care during her illness, and a special thanks to the ICU nurses who provided such loving care during her final days.

Funeral services were held Thursday, December 31, 2020 at the Bower Funeral Home-Chapel with Pastor Lonnie Frazier of-

See DEATHS, page A5



JIMMY "JIM" LEONARD JARRELLS

Jimmy "Jim" Leonard Jarrells, age 78 of Hiwassee passed away Sunday, December 27, 2020 at the Radford Health & Rehab Center. Born September 24, 1942 in Pulaski he was the son of the late Roy Leonard Jarrells and Mary Pearl Trail Jarrells. His brother, Ronnie Lee Jarrells also preceded him in death.

He is survived by his

Sisters - Linda Jarrells - Hiwassee, Louise (Wayne) Edwards - Max Meadows

Brother - Billy Wayne (Brenda) Jarrells - Hiwassee

Special Niece & Nephew - Lucas & Jeannie Booth

Other special nieces and nephews - Rhonda, Ronnie, Rocky, Leonard, Tracy and Viva

Graveside funeral services were held Wednesday, December 30, 2020 at the Trail Family Cemetery, Hiwassee with Pastor Donald Scott officiating. To sign Jimmy's online guestbook, please visit www.bowerfuneralhome.com

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



DAVID JACKSON ROBERTSON

David Jackson Robertson, 81 of Pulaski died Tuesday morning, Dec. 22, 2020 at his home. He was born in Pulaski on May 4, 1939 and was the son of the late Orville Jackson Robertson and Mabel Merl Akers Robertson. He was also preceded in death by his wife, Ruby Wright Robertson and grandchildren, Kelly Dalton, Lisa Edwards and Brad Ratcliffe. Also by a sister and brother-in-law, Pauline and John Porterfield.

He was a retired employee of Jefferson Mills, Pulaski and was a veteran of the U.S. Navy and was a member of the Thornspring United Methodist Church.

Surviving are:

Daughters and Sons-in-law: Patty and Dennis Dalton, Judy Turner and Debbie and Mike Radcliffe.

Son and Daughter-in-law: Randy and Kathy Warden

Grandchildren: Mark Dalton and Matthew Dalton

Great-Grandchildren: Josh Dalton, Brian Dalton and Kayden Radcliffe

A graveside service was held Saturday from Thornspring Cemetery with Rev. Teresa Tolbert officiating.

Arrangements by Stevens Funeral Home, Pulaski.

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Don't 'race' through the holiday season

Celebrate responsibly to ring in new year

RICHMOND – Everyone wants to say goodbye to 2020, but racing to get there may increase your chances of not reaching the finish line. Throughout 2020, Virginia has seen a spike in fatal speed-related crashes according to data from the Virginia Department of Motor Vehicles Highway Safety Office. Year-to-date there have been more speed-related traffic deaths than in all of 2019. This year has been one of challenges and this holiday season will be like none in recent memory, but speeding, driving under the influence and not buckling up is no way to finish out 2020.

“Not only have speed-related traffic deaths increased this year, so have alcohol-related traffic deaths. Virginia is on pace to have more total fatal traffic crashes in 2020 than in 2019,” said Colonel Gary T. Settle, Superintendent of Virginia State Police. “And all of this while overall traffic crashes in Virginia this year are down significantly. This means each crash has been deadlier – deadlier because of speed, alcohol,

distractions and individuals not wearing seatbelts.”

Virginia State Police is urging every motorist on the road this holiday season to be responsible, obey the traffic laws, ditch distractions and wear a seatbelt. Whether heading to the grocery store, the post office or delivering gifts to family and friends, choose to do it safely and do it responsibly.

Every year during the holidays, there is an increase in drunk-driving related fatalities and crashes across the nation. According to the National Highway Traffic Safety Administration (NHTSA), in December 2018, there were 839 lives lost in drunk-driving crashes nationwide. Of the 839 deaths, 285 occurred during the Christmas and New Year's holiday period.

“Remember, drinking and driving is never an option,” says Settle.

Drivers and passengers have many alternatives to arrive home safely. If you plan to attend a party or celebrate with a small group

of friends during the holidays, please remember:

- Plan ahead. Designate a sober driver or call a friend, call family, call a cab or use public transportation.

- If you know someone has been drinking. Do not let them drive. Arrange another safe way home.

- If you believe you see an impaired driver on the road, call police. Remain alert and don't hesitate to dial #77 to notify your nearest Virginia State Police Emergency Communications Center. Your actions could save someone's life.

In addition to complying with traffic laws, drivers are reminded that effective January 1, 2021, it will be illegal to hold a handheld personal communications device while driving a moving motor vehicle on Virginia highways.

Get into the habit of putting down your cell phone now, before the state-wide law goes into effect. For more information on the new law, visit phonedown.org.

County officials grateful for broadband survey response

On November 13th, Bland & Pulaski Counties announced a regional initiative to study broadband internet accessibility and capacity. This study is part of a larger three county project, which includes Montgomery County, in correlation with Appalachian Power and private internet service providers in the deployment of fiberoptic and other broadband infrastructure to unserved and under-served areas of the three localities. The survey of residents was the first step in the study, which has concluded with significant participation from residents, with 1,346 completed surveys (667 Bland / 679 Pulaski).

“We are excited to be working with our citizens, Appalachian Power, and with our neighboring counties on this project,” stated Adam Kidd, Chair of the Bland County Board of Supervisors. “This is a united initiative to improve connectivity in our communities that will have lasting positive impact into the future.” Residents of the two counties were asked to complete a survey to assist in obtaining information for the regional broadband study. The main goal of the study is to identify those areas of need in which a plan can be developed with Appalachian Power and internet service providers to develop the appropriate infrastructure to rectify broadband needs. The response rate of the surveys were 20% of the households in Bland County (667/3,356) and 4% of the households in Pulaski County

(679/17,302). “We were hoping to have strong citizen participation with the surveys, so we were very pleased when we received such a high level of citizen response,” stated Joseph Guthrie, Chair of the Pulaski County Board of Supervisors. “The amount of completed surveys and the data they yielded will go a long way to understanding our need for broadband, and perhaps be the key to deploying services across our rural counties. At this time, we remain quite optimistic that we can advance this project, and we look forward to our continued work with Appalachian Power and our regional partners.”

The first step in this regional broadband initiative is the study of existing infrastructure and to determine the capacity of download and upload speeds available to residents and businesses. Montgomery County has already completed its comprehensive broadband study and Bland and Pulaski Counties are working together with the same consultants as Montgomery County, Thompson & Litton / Blue Ridge Advisory Services Group, to analyze the current broadband capacity. Now that the survey portion is completed, consultants will begin working with Appalachian Power over the next couple of months analyzing the data and developing potential network designs.

The project involves installing fiber optic cable on Appalachian Power's utility poles, with the added benefit of providing a more robust communications platform

for the company's deployment of new electric meters and distribution automation (DA). The new smart meters and DA equipment improve service reliability for power customers. Space on Appalachian Power's middle-mile fiber infrastructure is then leased to internet service providers. Appalachian Power's pilot broadband projects are made possible by the 2018 Grid Security and Transformation Act, 2019 Broadband Pilot Program legislation.

Appalachian Power is currently developing a preliminary middle-mile fiber design. Following the broadband study of Bland and Pulaski Counties, Appalachian Power's intention is to file an application seeking project approval from the Virginia State Corporation Commission in the first half of 2021.

The three-county project is projecting to serve approximately 15,000 unserved broadband customers. This pilot project will require approval from the Virginia State Corporation Commission. State and federal grant funds may be available to assist the localities and internet service providers with the last-mile infrastructure buildout.

Common Winter health problems

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

With winter in full swing, it is important to know of six common health problems that are more likely to occur during this season. Asthma is one of the most common respiratory illnesses and freezing temperatures can trigger this. Be sure to cover your mouth and nose with a scarf or face warmer to keep from breathing in the cold, dry air. Because such cold temperatures are keeping people indoors, close proximity of others can allow other sicknesses to easily spread. Be sure to wash your hands thoroughly, as well as clean and sanitize all surfaces, especially shared ones.

Exercising may already be a struggle for many, but cold and unruly weather can really diminish motivation. Exercising indoors and practicing intuitive eating can help avoid excess

weight gain. Low humidity goes along with cold weather, which can dehydrate your skin. Remember to drink water daily and avoid taking very hot showers. Apply a moisturizer daily to soften the skin.

Mood changes can be a result of decreased sunlight and daylight hours. Seasonal depression can be alleviated by attempting to get natural sunlight during the day and limiting days spent entirely indoors. For those who have heart disease, take extra precautions when spending time out in the snow, such as shoveling a walkway. Research shows that in winter months, heart attacks are more common and more severe. Strenuous activities put more pressure on the heart, especially if it is already working harder to keep you warm.

These are only a few of the possible health effects winter can bring. Be sure to listen to your body and take care of yourself.

Deaths

Continued from Page A4

ficiating. Interment followed at the Draper Valley Presbyterian Church Cemetery.

The family will be meeting at the home of her daughter, Nicole Ward, 1221 Newbern Road, Pulaski, VA 24301

We request all in attendance to observe social distancing and the use of masks

To sign Bobbie's online guestbook, please visit www.bowerfuneralhome.com

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

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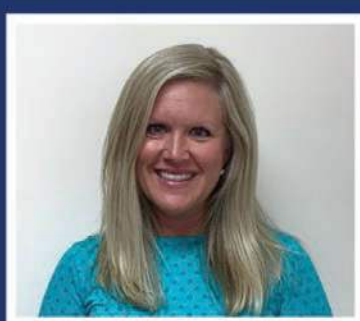
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New Forensic Nurse Examiner Services To Be Offered in Pulaski

The Town of Pulaski has been awarded a grant by the Office on Violence Against Women at the Department of Justice (DOJ) to develop a new community based Forensic Nurse Examiner (FNE) Program called SAFE Center of Southwest Virginia (SWVA). The goal of this program is to provide confidential, compassionate, comprehensive, trauma-informed services to adult and adolescent victims of domestic violence, sexual assault, dating violence, and stalking. SAFE Center of SWVA will provide medical care and referrals to help victims heal after an assault and will collect evidence to improve the investigation and prosecution of these cases. These services will be offered to anyone in the Town of Pulaski, Pulaski County, Dublin, or surrounding areas.

According to RAINN (Rape, Abuse & Incest National Network), 1 out of every 6 American women has been the victim of an attempted or completed rape in her lifetime (14.8% completed, 2.8% attempted); Every 73 seconds another American is sexually assaulted; About 3% of American men—or 1 in 33—have experienced an attempted or completed rape in their lifetime; From 2009-2013, Child Protective Services agencies substantiated, or found strong evidence to indicate that, 63,000 children a year were victims of sexual abuse; Of victims under the age of 18: 34% of victims of sexual assault and rape are under age 12, and 66% of victims of sexual assault and rape are age 12-17.

For a local perspective on the need for a FNE program, data obtained from law enforcement in the Town of Pulaski and Pulaski County for the year 2018 include: Domestic assaults-387, Sexual assaults-54. These are the victims who reported to law enforcement. There are many who do not wish to report to law enforcement but need the care of an FNE. The department of social services data from July 1, 2017 to June 30, 2018 includes 2,019 referrals, 560 investigations, and 336 founded cases for Child Protective Services, and 100 reports of elder abuse.

A Forensic Nurse Examiner (FNE) is a Registered Nurse or Advanced Practice Nurse who has received special education and training to enable them to provide care to victims of violence. FNEs provide trauma informed care to victims, blending the holistic care of nursing with standards from medicine, science, and law. A forensic patient is a patient who has a healthcare issue and overlaps with the legal system. While evidence collection and courtroom testimony are part of the FNE role, the medical wellbeing of the patient is the primary concern of the FNE.

Memorandum of Understanding Partners involved with this grant are Lewis Gale Hospital Pulaski, the Pulaski Police Department, the Pulaski County Commonwealth's Attorney's Office, The Women's Resource Center of the New River Valley, and the Pulaski County Department of Social Services. The SAFE Center of SWVA hopes to collaborate with many other community agencies to provide the best care possible to victims

April Bennett BSN, RN, SANE-A, SANE-P will be the FNE providing exams for this program. April has 33 years of experience as an RN, and 17 years as an FNE. She has been nationally certified as a Sexual Assault Nurse Examiner (SANE) for adult/adolescents (SANE-A) for 14 years and for pediatrics (SANE-P) for 13 years. Cristina Trout, FNP will be the medical director overseeing the program. Mrs. Trout has been a nurse for 45 years and has been an FNE for 22 years. She has been nationally certified as a SANE-A for 14 years and SANE-P for 13 years.

Medical Consulting Services, LLC is a company owned by April Bennett that will be seeing forensic patients that do not fall under this grant's guidelines (such as pediatric physical abuse and sexual abuse). The Free Clinic of Pulaski has very generously donated 2 rooms to Medical Consulting Services, LLC to be used for forensic exams and office space. The Free Clinic has also agreed to allow these rooms to be used for SAFE Center of SWVA. If a patient is not medically stable, they will remain at Lewis Gale Hospital Pulaski and the FNE will examine the patient in the hospital.

The National Children's Alliance states nearly 700,000 children are abused in the U.S each year. An estimated 678,000 children (unique incidents) were victims of abuse and neglect in 2018, the most recent year for which there is national data. However, this data may be incomplete, and the actual number of children abused is likely underreported. More than 3.5 million children received an investigation or alternative response from child protective services agencies and an estimated 1.9 million children received prevention services. Child abuse is deadly. In 2018, an estimated 1,770 children died from abuse and neglect in the United States. The youngest children were most vulnerable. Children in the first year of their life had the highest rate of victimization.

This grant is giving the Town of Pulaski the opportunity to develop a free-standing clinic outside of a hospital setting. SAFE Center of SWVA and Medical Consulting Services, LLC wanted to move outside of a hospital and into a more calming and soothing environment to start the patient's healing process. The Town of Pulaski and Medical Consulting Services, LLC are grateful to the Office on Violence Against Women for providing this opportunity to offer these services to our community and hopefully be able to teach others how to develop a program for their community.



Biden's climate change litmus test

By Cal Thomas, Tribune Content Agency

From the looks of President-elect Joe Biden's selections for cabinet positions and other high offices it seems belief in "climate change" has become a litmus test. Biden appears to have raised climate change to the level of a religious doctrine.

In naming John Kerry a climate "czar," Rep. Deb Haaland (D-NM) to head the Dept. of the Interior -- if confirmed Haaland would become the first Native American cabinet secretary in history, a diversity priority for Biden -- and Michael Regan, head of North Carolina's Department of Environmental Quality, who would be the first Black man to lead EPA (ditto on diversity), Biden has signaled he is all-in on using government to change the climate, which some believe is already improving because of technology and innovation in the private sector.

Here is a fundamental question: If Biden thinks government has the power to change the climate (it doesn't), why hasn't government been able to prevent hurricanes and other natural disasters?

COVID-19 is being used by politicians -- nearly all of them Democrats -- to erode our liberties. If given the power to dictate what we drive, the type of house we can live in and other freedoms we have long taken for granted, government will not be able to resist adding even more demands in the name of saving the planet.

At the 2016 World Economic Forum in Davos, Switzerland, climate change disciples laid out their vision for America's future. By 2030, some forecast:

- The U.S. will not be the world's leading superpower.
- A billion people will be displaced by climate change.
- Polluters will have to pay to emit carbon dioxide.
- There will be a global price on carbon (and) this will help make fossil fuels history.

If these initiatives are enacted, it will turn the United States into something other than what we have enjoyed for two centuries. Some comments by the Davos attendees dismissed the notion that a

majority of citizens should decide such crucial matters, leaving decisions instead to unaccountable elites.

This is the stuff of dictatorship, little different from what communist leaders have done in the past, and in the present in China.

President-elect Biden has called climate change a "crisis." How many crises can we deal with at one time? I thought COVID-19 was a crisis. How about getting that under control before we start addressing climate, which is changing, but for the better in many places and provably in the U.S.

According to the International Energy Agency, a Paris-based autonomous inter-governmental organization "committed to shaping a secure and sustainable energy future for all," "The United States saw the largest decline in energy-related CO2 emissions in 2019 on a country basis - a fall of 140 Mt, or 2.9 percent, to 4.8 Gt. U.S. emissions are now down almost 1 Gt from their peak in the year 2000, the largest absolute decline by any country over that period."

Opinion polls have been all over the place on this issue. Prior to the election, an NPR/PBS News Hour Marist poll found climate change taking over the top spot of concerns for Democrats. The economy remained the number one issue for Republicans with climate change not registering among those polled.

The media will join politicians and some "experts" to promote climate change during the Biden administration, including end-of-the-world scenarios with little or no scientific information that contradicts their line. Two years ago, "Meet the Press" host Chuck Todd announced he would not have any guests on who doubted climate change. This is censorship and the promotion of a single point of view constitutes indoctrination.

Implementing the Biden climate doctrine will cost a fortune and result in an outcome most Americans will not like.

Readers may email Cal Thomas at ctaeid@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

No, Joe, We're Not In A 'Climate Crisis'

Former Obama chief of staff Rahm Emanuel's famous axiom is that a crisis is a terrible thing to waste. It's an even worse thing to manufacture.

Although President-elect Joe Biden obviously disagrees. Creating an unwarranted sense of drama and urgency around climate change is central to his approach, in order to catalyze action unsupported by the facts or common sense.

In announcing his climate and energy team, Biden declared climate change a crisis requiring a "unified national response." Going even further, he called it "an existential threat of our time," a frankly preposterous claim if taken literally, or even seriously.

To maintain that increasing global temperatures are a threat to human existence itself entails believing that human beings -- an endlessly adaptive species that has drastically increased its own lifespan over the past century -- will be snuffed out if the planet gets a few degrees hotter.

If the worst comes and sea levels rise significantly, we won't move away from the coasts and find better ways to control flooding. If summers get much hotter in places unaccustomed to it, we won't invest more in air conditioning. If droughts markedly increase, we won't husband our water resources more intelligently. If some areas become uninhabitable, we won't leave for more hospitable climes.

No, a humanity that is wealthier and more technologically proficient than ever will be content to expose itself to the worst depredations of nature that it has done so much to master over the past millennium.

This is a laughable account of how the world works. The globe has been getting warmer for decades now, with no adverse effects on human population or longevity. Heck, even polar bears, once held out as the pitiable victims of global warming, aren't being driven to extinction.

In a climate speech during the campaign a few months ago, Biden relied on the tried-and-true alarmist tack of attributing every adverse weather event to global warming, including the flooding in the Midwest. Somewhat counterintuitively, Biden also blamed drought in the Midwest on climate change.

Finally, Biden cited Hurricane Laura, the Category 4 storm that made landfall in Louisiana, as yet more climate-driven extreme weather. The studies do show more storm activity in the Atlantic, Lomborg writes, but there's no global trend in tropical cyclones.

Biden spoke of "a feeling of dread and anxiety" over climate change, but this isn't a sentiment that, to the extent it exists at all, he wants to address or assuage.

See LOWRY, page A7



As COVID-19 ravages US, shootings, killings up too

DETROIT (AP) — When Andre Avery drives his commercial truck through Detroit, he keeps his pistol close.

Avery, 57, grew up in the Motor City and is aware that homicides and shootings are surging, even though before the pandemic they were dropping in Detroit and elsewhere. His gun is legal, and he carries it with him for protection.

“I remain extremely alert,” said Avery, who now lives in nearby Belleville. “I’m not in crowds. If something looks a little suspicious, I’m out of there.”

In Detroit, Chicago, New York, Philadelphia and even smaller Grand Rapids, Michigan, and Milwaukee, 2020 has been deadly not only because of the pandemic, but because gun violence is spiking.

Authorities and some experts say there is no one clear-cut reason for the spike. They instead point to social and economic upheaval caused by the COVID-19 virus, public sentiment toward police following George Floyd’s death in Minneapolis police custody and a historic shortage of jobs and resources in poorer communities as contributing factors. It’s happening in cities large and small, Democrat and Republican-led.

Two years ago, Detroit had 261 homicides — the fewest in decades. That year there were about 750 nonfatal shootings in the city of more than 672,000.

But with only a few days left in 2020, homicides already have topped 300, while non-fatal shootings are up more than 50% at more than 1,124 through the middle of December.

“I think the pandemic — COVID — has had a significant emotional impact on people across the country,” Detroit Police Chief James Craig said. “Individuals are not processing how they manage disputes. Whether domestics, arguments, disputes over drugs, there’s this quickness to use an illegally carried firearm.”

About 7,000 guns had been seized through mid-December in Detroit, with more than 5,500 arrests for illegal guns. There were 2,797 similar arrests last year.

“I’ve not seen a spike like this. But when it’s happening in other cities — some smaller — what do

we all have in common?” Craig said of the slayings and shootings. “That’s when you start thinking about COVID.”

Washington, D.C., a city of about 700,000, has seen more than 187 homicides this year, eclipsing last year’s total by more than 20. Among the most horrible: A 15-month-old baby boy was shot to death during a drive-by shooting.

“We’re all sick of the heinous crimes in our city,” said Mayor Muriel Bowser.

Crime in parts of the U.S. dropped during the early weeks of the pandemic when stay-at-home orders closed businesses and forced many people to remain indoors.

University of Pennsylvania economics professor David Abrams said crime began to spike in May and June when initial orders in some states were lifted.

Some people “may have been a little stir crazy,” Abrams said. “At the end of May, George Floyd’s killing led to protests and looting. That led to police reform movements. Any of that could have potentially affected individual behavior and also the police response to that.”

Calls for some cities to reduce funding for police departments may have led some officers to take a less aggressive approach to policing, he added.

What the COVID-19 virus did was exacerbate all of the frustration and anger that some in Black and brown communities already were dealing with, according to retired Michigan State University sociology professor Carl Taylor. The virus has killed more than 300,000 people across the country, with minority communities hardest hit.

“The COVID has been absolutely the trigger of an everlasting bomb that’s exploding in many parts of our community,” he added.

Nowhere is that more true than inside people’s homes. “The COVID crisis and the economic shutdown is forcing people into their homes, creating conditions where people are more volatile,” said Kim Foxx, the top prosecutor in Cook County, which includes Chicago. And the most jarring statistic that illustrates that volatility is this: The number of domestic-related homicides in the

nation’s third-largest city are up more than 60% compared with last year.

President Donald Trump claimed spiking crime was somehow related to massive protests over police brutality that swept the nation this year, but the majority of those protests were peaceful. Trump also claimed the crime was concentrated in Democratic-run cities, but there have been spikes in Republican-run cities as well. Federal agents and resources were poured into Detroit and a number of other cities this summer to help local authorities collar the rising crime rates.

By early October, more homicides — 363 — were recorded in Philadelphia than the 356 committed in 2019. There were 354

killings in New York through Oct. 11 — 90 more than at the same time last year.

Between Jan. 1 and Nov. 5, 165 homicides were recorded in Milwaukee, the most since 1991. And in Chicago, after three years of falling homicide numbers, the totals skyrocketed to 739 in mid-December compared with 475 at the same point last year.

Even smaller cities like Grand Rapids are suffering. By mid-December there were 35 homicides compared with 16 through all of 2019 and nine the year before. From this January to October, non-fatal shootings topped 200 in the city, which is home to about 200,000 people. Over the same period last year there were 131 non-fatal shootings.

“This year, is it because of COVID? The political polarization we have seen?” asked Sgt. Dan Adams, spokesman for the Grand Rapids Police Department. “This year has been a year like no other. I don’t think you can point to any one ‘why.’”

It is the same for other mid-sized cities. Last year, there were 18 homicides in Rockford, a city of about 170,000 people in northern Illinois. More than 30 have been killed so far this year, including three Saturday at a bowling alley.

“As we come to the end of this most difficult year and we look ahead at this New Year upon us, we know that this type of violence needs to stop,” Rockford Mayor Tom McNamara said.

PULSE

January 7

VFW Post to Meet

The American Legion, Harvey-Howe-Carper Post 30 will meet on Thursday, January 7, 7pm at the VFW Post Home on 102 Watts St. in Radford. In the event of heavy snowfall or ice, the meeting will be cancelled. For further information, please contact 250-2283 or 239-9864.

January 12

Sons of Confederate Veterans

The Sons of Confederate Veterans, Stuart Horse Artillery Camp 1784 will meet on Tuesday, January 12, 7pm at Aly’s Family Italian Restaurant on 3204 Riner Road. Jonathan McPeak will present the “History of the 24th Virginia Infantry Regiment”.

Members of the United Daughters of the Confederacy are also invited to attend. For further information, please call 320-4315 or 239-9864.

January 25

Good Neighbor Club

The Good Neighbor Club will not meet this month. Plans are to have a meeting on Jan. 25, 2021 at 5 p.m. at Anderson Memorial Presbyterian Church.

On going:

Alcohol Anonymous meet Mondays at 8 p.m. (closed meeting); Wednesday (noon) and Thursday at 8 p.m. (open meetings) at Pulaski Presbyterian Church of America located at 975 Memorial Drive. Contact number is 540-440-0066. Note: At present time masks are required and social distancing observed.

The Radford Clothing Bank is open by appointment only. To qualify for free clothing, you must receive Medicaid or SNAP (Food Stamps). Call the Clothing Bank at 633-5050, Monday – Saturday, from 10 a.m. – 12 a.m. to make an appointment. Hours for shopping are Thursday, Friday, Saturday, from 10 a.m. – 12 a.m. and Thursday from 4 p.m. – 6 p.m. The Clothing Bank is located at 2000 West St., Radford, Va. Donations of clothing, shoes, purses, and linens are being accepted.

Pulaski Al-Anon Family Group (a support group for friends and families of alcoholics) meet every Monday night at 8 p.m. at Pulaski Presbyterian Church of America located at 975 Memorial Drive. Contact number 540-818-0621. Note: At present time masks are required and social distancing is observed.

Concerned about an Adult Home Alone in need of medical supervision?

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Happy New Year!

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“... His compassions fail not. They are new every morning; great is Thy faithfulness.”
Lamentations 3:22-23



Lowry

Continued from Page A6

Instead, he seeks to stoke it, and if that requires frankly distorting the scientific consensus to paint catastrophic scenarios, so be it.

There is no doubt that human activity contributes to climate change. It is a long-term challenge that we should seek to understand better and prepare to address through adaption and innovation should the worst come decades from now.

But that’s not enough for Biden. He doesn’t want to get us thinking about climate change, but rather to suspend all rational thought about the issue -- especially about the downsides of costly measures to crimp the U.S. economy in the name of saving the planet.

In short, he needs a crisis atmosphere, the facts and science be damned.

Rich Lowry is editor of the National Review.

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New U.S. dietary guidelines released

No candy, cake for kids under 2

By CARLA K. JOHNSON
Associated Press

Parents now have an extra reason to say no to candy, cake and ice cream for young children. The first U.S. government dietary guidelines for infants and toddlers, released Tuesday, recommend feeding only breast milk for at least six months and no added sugar for children under age 2.

“It’s never too early to start,” said Barbara Schneeman, a nutritionist at University of California, Davis. “You have to make every bite count in those early years.”

The guidelines stop short of two key recommendations from scientists advising the government. Those advisers said in July that everyone should limit their added sugar intake to less than 6% of calories and men should limit alcohol to one drink per day.

Instead, the guidelines stick with previous advice: limit added sugar to less than 10% of calories per day after age 2. And men should limit alcohol to no more than two drinks per day, twice as much as advised for women.

“I don’t think we’re finished with alcohol,” said Schneeman, who chaired a committee advising the government on the guidelines. “There’s more we need to learn.”

The dietary guidelines are issued every five years by the Agriculture Department and the Department of Health and Human Services. The government uses them to set standards for school lunches and other programs. Some highlights:

INFANTS, TODDLERS AND MOMS

Babies should have only breast milk at least until they reach 6 months, the guidelines say. If breast milk isn’t available, they should get iron-fortified infant formula during the first year. Babies should get supplemental vitamin D beginning soon after birth.

Babies can start eating other food at about 6 months and should be introduced to potential allergenic foods along with other foods.

“Introducing peanut-containing foods in the first year reduces the risk that an infant will develop a food allergy to peanuts,” the guidelines say.

There’s more advice than in prior guidelines for pregnant and breastfeeding women. To promote healthy brain development in their babies, these women should eat 8 to 12 ounces of seafood per week. They should be sure to choose fish — such as cod, salmon, sardines and tilapia — with lower levels of mercury, which can harm children’s nervous systems.

Pregnant women should not drink alcohol, according to the guidelines, and breastfeeding women should be cautious. Caffeine in modest amounts appears safe and women can discuss that with their doctors.

ALCOHOL AND MEN

In July, the science advisers suggested men who drink alcohol should limit themselves to one serving per day — a 12-ounce can of beer, a 5-ounce glass of wine or a shot of liquor. Tuesday’s official guidelines ignored that, keeping the advice for men at two drinks per day.

Dr. Westley Clark of Santa Clara University said that’s appropriate. Heavy drinking and binge drinking are harmful, he said, but the evidence isn’t as clear for moderate drinking.

Lowering the limit for men would likely be socially, religiously or culturally unacceptable to many, Clark said, which could have ripple effects for the rest of the guidelines.

“They need to be acceptable to people, otherwise they’ll reject it outright and we’ll be worse off,” he said. “If you lose the public, these guidelines have no merit whatsoever.”

More careful scientific research into the long-term effects of low or moderate levels of drinking is needed, he said.

WHAT’S ON YOUR PLATE?

Most Americans fall short of following the best advice on nutrition, contributing to obesity, heart disease and diabetes. Much of the new advice sounds familiar: Load your plate with fruits and vegetables, and cut back on sweets, saturated fats and sodium.

The guidelines suggest making small changes that add up: Substitute plain shredded wheat for frosted cereal. Choose low-sodium canned black beans. Drink sparkling water instead of soda.

“It is really important to make healthier choices, every meal, every day, to develop a pattern of healthy eating,” said Pam Miller of the Agriculture Department’s food and nutrition service.

There’s an app to help people follow the guidelines available through the government’s My Plate website.

READ LABELS

The biggest sources of added sugars in the typical U.S. diet are soda and other sugar-sweetened beverages, desserts, snacks, candy and sweetened coffee and tea. These foods contribute very little nutrition, so the guidelines advise limits.

There’s information on added sugar on the “Nutrition Facts” label on packaged foods. Information on saturated fats and sodium is on the label too.

Sister of man shot by police enters Virginia governor’s race in 2021

RICHMOND, Va. (AP) — The sister of a Black man who was killed by Richmond police in 2018 has formally announced her candidacy for next year’s Virginia gubernatorial race.

Princess Blanding, the sister of Marcus-David Peters, said Tuesday that she is running under the banner of the newly formed Liberation Party.

Peters, a 24-year-old high school biology teacher, was fatally shot by a Richmond police officer while experiencing a mental health crisis.

Just before the confrontation, Peters had struck several cars with his vehicle, then ran onto Interstate 95, naked and unarmed, during rush-hour traffic. The officer, who also was Black, pointed a stun gun at Peters, who then ran toward him, shouting and threatening to kill him. The officer deployed the stun gun, which appeared to have no effect, and then shot Peters with his service weapon.

Since her brother’s death, Blanding has become an activist on police reform and social justice issues.

2021 Va. Forage - Grassland Council Virtual Winter Forage Conference set for January 18-22

VFGC) is pleased to announce our 2021 Winter Forage Conference: Building Resilience in Grass-Based Farms. This year’s conference will be virtual, and will feature a combination of live online presentations, videos, and live Question and Answer sessions.

The virtual conference will spotlight two speakers and focus on strategies they utilize to build resilience into their grass-based livestock operations.

Greg Brann owns and operates Big Spring Farm, which is 675 acres with 220 acres being grazed by cattle and sheep. Greg direct markets his 100% grass fed & finished livestock. Greg believes in diversity of livestock as well as diversity in pastures. Greg has overcome many challenges over the years including unpredictable weather, weeds, poor conception rates & low gains, and overgrazing. To do this he has experimented with various levels of management-intensive grazing, multi-species grazing, warm-season forages, livestock genetics, and novel feeding strategies. Behind it all has been a focus on integrating soil, animal, and plant health for the improvement of the whole system.

Dr. Greg Halich is a forage specialist and ag economist with the University of Kentucky. Greg has worked with farmers across the Southeast to improve their operations through grazing management, grazing economics, and feeding strategies to enhance productivity and profitability. In this year’s conference, Greg will be sharing research and experiences related to bale grazing, an emerging tool for managing pasture and hay feeding. Greg will also be discussing adaptive management of stocking rates and the effect of stocking rate on farm profitability. He will seek to show us how stocking rate and density are powerful tools for improving soil health and animal performance.

Our speakers will offer presentations nightly from January 18 through January 21. On the

morning of January 22, we will conduct the VFGC business meeting and host a live Question and Answer session with our speakers. The list of topics by day follows below.

Conference Schedule

Monday Jan 18. 6-7:30 pm Building Resilience with Grazing Management & Winter Feeding. Dr. Greg Halich

Tuesday Jan 19. 6-7:30 pm Building Resilience in Soils, Plants, & Animals. Mr. Greg Brann

Wednesday Jan 20. 6-7:30 pm Profitable Stocking Rates & the Downward Spiral of Overstocking. Dr. Greg Halich

Thursday Jan 21. 6-7:30 pm Adaptive Grazing Management: Multispecies Grazing. Mr. Greg Brann

Friday Jan 22. 9-9:30 am VFGC Business meeting
9:30-11 am Conference recap/Speaker Q & A

The conference will be limited to 500 households. Registration will be advertised to a national audience beginning January 1, 2021 so register now to reserve your spot!

Register ONLINE at: <https://vaforages.org/2021-virtual-winter-forage-conference/> \$20 registration per household

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Registration open for spring semester.

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Hokies hold on, beat ‘Canes to go 8-1

BLACKSBURG, Va. (AP) — Picked to finish 11th in the ACC in the league’s preseason poll, upstart Virginia Tech will enter 2021 with at least a share of the top spot in the conference standings.

Keve Aluma scored a career-high 26 points and No. 24 Virginia Tech made crucial free throws in the final minute on the way to an 80-78 victory over Miami on Tuesday night.

Aluma hit 9 of 16 shots from the floor and 7 of 10 from the line for the Hokies (8-1, 2-0 Atlantic Coast Conference), who won their fourth straight game. Aluma added six rebounds and four assists.

“I don’t really know if I’m surprised,” Aluma said of the Hokies’ hot start. “I don’t think anyone is really super worried about rankings. I think we’re all just trying to come out and take each game one at a time.”

Justyn Mutts added 15 points for Virginia Tech, which made three free throws in a sloppy final 37 seconds to hold off the ‘Canes (4-3, 0-2). Tyrece Radford finished with 13 points, and Jalen Cone had 12 for the Hokies, who turned the ball over twice and missed four free throws on their final six possessions.

“Fortunate to win,” Virginia Tech coach Mike Young said. “Sometimes, I’ve played well and lost. I’d much prefer to play poorly and win the game, and we did that.”

Isaiah Wong and Matt Cross paced Miami with 16 points apiece.

The ‘Canes trailed by as many as 17 points in the second half, but rallied in the closing seconds. Wong missed a 3-pointer with five seconds left that would have given Miami the lead. Mutts



Hokiesports.com

See HOKIES, page B2 Virginia Tech’s Hunter Cattoor goes up high for two points Tuesday night against Miami.

Playoff defenses face big challenges

By JOHN ZENOR
Associated Press

My how times have changed in college football since the last time Alabama and Notre Dame met.

The Crimson Tide rode the nation’s best defense into that January 2013 national championship matchup, yielding a paltry 184 yards and eight points a game.

Fast-forward to the new reality: Offense wins championships. Or at least it’s carried the top-

ranked Tide, No. 4 Notre Dame, No. 2 Clemson and No. 3 Ohio State into contention heading into Friday’s College Football Playoff semifinal games.

Alabama may have the nation’s best offense.

“This is not pro I, let’s run it up inside and play great defense,” said Notre Dame coach Brian Kelly, whose team will face the Crimson Tide in Arlington, Texas. “They’re still playing fundamentally sound defense, but with the offenses as they are today,

you know, it’s very difficult not to give up some yards.

“So you’re seeing fundamentally sound defense. You’re still seeing the same principles. You’re seeing at times elite play in certain position groups at Alabama. And then an offense now that can rival the very best college offenses in the country.”

Only the Tigers, who play the Buckeyes in New Orleans, have an elite defense statistically among the playoff teams. The other three have been plenty good enough to support those high-scoring offenses.

But ‘Bama doesn’t rank higher than 12th nationally in the four major defensive statistical categories. Notre Dame isn’t better than 14th and Ohio State has been stingy against the run and more generous to opposing passers.

Then there’s Clemson, which ranks sixth in total defense, giving up 298.5 yards a game.

The AP All-America teams had eight representatives from the playoffs on the first-team offense and three on defense: Alabama cornerback Patrick Surtain II, Notre Dame linebacker Jeremiah

See DEFENSE, page B2

Sacrifice and stress

How players handled season of COVID-19

By RALPH D. RUSSO
Associated Press

The Saturday night after winning an afternoon home game is one of the best times to be a college football player.

Family and loved ones usually await with congratulatory hugs. Then there is a nice dinner and maybe more celebrating with teammates and friends. Few things get a college town hopping like a football victory.

But not this season. “I’d pretty much go home, lay on my couch, watch (video) cut-ups of the game like two or three times. Probably go pick up some food,” Notre Dame offensive tackle Liam Eichenberg said.

To play through a pandemic, players had to sacrifice much of their lives away from the game, along with some of the best aspects of being part of a team.

To reach the playoff, No. 1 Alabama, No. 2 Clemson, No. 3 Ohio State and No. 4 Notre Dame had to go a combined 37-2 on the field and keep the coronavirus at bay.

“It’s been incredibly challenging,” Clemson coach Dabo Swinney said. “I just tell them, don’t give up what they want most for what they may want at the moment. It’s just really that simple. And the teams that do this the best and manage this the best, that’s who’s going to finish the best.”

Doing so required lots of COVID-19 testing, and the anxiety that comes with knowing the next test could be the one that puts a season on hold, and little time spent with anyone outside the team.

Even when the players were together, there were obstacles — both literal and figurative — to bonding with teammates.

“Eating together as a team, we do it with a glass divider between us,” Notre Dame receiver Ben Skowronek said Monday during media Zoom sessions for the CFP. “I miss those meals and just getting to know people in the locker room. All that stuff.”

Another oddity brought on by the pandemic: Four days before the New Year’s Day semifinals, the playoff participants were still on their respective campuses.

Alabama faces Notre Dame in the relocated Rose Bowl at the home of the Dallas Cowboys in Arlington, Texas. Clemson and Ohio State meet at the Sugar Bowl in New Orleans in a rematch of last year’s thrilling semifinal.

Typically, teams arrive at the site of their semifinal about five or six days in advance. The bulk of the preparation for the game has already been done. At the host city, there are media availabilities, practices and a walk-through or two at the stadium. There are activities away from the field, outings and meals. Plus, some unsupervised time for the players.

“Going to a bowl site is always what you work for,” Clemson linebacker Baylon Spector said. “It’s very fun. You get to do a lot of different things.”

As for this week, Spector said: “Tonight, we got bingo night. We’re enjoying it as much as we can.”

The teams will arrive at the host cities on Wednesday.

Alabama and Clemson gave players some freedom to be with family on Christmas and other breaks this season, but with strict orders to mask up and keep their distance, even with loved ones.

Notre Dame and Ohio State were more cautious, keeping their players on campus over the recent holiday weekend.

There is still more COVID-19 testing to be done, and each team has learned through experience that nothing is guaranteed this season.

“It was really stressful, but the

See SEASON, page B4

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Hokiesports.com
Keve Aluma scored a career-high 26 points for the Hokies.

Hokies

Continued from Page B1

then missed two free throws for the Hokies with 3 seconds left, but Tech’s Wabissa Bede stole an outlet pass after the second miss, closing out the game.

“All in all, if you get kind of an open 3-point shot at the top of the key to win on the road against a Top 25 team, pretty much you’d take that,” Miami coach Jim Larranaga said.

BIG PICTURE

Miami: The ‘Canes have lost three of their last four, and injuries continue to plague them. Preseason All-ACC guard Chris Lykes missed his fifth consecutive game with an ankle injury, and guard Kameron McGusty has missed three straight with a hamstring injury. The ‘Canes missed both, too, as they committed a season-high 19 turnovers, which contributed mightily to their demise.

Virginia Tech: Behind Aluma and Mutts, the Hokies played well until the final 1:30, but two turnovers and shoddy free-throw shooting — 3 of 7 in that span — nearly led to them squandering a huge second-half lead. They will need to get that cleaned up, as they get set to take a step up in competition Saturday, when they play at No. 23 Virginia in their first true road game of the season.

“I know Tony (Bennett, Virginia’s coach) well enough to know there’s not a bunch of

wholesale changes,” Young said. “I know what we’re going to see. We look forward to the competition.”

POLL IMPLICATIONS

The length of the Hokies’ second stint in the Top 25 will be determined Saturday in Charlottesville. A win there should propel them several spots in the poll.

MAKING A POINT

The Hokies weren’t complaining about the officiating following their two-point win — after all, they made more free throws (13) than Miami attempted (10). But Young wants to see officials lighten up on bench warnings. Virginia Tech received several during the course of the game, but Young encourages his bench players to be enthusiastic during the game, mainly because an empty arena leaves game energy up to the players instead of the fans.

“We’ve got to stand down with that sort of thing right now,” Young said. “Our first three games in here, we weren’t very good. The energy level was not what we needed, and here we are in league play, and we’re certainly not embarrassing anyone. We’re pulling for our teammates. We’ve got to generate that kind of emotion from the unit.”

UP NEXT

Miami: The ‘Canes host Clemson on Saturday.

Virginia Tech: The Hokies play at No. 23 Virginia on Saturday.

PET OF THE WEEK

OUR WISH LIST

- Leashes and collars (may be gently used)
- ****UNSCENTED** Kitty Litter (WalMart’s “Special Kitty” in the red/blue bag works great)
- Purina Kitten and Cat Chow (Indoor formula, please)
- Purina Puppy Chow
- Canned dog/cat food
- Dog/Cat Treats (NO RAWHIDE)
- Laundry Detergent (UNSCENTED)
- Bleach
- Blankets/Towels/Sheets/Dog or Cat beds that are no longer needed
- Small litter pans
- Dawn dish soap
- Heavy Duty Dog Toys: KONGS Classic works great!
- WalMart Gift Cards

With the holidays upon us, please remember the homeless animals here at **the shelter**. **Items may be dropped off at the shelter Monday-Friday between 10 a.m. & 4 p.m.** If you choose to order from **Amazon, you can find the link to our Wish List** on our FaceBook page.

In order to protect both the citizens of Pulaski County and our personnel, we will be closed to the public until further notice. We will alter our adoption process during this time. If you are interested in an animal here at the shelter, please submit your application with you may access on our Face Book page: Pulaski County, VA Animal Control, Once your application is approved, you will be contacted and a time will be made available for you to do a meet and greet.

Pulaski County Animal Control,
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Outdoor Resolutions

As we enter this a New Year of 2021, most all of us make a number of resolutions and as a rule are prone to soon break them. I, for one, hate to leave the year 2020 as it denotes perfection (20 vs 20 perfection as in our seeing ability). Some goals we like to put on ourselves are difficult such as trying to drive a square peg in a round hole and we are soon struggling to accomplish and give up trying.

I am going back over some experiences of hunting, fishing etc., and state that I hope to never make those decisions, mistakes or whatever again. One that I recently touched on was grabbing my favorite rifle and not check to see that I had a full clip of ammunition. I was fortunate to get the turkey with the lone bullet I chambered into the gun. Another miscue was not realizing the classic .22 Marlin rifle that I got that had once been that of my grandfather with the barrel being leaded up. By careful cleaning and visual inspection, I could have been made aware of this situation. A proper way to clean a gun is another thing that I have often not done as I should have. First and foremost is never clean a gun until you are absolutely sure that it is not loaded. There have been many accidents of people being shot by handling what they believed was an empty gun.

I use a simple process if I am not taking the gun down completely such as removing the bolt action. I simply pull the bolt back and place a dime in the chamber and shine a light down from the



Woods, Water & Wildlife

W.A. "Doc" Davis

muzzle and can see clearly the inside of the barrel and even the lands and rifled grooves and even lead built up if this be the case. Using an oiled patch on your cleaning rod will insure a clean and fined-tuned gun for shooting with no obstructions in the gun. I recently reread a book of a couple up the Canadian wilderness coming across an old trapper with a beat up British .303 rifle that had a bulge in the barrel. I don’t know how anyone survived the first shot that caused this defect and wouldn’t want to nearby if he fired it off again.

I have had a number of miscues in fishing. One I recall was carrying my matched Mitchel 300 rod and reel unassembled. I was wading through swift waters and the forward tip of the rod fell into the stream and I wasn’t able to find it. I ended having to buying another type rod, but it was not balanced to the reel as the original one. When fishing, I always hope to have all my back-up needs with me such as extra hooks, leaders etc. with me when in a midstream with waders. I have often needed additional spilt shot sinkers in the swift moving

Defense

Continued from Page B1

Owusu-Koramoah and Ohio State cornerback Shaun Wade.

The playoff teams have three of the four Heisman Trophy finalists.

ALABAMA

The Skinny: The Tide have veteran standouts like Surtain and linebackers Dylan Moses and Christian Harris and rising star freshmen like pass rusher Will Anderson and defensive back Malachi Moore. Have been stingy at times but gave up yards and points galore to Mississippi and Florida. The Tide have 21 sacks over the last four games and 32 total.

Best Game: Alabama became the first to shut out a Mike Leach team, beating Mississippi State 41-0 and allowing just 163 total yards while forcing three turnovers.

Worst Game: Alabama allowed a whopping 647 total yards in a 63-48 win over Mississippi. It was the most yards a Tide defense had ever surrendered, and the most points by an unranked team against ’Bama. “It humbled us a lot,” Surtain said.

Best Player: Surtain is a shutdown cornerback who was the SEC defensive player of the year and is a Jim Thorpe Award finalist. Has 32 tackles, an interception and 10 pass breakups.

CLEMSON

The Skinny: The Tigers are not as star heavy and don’t have an Isaiah Simmons-type to lead the way. That balanced approach has Clemson giving up fewer points this year than last season’s group. The soft spot may be in pass coverage, where Clemson is giving up 198 yards a game, about 30 yards more than last year.

Best player: Linebacker James Skalski is a fierce hitter and the glue that holds the group together. When he missed games against Boston College and Notre Dame with an injury, Clemson allowed 75 points and lost to the Irish. With Skalski back the past three games, the Tigers have given up just 37 total, including only 10 to Notre Dame in the ACC Championship rematch.

Worst game: At Notre Dame, where the Tigers gave up 518 yards — unheard of against a Brent Venables-led defense — and permitted the Irish a long touchdown drive at the end to tie a game they’d eventually win in double overtime.

Best game: The rematch with the Fighting Irish for the ACC crown. Clemson held Notre Dame to a field goal on two early trips to the red zone, then pounded the Irish the rest of the way. The Tigers gave up just 263 yards to win

waters that are up to my belt and the pack of them is in my tackle box on the bank. I since have always worn my vest that has many pockets with all extra needed supplies and is high enough to stay dry on my chest.

We often camped out in an old refurbished bus in a good area for hunting deer in the archery season. I won’t ever try a near impossible shot at a deer that I missed without knowing that the rules were the other members of the group could cut your shirt tail off for this miscue. Hunting camps are known to be places where tricks are played on one another. One has to be careful and resolve to not be the object of a big joke. I could get into some things about trapping escapades and some pitfalls to be aware of, but will hold off as this will have to be a column in itself for another time.

Safety and good sense should be adhered to in the outdoor woods or water activities we engage in. How we live our lives should be. in the same respect, by respecting others and enjoy it to its fullest. The year 2021 can be more rewarding if you put the Good Lord first and invite Him into your life, if you do not know Him. He is always there at the door ready to be invited in by you as noted in Revelation 3:19a, “Behold, I stand at the door and knock...”

Until next time – wishing all a Happy New Year

their sixth consecutive league crown.

NOTRE DAME

The Skinny: Under third-year defensive coordinator Clark Lea, set to become head coach at alma mater Vanderbilt, the Irish entered their final regular-season game against Syracuse with a top 10 defense. But they’ve given up 955 yards combined the past two games and have a tendency to allow big passing plays.

Best player: Jeremiah Owusu-Koramoah. A first-team Associated Press All-American and Butkus Award winner, the 6-foot-1, 216-pound senior has 56 tackles, 11 tackles for loss, an interception, three forced fumbles and a fumble recovery for a touchdown against Clemson.

Worst game: The 34-10 loss to Clemson in the ACC championship game. The Irish struggled to defend quarterback Trevor Lawrence and running back Travis Etienne.

Best game: The 31-17 victory at North Carolina on Nov. 27. Held the prolific Tar Heels, whose offense was averaging 563.4 yards a game coming in, to just 78 total yards and zero points in the second half.


OHIO STATE

The Skinny: COVID-19 issues and a six-game schedule may have impeded the Buckeye’s progress. But the defense did recover 10 fumbles, collect six interceptions and rack up 17 sacks in that limited schedule.

Best Game: Ohio State turned in a strong defensive performance in a 22-10 win over Northwestern in the Big Ten championship game. The Buckeyes allowed just 329 yards and intercepted two passes.

Worst Game: Ohio State nearly blew a three-touchdown lead before holding on for a 42-35 win over Indiana, albeit with help from a defensive touchdown late in the third quarter. Michael Penix Jr. torched the Buckeyes for 491 passing yards and five touchdowns.

Best player: All-America cornerback Shaun Wade had 21 tackles, two interceptions and three pass breakups. His 36-yard interception return for a TD against Indiana proved huge.



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Virginia Tech leather jacket like new, women's large or young men's jacket, \$150; designer handbags like new \$40-\$50 each; whole collections of Elvis Presley records, 88, 45's, and Elvis statues, call 540-320-3128.

Pear shaped diamond ring, 18K, size 7, \$500, call 540-980-5361.

Two antique washstands with pitcher and bowl, \$200; Curio Cabinet with dolls included, \$200; 180 Cookie Jars, \$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 540-980-2943.

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LEGAL NOTICES**NOTICE OF BUDGET HEARING**

Notice is hereby given pursuant to Section 22.1-92 of the Code of Virginia 1950, as amended, that a public hearing on the 2021-2022 Pulaski County School Board budget will be held Tuesday, January 12, 2021 at 5:00 p.m., at the Pulaski County Middle School Auditorium, 4396 Lee Highway, Pulaski, VA. For physically challenged individuals who may require special aid or services, reasonable accommodations will be made available by the School Board upon request by calling School Board Clerk Teresa Porter at (540) 994-2534 or Deputy Clerk Brenda Crawford at (540) 994-2519.

LEGAL NOTICES**PUBLIC NOTICE**

The Pulaski County Planning Commission will convene to review a Special Use Permit application and a 15.2-2232 Comprehensive Plan Review application for the same project. A Public Hearing will be held at 7PM on TUESDAY, JANUARY 12, 2021 at the Pulaski County High School Auditorium, 5414 Cougar Trail Rd., Dublin, Virginia, 24084 to receive public comment about the project. The Planning Commission will consider the matter and make a recommendation to the Board of Supervisors regarding this Special Use Permit application. The Board of Supervisors will make the final decision.

The Pulaski County Board of Supervisors will convene to review the same Special Use Permit application, host a Public Hearing to receive public comments and take action on the matter. The meeting will be held at 7PM on MONDAY, JANUARY 25, 2021, at the Pulaski County High School Auditorium, 5414 Cougar Trail Rd., Dublin, Virginia 24084.

The inclement weather date for both of these meetings is the Thursday following each meeting date, at the same location and time. In the event of inclement weather, visit pulaskicounty.org for information. The application under review is described below;

Project Applicant: Hecate Energy Pulaski LLC
Purpose: Special Use Permit to operate a Solar Farm Use in Agriculture Zone District
Property tax map numbers for the subject parcels: Forty (40) parcels under separate ownership (#026-1-9)(#026-2-1,2,4,5,7,7A,12,13,14,15,16,17,18,24,25)(#027-1-40)(#027-2-3)(#036-1-3A,9,10)(#036-2-20, 21, 22, 23) (#036-4-1)(#037-1-5,6,11,31,32)(#038-1-6)(#047-1-13)(#047-50-9,16)(#056-35-17,18,19,20,21)

The agenda items are available at the Board Docs platform which is available at https://go.boarddocs.com/va/copva/Board.nsf/Public and linked from the pulaskicounty.org home page. Please ensure that either the Planning Commission or Board of Supervisors dropdown tab is chosen for the meeting you are interested in.

The public can request information and/or submit comments as part of the public hearing process. Send comments or questions to Elaine Holetton, Planning & Zoning Director E-mail: eholetton@pulaskicounty.org Phone: 540-980-7877 or 540-980-7710 Regular Mail: Planning & Zoning Department, County of Pulaski, 143 Third Street, NW, Suite 1, Pulaski, VA 24301. In Person: By attending the meetings at the location listed. For disabled individuals who may require special auxiliary aids or services, the County upon request will make reasonable accommodations available. Contact the County's ADA Compliance Officer at (540) 980-7800 (TDD accessible) or (540) 980-7705, ten (10) days prior to the above meeting date to arrange for these special accommodations.

COVID-19 Message: Pulaski County is committed to safely serving the public during this Covid-19 pandemic. In consideration of the public health guidelines, we encourage you to wear a mask, and maintain social distance at the meetings.

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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.

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Season

Continued from Page B1

main thing was trying to keep a level mind and do the things that we needed to do in order to succeed," Alabama linebacker Dylan Moses said.

Alabama had one game postponed because of an opponent's COVID-19 outbreak, and it played the Iron Bowl against Auburn without coach Nick Saban after he tested positive.

Notre Dame had a virus outbreak pause its season for about two weeks in late September.

Clemson star Trevor Lawrence missed two games, including the Tigers' regular-season loss to Notre Dame, after contracting COVID-19.

Ohio State played only six games after the Big Ten started in late October, losing two games because of opponents' COVID-19 issues and one because of their own.

"What stood out to me the most, what I find to be the hard

thing is how one day you can practice and the next day you're out a couple weeks because of COVID," said Ohio State All-American offensive lineman Wyatt Davis, who has not contracted the virus. "It's just a day-to-day thing. Holding guys to a standard that you can't go out and hang out with people. You can't go see your family."

Josh Myers, Davis' friend and linemate, did contract COVID-19. Myers said 10 days in isolation was terrible, mostly because of the boredom and inactivity. He said he has had no lingering effects of the virus.

Tigers linebacker Mike Jones said winning made the restrictions easier to live with and Clemson did a good job of implementing and enforcing protocols. After a while it felt normal, but it was anything but the usual college experience.

"You know it's kind of weird not being able to hang out with your friends all the time," Jones said. "Not being able to see your family after the game. Not going home during your bye week because you don't want to risk it. (No) celebrating after wins and stuff like that. Being with your buddies on the bus to away games."

"It's been a lot. We've all had these trials and managed to get through them."

Irish seek jump-start against Alabama

SOUTH BEND, Ind. (AP) — Brian Kelly isn't holding back on one of the primary goals for Notre Dame in the College Football Playoff semifinal against Alabama on Friday.

"We want to run the ball, we need to run the football," Kelly said. "Based upon who we are and how we have operated this year, we will have to run the ball more effectively that we did the last time we played."

The last time out was a 34-10 loss in the ACC championship to No. 2 Clemson, a sour note for the Fighting Irish heading into the showdown against the top-ranked Crimson Tide. The laundry list of what wrong was long — 44 rushing yards on 30 carries, six sacks of quarterback Ian Book and just 3 of 12 on third-down conversions.

Next up is the high-powered Alabama offense led by a pair of Heisman Trophy finalists in quarterback Mac Jones and wide receiver DeVonta Smith with rugged running back Najee Harris pounding away for a team that averages 49.2 points through 11 straight victories.

The best way to stop that, Kelly believes, is by keeping the offense on the sideline. Notre Dame's offense is averaging 33:57 minutes of ball control per game (eighth nationally).

"We're cognizant of the fact that this is an electric offense that scores bushels and bushels of points," Kelly said of the Tide. "Our offense has traditionally been a ball-control offense. We can't come into this game and change who we are. That's kind of been our DNA this year. We can't be three-and-out. We want to hold on to the football."

After eking out a 12-7 victory over Louisville Oct. 17, Notre Dame went on a six-game winning streak during which it won the time of possession battle in each game while averaging 217 rushing yards, 279 passing yards and more than 40 points per game. Included in that stretch was a 47-40 double-overtime victory over then top-ranked Clemson during which Book finished with 377 yards in total offense and running back Kyren Williams had 140 rushing yards, one of his six games over 100 yards during a 1,061-yard debut season.

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Volvo Trucks North America announced recently the commercial introduction and sales start of its zero tailpipe emission, battery-electric vehicle to the North American market, with a production start of early 2021.

Volvo to build electric truck at NRV truck plant

From Volvo Trucks North America

Volvo Trucks North America has announced the commercial introduction and sales start of its zero tailpipe emission, battery-electric vehicle to the North American market. The Class 8 Volvo VNR Electric truck model has a scheduled production start of early 2021. “The Volvo VNR Electric marks a significant step forward for electromobility in an industry that we are committed to leading as it undergoes rapid, significant change,” said Peter Voorhoeve, president of Volvo Trucks North America. “Volvo Trucks believes and invests in sustainable electromobility. Our deep understanding of the transportation ecosystem—the technology, infrastructure and applications in the trucking industry—have enabled us to deliver a solution that is both advanced yet easy to own and operate.”

The Volvo VNR Electric offers the same state-of-the-art agility and visibility as the highly successful Volvo VNR regional-haul model, so drivers benefit from a fast learning curve, ease of operation and service, and a seamless transition from miles per gallon to kilowatt hours per mile. In the Volvo VNR Electric, drivers are provided with a familiar human-machine interface, operation and design. At the same time they experience a significantly quieter ride and an improved working environment, reducing stress and fatigue and increasing comfort.

The industry-leading safety criteria and features found in the Volvo VNR model are retained in the Volvo VNR Electric model including the highest safety standards in the construction of the cab and chassis. The construction of the battery support carrier system was also designed with these same safety standards in mind. The VNR Electric features the same best-in-class active safety systems as the VNR model. In addition, the specifically designed location of the batteries on the side of the vehicle as well as the air compressor under the driver door also enhance serviceability.

The Volvo VNR Electric is designed for customer applications and driving cycles with local and regional distribution ranges, including food and beverage and pick-up and delivery routes. The 264-kWh lithium-ion batteries, which charge up to 80% within 70 minutes, have an operating range of up to 150 miles based on the truck’s configuration. Advanced battery chemistries deliver increased power at reduced costs, while self-learning controls optimize energy usage. Regenerative braking can increase range by returning power up to 15% back into the battery, depending on the duty cycle. Cutting-edge battery monitoring technology relays the state of health for the energy source in real time, streamlining service needs and maximizing uptime.

Benefitting from Volvo Trucks’ global experience in manufacturing electric trucks, Volvo Trucks North America has engineered the Volvo VNR Electric model to provide the power, performance and reliability that U.S. and Canadian fleet operators need and expect. The electric driveline is a fully integrated, Volvo proprietary solution, rated at 455 horsepower and generating up to 4,051 lb.-ft. of torque. The Volvo VNR Electric features a two-speed Volvo I-Shift transmission that delivers smooth and efficient acceleration with excellent startability and low-speed maneuverability. Models are offered in three configurations:

- Single-axle straight truck with a gross vehicle weight rating of 33,200 lbs.
- Two tractor configurations – 4x2 with a 66,000-lb. gross combination weight rating (GCWR) and 6x2 with an up-to 82,000-lb. GCWR in specific applications.

The Volvo VNR Electric includes Volvo Trucks’ full uptime promise, with best-in-class onboard telematics including Remote Diagnostics and a new real-time battery monitoring service from the Volvo Trucks Uptime Center. Volvo Action Service offers 24/7 access to highly trained uptime experts who can quickly manage service, schedule repairs and tackle any other issues that happen on the road.

With the launch of the Volvo VNR Electric, Volvo Trucks North America is providing customers with a range of operational solutions. A premier Volvo Gold Contract includes scheduled and preventative maintenance, towing and vehicle repair which includes the lithium-ion batteries and complete electromobility system. The Volvo

Gold Contract provides assurance and peace of mind as customers integrate the new Volvo VNR Electric trucks into their fleets. Volvo Financial Services (VFS) provides flexible financing solutions specific to the Volvo VNR Electric and required charging infrastructure. VFS will also offer access to insurance solutions for the VNR Electric in select U.S markets via third-party licensed agents.

Volvo leads the transition to electromobility in North America and Europe, and the collective learnings and expertise have enabled the company to further secure the seamless introduction and same high product quality and reliability with the VNR Electric as with all Volvo truck models. This new all-electric truck will be fully integrated into the production and manufacturing processes at the NRV assembly plant in Dublin.

“For us, it is more than just the truck. The transition to electromobility requires a tight stakeholder collaboration,” said Voorhoeve. “We are committed to working closely with our customers and dealers, providing end-to-end consultative support, matching available incentives, understanding the required charging infrastructure and matching the right model and specifications to their operational needs. As we hit this landmark milestone, moving forward with our pioneering customers toward a shared vision of the future, Volvo Trucks is making electromobility accessible, efficient and operationally viable. The future is here and we are proud to bring this new, very real solution to the North American commercial trucking industry today.”

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New Year’s resolutions for happy, healthy pets

DEAR READERS: As we close out one of the most tumultuous and stressful years of our lives, let’s look back and remember how much peace and joy our pets gave to us. When nothing else in the world seemed certain, we could count on our pets to offer unconditional love.

That’s why, as we look forward to a new year and new hopes, we must honor and protect our best friends. Let’s resolve to:

1. Spend more time with our pets. Dogs and cats need regular attention and love. While we’re spending more time at home, it’s a perfect time to play with our pets, to add an extra training session and more walks into the routine.
2. Get pets the best care possible. Schedule that routine veterinary visit, and get your pets caught up on their vaccinations. A physical can head off serious illnesses.
3. Include your pets in your will. We don’t like to think about it, but end-of-life planning is important, and our pets need to be part of that planning.
4. Build lasting memories. Take as many photos with your pets as you can. Make scrap-



books that you can look through years from now to remember when your puppy was young, or to memorialize a beloved turtle, hamster, cat or dog.

5. Help other pet owners. So many people are silently struggling right now: either from job loss, ill health, grief or depression. They may not be able to take care of their pets as well as they can. Look out for your neighbors and offer to help if they ask for it. Donate money or supplies to local pet charities that offer assistance to pets and their owners.

I wish you and your pets a happy, healthy 2021.

Send your tips, comments and questions to ask@pawscorner.com.

NRCC offers apartment maintenance tech program

Registration is open for an upcoming apartment maintenance technician short-term training program at New River Community College.

NRCC, in partnership with the National Apartment Association Education Institute (NAAEI) and the Virginia Apartment Management Association (VAMA), is offering the 13-week training beginning Feb. 6, 2021. The course will provide virtual classroom instruction and in-person lab activities to become a maintenance technician in the residential property or commercial building industry. Students will learn the basics of electrical, plumbing, HVAC, mechanical, appliance, construction, painting, lock and key services, and repairs.

Students who complete the course will be eligible to sit for the Certified Apartment Maintenance

Technician (CAMT) Certification Exam. Upon successfully passing the exam, students will receive their provisional certificate from NAAEI. After completing one year of experience in the industry, NAAEI will grant students their full certificate.

The regular price for the program is \$1,950; but, with special state funding the discounted price is \$650. Additional financial assistance may also be available.

The course is one of 10 NRCC FastForward programs that provide affordable and short-term training through the Office of Workforce Development.

To register, visit www.nr.edu/workforce, Classes & Programs, Non-Credit Course Offerings and search with the class ID number (#18996); call 540-674-3613 or email WFDtraining@nr.edu.

Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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Puzzle Answer Appears Elsewhere In This Week’s Issue

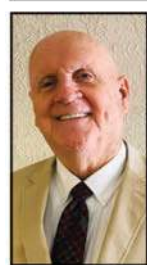
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Terry McCraw

It is possible to grieve and quench the Holy Ghost

Through Grace, all True Christians, have received the same blessing Abraham received. The promise of the Spirit of God through faith. The most distinguishing mark of the genuine Christian is the gift of the Holy Spirit, also called the Holy Ghost in the KJV. God don't give the Holy Ghost to sinners.

Often we hear it said that the Holy Ghost will not dwell in an unclean Temple.

2 Cor. 6: 16-18. "For we are the temple of the living God; just as God said, I will dwell in them and walk among them; And I will be their God, and they shall be My people. "Therefore, come out from their midst and be separate," says the Lord. "And do not touch what is unclean; and I will welcome you."

The Holy Ghost doesn't move in and out every time a believer slips and makes a mistake. He gives us time and space to repent and to obtain forgiveness. If the Holy Ghost moved out every time some who are supposed to be Christians sinned, the door to their heart would be just like a revolving door.

Around the perimeter of a basketball court there is a line of demarcation. It marks the inbounds area from the out of bounds area. If a player happens to step out of bounds, he is not thrown out of the game and not allowed to participate any more, but rather he is allowed to step back in bounds and to continue to play the game.

If a man or a woman insists on sinning willfully, and will not repent and come back inside the boundaries that God has established, then they are in danger of being ejected from the game. If sin isn't dealt with, forsaken and forgiven, the body or the Temple where the Holy Ghost resides, is defiled, and the Holy Ghost will not stay around in a defiled Temple.

My dad used to raise hogs back years ago. And I remember how filthy the hog pen was. Excrement and slop all over the place. It was a place for pigs and hogs. Not a place for a human to live in. Even the prodigal son got sick of living in the hog lot and returned to his father's house. Now, how many of us would be willing to live in a hog pen for any length of time? The answer is, none of us would. And neither will the Holy Ghost. He will not dwell in a body that has been defiled by sin. But if the sin is repented of, forsaken and forgiven, then He will remain in His Temple.

The Holy Ghost can be grieved enough to leave. Un-repent of Sin grieves Him and He'll not stay long where sin is allowed to reign in a person's heart.

Eph. 4:30 says, "And grieve not the Holy Spirit of God, whereby ye are sealed unto the day of redemption."

The New Living Translation says it this way. "And do not bring sorrow to God's Holy Spirit by the way you live." Remember, he has identified you as

See MCCRAW, page B7

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3200 Lee Highway
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Pastor: Alan Pearce
Service Times:
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Sunday Evening, 6 p.m.
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Phone: 980-1028
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674-1762
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11 a.m. Sunday worship
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4576 Miller Lane
Pulaski, VA 24301
Pastor: Rev. N.K. Howlett
Primary Services:
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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

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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
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Sunday School: 10:45 a.m.
Wednesday Bible Study: 7 p.m.

Cecil's Chapel United Methodist Church

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Sunday School is 10 - 10:45am
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Newbern United Methodist Church

5155 Wilderness Road
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Rev. Paige Wimberly
674-6111
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Sunday School: 11 a.m.

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Senior Pastor Steve Willis
Associate Pastors:
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Wednesday School 7 p.m.
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Mountain View United Methodist Church

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mountainviewumc.yolasite.com/
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Adult Sunday School: 10 a.m.
Morning Worship with Children's Church at 11 a.m.

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100 Hawkins Street
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secretary@dublinbaptistva.org
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Wednesday, Adult Bible Study 7 p.m.

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Associate Pastor:
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9:00AM - Contemporary Worship
10:00AM - Sunday School
11:00AM - Traditional Worship
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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
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Sunday
9:45 am - Sunday School
11:00 am - Worship
Wednesday
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River of Life Church

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Sunday Morning Worship 10:30 AM
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(540) 674-9220
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Associate Minister:
Rev. Annette Cheek
Clerk: Mrs. Carlotta Lewis
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The Lord's Supper - Each First Sunday
Wednesdays: Prayer Meeting &
Bible Study 6:30 p.m.

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Sunday School - 9:45 am
Praise & Worship Small Group - 10:00 am
Worship - 10:55 am

Freedom Fellowship Church

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Sr. Pastor: Jerry W. Collins
540-577-5780
jcollinsfreedomfellowship@yahoo.com
Sunday Service: 10 a.m.
11 a.m. Children's Church
Wednesday - 7 p.m. Service
7 p.m. Youth Service

Draper's Valley Presbyterian (PCA)

2755 Old Baltimore Road, Draper, VA 24324
Mailing address: Same as above
Pastor's Name: Rev. Robert E. Davis
Associate Pastor: Rev. Roland Mathews
Primary Service Times:
Sunday Morning Worship Service
8:30 and 11:00
Sunday Evening Worship Service 6:15 p.m.
Wednesday Evening (5:45 Supper in the
Fellowship Hall (Sept thru May) - Youth Groups
and Adult Bible Study 6:30 p.m.)
Contact Info:
Phone - 540-994-9015
e-mail - drapers.valley@dvpca.org
website - www.dvpca.org

Trinity Lutheran Church ELCA

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

Trinity United Methodist

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

Snowville Baptist Church

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

Fairlawn United Methodist Church

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

Grace Ministries

Church of God of Prophecy

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

Faith Bible Church

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

Dublin Christian Church

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

First Presbyterian Church

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

McCraw

Continued from Page B6
his own, sealing you and guaran-teeing that you will be saved.
Got Questions.org defines what grieves the Spirit of God by using scripture from Romans Chapters 4 and 5. We grieve the Spirit by living like the world. (Rom. 4:17-19.) And by lying (Romans 4:25), by being angry (Romans 4:26-27), by steal-ing (Romans 4:28), by cursing (Romans 4:29), by being bitter (Romans 4:31), by being unfor-giving (Romans 4:32), and by being sexually immoral (Romans 5:3-5). To grieve the Holy Spirit is to act out in a sinful manner, whether it is in thought only, or in both thought and deed.

The Holy Ghost is a person. He is the third person of the Tri-une Godhead. And as a person He can be grieved, much like you and I, as persons, can be grieved. And He can also pack up and leave rather than to remain in an unclean Temple.

When and if a Christian would lay with a harlot, the bible tells us that he or she joins Christ into the act. So it's no wonder the Holy Ghost gets grieved, and leaves when something like that happens.

Know ye not that your bodies are the members of Christ? Shall I then take the members of Christ, and make them the members of a harlot? God forbid. What? Know ye not that he which is joined to a harlot is one body? For two, saith He, shall be one flesh.

“Know ye not that your body is the Temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God’s. Know ye not that ye are the Temple of God, and that the Spirit of God dwelleth in you? If any man defile the Temple of God, him shall God destroy; for the Temple of God is holy, which Temple ye are.”

So if a person willfully joins the Holy Ghost to an act of im-morality, and fails to repent, the Holy Ghost is going to pick up and leave without so much as a “by your leave.”

Another way one can lose the gift of the Holy Ghost is to quench the Spirit. When the Holy Ghost wishes to manifest Himself in us and we refuse to allow it to happen, we are in grave danger of causing the Holy Ghorst to manifest Himself in someone else instead of us. This would result in making us the biggest losers. When the Spirit of God is moving in a Church, we need to get out of the flesh and into the Spirit.

Bible Trivia

- Is the book of Leviticus in the Old or New Testament or nei-ther?
- For possible New Year’s resolutions, Proverbs 16:3 says, “Commit thy works unto the Lord, and thy thoughts shall be ...”? Resolved, Established, Di-rected, Bountiful
- In Luke 2, what prophetess spoke of Jesus “to all them that looked for redemption in Jerusa-lem”? Anna, Jezebel, Damaris, Whore of Babylon
- In which month of the reli-gious calendar did the new year begin in the Bible? 3rd, 5th, 7th, 9th
- From Matthew 2, to what country did Mary, Joseph and the baby Jesus flee? Jordan, Syria, Oman, Egypt
- Who told Joseph about the death of Herod? Melchior, Angel (in a dream), Augustus Caesar, Phanuel

ANSWERS: 1) Old; 2) Es-tablished; 3) Anna; 4) 7th; 5) Egypt; 6) Angel (in a dream)
Sharpen your understanding of scripture with Wilson’s Casey’s latest book, “Test Your Bible Knowledge,” available in book-stores and online.

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

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

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

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

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

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

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

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

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First Pentecostal Holiness
955 Memorial Drive, Pulaski
540-980-7287
Jeff Willhoite, Pastor
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Sunday Worship 10:45 a.m.
KidsZone 10:45 a.m.
Evening Worship 6 p.m.
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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
5382 Grace Street, Dublin VA, 24084
540-674-4308
Sunday School 9:30 a.m.
Worship Service 10:45 a.m.

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


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

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

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

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

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God wants us to learn from the past

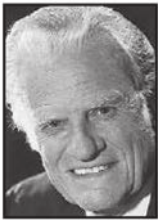
From the writings of the Rev. Billy Graham
Q: This has been a hard year and I hope that the new year will bring a more peaceful society. My friends say that I have my head in the sand. Are we doomed? -- T.P.

A: Looking back is difficult for many people. When a year brings heartache and loss, trage-dy and sorrow, we do hope that we can turn the page to greater days ahead. For those who have experienced life that brings blessings -- a marriage, a new baby, a new home or job, or just

generally good health -- we find ourselves rejoicing.

If we close the year with regret, we should pause and prayerfully ask two important questions. First, how does God look on the past, and did it bring us any closer to Him? Did it expose any weaknesses in our lives? Could we have disappoint-ed the Lord in how we responded to the challenges life brought us? What lessons can we take from one year to the next?

God wants us to learn from the past and He also wants us to thank Him for being with us



My Answer

Billy Graham

through hard times and good times, to remember that He never leaves us nor forsakes us. This is the great hope for those who follow Jesus Christ as their Savior and Lord. We should not be bound by the past and its

failures.

This is what the Apostle Paul’s goal was: “But one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus” (Philippians 3:13-14).

May the new year bring new opportunities to trust the Lord more and to grow in the knowl-edge of Him.

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

Thank You!

I have thought of 50 million different ways to start this week's "Dear Members," but I finally decided to just come out and say it: This will be my last letter to you. I have taken a new position as the first tourism director for Pulaski County. I am really excited about having the opportunity to focus all my energies into promoting the natural assets we have here in Pulaski County.

I have some mixed emotions as I write this column for the last time (especially as I was going through some old files and I came across the first newsletter I put out back in October of 2002).

Of course, it looked a little different, but it was filled with upcoming events, current events, and information for the members. As the newsletter evolved over the years, I started writing to you, the members, in 2008 and have been writing it ever since. I have tried to share personal anecdotes that would give encouragement, support, and just plain observations on business that might stir you into action.

It is hard to sum up twenty years of building relationships in every sector of our community - local and state. However, I realized something during my recent interview when I was asked, "What are Pulaski County's strongest assets?" Think about that for a minute and how you would have answered that question. Would you have given the obvious: Claytor Lake, New River Trail, four wineries, 16 parks? Or maybe you would have said Calfee Park and baseball, or Pulaski Theatre, and great outdoor adventure. Yeah, we have all those things. But there is something more.

I have traveled quite a bit and moved a lot too, and what really makes a place memorable or welcoming is the people! We have some of the greatest people I have ever met. They go out of their way to welcome you to the area, they wave, and

Nine HCA hospitals awarded 'A' safety grades

RICHMOND – Nine HCA Virginia Health System hospitals were awarded an 'A' in the Fall 2020 Leapfrog Hospital Safety Grade, the top score in a national distinction recognizing the hospital system's achievements protecting patients from harm and providing safe healthcare. Leapfrog assigns an 'A', 'B', 'C', 'D' or 'F' grade to general hospitals across the country based on their performance in preventing medical errors, injuries, accidents, infections, and other harm to patients in their care.

Of the more than 2,600 hospitals graded nationwide, only 33 percent earned an "A" grade for meeting some of the industry's highest standards. The following nine HCA Virginia Healthcare hospitals received an 'A' grade:

- Parham Doctors' Hospital
- Retreat Doctors' Hospital
- Henrico Doctors' Hospital
- Johnston Willis Hospital
- Chippenham Hospital
- Reston Hospital Center
- LewisGale Hospital-Pulaski
- LewisGale Medical Center
- Lewis Gale Hospital-Montgomery

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Down To Business

Peggy White
Pulaski Co.
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they say hello. I had to chuckle when my daughter's New York City boyfriend was here and went out for a run on the trails. My daughter quickly pointed out to him to make sure you say hello or wave back. It is not something you would do in Central Park.

Go into TJ's Restaurant, and he gives you a TJ greeting. Nothing like that to make you feel welcome. When it comes to hospitality, Debbie Gardner, New River Retreat & Draper Merc sets the bar high. Recently there was a photo agency using Draper as a backdrop for their shoot.

When the Australian model arrived, he said this place is just like the song "Rocky Mountain High." We are not WV, but Debbie realized that that song was something he identified with and made sure to have it playing during the lunch break the following day. The entire crew was blown away by the hospitality and how they were made to feel welcome. Visitors come here, and they just do not want to leave.

People make the place. People are the difference in whether you want to ever return. It is all about how you feel. I'm going to leave you with my favorite quote by Maya Angelou, "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

Thank you, Pulaski County, for letting me be a part of your community for the past twenty years. Continue to work hard, be productive, and - above all else - stay positive.

for their unwavering commitment to our patients and to our mission focused on the care and improvement of human life," said Tim McManus, HCA Healthcare Capital Division president. "Our high Leapfrog scores are concrete evidence of the quality of care we provide and our dedication to patient safety."

The Leapfrog Group is an independent national watchdog organization committed to improving health care quality and safety for consumers. Developed under the guidance of a national expert panel, the Leapfrog Hospital Safety Grade uses up to 27 measures of publicly available hospital safety data to assign grades to more than 2,600 U.S. acute-care hospitals twice per year. The Hospital Safety Grade's methodology is peer-reviewed and fully transparent, and the results are free to the public.

"We are extremely grateful to hospital leadership and health care workers who have remained steadfast in prioritizing patient safety as our nation battles COVID-19," said Leah Binder, president and chief executive officer of The Leapfrog Group. "These 'As' are a testament to the care and commitment of those who work for the HCA Virginia Health System. With the current pandemic exposing existing flaws within the U.S. health care system, we appreciate you putting patient safety first. Lives depend on it."

— Weekly SUDOKU —
Answer

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

Don't let budgeting myths sabotage your finances

Dear Dave,

I made a resolution to start following your plan in 2021. I talked to my parents about this, and while they like some parts of your teaching, they don't think living on a budget is necessary if you make good money. They also said budgeting is extremely difficult. Are they right?

Jensen

Dear Jensen,

For whatever reason, I'm afraid your parents are way off base on this one. A lot of people trash talk the idea of budgeting, and make up all kinds of excuses for not living on one. The truth is a written, monthly budget is essential when it comes to beating debt and winning with money—period. It's the map you need to get where you want to go in your financial journey.

There are lots of myths, and just some bad information, out there where living on a budget is concerned. Making a budget isn't rocket science. If you can do basic math, you can create a budget. Your income minus your outgo needs to equal zero. That's it! You might spend a couple of hours tallying all your expenses when you first start,



Dave Says

Dave Ramsey

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but the process soon becomes faster and easier. All it takes is a little practice.

If you think doing a budget is only for people who have trouble making ends meet, think again. My wife and I have lived by a written, monthly budget every single month for about 30 years. It doesn't matter whether you're a multi-millionaire, or if you have just \$100 to your name, knowing exactly how much money you have—and where it's going—is an essential part of managing your finances

accurately and successfully.

Believe me, I hear dozens of other excuses, too. You'd be amazed at how many people don't make a budget every month because they think it's "boring." Others claim they can do their budgets in their heads. I don't think so! For a budget to really work, it needs to be something you can track down to the last penny. And if you're married and saying you can do a monthly budget in your head that means only one of you is involved in the decision making. That's a recipe for disaster in your finances and your relationship.

A budget represents your financial game plan for the upcoming month and years ahead. As Benjamin Franklin said, "If you fail to plan, you are planning to fail."

—Dave

* 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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