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WEEKEND WEATHER

Saturday

Mostly sunny, with a high near 80. Chance of precipitation is

Saturday Night - Partly cloudy, with a low around 61. Chance of precipitation is 30%.

Sunday

Mostly sunny, with a high near

Sunday Night - Partly cloudy, with a low around 61.

Revisions to school wellness policy defeated by board

By MIKE WILLIAMS The Patriot

Revisions to the Pulaski County School System's wellness policy regarding foods and beverages being brought into the schools for celebration of birthdays and other events have been rejected by the School Board.

The revisions were shot down Tuesday at the board's September meeting when a motion to approve the changes, offered by Robinson District's Dr. Paige Cash, died for lack of a second.

A presentation on the revisions by Ethelene Sadler, Director of School Nutrition, prompted Massie District's Beckie Cox to reply simply, "Sad."

Cloyd District representative Bill Benson agreed.

"I agree. It's very sad," said

"I personally don't like it. Having been a classroom teacher for 36 years, I've seen this coming for a long time. I disagree with it and will vote no."

The revisions of the policy being sought included restricting the use of candy and beverages to reward students for academic or classroom performance.

According to Sadler, celebrat-

ing success or events with poor nutritional quality foods can undermine healthy eating messages and lead to unhealthy eating habits that can continue into adulthood.

The revisions would have prohibited parents from being allowed to bring any food or beverages prepared at home to school to be served during classroom activities and any parties and celebrations.

Any food or beverages brought to school and any classroom snacks would have been required to be individually pre-packaged with all ingredients listed. The items also must have met the USDA Smart Snacks in Schools guidelines.

The presentation on the policy

Mary Hall, Supervisor of Nurses, listed three points to support approval of the revisions.

Food safety – Food prepared at home may not be done under sanitary conditions, leading to food poisoning.

Food allergies - Pre-packaged foods and beverages must have a label with all ingredients listed for the safety of all students who have severe food, lactose intolerance and gluten allergies and to eliminate possible tampering of food by accepting only storebought food and drinks.

Equity - Some students' parents cannot afford to provide food or beverages for their child's birthday. Students who have diabetes may not be allowed additional food and beverages, so they get left out. Students with seizure disorders on special diets cannot have any other food, so they are left out as well.

In public comments, five people addressed the board on a variety of topics.

Title One teacher Brittany Williams commended the board for having been vocal and acknowledging "that teachers here are overworked and underpaid" and praised the board for working



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Early in-person voting starts today in Virginia

nounces that in-person voting begins Friday, September 17, 2021. Also, absentee ballots will be sent to all voters who have requested a ballot by mail.

Voters no longer need a reason to vote absentee. Any registered voter may request an absentee ballot, either in- person or by mail. Voters can request a mailed ballot online at elections.virginia. gov/voterInformation. They can also find a vote-by-mail ballot application at elections.virginia.gov/ local voter registration office and Day.

RICHMOND, Va. -- The Vir- ask them to mail them an appliginia Department of Elections an- cation. Contact information for local registrars can be found at elections.virginia.gov/localGR.

The last day to request an absentee ballot is Friday, October 22 2021 at 5pm. Absentee ballots returned by mail must be postmarked by Election Day, November 2, 2021 and received by the local voter registration office by noon on Friday, November 5, 2021. Voters can also drop off their marked and sealed ballots at a drop off location at their local voter registration office or pollforms. Or they can contact their ing place up to 7 p.m. on Election

Saturday, October 30, 2021 at 5:00 p.m. Voters do not have to fill out an application to vote in person. Voters can simply go to their general registrar's office or satellite voting location, show ID and cast a ballot. More information about what IDs are considered acceptable can be found at elections.virginia.gov/voterID.

Because of the anticipated high volume of mail-in votes, the Department of Elections is urging all those who wish to vote by mail to request and return their ballots

See VOTING, page A2

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Page A2 - The Patriot - September 17, 2021

Youngkin lends millions more to his gubernatorial campaign

- Virginia gubernatorial candidates Terry McAuliffe and Glenn Youngkin each raised more than \$11 million in the last two months, but Youngkin loaned his campaign an additional \$4.5 million to give himself a significant advantage, according to the most recent campaign-finance reports.

The \$4.5 million Youngkin, a GOP businessman making his first run for office, loaned his campaign is on top of \$11.2 million he had already lent.

McAuliffe and other Democrats have long expressed fears that Youngkin, who made his fortune as an executive with The Carlyle Group investment firm, will be able to use his personal

FALLS CHURCH, Va. (AP) wealth to give his campaign an edge.

The reports, which were due Wednesday, cover the months of July and August. McAuliffe raised \$11.5 million. Youngkin raised \$11.2 million, not including the \$4.5 million loan.

For the election cycle, Youngkin has raised more than \$35 million, while McAuliffe has raised nearly \$33 million. Those amounts dwarf anything raised by Virginia gubernatorial candidates in any previous election. Youngkin's total includes the \$15.7 million he has lent to his campaign.

In the most recent reports, the biggest donors to McAuliffe include \$2.5 million from the Democratic Governors Association



fund and \$500,000 each from labor and environmental political action committees. He also received \$250,000 from liberal donor George Soros, according to a review of the reports by the nonpartisan Virginia Public Access Project.

Youngkin received nearly \$4 million from the Republican Governors Association fund and

\$250,000 from investment firm Republican opponent, Winsome executive Thomas Saunders. He also received \$12,500 from Betsy DeVos, who was education secretary in the Trump administration.

Youngkin outspent McAuliffe, as both campaigns have bombarded voters with advertising. Youngkin spent \$12.3 million; McAuliffe spent \$7.9 million.

But McAuliffe enters the final two months of the campaign with an advantage in cash on hand, with \$12.6 million in the bank compared to \$6.0 million for

In downballot races, Democratic lieutenant governor candidate Hala Ayala received \$800,000 and has \$888,000 on hand. Her elections.

Sears, raised \$630,000 and reported \$326,000 on hand.

For attorney general, Democrat Mark Herring raised \$1.45 million and reported \$1.34 million cash on hand. Republican Jason Miyares raised \$707,000 and has \$1.04 million on hand.

Early in-person voting begins Friday across the state. Virginia and New Jersey are the only two states electing governors this year, and the Virginia race is by far the most competitive. Republicans and Democrats nationally are hoping a victory will give their party momentum going into the 2022 Congressional midterm

Fall Prevention Awareness Seminar at Pulaski Adult Day Service & Fall Prevention Center Saturday, September 25th

10am-2pm

Registration will begin at 9AM. FREE - OPEN TO THE PUBLIC

Speakers:

Julia Castleberry, PT, DPT, MS

Board-Certified Clinical Specialist in Neurologic and Geriatric Physical Therapy, Certified Lymphatic Therapist, LSVT-BIG certified Associate Professor and Director of the Falls Prevention Center School of Health Sciences, Emory & Henry

Dr. Michael Madigan.

Professor in the Grado Department of Industrial and Systems Engineering at Virginia Tech. He has been studying balance and falls for over 18 years.

Cindie L. Wolfe, MMT, MT-BC **Board Certified Music Therapist** Neurologic Music Therapist Director, Music Therapy of the New River Valley, LLC Clinical practicum supervisor, Radford University

Meghan Bryant, Master Trainer for Tai Chi for Health Institute (tchi.org)

Free Lunch and Door Prizes Celebrating National Fall Prevention Awareness Week

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Linda. Davis@pulaskiadultdayservice.org or call 540-307-5487

Location address: 211 5th Street, Dublin, VA 24084



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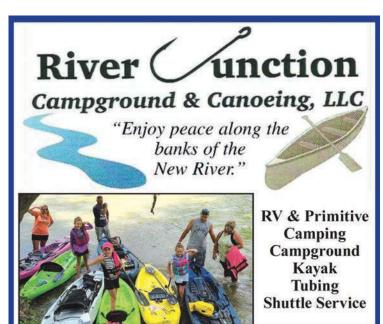
Voting

Continued from Page A1

as soon as possible. Voters can track the status of their ballot applications online at elections.virginia.gov/voterInformation. They can also call their local registrar's office to determine the status of their

If you are blind or have low vision or have impaired manual dexterity, you have the option of voting an absentee ballot using an electronic ballot marking tool.

Voters with questions about absentee, mail-in and in-person voting or any aspect of the November 2, 2021 election may call the Virginia Department of Elections at (800) 552-9745, email the department at info@elections.virginia.gov, or visit our website at elections.virginia. gov. Voters are also encouraged to follow us on Twitter at @vaElect, Facebook at @VirginiaELECT and Instagram at @va_election.



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Militia Encampment on tap at Claytor Sept. 25



Fincastle/Montgomery County Militia will be encamped at Claytor Lake State Park on Saturday, September 25, 2021 from 10 am - 4 pm in the area of the Christian Chimney. It is also Virginia Public Lands Day so there will be no charge to enter the park or to visit the militia encampment. Fincastle Company is a group of dedicated living historians who portray both military and civilian roles during the time of the American War of Independence. They conduct extensive research and documentation on all the clothing

and equipment used by them in order to be as accurate to the period as possible. The group performs living history displays at various historical sites in the mid-Atlantic region. They specifically portray the Fincastle/Montgomery County Militia which was an actual unit from Southwestern Virginia that served in the American Rev-

DMV to partially re-open walk-in service

By Tyler Arnold

(The Center Square) - The Virginia Department of Motor Vehicles will start offering walkin services three days per week starting Oct. 5 after not offering those services since May of last

For nearly a year and a half, the DMV has only offered services with an appointment. After the change goes into effect, people can receive walk-in services on Tuesdays, Thursdays and Saturdays. Appointments will not be offered on these days, but will be needed on Mondays, Wednesdays and Fridays. DMV locations are closed on Sundays and close midday on Saturdays.

"We are pleased to continue offering appointments in addition to walk-in service, since our customers greatly appreciate the convenience and efficiency appointments afford," DMV Commissioner Richard D. Holcomb said in a statement. "Those who can plan ahead should schedule an appointment for service but,

See DMV, page A4

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Tuesday, October 12, 2021: Last day to register to vote or change your voter registration information for this election. 8:30 a.m. to 5:00 p.m.

Mailed voter registration applications must be sent to the Pulaski County Voter Registration Office postmarked on or before the deadline.

EARLY IN-PERSON VOTING

87 Commerce Street, Pulaski VA 24301

Monday-Friday, September 17, 2021 – October 30, 2021:

8:30 a.m. - 4:30 p.m.

Saturday, October 23, 2021: 8:30 a.m. - 4:30 p.m. Saturday, October 30, 2021: 8:30 a.m. - 5:00 p.m. Last day to vote an Early In-Person ballot at the Pulaski County Voter Registration Office.

PULASKI COUNTY VOTER REGISTRATION OFFICE WILL BE CLOSED ON MONDAY, OCTOBER 11, 2021 FOR COLUMBUS DAY

MAIL ABSENTEE VOTING

Friday, October 22, 2021: Last day to request an absentee ballot by mail. Applications must be received in the Pulaski County Voter Registration Office by 5 p.m.

Kathryn H. Webb, Director of Elections and General Registrar 87 Commerce Street, Pulaski VA 24301 TELEPHONE: 540-980-2111 FAX: 540-994-5883

Email: vote@pulaskicounty.org Website: http://www.pulaskicounty.org/registrar.html

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FRANK JAMES BALDWIN, JR.

Frank James Baldwin, Jr. 35 of Dublin, Virginia was born on August 18, 1986, and gained his wings on September 4, 2021. He was born to Frank J. Baldwin, Sr. and Kathy I. Boyers in Pulaski, Virginia. He is preceded in death by his grandparents, Cedric and Joyce Brown, Albert L. Ingram, Jessie and Amelia Baldwin; his daddy Frank; his Uncle Leon Ingram, and his aunt Jamie James.

He is survived by his mama, Kathy Boyers, and his father of mine, Robert Boyers of Dublin, Virginia; his children Domani and Ariana Baldwin of Dublin, Virginia and Breon Saferight (JMU); a brother, Robert Boyers III, five sisters: Shareka (Rocky) Muse of Radford, Virginia; Tammy (Kimble) Reynolds of Roanoke, Virginia; April (John) Sneed of Raleigh, North Carolina; Dionne (William) Clyburn of Washington, D.C.; Nicole Claytor of Raleigh, North Carolina. 16 nieces and nephews: Kimani, Koreyon, Kenyan, Isiah, Nevaeh, Gari (Randle), Jordan, Desman, Christian, William III, Wesley, Joshua, Kimble, Sydney; Uncles: George Waller and Perry Ingram of Richmond, Virginia, Booker T. (Pam), Douglas, Charles, Howard (Patty) Baldwin, all of Pulaski, Virginia; Aunts Louise Carter of New York, NY, Ethel (Percy)Holmes, Iris Hayden, Ann Baldwin all of Pulaski, Virginia; and a special friend, Ashley Hopkins of Dublin, Virginia.

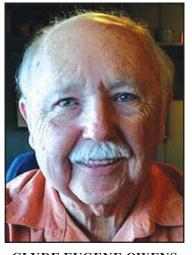
Frank grew up in Radford, and later Dublin, Virginia. He graduated from Pulaski County High School in 2005. Football was his first passion and basketball sense of humor and always had a he loved. smile on his face. He would do anything to help his family and friends. He was a true brother to his "football crew" and loved coaching his nephews in football.

He leaves a host of family and friends to cherish his memory; he will be missed.

A Celebration of Life Service was held Tuesday, September 14, 2021 at Jubilee Christian Center, Fairlawn.







CLYDE EUGENE OWENS

Clyde Eugene Owens of Dublin Virginia 11-20-1950 to 9-10-2021 Known as Gene to his family

and friends, he was a well-known and beloved member of the local community. Gene passed away suddenly while at a fishing tournament in Tennessee that he was attending with his beloved wife

attended Gene Church of God. His hobbies included bowling, fishing, hunting and flea marketing. He was a 1969 graduate of Pulaski High School, wearing number 24 on the basketball team. He currently worked for Radford Community Transit. His past jobs included a contract mail carrier for his parents, Cougar Assistant at PCHS, insurance agent for AGLA, Dish Network, Schwann's salesman, among others.

Gene was preceded in death by his parents Everett and Frances Owens of Pulaski and his fatherin-law Clinton Harrell of Pulaski. He is survived by his wife of 47 years Mary Harrell Owens, his daughters and sons-in-laws April & Dennis Villone of Allentown NJ and Genetta & Ray Simpkins of Snowville, his grandchildren Sydney & Erica Villone and Anna & Emma Simpkins. Other survivors include his sister Rhonda LaFon of Pulaski, his nieces Jessica and Ashley Lindsey and his great nephew Mason Sizemore, his mother-in-law Julia Harrell of Pulaski, his brothers-in-law and wives Wayne & Joann Harrell of Draper, CP Harrell of Dublin, Anthony & Kathy Harrell of Radford, and David and Autumn Harby numerous other aunts, uncles, his next sport. He had a great nieces, nephews and cousins who

> Funeral services were held at the Bower Funeral Home -Chapel, Pulaski with Rev. Bucky Cruff officiating. Interment followed at the Highland Memory Gardens, Dublin.

> To sign Gene's online guestbook, visit www.bowerfuneralhome.com

It seemed everyone in Pulaski County knew Gene as you could not walk into a store or restaurant with him without someone calling out his name. In lieu of flowers, donations can be made towards family expenses or to St. Jude's Children's Fund.

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



MARIE DEHART HANKS

Marie DeHart Hanks, age 83 of Pulaski, VA passed away peacefully Thursday, September 9, 2021 at her home surrounded by family.

Born March 29,1938 in Wythe County, VA. She was the daughter of the late Delmer and Bessie Peak DeHart. She was also preceded in death by her brothers, Delmer De-Newbern Hart Jr., Robert (Bobby) DeHart, and sister Bertie Akers.

She is survived by her husband of 62 years Dennis Hanks; two sons, Dennis and Tracy Hanks of Wytheville, VA; and Terry Hanks of Max Meadows, VA.

Marie is also survived by grandchildren, Tabatha and Steven Porter of Wytheville, VA; Patrick and Tiffany Hanks of Max Meadows. VA; Kari Hanks of Austinville, VA; Cody Hanks of Wytheville, VA and 2 step granddaughters, Mara and Justin Holston of Rural Retreat, VA and Sierra and Tim Williams of Pulaski, VA. Four great-grandchildren and 3 step grandchildren.

She is also survived by brothers, James and Jackie DeHart of Draper, VA; Ray and Koleta De-Hart of Hillsville, VA; Tony and Gloria DeHart of Draper, VA and sisters, Lovelene Dalton of Pulaski, VA; Louise Payne of Draper, VA; and Linda and Jerry Viars of Barren Springs, VA.

Marie was a member of the Riverview Church of God. She neralhomepulaski.com retired from Renfro Corporation in 2000. Heartfelt appreciation is expressed to Hope Dalton and Medi Home Health and Hospice especially Kari and Emily.

The funeral service was held rell of Dublin. He is also survived Tuesday, September 14, 2021, at Riverview Church of God with graveside service following.

Stevens Funeral Home, Pulaski. VA is serving the Hanks Wednesday, September 15, 2021 family. Online condolences may be made through www.stevensfuneralhomepulaski.com.

Miss An Issue?

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Elsie Alfred Wright passed away September 9, 2021, at Highland Ridge Nursing Home. Alfred was born March 22, 1927, to the late William "Tuck" Wright and Maude Goad Wright Sutphin. In addition to his parents, he is preceded in death by his wife; Margaret Clark Wright; son Dwayne Wright; Two brothers, Donald Wright, and Leonard "Chesterfield" Wright.

Alfred is survived by one brother, Clarence Wright, of Kirkwood PA; and a special nephew that was more like a son, Tommy Craig. He is also survived by many other nieces, nephews, and family members who meant a lot to him.

He served his country in World War II, and later retired from Radford Arsenal Ammunition Plant. Aside from his military service, Alfred was a loving man with a big heart. A special thank you to the staff

of Highland Ridge Nursing home that has been his extended family the past few years. Also, to Stevens Funeral Home for all the help and support. A graveside service with burial

was held on Sunday, September 12, 2021, at Highland Memory Gardens in Dublin, Virginia.

Stevens Funeral Home, Pulaski, VA is serving the Wright family. Online condolences can be made through www.stevensfu-



NEWMAN HANDY EMANUEL

Helen Virginia Newman Handy Emanuel, age 91 of Pulaski passed away Monday, September 13, 2021 at her home. Born July 5, 1930 she was the daughter of the late William Hobart Newman & Rhoda Mozelle Shupe Mabry. She was also preceded in death by her husbands, Richard Franklin Handy, Jr., Marion Frances Emanuel, daughter, Linda Sue Davis, son, James Marvin Handy, brothers, John Conrad Newman, Frank Boyce Newman and sisters Betty Lois Cox, Nellie Grace Nunn and Charlotte Gillespie.

She is survived by her

Children - Betty Ann (Richard) Blankenship - Pulaski, William Coy (Ella Jane) Handy – Dublin

Many Grandchildren, Great Grandchildren and Great, Great Grandchildren

Several Nieces and Nephews

Funeral services will be held 11:00 AM - Friday, September 17, 2021 at the Bower Funeral Home -Chapel, Pulaski with Rev. Mabel Caudill officiating. Interment will follow at the Highland Memory Gardens, Dublin.

To sign Helen's online guestbook, visit www.bowerfuneralhome.com - Bower Funeral Homes, Pulaski is handling the arrangements for the family.

Continued from Page A3

urgently, walk-in service will now be available two and a half days

More than a month ago, the General Assembly passed legislation to revise the state budget, which included language that required the DMV to create a plan to bring back walk-in services. Some lawmakers said they had received phone calls from constituents who had been unable to book appointments for services. Supporters of the provision argued that government services should provide their full services after the government ended restrictions on the private sector.

According to a DMV news release, 77% of customers approved of the appointment system and wanted it to continue. It said its surveys showed that including both walk-in services and appointments services on the same days led to long lines and dissatisfied customers, which is why they

if in-person assistance is needed will be alternating days. The news release states that this offers flexibility for customers and the agency.

During the pandemic, customers have used online and mailbased services more frequently, which has increased weekly transactions by 10%, according to the DMV. The DMV will continue to offer several services online.

The DMV locations will continue to enforce social distancing. Face masks will not be required, but the department strongly recommends them.

All 75 of the DMV's customer service centers will be subject to these changes.



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Continued from Page A1 diligently to try and right that

situation. 'Not completely there yet, but we do thank you for the progress

that has been made," she said. "Due to the bus driver shortage, teachers are having to stay longer each day to chaperone students until late buses arrive,"

she told the board. Pulaski Elementary School, teachers are having to stay as late as 4:20 p.m. While teachers are contracted by days and not hours, it's important to

do the long-term math. "Ten-month teachers are contracted for 200 days. Of those, 180 are with students, the rest are comprised of teacher workdays, late Mondays, professional development and training. Staying an extra half-hour each day equates to an additional eight workdays," Williams said.

"That means we're asking teachers who we already know are overworked and underpaid and are often doing jobs that aren't there responsibility, to do so without any extra pay or benefits of any kind."

She asked the board to look into the problem or create an additional compensation plan for teachers.

Gina Paine questioned School Superintendent Dr. Kevin Siers' notification Sept. 8 on the school system's website on the need for virtual instruction Sept. 13 at the high school and Sept. 17 at the middle school because of staff

Paine questioned how Siers could make such an announcement days in advance.

She also questioned a statement in the announcement which explained the decision to go virtual on those two days "is based on staffing shortages within the school division and not because of specific COVID cases within our schools."

She said, however, Siers had been quoted in local media that covid outbreaks ARE the reason for lack of staff. She wondered why the school

system is unable to keep enough staff on hand to educate the secondary school students of the

"Perhaps you were so anxious to ram through the equity and transgender initiatives you simply forgot about staffing the schools," Paine charged.

She said Siers' inability to ful-

trates incompetence."

narrative that it is the unvaccinated that are to blame." She asked the school board why

there aren't enough teachers and staff, and called on the board to "staff the schools."

Collette Hash spoke about recent Community Conversations About Equity gatherings to find ways how the community can help the school system, and to help parents become advocates for their children to make sure they are getting everything they need in order to bridge the gap in reading and math.

She also said the school system and community needs to continue to work in the area of equity as far as teachers and employees are concerned.

"Diversity helps everyone," she

Rebecah Sheckler also mentioned the community meetings and noted it was learned during the last meeting that two-fifths of 3rd – 5th graders in the county are not at grade level in reading. "That's a serious problem not just for schools but the entire community," Sheckler said, asking, "how can we get the community more involved" to combat the problem.

Billy Williams addressed a letter to parents and guardians sent recently from Mary Hall, Supervisor of School Nurses concerning vaccination of students ages 12 and up.

The letter states:

"In a recent meeting with our students we asked them what we could do to encourage them to get vaccinated and their reply was to give them a day off after getting vaccinated. So, to follow up we plan to have a COVID vaccine clinic at PCHS and PCMS for all students who want to start their vaccination on Sept. 16. Then if any student who starts their vaccination on this date or can provide proof (vaccine card) that they are fully vaccinated they will be given an activity day pass for Friday, Sept. 17 (PCHS) or Monday Sept. 20 (PCMS). This means that the student would not need to attend school on the assigned date, but that she or he would still be counted as present.'

"So, it's all about the vaccination," Williams stated.

"What about parents and students who have a religious exemption, will they get a pass," he asked.

"I'll be happy to talk with you outside the board meeting about that," Siers responded.

"How about those kids with

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ly staff the schools "clearly illus- medical exemptions, with natural immunities or those who just Paine said Siers "embraces the choose not to take it," Williams

> "Have we gotten to the point where we segregate children those who do this and those who do not. Have we regressed back to the '40s and '50s and put some people at the back of the bus and others at the front. Because this is a problem," he told the board.

> 'You start doing things like this - rewarding things that are people's choice ... this isn't merit-based, athletic-based or academic-based."

> Williams said whether or not to get the vaccine is a "choice someone is making," which is their right. He said the school system is basically punishing those who choose not to get the vaccine. 'You have to do this because you didn't comply. Someone please reply," Williams implored.

Cox said she would.

"Many employers, mine included have allowed an employee to have off the next day if necessary (after getting the shot).

"You're taking this as a reward," she told Williams. "But the reason is so many have taken this and had headaches, tiredness, whatever after receiving the vaccination, that they allowed them to have that day off. I've been vaccinated and one of the times, no problem. The next time, headache, tiredness and it took a little while to shake that.

"So, it isn't a reward. It may come across as that, but it is not a reward," Cox stated.

Why then does the letter state that those who have already gotten vaccinated also get the day," Williams asked, noting he believes the day off from school is

"That's exactly what it is," Williams stated emphatically.

"If you get the vaccine and you were sick and called in the next day that should be an excused absence. I have no problem with

"This is not America. This is not right," he said.

Business involvement opportunity for third annual Jack-O'-Lantern Spectacular

PULASKI COUNTY, VA - Pu- Center, New River Valley Lube, laski County Parks & Recreation, Pulaski County Tourism and the Pulaski County Chamber of Commerce host third annual Jack-O'-Lantern Spectacular on Oct. 30 4-7:30 p.m. at Randolph Park.

A popular community event, the Jack-O'-Lantern Spectacular will continue the pumpkin lighting and trick-or-treat trail tradition with local organizations and businesses creating candy stops along the trail. Pulaski County organizations and business are the heart and success of the event.

Pulaski County would like to thank the current organizations and businesses participating: Bootleg BBQ, Century 21, Community Youth Center, CTE, Iron Heart Winery, Lewis Gale Hospital Pulaski, Martin's Pharmacy, New River Valley Fine Arts

NorthStar Church Pulaski, Pulaski County Board of Supervisors, Pulaski County EDA, Ratcliffe Museum, Servpro, T.G. Howard, Town of Dublin and Dublin Police.

Candy stop booths are free to local organizations and businesses. To become involved, call the Pulaski County Tourism Office at 540-674-4161 or email svandergriff@pulaskicounty.org.



In Memory Of

Sandra Eileen Brown Woolridge March 13, 1962 - September 16, 2018



ADAIRE 00

Yesterday, Today & *Tommorrow*

Yesterday I felt okay I smiled when I thought of you. I remembered happy times And the funny things you'd do. But today I feel so very sad I think of you and cry. I'm missing you so very much And still asking God why? I don't know what will happen When I face another day. What will tomorrow bring? Will I cry or be okay? This roller coaster of emotions Is the worst ride of my life. Nothing can prepare you For the never ending strife. I may not handle my emotions The way that I should do. But I still thank the Lord For the time I had with you.

acebook.com/heavengarden.angel

We love and miss you so much. Mom, Alene, Angie, Kimberly, Heather, Terrell, Trinity, Ashton

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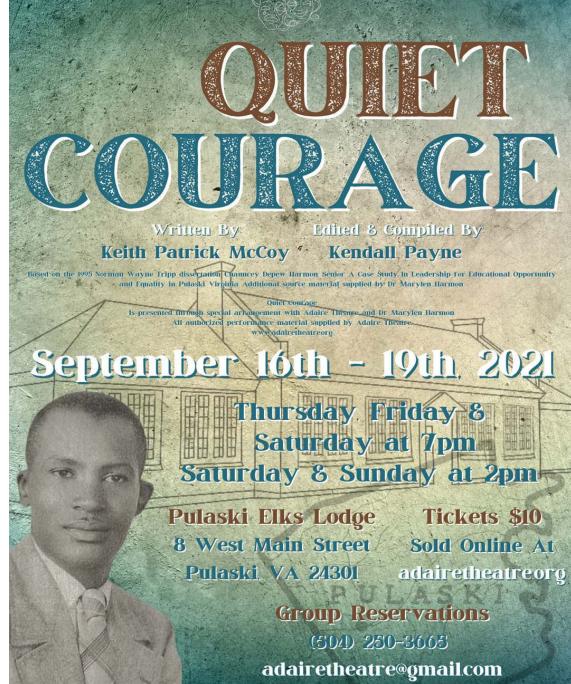
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OPINION

Griffith Remembers 20th Anniversary of 9/11

Twenty years ago, our nation was attacked by terrorists. Like many Americans, I remember where I was when I learned of the news on September 11, 2001.

As I worked in my law office that morning, my bookkeeper at the time, Terry Haynie, told me that a plane had struck a Tower of the World Trade Center. We could not understand how a plane could have gotten so off course that it could hit a building Then we watched live as the second plane crashed into the South Tower, and we knew the United States was under attack.

I immediately went to K-Mart and bought an American flag set to install and to proudly fly that flag at my office. I wanted to display my patriotism and my defiance to whomever our attackers were. We would later learn this despicable attack was the act of "extremist Muslim terrorists."

9/11 was the worst attack on American soil since Pearl Harbor, made more outrageous by the targeting of civilians. Almost 3,000 innocent men, women, and children died that day at the World Trade Center, the Pentagon, and on United Airlines Flight 93. More than 400 first responders gave their lives at Ground Zero in New York City, including police officers, firefighters, and Port Authority officers. First responders in New York City ran toward danger and they saved hundreds of lives. But in doing so, some made the ultimate sacrifice.

Often, when I walk into the U.S. Capitol, I am particularly reminded of Flight 93, believed to have



Morgan Griffith

> 9th District Flight 93 were beating on the

been headed to destroy the Capitol. Passengers on board Flight 93 were beating on the door to the

cockpit to prevent its use as a weapon by actors of terror. Audio from a phone call made on the flight captured one hero exclaiming, "Let's roll." During the passengers' struggle to regain control of the plane, the terrorists chose to crash the plane. 40 men and women died that day when Flight 93 crashed in the Shanksville, Pennsylvania field. I am filled with sorrow for the innocent victims. They were travelers headed to destinations for work, play, or home and because of their bravery they became American heroes.

The evils of 9/11 still horrify, yet the acts of great courage that also occurred that day still inspire. Americans showed that they would not cower in the face of terror. I am filled with immense pride in our nation when I reflect on the spirit shown by so many of my fellow Americans on that terrible day.

As Americans, we continue to honor the extraordinary sacrifice of those who perished on 9/11 and every citizen who protects our nation at home, including our state, local, and federal law enforcement. Throughout the 9th District, brave men and women continue to work every day to keep our communities safe. I am thankful for their service.

I recently witnessed emergency workers and first response teams in Buchanan assisting in the rescue efforts after devastating and deadly flooding. I thank all those working with Buchanan first responders and the Virginia Department of Emergency Management. Their efforts in assisting one of our communities did not go unnoticed in the Ninth District and beyond.

On this day, Americans must also remember our active troops who are fighting to protect our freedom. More people enlisted in the military in the 12 months following the 2001 attacks than they have in any of the 20 years since.

In the years after 9/11, more than 6 million young men and women would join the ranks of our armed services to defend our country. Today, more than 1.3 million young men and women remain on permanently stationed active duty, including nearly 173,000 service members stationed abroad. May God bless our service members and their families and continue to bless the United States of America.

For so long as this nation endures, we as a country should never forget September 11, 2001.

As implied in my recent weekly columns, the "botched" exit has placed us into a position where terrorists may once again target the U.S. The hasty withdrawal from Afghanistan led to a chaotic end to America's longest war.

It is imperative that we keep actors of terror from breaching our borders again as they did on that chilling Tuesday morning in 2001.

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

U.S. Constitution Earns Trigger Warnings

This week, as we should be celebrating Constitution Day on September 17th, we are instead being warned by the National Archives and Records Administration (NARA) that the language in our U.S. Constitution is potentially harmful. Additionally, this trigger warning has been slapped on other archived Founding Documents such as the Declaration of Independence and the Articles of Confederation.

When I first heard about this, I thought it was a bad joke – but unfortunately, it is true. You can check It out for yourself at: https://catalog.archives.gov/id/1667751

A large flashing circle appears on the screen and then a blue banner alert, cautioning the reader of potentially harmful language in the content of the Founding Documents. This "trigger warning" ostensibly "forewarns audiences of content that may cause intense physiological and psychological symptoms." I wonder if that makes it off-limits to young students trying to do research? Isn't this the type

One Nation Under God

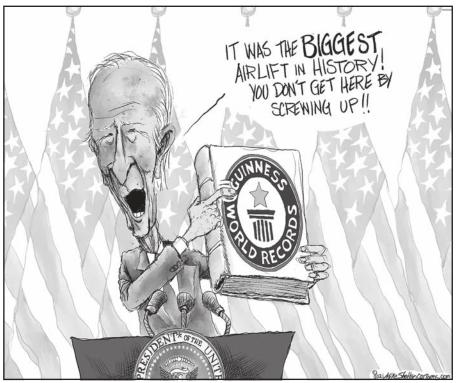
By Danielle Reid

of warning we should put on pornography rather than our most sacred Founding Documents?

The catalyst for this action is in direct response to the summer of 2020's racial tensions, and one of Joe Biden's many Executive Orders (#13985) dated January 20, 2021, "Advancing Racial Equity and Support for Underserved Communities Throughout the Federal Government."

The Archivist of the United States established a task force of 35 NARA employees to identify issues of racial inequality. In essence an un-elected official appointed un-elected individuals to review the language of our nation's

See NATION, page A7



Accepting Pelosi's challenge

By Cal Thomas, Tribune Content Agency

Responding to Democrats in her party who are troubled by the massive\$3.5 trillion spending bill that would forever transform America into a debtor nation, Speaker Nancy Pelosi asked a question: "Where would you cut?"

Her question carries with it a conceit held by many contemporary politicians that every government program is sacred and must not be touched. Even suggesting that a decrease in the rate of spending increases can get a member trashed by those with vested or ideological interests in big government. Every government program - sometimes immediately, but inevitably - attracts people with personal or political interests in maintaining it. The programs become like barnacles on a ship - useless, but difficult to remove.

Where to cut? I have long promoted the idea that what is needed is an outside auditor to come to Washington, D.C., and review every program and agency, recommending which ones to keep and more importantly identifying which ones have outlived their usefulness, or were never useful.

While awaiting that day, which likely will never come, I accept Pelosi's challenge. It isn't difficult to find places to cut. Virtually everyone knows that entitlement programs must be reformed. Instead, Pelosi and many of her fellow Democrats want to expand them, addicting more people to Washington, apparently hoping that out of gratitude they will always vote for Democrats, making America a virtual one-party nation.

Last March, two reports on the economy were published, but because of the global pandemic they were mostly ignored by the media. One was from the nonpartisan Congressional Budget Office (CBO). In its 2021 Long-Term Budget Outlook, the U.S. received its lowest ranking ever, just 20th in the world in overall economic freedom. It said the reason was a dramatic decline in fiscal health. We are worse in that ranking, CBO said, than 150 other countries. CBO concluded that because of overspending,

the national debt has already eclipsed the size of the economy and if it continues, we will reach 202 percent of GDP by 2051. If ever there was a case for "we can't go on like this," this is it.

The other report came from The Heritage Foundation, a conservative think tank based in Washington. It noted, "The primary drivers of the increases in spending are unsustainable entitlement programs, which require significant reform not only for the sake of the taxpayers, but also to allow better results for Americans in need. Unless substantial reforms are implemented, Medicare's Hospital Insurance Trust Fund will be exhausted in 2026. The Social Security Trust Fund is projected to be depleted by 2032, which could cause across-the-board benefit reductions for all retirees just 11 years from now."

In 2009, Brian Riedl of Heritage listed 50 examples of government waste. The list was not exhaustive and arguably has become longer in subsequent years. Cuts could begin with those spending programs to build public trust.

Included are billions of dollars in improper government payments (\$72 billion in 2008); \$92 billion on corporate welfare; government auditors spent five years examining all federal programs and concluded that 22 percent of them failed to show any positive impact on the populations they served, at an annual cost to taxpayers of \$123 billion; unused or vacant federal properties cost \$25 billion a year to maintain.

There is so much more, but the list answers Pelosi's question about where to cut. She sets up a strawman by mentioning childcare and other emotion-driven programs, as if these were allowed by the Constitution and the responsibility of the federal government. She should read the 10th Amendment, which says: "The powers not delegated to the United States by the Constitution, nor prohibited by it to the States, are reserved to the States respectively, or to the people."

Readers may email Cal Thomas at tcaeditors@

tribpub.com. Look for Cal Thomas' latest 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, Afghanistan Not the End of American Power

It's hard to imagine more humiliating images than what we've seen in Afghanistan in recent weeks, from the hasty evacuation of the U.S. Embassy in Kabul to the chaotic scenes outside the airport.

Our surrender to a band of AK-47-bearing guerrillas after 20 years has, understandably, occasioned autumnal thoughts about American power.

Even the Soviet Union, on the cusp of full collapse, managed to get out of Afghanistan in good order and leave behind a government that endured for several years.

What does it say that we couldn't match that?

Writing in The New Yorker, Robin Wright says the pullout may serve as "a bookend for the era of U.S. global power." Allister Heath, editor of The Sunday Telegraph, argues that "the botched exit is merely the latest sign that the American era is ending." Francis Fukuyama says the images in Kabul "have evoked a major juncture in world history," although he thinks "the end of the American era had come much earlier."

There is no sugar-coating our defeat in Afghanistan and the abject position we put ourselves in during the final days. The withdrawal is a blow to our counterterrorism capabilities, our prestige and our geopolitical position

For all of that, though, no one in the world has the formidable advantages of the United States, which still outstrips everyone else, including China, on every material metric that matters.

Great powers don't go away easily. The British could be forgiven for thinking that it'd be all downhill after losing their American colonies in a long war joined by their traditional rivals France and Spain. Instead, British imperial power had not yet peaked.

Our exit from Saigon in 1975, to this point the touchstone for modern American defeats, was followed by Communist advances all over the map. Yet, within 20 years, we'd win the Cold War and ascend to unprecedented global power.

We are still blessed with an extraordinarily favorable geographical position, as a continental nation with friendly neighbors, access to two oceans, enormous reserves of oil and gas, and vast amounts of arable land.

We produce about a quarter of global GDP, a share that has held up over the years.

We are responsible for an astonishing 40% of all military spending in the world. It was ridiculous that Biden made a bragging point of the evacuation, but it's true that no one else would have been capable of such an operation.

We dominate the list of top universities in the world.

There is no country people would rather come to. A Taliban spokesperson interviewed on Iranian TV, when challenged why so many people want to

See LOWRY, page A7

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Nation

Continued from Page A6

Founding Documents, and determine if the language would be psychologically harmful to anyone reading them. Apparently based on woke culture standards, it was determined that you could be harmed because some of our Founding Documents might:

 reflect racist, sexist, ableist, misogynistic/misogynoir, and xenophobic opinions and atti-

• be discriminatory towards or exclude diverse views on sexuality, gender, religion, and more;

 include graphic content of historical events such as violent death, medical procedures, crime, wars/terrorist acts, natural disasters and more;

· demonstrate bias and exclusion in institutional collecting and digitization policies.

Oh, really? Well, if un-Biblical, amoral, anti-Christian criteria was used to determine if the language of our Founding Documents could make some individuals in this woke culture uncomfortable, then they are correct in their biased assessment. The important piece of perspective that they are missing is that our Founding Documents were based on Judeo-Christian principles. The Founders believed that authority comes from the Creator, residing in the hands of "We the People," giving ligitimacy to the federal government. Here is what Founder and

second U.S. President, John Adams, observed: "Our Constitution was made only for a moral and religious People. It is wholly inadequate to the government of any other."

First Supreme Court Justice, John Jay stated: "Providence has given to our people the choice of their rulers, and it is the duty, as well as the privilege and interest of our Christian nation to select and prefer Christians for their rulers."

In an article entitled "Preserving the Constitution," the question was posed and succinctly answered: "Why did they (Founders) believe that the success of the union ultimately depended on the virtue of the people? Simply put, the Founders knew that government was downstream from culture. A virtuous people would courageously defend the rights endowed by their Creator and restored by the blood of patriots. But a fearful people would readily cede these

rights in exchange for a fleeting sense of security.

Princeton University professor Robert P. George explains, '[P] eople lacking in virtue could be counted on to trade liberty for protection, for financial or personal security, for comfort ... for having their problems solved quickly. And there will always be people occupying or standing for public office who will be happy to offer the deal."

The NARA's recommendations don't stop with warnings about our Founding Documents. Apparently, the U.S. National Capitol Rotunda is also under scrutiny. One of the three NARA committees recommended that the Rotunda stage "dance or performance art in the space that invites dialogue about the ways that the United States has mythologized the founding era."

Perhaps the committees were unaware that among the Rotunda statuary of our Founding Fathers are paintings of the Baptism of Pocahontas, a Bust of Martin Luther King, Jr., a marble monument honoring Women's Suffrage leaders Elizabeth Cady Stanton, Susan B. Anthony and Lucretia Mott, and 19 Frieze of American History including The Birth of Aviation and Peace at the End of Civil War.

They are probably also unaware that in addition to governmental functions, Christian religious services were held in the Capitol building. Presidents Thomas Jefferson and James Madison frequently attended services there.

From the Library of Congress archives, we learn that "Preachers of every Protestant denomination appeared. (Catholic priests began officiating in 1826.) As early as January 1806 a female evangelist named Dorothy Ripley delivered a camp meeting-style exhortation in the House to Jefferson, Vice President Aaron Burr, and a 'crowded audience"

But I suppose in our current woke culture, the audience would have been given a trigger warning that the Gospel of Jesus Christ they were about to hear could be detrimental to their psychological

Thank God we can still celebrate U.S. Constitution Day because of the courage of 55 Patriots who took a stand against tyrrany, prayed corporately that God would guide them, and wrote the greatest Freedom Documents the world has ever seen!



Carilion photo

Carilion Installs Tent To Assist With Waiting Room Space Needs

Last weekend, an outdoor, climate-controlled tent adjacent to the emergency department at Carilion New River Valley Medical Center (CNRV) was set up to assist with waiting room space needs. It was set up as a precaution and has not yet needed to be used, Carilion officials said last weekend. The tent will allow for appropriate social distancing in the hospital waiting room; it will not be used as a patient care area. Carilion continues to monitor COVID-19 cases and capacity in the region, adjusting their operations based on local needs. At this time, there is no disruption to services at CNRV or other Carilion hospitals. Wait times are longer in the emergency departments because volumes are higher and patients are sicker. Carilion asks that you please reserve the emergency department only for emergencies. Carilion officials said they have preparedness plans to meet increased demand, but hope that - with the public's help – they won't have to use them.

Free GED preparation classes with NRCC available throughout the NRV

Free GED preparation class- Thursdays, from 9 a.m. to noon, site, 782 New River Road, Suite Transitional Programs are going on now in Montgomery, Floyd, Giles and Pulaski Counties and Thursdays, from 5:30 p.m. to the city of Radford. The classes run until December 17.

The classes help adults increase their skills to pass the GED exam and prepare for college or a career. Students will prepare to take the GED/high school equivalency exam, prepare for the Virginia Placement Test and learn 400, Christiansburg employability skills.

Class schedules are: Floyd County: Tuesdays and munity College Christiansburg

es offered through New River at New River Community Ac-Community College Office of tion, 120 Epperly Mill Road SW, Floyd

Giles County: Tuesdays and 8:30 p.m., at Pearisburg Community Center, 1410 Wenonah Avenue, Pearisburg Montgomery County: Mon-

days and Wednesdays, from 9 a.m. to noon, at New River Community College Christiansburg site, 782 New River Road, Suite

Tuesdays and Thursdays, from 5 p.m. to 8 p.m., New River Com-

400, Christiansburg

Pulaski County: Tuesdays and Thursdays, from 9 a.m. to noon and 5 p.m. to 8 p.m., New River Community College, 234 Edwards Hall, 5251 College Drive, Dublin

Radford City: Mondays and Wednesdays, from 9 a.m. to noon, Radford Public Library, 30 West Main Street, Radford

Those interested in registering or with questions may contact the NRCC Office of Transitional Programs at 540-674-3682 or adultbasiced@ nr.edu.



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Continued from Page A6

flee Afghanistan, rightly pointed out that if American planes were taking people out of Iran, there'd be a rush for the exits there, too.

In his book, "Unrivaled," Michael Beckley of Tufts University and the American Enterprise Institute rebuts the notion that China is overtaking us.

American workers are more productive than workers anywhere else. China's labor productivity has improved, Beckley writes, "but remains half that of Turkey, lower than Mexico's, and roughly on par with Brazil's."

We have demographic challenges, but other big powers, especially China, will be aging faster. Over the course of the century, Beckley notes, China will lose half of its workforce, or 4/0 million people.

Our alliance system is an enormous force-multiplier, a network that, according to Beckley, "encompasses 25% of the Earth's population and accounts for 75% of world GDP and defense spending." China's formal ally, in contrast, is North Korea.

None of this is to deny that the contemporary United States is racked by self-doubt, poisonous politics and institutional failure.

It is only to say that if we are determined to squander our global position, it will take much more time and folly to do it. A further downward slide, like the disastrous withdrawal from Kabul itself, will be a choice, not an inevitability.

Rich Lowry is editor of the National Review.



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The Great Pumpkin

Pumpkin season has arrived! Just look around your grocery store or local coffee shop and there are pumpkin flavored products galore. Many of us use them for decoration and probably carve one up for our trick-or-treaters but I encourage you to find ways to add some fresh pumpkin to your menu or preserve it for use throughout the upcoming winter. It's time to rethink this plump, nutritious, orange beauty!

There are many creative ways you can incorporate pumpkin into meals, including desserts, soups, salads, preserves, and even as a substitute for butter or oil in recipes. Pumpkin is one of the best-known sources of beta-carotene, a powerful antioxidant that gives orange vegetables and fruits their vibrant color. Beta-carotene is converted to vitamin A in the body once it is eaten. Consuming foods rich in beta-carotene may reduce the risk of developing certain types of cancer, offer protection against asthma and heart disease, and delay aging and body degeneration. The fiber, potassium, and vitamin C content in pumpkin all support heart health. Consuming one cup of cooked pumpkin would provide well over 100% of our daily needs for vitamin A, 20% of the daily value for vitamin C, 10% or more for vitamin E, riboflavin, potassium, copper, and manganese, and at least 5% for thiamin, B-6, folate, pantothenic acid, niacin, iron, magnesium, and phosphorus. Of course, using fresh pumpkin and preparing it at home will deliver the most health benefits, but canned pumpkin (purchased from the grocery store or properly canned at home - see "Preserving Pumpkins at Home" below) is also a great choice. Be sure to minimize the use of canned pumpkin pie mix due to added sugars and syrups.

To pick out a good "eating" pumpkin, it is best to look for the sweet or pie pumpkin varieties for cooking, these are smaller and sweeter. Make sure the pumpkin has a few inches of stem left and that it is hard and heavy for its size. Whole, uncut pumpkins can be stored in a cool, dark place for up to 2 months!

Preserving Pumpkins at Home

Think safety when planning to preserve pumpkins. Pumpkin is a low acid vegetable and requires special attention to preparation and processing. Use excellent sanitation in handling the fresh or preserved pumpkin and do not let cut pumpkin sit out at room temperature for more than 2 hours during preparation prior to pre-

Canning - According to the National Center for Home Food Preservation, canning pumpkin butter or mashed/pureed pumpkin is NOT recommended. There are no scientifically tested directions for canning mashed or pureed pumpkin, winter squash, or pumpkin butter. Also, do not water-bath can pumpkin. Pumpkin and winter squash are low-acid foods (pH>4.6) capable of supporting the growth of Clostridium botulinum bacteria which can cause the very serious and even deadly illness, botulism, under the right storage conditions. If the bacteria are present and survive processing, they can thrive, grow, and produce toxin in the product. The pressure canning method is recommended and that is just for cubed pumpkin. Only properly pressure canning low-acid foods like pumpkin raises the temperature high enough (240 degrees or higher) to kill the Clostridium botulinum bacteria. To access an approved recipe for pressure canning cubed pumpkin, visit: http://nchfp.uga.edu/how/can_04/ pumpkin_winter_squash.html.



Freezing - Freezing is the easiest way to preserve pumpkin, and it yields the best quality product. Select full-colored mature pumpkin with fine texture (not stringy or dry). Wash, cut into cooking-size sections and remove seeds. Cook until soft in boiling water, in steam, in a pressure cooker, or in an oven. Remove pulp from rind and mash. To cool, place pan containing pumpkin in cold water and stir occasionally (So Easy to Preserve, 2006). Pack into rigid containers leaving headspace for expansion or plastic freezer bags and freeze.

Dehydrating - Wash, peel, and remove fibers and seeds from

pumpkin flesh. Cut into small, thin strips no more than one-inch wide by 1/8-inch thick. Blanch strips over steam for 3 minutes and dip briefly in cold water to stop the blanching action. There is no need to cool to room temperature prior to drying. Drain excess moisture. Dry the strips in an electric dehydrator or oven at 140 degrees F until brittle.

Pumpkin also makes excellent dried vegetable leather. Purée cooked pumpkin and strain. Add honey and spices to taste and then dry using a home food dehydrator or oven. For complete instructions visit www.swvafoodsafety. org/resources.

Preserves - Gelled preserves

rely on the natural acidity present in most fruits for safe food preservation. Most fruits have natural acids so resulting jams or jellies can be safely canned in a boiling water bath process. Pumpkin, however, is a low acid vegetable and cannot be safely canned in the boiling water bath process. A jam or sweetened preserve would have to have enough sugar and/ or added acid to be treated safely without concerns about botulism. A certain acidity level is also required to cause the pectin molecule to form a gel structure. The USDA does not recommend canning pumpkin preserves (jams, jellies, conserves, or pumpkin butter) and storing them at room temperature. These pumpkin products must be stored in the refrigerator or freezer and treated the same as fresh pumpkin.

And don't forget the seeds! Pumpkin seeds from any pumpkin can also be dried and roasted for a tasty treat. To roast the seeds, take dried pumpkin seeds, toss with oil and/or salt and roast in a preheated oven at 250° F for 10 to 15 minutes.

For more information on food preservation or food safety, contact your local Food Safety Extension Agent, Sandy Stoneman. (276-613-3334, sandyst@vt.edu, or www.swva-

VDH launches QR Codes to verify COVID vaccination status

RICHMOND – The Virginia Department of Health today announced the addition of QR codes a type of barcode that can be scanned with smartphones - to Virginia COVID-19 vaccination records.

QR codes - short for "quick response" - are commonly used in retail, logistics, and other sectors. The technology allows anyone to show proof of vaccination with a digital or printed QR code instead of a paper card, and without the need for an app. As more and more employers and businesses respond to calls by President Biden and Governor Northam to require that employees and customers be vaccinated, QR codes will help improve the consistency and security of vaccination information while protecting indi-

A person vaccinated in Virginia can visit vaccinate.virginia.gov to obtain their free vaccination record with QR code, which can then be saved to a phone gallery, printed standards were developed by VCI, on paper, or stored in a compatible account.

QR codes contain the same information as paper records, but in a format that offers greater security and efficiency. Because the QR code is digitally signed by the Virginia Department of Health, it cannot be altered or forged. Information from QR codes is only available if and when the individual chooses to share it. Businesses and employers that choose to verify an individual's vaccination status can scan QR codes with the free SMART Health Verifier App. Individuals do not need to download an app to use QR codes.

Virginia is now the fifth U.S. state to adopt the SMART Health format for QR codes, empowering individuals with trustworthy and verifiable copies of their vaccination records in digital or paper form using open, interoperable standards. The framework and a coalition of more than 800 public and private organizations.

QR codes are available to anyone whose vaccination record includes a working phone number and is in the Virginia Immunization Information System (VIIS). Nearly all doses administered in Virginia are reported to VIIS, including pharmacies, physician offices, health department clinics, federally qualified health centers, and community vaccination cen-

Some doses administered outside Virginia to Virginia residents may be in VIIS. Doses administered directly by federal agencies such as the Department of Defense or Department of Veterans Affairs are not reported to VIIS.

A person whose record cannot be retrieved automatically may call 877-VAX-IN-VA (877-829-4682, TTY users call 7-1-1) for assistance.







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Fri. Sept. 10th: Sister Virginia (Ginger) Riggins Sat. Sept. 11th: Sister Barbara Kidd

Fri. Sept. 17th: Evangelist Steve Board Sat. Sept. 18th: Brother Harley Phillips

NOTE: Food / Clothing Event 11 am until 1 pm. We will be serving Free Grilled Cheese Sandwiches, Chips, Dessert and Drinks. The Clothing Bank will be open with Free Men's, Women's, Boys and Girls Clothing.

Fri. Sept. 24th: Sister Judy Gregory Sat. Sept. 25th: Ministers Pat & Bennie Bedsaul

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

For More Information Contact: Charlie Barbettini.: 276.620.4293 Wear what you have and come as you are! Come expecting a Blessing "Go Ye Into All The World and Preach The Gospel to Every Creature" Mark 16:15

PULSE

Send Your Announcements To: news@pcpatriot.com; Text To: 540-808-3949

Sept. 18

Meet the Moose event - Open to the public

Meet the Moose will be 4 p.m. - 10 p.m. Featuring bands, Buddy Allen & The Cheat River Band from 5 p.m. - 7 p.m. with Nashville band CRAWFORD & POWER playing 8 p.m. – 10 p.m. This is an outdoor even. Bring your own chair and blanket. Food vendor Slider King will be there. Cost is \$20 per ticket with proceeds going to local and Moose charities.

September 25

Class of 1981 40th reunion

Class of 1981 40th reunion, Sept 25th Thorn Spring Golf Club. RSVP via Alumni website or FB PCHS Class of 81 group page. Pass the word to other classmates...

Oct. 9

Porch Concert

The Kellams will be singing, 5-6 PM. at First Dublin Presbyterian Church ECO.

Oct. 15

Crafts Fair

First Dublin Presbyterian Church ECO will hold a crafts fair on Oct. 15-16 from 10 a.m.-4 p.m.

Nov. 6

Church Prayer - Hymn Sing

First Dublin Presbyterian Church ECO will hold a church prayer / hymn sing from 5:30 - 7 p.m.

ONGOING:

United Daughters of the Confederacy

Attention all of you Southern Ladies! The United Daughters of the Confederacy, the Milton Hall Harmon Chapter is looking for new members. We meet on the second Saturday of the month. If you would like to become a member or would like more information, please contact us by email to plymouthrock16@yahoo.com.

Do You or Someone You Know **Need Mental/Behavioral Health** Help?

Appalachian Telemental Health

3rd Annual Combined Hiwassee-Allisonia Day

Pavilion behind Harry O'Dell Park in Hiwassee, Virginia Saturday, October 2, 2021 High Noon until ends!! Everyone is welcome to attend, friends and extended family! We hope to see you all there, please be sure to extend the invite to all old friends and neighbors. Paper products, plastic ware, and ice will be supplied. Bring any food dishes, desserts, drinks, you and your family. plus any memorabilia. We will be taking up donations to help pay for the johnny blue and mailings. Bring a chair and your pick, for a little picking and grinning good time.. Contacts are Viva Ousley 540-315-0070 or Jackie Farris 540-980-1519.

Network (ATHN) is a state-funded resource for people in Virginia

NRCC to offer 7and 10-week courses this fall

New River Community College is currently enrolling students for upcoming 10- and 7-week classes for the fall 2021 semester.

Students can take classes to begin college or catch up or get ahead for a program they are currently enrolled in at NRCC or elsewhere. Many of the 10- and 7-week classes available are transferable to four-year colleges and universities.

Online classes are being offered for a 10-week session that begins on Sept. 22 and a 7-week session that begins on Oct. 12.

Classes being offered during these sessions include courses in accounting and business as well as general education courses such as chemistry, economics, and math.

The class schedule is available at www.nr.edu/schedule. Current NRCC students may register for classes online by visiting their student accounts. New students or those who may need additional support can reach out to an advisor by emailing advising@nr.edu or call (540)674-3609.

who are seeking mental/behavioral health help. Sessions are held over a HIPAA secure video session with a professional. The prior eliminates barriers of time, distance, and provider scarcities. The process is streamlined, making it easy to use the platform as a provider and/or patient.

Appalachian Telemental Health Network was designed to create better access for the underserved Appalachian counties of Virginia. ATHN welcomes providers, referral streams, and people seeking help. If you or someone you know needs help, do not hesitate. Appalachian Telemental Health Network is an available resource. Visit our website location to sign up: www.athn.us.

Hiwassee Fire Department Ladies Auxiliary in Need of Funds The Ladies Auxiliary of Hiwassee is in need of donations for the mowing and upkeep of the Trail cemetery in Hiwassee. If you have a family member buried in the cemetery and would like to make a donation you may send a check payable to Peggy Cregger, (Treasurer of the Ladies Auxilia-

helping our organization! Still distributing food Heritage Cares Food Pantry at Heritage Church is still distributing food on Thursdays from 9

a.m. to 4 p.m. The church is locat-

ed a half-mile past the New Riv-

er Valley Airport on Route 100

north of Dublin.

ry) @ PO Box 164 Hiwassee VA

24347. Thank you in advance for

VHM Beginning Hispanic Ser-

Valley Harvest Ministries, in Dublin on the hill across from Walmart, is holding an Hispanic service each Sunday at 6 p.m. in the church's coffee shop.

Alcohol Anonymous

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.

Radford Clothing Bank

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

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.



Happenings at the **Pulaski Community Youth Center**

Pop up Market

We are excited to be offering the Pop up Market! October 16th 10:00 am-2:00 pm we are inviting vendors to come to the Youth Center to sell their items they make. Non- Profits are invited as well to spread the word about their organization. If you are a vendor please contact Samantha at samanthapcyc@yahoo. com or call 540-505-4973 to secure your spot. Vendors



will be mentioned on our Facebook page, website and any press releases we do. The fee for a vendor is \$25.00. You can be inside or weather permitting outside. Christian Catering will be offering their famous BBQ Pork.

Get ready for the Holidays

September 28th (Tuesday) 5:30 pm-8:30 pm

An evening of learning and celebration for your family to prepare for the holidays together. Kids learn to make a healthy meal while parents learn tips to manage money. Culminating with families coming together to enjoy a tasty meal prepared with in a wise budget. Parents learn Budgeting wisely, avoid big spending, celebrate the holidays without over spending, relax and experience your child's independence. Kids will learn food safety, how to prepare a healthy meal and enjoy family mealtime.

Cost \$10.00 for everyone. Space is limited sign up today by email samanthapcyc@yahoo.com or call 540-731-4401.

Pulaski Community Youth Center

6671 Riverlawn Court Fairlawn VA 24141



We are planning a yard sale for September 18th from 8AM-2PM here at the shelter. All proceeds from this sale will be used to offset the expenses for sending cats and dogs to rescue. If you're having a yard sale this weekend, please consider donating your leftover items to the shelter for our yard sale. You can drop them off at the front door anytime! We greatly appreciate all donations!

Please contact Pulaski County Animal Control at 540-674-8359 with any questions.

Once your application is approved, you will be contacted and a time will be made available for you to do a meet and greet. **Monday-Friday**

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

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

Pet of the Week **Is Sponsored Each** Week By Todd Bruce, Mgr. **Seagle Funeral** Home



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5K RUN/WALK AND 1 MILE FUN RUN

5kKRun/Walk

Registration for ages 5 and up is \$30, ages 0-4 is free. Participants (ages 5 and up) will receive a t-shirt if registered by 9/15. Registration is also available the day of the event.



1 Mile Fun Run Registration for all ages is free! Register online or at the

event.

Find us on Facebook: Growing Perry's Legacy 5K and 1 Mile Fun Run event

REGISTER ONLINE: RUNSIGNUP.COM/RACE/VA/DUBLIN/G ROWINGPERRYSLEGACYRUNWALK5K

Sponsored by Pulaski County Hearts Behind the Badge

SATURDAY OCTOBER 2 1:00 PM

RANDOLPH PARK 5100 ALEXANDER RD. DUBLIN, VA

Bissell: We believe Delta surge is plateauing

Delta surge and we believe we are plateauing. In general, the US as a whole has peaked, as have most of our southern states, and Virginia cases have plateaued. Our Delta surge is following the same pattern that other countries have seen.

We ARE seeing more cases among our school-aged children, many of whom are not eligible for a vaccine. One hundred cases in a week is about 0.5%. To protect them, we continue to encourage everyone around them that is eligible to get vaccinated to get vaccinated.

As expected, we have not seen a significant number of cases from the football game a week ago. With the delta variant, cases tend to show up even sooner, so we are fairly confident this did not create a large problem. It was a highly vaccinated population and it was outdoors.

Let's talk about our school children. We are diligent in our case investigations and contact tracing for this group. Most cases among school aged children are from social activities and household settings. When there is transmission in the school, we are finding it is from poor mask adherence and people coming to school with symptoms (or having a symptomatic

We are still in the midst of our family member at home) and assuming the symptoms are due to allergies. Those with symptoms, even if not feeling ill, should be tested. If there is a positive person in the household, anyone else who has symptoms is a presumed positive, and they don't need to be tested. If they get tested and that test is negative, you still have to assume it's a false negative test if you have symptoms and close household exposure to a positive case. Those in the household who are not symptomatic still need to quarantine.

Testing is available daily through the health department. Mondays and Thursdays we're in Montgomery, Tuesdays in Floyd, Wednesdays in Pulaski, Fridays in Radford. We usually get our results back the next afternoon, on Fridays we get them back that evening. Rapid tests are hard to find right now, but with PCR tests from the health department, results are usually back the next afternoon. We encourage people if anyone in the household is having symptoms, people need to stay home from work or school, the symptomatic person needs to be tested, and we'll get those results back the next day. That can make a big difference in the spread.

Many parents are concerned that contact tracing is not happening in their school. We are

tracing; however, just because a child in the classroom has COVID, not every child in that class is a contact. Even more than one case in a classroom does not mean in-school transmission. The close contacts are those who are within 3 feet for more than 15 minutes over a 24-hour period, regardless of masking. However, 3 feet or greater if all parties were masked, is not considered a close contact in the K-12 setting. There are some exceptions to this practice. 3 feet, 15 minutes, those are subjective assessments of distance and time. We do know how COVID is spread, and from Mayo clinic data, when both parties are masked, spread is very unusual at 1 foot, 3 feet, or 6 feet, so that masking compliance is key. As we saw with the Hokie football game, outdoor transmission is rare, so

being near a COVID-positive stu- us making some good choices to dent outdoors is not a close con-

We can trace only those cases we know about. Lab reporting can be delayed. Anyone who tests positive from a home test or a rapid test should call the health department to report that case. The number to call is (540) 267-8240. The sooner we know about a case, the sooner we can investigate and start tracing. Learning about positives more than 7 days after the onset of symptoms or positive test does not really help in the effort to control spread. We want to get those most recent cases because they are most infectious early on.

As we've been saying throughout this pandemic, the impact on our healthcare system lags behind the cases by several weeks. This means that, while our new cases may be leveling out, our hospitals are still very burdened, and they may see an increase in cases. Our hospitals are still taking care of all other medical emergencies and acute problems. Monday, the hospitals in the New River Health District reported that 66 COVID-positive cases hospitalized. That is a high since back in the Spring/Winter surge. Some of these people are very ill. Our hospitals are near or at capacity and their staffs are tired, and they are frustrated because most of the sickest patients are those who are not vaccinated. Tents are going up, not just locally but around the country, at the hospitals to increase space.

What can we all do to relieve this pressure on our hospitals? Do not go to the emergency room for a test. That's not an emergency and it clogs the system. Please get tested at the health department, pharmacy or doctor's offices. Anyone with mental health stresses should seek care before it becomes a crisis that needs emergency care. New River Community Services is available. Please be careful and limit activities that can lead to injuries. Drive safely. Be careful with alcohol. This is about all of protect ourselves and to protect those around us.

Anybody having symptoms of other illnesses should call their doctor instead of waiting for symptoms to get worse. The smartest thing is to seek care early; people who delay are presenting sicker.

We can all help stop the spread of COVID. Wear a mask indoors when not at home. Avoid the 3 Cs: crowded, closed spaces with poor ventilation and close-contact settings. Follow respiratory hygiene. Get vaccinated. COVID isn't going away. Getting vaccinated now can help.

People can also help stop the spread by answering the phone when our case investigators and contact tracers call. They will call from an (804) area code and they are having a lot of trouble getting people to pick up the phone. Please help us out by answering our calls or if we leave you a message please call us back. We know everybody is tired, we want to get back to normal, and the best way to do that is to get through this Delta surge, let the cases come back down so we can get back to what we want to do and get back to some semblance of normal.

Lastly, I'd like everyone to plan for getting a flu vaccine this year. Please get your COVID vaccine, get your flu vaccine, and practice those precautions, they help with all these communicable diseases transmitted by the respiratory route. In October the health department will be going into our schools offering COVID vaccine and flu vaccine, we'll also be offering COVID and flu vaccine at the health department.

We expect to hear later this month about booster shots, and in the coming weeks about authorization for 5-11 year olds. Anyone who is eligible can help by being vaccinated.

> -Dr. Noelle Bissell, Director, New River Public Health District.



Nu Chapter Members Gather

Several members of Nu Chapter, Delta Kappa Gamma Society international, met Thursday evening, August 19, at the lake home of President Cheryl Williams to enjoy a meal together and to plan for upcoming educational events, 2021-2022.



Ruth Ann S. Whitener photos (Back row, L-R) Elinor Farmer, Mary Beth Glenn, Ruth Ann Whit-

(Front row, L-R) Jan Woodward, President Cheryl Williams, and Delores Smith. If you are an educator and interested in joining with this group of key women educators please reach out to any of these women. The first meeting is Thursday, September 16, at 4:30 PM in the Charles and Ona B. Free Public Library in Dublin.









Pulaski County Christmas Store

- 🌲 If you receive Christmas assistance from the Salvation Army, you will not be eligible for assistance from the Pulaski County Christmas Store
- No applications will be accepted without proof of social security number for each child
- 🎄 Parents will be responsible for shopping for their child/children at the Pulaski County Christmas Store from the available inventory at the store. Each item in the store will be assigned a point value and parents will use their allotted points to select gifts.



Brian Bishop/The Patriot

Pulaski County senior Keyontae Kennedy finds a hole on one of his 35 carries Friday night. He racked up a game-high 185 yards rushing on the night.

ers lose heartbreaker; have bye

By MIKE WILLIAMS The Patriot

It's a bye week for Pulaski County football and it probably couldn't have come at a better time following Friday night's heartbreaking loss in their home opener against James Wood, 34-

"Pretty bitter taste consider- ing. ing how hard our kids fought," said head coach Mark Dixon about the game. "I thought they (Cougars) gave great effort. Just a shame it ended up how it did, that's for sure."

Dixon's Cougars had led most of the game, taking the lead late in the first quarter when Keyontae Kennedy put Pulaski County in front 13-7 with a 21-yard touchdown run.

The Cougars would hold the lead for over two quarters until the 10:53 mark of the fourth when Woods' Jaden Ashby scored on a 22-yard pass play. The extra point kick was good,

A minute and a half later, Lyto give the Cougars back the lead, 33-28.

The Cougars went for two to make up for an earlier PAT that had been blocked but failed on the attempt.

Then things really got interest-

and drove to the Cougars' one with the big play of the drive being a 29-yard pass from Jared Neal to Zachery Rose.

Brondos was stopped on first down for no gain then Wood was hit by a false start penalty, pushing the Colonels back to the six.

Brondos rushed for three back to the three-yard line but was stopped cold for no gain on third down by a big defensive play by

On fourth down the Colonels just missed scoring the go-ahead TD when Neal's pass to Blake Corbin failed when officials ruled and the Colonels had rallied for the receiver was out of bounds on

With the Cougars holding and man scored on a 13-yard pass play less than three minutes to play, it appeared Pulaski County was in the driver's seat.

Kennedy carried the mail three straight plays but could only get seven yards to the 11.

On fourth and three, the Cougars punted. Nathan Pratt's kick, however, went only 16 yards to James Wood got the ball back the 27 giving James Wood anoth-

> And then "the play" happened. On Wood's first play, Ashby lined up in a "wildcat" formation,

> took the snap and passed toward the Cougars' goal line only to see Cougar sophomore Brett Jones come down with an interception

It looked like the Cougars had put the game away on the play, however, there was yellow laundry on the field.

After a meeting of the officials, Pulaski County was penalized 15 yards for unsportsmanlike con-

"They (officials) said we had a coach who was on the field when the ball was snapped," Dixon said about the penalty on the Cougars' interception. "They said they couldn't give us a sideline warning and they were going to give us a 15-yard penalty.

"It's just one of those things. It was unfortunate, but we'll move

The penalty gave the ball back to James Wood and on first down.

Immediately Neal hit Colonels senior Ryan King on a 14-yard pass for what turned out to be the game winning score.

The extra point failed due to a bad snap and James Wood led,

After a short kickoff landing out of bounds, the Cougars started at their own 35. But on first down, a miscommunication on a pass from Cooper to JJ Gulley resulted in an interception by King and the game was over.

Dixon said that after the game, his players were hurt.

"They were hurt, which hurt me the most and hurt our staff the most because we were all so

See COUGARS, page B5

No let-down for Radford, **Bobcats roll over The Fort**

BY ELIZABETH KANIPE The Patriot

the road again last Friday, but sideline 48 yards for the touchthis time it was a much shorter down. Vance Steele made the trip than Gate City. The Cats extra point which gave the Bobcould have easily had a let-down after an exciting late victory quarter set the tone for the game.

The Pioneers struggled to Ft. Chiswell to minus 1 yards in the first series. The Bob-

pass, Dobson took the handoff ter. The Radford Bobcats were on again and ran down the right The Bobcats kicked off and cats a quick 7-0 lead.

Again, the Bobcats defense over Gate City, but a strong first held the Pioneers on four downs and took over on their own 45. On second down, Rae Brubeck move the ball all night. The broke free and ran 24 yards to swarming Bobcat defense held the Ft. Chiswell 29. After a 3 yard loss on first down, Baylor hit a streaking Elliot Grayson cats started their first series on down the right side for a 32 yard offense at their own 42. Tyrel TD completion. Steele hit the

Dobson gained 10 yards on first PAT and the Bobcats led 14-0 down. After an incomplete with 5:39 left in the first quar-

> again held Ft. Chiswell to 3 and out. After a short punt, Radford took over at the Pioneer 43. This time it only took 2 plays to hit pay dirt. Baylor gained 33 yards on a first down run and then hit Wesley-Brubeck on a quick pass for a 24 yard TD. Steele hit the extra point to

make it 21-0. Ft. Chiswell was able to adjust and make some gains. Larson Edmonds ran for 11 yards on first down. Layton Kennedy gained 5 to continue the drive. The Bobcats tightened up and held the Pioneers which forced a punt. On the first play, Baylor threw a quick pass to Wesley-Brubeck which was dropped. Ft. Chiswell's Brayden Billings picked up the dropped ball at the 34 and returned it to the endzone. The officials ruled the play as a catch, fumble and recovery for a touchdown. Ryan Petrunyal made the PAT making the score 21-7 Bobcats.

On the next Bobcat drive, Brubeck lost 5 yards on first down. A holding penalty on second down put the Bobcats at second and 25. Dobson rans for 5 yards and then Baylor hit Max Kanipe for a 22 yard pass completion for first down. The ensuing handoff to Brubeck was stripped and recovered by Ft. Chiswell.

Radford's Defense stepped up again, held the Pioneers and took over on downs at their own 35. The offense alternated running plays with Baylor and Dobson and slowly moved the ball down the field. Baylor

See BOBCATS, page B4

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Classifieds

RIVER OF LIFE **CHURCH** MINI FLEA MARKET/ **CRAFT SALE**

Friday & Saturday, Sept. 17th & 18th, 2021

Come out and enjoy the day and find something special! Lotus of vendors & good food!!

Huge Family Yard Sale: Fri & Sat., Sept 17 -18 at the corner of Black Hollow Rd. and FOR RENT: Rt. 11 Dublin at River of Life Church. Name brand clothing; shoes most from QVC and HSN all sizes. Women's clothing 4-12; women's large size clothing 16-24 (very furniture, jewelry, home décor and much much more. Look for red balloons.

Multi- Family Yard Sale: Sat. Sept. 18, 7 a.m. – 3 p.m. Bowling St., Dublin. Men's, women's and children clothing; knick knacks; household stuff and more.

Yard Sale: Sat., Sept. 18, 8 a.m. – 3 p.m. First Dublin Presbyterian Church ECO will hold a yard sale, 8–3 p.m.

Yard Sale: Sat., Sept. 18, beginning at 7 a.m. Something for everyone, 4700 Newbern Heights Drive, Pulaski. Cancel if rain.

Yard Sale: Fri & Sat., Sept. 24 -25 8 a.m. – 2 p.m. Tools; AC's; vacuum, patio furniture; kerosene heaters; fancy dog house; picnic table and many miscellaneous items.

Flea Market: Every Saturday now through October. 7 a.m. to 1 p.m. on Commerce Street in Pulaski. Vendors selling personal items. No charge to set up.

Yard Sales Are Free In The Patriot

Call 540-808-3949 or email ads@pcpatriot.com

TO GIVE AWAY:

Free to good home: 3 chicks. 6 weeks old. Call 980-0910.

WANTED:

Old washing machines for parts. Will pick up. Call 540-629-9003.

Want to buy laying hens. Call 980-4122.

House for Rent: 3 bedroom, 2 ½ bath house on large private lot in Fairlawn area. Central air and heat. \$950 per month. Call For Sale: Antique oak office 540-320-6189.

FOR SALE: VEHICLES

235-2381.

LAND FOR SALE:

Highland Memory Gardens Deed, Marker & Vault -Deed to plot, marker and vault. Highland Memory Garden Last Supper. \$3695, includes the transfer fee. If interested email Grundysky@gmx.com with contact information. No longer in the area and wish to

FOR SALE:

Electric weedeater, \$10; lawnmower (like new) needs part, \$25; queen size comforter (like new) \$20. Call 540-838-2211.

Curio Cabinet (octogon shape

4 new Ironman 25570r16 tires, \$425. Call 540-250-6210.

desk. Glass cover for top. Needs refinishing. Asking \$150. Call 540-577-1743.

2006 Dodge van. Call 540- For Sale: Air conditioner, three pet cages, five microwaves, bed comforters, blankets, several pieces of furniture. Call

> For Sale: 10 x 13 older metal building. Asking \$300. Call 540-460-9510.

> For Sale: 26 pcs. Of 4'L. plastic roof ridge vent w/filter. New, \$180. Call 980-3877.

> > The Patriot 540-808-3949

JOBS



Laborer with **Utility Department Town of Dublin**

The Town of Dublin is taking applications for the full-time position of laborer with the Utility Department. Applicant must be a high school graduate or have a GED, 1 year of related experience, or any equivalent combination of education and experience with Public Utilities with the possibility of becoming a working foreman position. Computer experience a plus with a willingness to learn and excel. Applicant must be able to perform light to heavy labor, be able to lift up to 100 pounds and possess a valid State driver's license (CDL license and backhoe experience would be a plus). A full benefit package will be offered, including medical/ dental insurance, vacation/sick leave, paid holidays and retirement. Applications can be picked up at the Dublin Town Hall building located at 101 Dublin Park Rd. Any questions, please call 540-674-4731 between the hours of 8am and 5pm Monday – Friday.

Applications will be accepted until position is filled.

The Town of Dublin is an Equal Opportunity Employer.

Director of Community Corrections and Pre-Trial Services

Pulaski County is seeking an experienced, knowledgeable, and collaborative leader to lead, plan, direct and oversee the Department of Community Corrections and Pre-Trial Services serving the 27th Judicial Circuit and District Courts. The mission of the department is to enhance public safety by providing alternatives to incarceration, effective supervision, pre-trial services, treatment options and victim services to reduce recidivism.

Under the general direction of the Assistant County Administrator, this position has the following responsibilities:

- Develop and execute the strategic plan for the department consistent with goals and objectives. Ensure department policies and procedures are in compliance with the DCJS standards and foster public trust and confidence in the community-based programs.
- Represent the court circuit on community correction matters, including regular meetings with the judiciary and New River Valley Community Corrections Criminal Justice Advisory Board.
- Participate in judicial functions for applicable courts, including determining compliance or failure with program components, participating in court proceedings, and testifying in court.
- Work collaboratively with local and state departments and criminal justice agencies, law enforcement, court judges, and community stakeholders to develop and sustain a dynamic planning process for short and long-term goals and objectives.
- Manage the day-to-day operations of the Community Corrections and Pre-Trial Services department to provide high quality services and programs.
- Manage the fiscal operations of the Community Corrections and Pre-Trial Services department.

The successful candidate should exhibit strong leadership, strategic thinking, integrity, ability to collaborate, build trust, and organize resources. Candidates should possess a Bachelor's Degree in Criminal Justice, Public Administration, Law Enforcement or related field. A minimum of five years progressively responsible experience in corrections services (local government experience a plus) including a minimum of three years in a supervisory/leadership capacity, or an equivalent combination of training and experience is preferred. A pre-employment drug test and a background investigation are required. Salary is commensurate with experience. Anticipated hiring range is \$59,000 - \$84,357.

Interested individuals may apply at their local Virginia Employment Commission Office or may download and submit an application along with a resume and educational transcript from www. pulaskicounty.org to Tammy Safewright, Human Resources Director, tsafewright@pulaskicounty.

Position is open until filled

MISCELLANEOUS

with lights) \$300; Entertainment Center with 7 shelves (49 ½' X 66 ½'), \$75; Pokemon cards approx. 25 cards. Call 440-752-0639 or 540-629-

540-230-5386.



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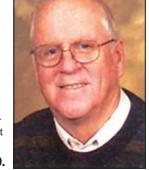
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LEGAL NOTICE



The Pulaski County Board of Supervisors will host a public hearing to consider a recommendation on the following change to the Pulaski County Zoning Map. In accordance with the Code of Virginia, the Planning Commission will host a public hearing on this petition at 7:00 p.m. on Monday, September 27, 2021 Board Room of the Pulaski County Administration Building located at 143 3rd Street NW, in the Town of Pulaski, to consider comments regarding the application listed below;

c) Petition by Applicant Andrew Martin, to rezone the property from Low Density Residential (LR) to Agriculture (A), at Tax Map # 053-001-0000-033A,B,C,D,E and 054-001-0000-0045 located at Schrader Hill Rd., Robinson District.

Comments may be presented at the meeting and by phone or in writing prior to the meeting. Information regarding these items are available for public inspection from 8:00 a.m. to 5:00 p.m., Monday through Friday, at the Department of Planning & Zoning, County Administration Building, 143 Third Street, NW, Pulaski, VA 24301.

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

JOBS



Accounting Assistant

Pulaski County Public Schools is now hiring for the position of Accounting Assistant. This position is responsible for performing a variety of finance and accounting duties, including payroll and accounts payable, in the Pulaski County School Board Office Finance Department.

This is a full-time, non-exempt position with benefits such as health, dental, retirement, vacation, sick leave, and paid holidays. The salary range for this position is \$33,625 to \$52,210 and is commensurate with education and experience.

Interested individuals may apply at www.pcva.us. A full job description is also available on the website.

Position is open until filled.

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Contractors must submit their application on the electronic M7B bidding site at https://www.plow4va.com/. All new and returning Contractors must be active in the Virginia eProcurement Portal (eVA) in order to do business with the Commonwealth of Virginia (https://eva.virginia.gov).

Applications received by 7:00 PM on Friday September 24, 2021 may be eligible for a mobilization bonus. See the EVA posting for additional information, including contract requirements.

Questions can be directed to the Christiansburg Residency from 8:00 AM to 5:00 PM Monday - Friday. Phone: 540-381-7201 Email: SalemDistrictSnow@vdot.virginia.gov

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LEGAL NOTICE



The Pulaski County Board of Supervisors intends to hold a public hearing beginning at 7:00 p.m., or soon thereafter as can be heard, on Monday, September 27, 2021, in the Supervisors Meeting Room of the County Administration Building, 143 Third Street, N.W., Suite 1 in the Town of Pulaski to receive citizens' comments on the following matter:

a) Adoption of an ordinance setting the required deadlines of reassessment

Comments may be presented orally or in writing via mail to above address, fax (540-980-7717), or e-mail to bos@pulaskicounty.org. A copy of the ordinance is available for public inspection from 8:00 a.m. to 5:00 p.m., Monday through Friday, at the County Administration Building, 143 Third Street, NW, in the Town of Pulaski or by phoning (540) 980-7705.

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

LEGAL NOTICE

NOTICE OF SPECIAL COMMISSIONER'S SALE OF REAL PROPERTY

Pursuant to an Order of sale entered by the Circuit Court of Pulaski County in the case of County of Pulaski, Virgnia v. Dorothy Atkins Lohr, et al, case # 2019-19, Samuel D. Campbell, special commissioner, shall offer for sale at public auction on September 24, 2021 at 10:00 a.m. at the Central Youth Center (Central Gym, behind the Pulaski County Administration Building), West Main Street entrance, Pulaski, Virginia, the real property titled of record to Dorothy Atkins Lohr, Friel N. Akins, Jr., Mary M. Atkins, Bobby G. Atkins, Jr., Ricky D. Atkins, and Terry W. Atkins, bearing tax map/parcel # 129-1-4, tax account # 1974, consisting of 233.16± acres located in the Macks Mountain - Rock Creek area of Hiwassee, Pulaski County, Virginia.

Terms of Sale: Cash deposit of 20% of the selling price (highest bid) on the day of sale, full balance of the purchase price in collected funds (no personal checks) within 10 calendar days after the date of entry of an Order of Confirmation by the Circuit Court of Pulaski County. If the successful bidder defaults, then the property may be sold to the next highest bidder and the deposit shall be deemed forfeited. Additional terms of sale may be announced at the time of sale. The property will be sold and conveyed in "AS IS" condition, and title will be transferred by special commissioner's deed with special warranty of title, subject to any and all easements, covenants, conditions, restrictions, reservations, and/or regulations affecting the property. The sale is subject to confirmation by the Circuit Court of Pulaski County. Notice is hereby given that the owners of the above property may redeem their property prior to 4:30 p.m. on September 23, 2021 by paying in full to the Treasurer of Pulaski County all delinquent taxes, penalties, interest, and publication and litigation costs, pursuant to Virginia Code §§58.1-3965 et seq.

Samuel D. Campbell, special commissioner

Public Notice

APPROVAL OF A CATEGORICAL EXCLUSION FROM AN ENVIRONMENTAL ASSESSMENT FOR A PROJECT FUNDED THROUGH THE VIRGINIA WATER SUPPLY REVOLVING FUND

Public Notice No.: WSL 036-19

First Publication Date: September 10, 2021

The Virginia Department of Health has under consideration a request for a Categorical Exclusion from an Environmental Assessment for a waterworks project proposed to be funded through the Virginia Water Supply Revolving Fund. The applicant is the Town of Pulaski.

Project Description: The project proposes to replace the Veterans Hill water storage tank with a 300,000 gallon elevated storage tank, upgrade the existing pump station located within the Pulaski water treatment plant, and install approximately 300 linear feet of 12-inch water line along Veterans Hill Road. The replacement water storage tank will be located within the same Town-owned parcel and may require minor tree clearing. The pump station upgrades will consist of upsizing the piping and pumps within the existing building and will not involve any new ground disturbance. The proposed water lines will be installed within existing public road rights-of-way on previously disturbed ground. As a result of this project, four water storage tanks and three pump stations will be abandoned in place.

The applicant feels that the project meets the following exclusion categories established by the Department:

- An upgrade in level of treatment or facility improvements of an existing treatment works on the
- existing site of the works. Replacement of existing equipment or structures at their present location.
- Minor extensions of water lines, which will be located within road right-of-ways or otherwise previously disturbed areas.

Documentation supporting this request includes:

- Categorical Exclusion request prepared by CHA Consulting dated 6/2/2021
- Financial and Construction Assistance Programs Environmental Review site visit memorandum dated 8/19/2021

Prior to implementing construction, the applicant will obtain all applicable permits. On the basis of a review of the request and support documentation, the Virginia Department of Health proposes to approve the request.

Persons may comment in writing to the Department on the proposed approval of the Categorical Exclusion within 30 days from the first publication date. Comments shall include the name, address, and telephone number of the writer and shall contain a complete, concise statement of the factual basis for the comments. Only those comments received within this period will be considered by the Department. Following the comment period, the Department will make its determination regarding the approval.

All comments should be addressed to:

Kelly Ward Progra m Director, Financial and Construction Assistance Programs Virginia Department of Health -Office of Drinking Water 109 Governor Street Richmond, VA 23219

Bobcats

Continued from Page B1

eventually punched it in the endzone from 8 yards out with 2:59 left in the half. The extra point kick was low and was blocked. The Bobcats led 27-7.

After the kickoff the Pioneers took over at their own 36. Radford's defense continued their dominance holding Ft. Chiswell to a gain of 2 yards and forcing a punt. Radford's Charlie Davis broke through and blocked the punt. Bobcat John Dobbins recovered the ball at the 17 and returned it for a touchdown. The extra point was good, making the score 34-7 to end the first half.

Radford's defense held Ft. Chiswell to 30 total yards in the first half while Radford's offense was able to gain 181 yard on the ground led by Dobson with 104 yards. The Bobcats also had 80 yards through the air. With

LEGAL NOTICE



Public Hearing

The Town Council of the Town of Pulaski, Virginia will hold a public hearing on Tuesday, October 5, 2021, at 7:00 p.m. in the Council Chambers of the Pulaski Municipal Building, 42 First Street, NW to consider the following:

1. A proposed amendment to Section 5.3.3, Table 2: Off-Street Parking Space Requirements for Multi-family Residential Use to change the parking requirements to One (1) space per unit for one bedroom apartments, One and a Half (1½) spaces per unit for two bedroom apartments, and Two (2) spaces per unit for three bedroom apartments with an additional parking space requirement to equal ten percent (10%) of the total unit count.

All persons desiring to comment on the proposed requests should submit their remarks to Brady Deal, Planner/Economic Developer, by 5:00 p.m. on Tuesday, October 5, 2021, to 42 First Street, NW/ PO Box 660, Pulaski, VA or via email to bdeal@pulaskitown.org. A copy of the application and other pertinent materials are available for public review in the Planner/Economic Developer's office, Pulaski Municipal Building, 42 First Street, NW from 8:30 a.m. to 5:00 p.m., Monday through Friday.

For disabled individuals who may require special auxiliary aids or services, reasonable accommodations will be made by the Town upon request. Please contact the Town Manager's Office at (540) 994-8600 prior to the above meeting date. For persons with hearing or visual difficulties, contact Virginia Relay at 711 to arrange contact with the Town.

PCHS Player Of The Week

Center

Nolan Dalton

Freshman Nolan Dalton

made his first start

with the varsity Friday

night, filling in at center

and got rave reviews from

head coach Mark Dixon for

his play as just a ninth

grader.

Congratulations

Nolan!



Elizabeth Kanipe/The Patriot

#22 Tyrel Dobson dominated Ft. Chiswell with his ground game.

Radford receiving the halftime kick, they were looking to put the game away on the first drive. Brubeck took the kickoff from the 14 and was able to return it to the 39 yard line. The Pioneers then got a heavy dose of Dobson running the ball. Dobson gained most of the yards on the drive and finished it with a 33 yard run off the left side. The extra point was blocked leaving the score at 40-7.

and threw a quick out. The Bobcats' Kanipe jumped in front of 28. Nate Wesley took over at QB a TD.

for the Bobcats to start the drive. With several runs by Wesley and Brubeck, Radford moved the ball to the 8 yard line where the drive stalled. Steele hit the 25 yard field goal which increased Radford's lead to 43-7 with :50 left in the 3rd quarter. With the game decided, both teams put in backup players to end the game.

Radford's Dobson dominated the game. He led rushing with 12 carries for 152 yards and 2 After both teams had 3 and TDs. He also led the defense out series, Ft. Chiswell took in tackles. Baylor finished with over on their own 31. On first 7 runs for 86 yards and 1 TD. down, Edmonds dropped back Baylor also passed 5 of 10 for 78 yards and 2 TDs. Wesley-Brubeck had 4 catches for 37 yards the Pioneer receiver, intercepted and 1 TD while Elliot Grayson the pass and returned it to the had one catch for 32 yards and

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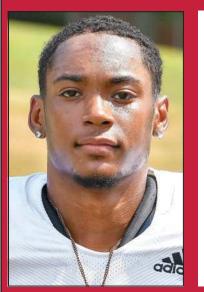
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Pulaski County High School



Running Back Keyontae Kennedy

Senior Keyontae Kennedy rushed 35 times for 187 yards Friday night in Pulaski County's game against James Wood. He also scored on a 21-yard run in the first quarter. On defense he made a key stop late in the game giving the Cougars a chance at victory.

Congratulations Key!

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540-674-8556

7

Antonio Nottingham/The Patriot

Cougar John Lyman scored on pass plays of 69 and 13 yards Friday night in Pulaski County's 34-33 loss to James Wood.

Cougars

Continued from Page B1

proud of how they performed is off the charts. We run a pretty and how hard they played. I wanted them to go home feeling good because they had earned that. I tried the best I could after the game to help them feel good because we all were super proud of the effort."

Dixon said his kids are resil-

'We've been through it. The kids are resilient. We've had a bunch of young guys step up and play really well."

With this week's bye, Dixon is hoping some of his kids can heal up from injuries that caused him to have to shake up much of the offensive line going into Friday's

"Knock on wood I'm hoping to get some more breaks with the health stuff as we move forward. We just seem to be snake bitten right now, especially on the offensive line," he said.

Against James Wood, left tackle Evan Alger and left guard De-Marcus Hayden were both out on the front line. To fill their spots, Dixon moved Alan Fernandez to left tackle. Center Jack Johnson went to left guard, and freshman with the varsity at center.

"Fernandez was playing super good on defense, now we've brought him over on offense and he's just giving tremendous effort out there," said Dixon.

did on offense was huge. He's

complicated blocking scheme and for him to pick it all up was pretty impressive," Dixon added.

'Hopeful we'll get DeMarcus back and we should have everyone else back from the last game. Evan is different. It's the area of his body. Around the neck. We just have to air on the side of cau-

Prior to Friday's game Dixon found out another key Cougar -Trevor Burton – would be unable 'Not having Trevor was huge.

He's a whale of a player. He does a ton of stuff for us. We found out late he wasn't able to go so hopefully he'll be back."

The Cougars had been scheduled to host Bluefield last Friday, but COVID issues kept the Beavers from traveling to Dublin. Athletic Director Scott Vest was able to set up the game with Wood to keep Pulaski County from going two straight weeks without a

Now there is a short break before River Ridge District play be-

"The big thing the next three Nolan Dalton made his first start days is special teams. Trying to get them better - get them buttoned up a little more.

"Defensively, we've just got to get more sound. We're giving up too many big, big plays. And on offense we're still very, very "Obviously what Nolan Dalton vanilla. I'm hoping to expand, but obviously we've put up a lot going to be a great player here. of yards the last two games, so For him to go in there and figure you've got to be careful expandit out as a ninth grader and give ing just for the sake of doing it. us a chance to win just speaks That can create confusion with volumes. Really his football IQ what you're running right now

with JJ and John and what they can do on the edges, and with Key and Trevor running the ball it's a pretty good mix. And certainly, Cam is capable of some big-time throws. I don't know how much more we're going to expand this year, but I feel like when it comes down to the end of the game there, we needed a few more things to call to get that first down.

"We're just so vanilla on offense right now. We're having to spend so much time right now teaching these first-year players on defense, so the offense takes a back seat trying to make sure we can get some stops.

"We'll start this week with a period or two of each practice focused on [next opponent] Cave Spring. I'd say 80 percent of our practice is just fundamental, trying to get better, special teams trying to get better. And defense taking on blocks and getting off blocks. Twenty percent of each practice will be geared to getting ready to play Cave.

After the Knights, the Cougars face an improved Hidden Valley and then old rival Salem.

"Yeah, there's no rest for the weary," Dixon said. "We have to continue to improve. The hardest part of our schedule is coming. These young guys are buying in and doing what we're asking. I'm happy where we're at, but we're not satisfied."

Focus on Food & Fitness

GOALS

James Wood Pulaski County

Scoring

Team	QRT	Time	Play	PAT
PC	1	5:35	69 Yd Pass Cooper to Lyman	Pratt 7-0
JW	1	4:51	16 Yd Run Brondos	Barnhardt PAT 7-7
PC	1	:57	21 Yd Run Kennedy	PAT Blocked 13-7
PC	2	3:00	Cooper 1 Yd Run	Pratt 20-7
JW	2	2:47	Ashby 84 Yd Return	Barnhardt PAT 20-14
PC	3	4:15	1 Yd Run Cooper	Pratt 27-14
JW	3	3:26	42 Yd Pass to Ashby	Barnhardt 27-21
JW	4	10:53	22 Yd Pass to Ashby	Barnhardt 28-27
PC	4	9:28	13 Yd Pass to Lyman	2 pt no good 33-28
JW	4	1:30	14 Yd pass to King	XP No good 34-33
			PC JW	

13 7

	PC	\mathbf{JW}
1st Downs	23	15
Rush Yds	49-242	26-191
Pass CPI	15-24-3	13-26-1
Pass Yds	263	230
Total Yds	505	421
Fumble-Lost	1-0	3-1
Penalties	6-69	6-59
Return Yds	81	232
Punting	5-31.8	2-18.5

Individual Stats

PC Kennedy 35-187, Lyman 8-49, Cooper 6-6 JW Brondos 20-181, Ashby 5-9, Smith 1-1

PC Cooper 15-24-3, 263 Yds 2 TD's

JW Neal 14-26-1 230 Yds 3 TD's

PC Gully 7-146, Lyman 5-104, Underwood 3-13 JW Ashby 5-83, King 6-76, Miller 1-44 Rose 1-30

PC Lyman 1 JW Ashby 1 King 2

Fumbles Recovered PC Aquillar 1



J.J. Gulley hauls in a pass against James Wood last Friday. Gulley racked up 146 yards receiving on seven catches on the night.

Brian Bishop/The Patriot

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A PROGRAM

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Castle earns weekly honor

NEWPORT NEWS, Va. - Three members of the Christopher Newport University football squad were honored Sunday by the New Jersey Athletic Conference following the Captains 30-27 overtime loss at Averett Saturday night. Sophomore quarterback Matt Dzierski was selected Offensive Player of the Week, junior kicker Ryan Castle was chosen Special Teams Player of the Week, and freshman running back Aeron Williams was tabbed Offensive Rookie of the Week.

Castle, a native of Dublin, Va.,



field goals Saturday night. first, 46-yard attempt, pulled the Captains even with

Averett, 24-24, with 12:37 to play. His second, a 22-yard boot, briefly gave CNU a 27-24 edge with 7:01 remaining in the fourth. He was also three-for-three on extra point attempts, accounting for nine total points for the Captains.



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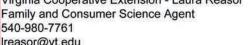






For More Information:

Program Begins: Thursday, October 14 at 5:30 in Pulaski Location will be provided upon registration Please Call to Register: Virginia Cooperative Extension - Laura Reasor







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Teach Me Your Word O Lord

Terry McCraw

Forgiveness

Ephesians 4:32. "And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you."

Kindness is a Christian Virtue. It's being affable, polite, courteous and compassionate. It's doing for others without the expectation of anything in return.

As born again, Spirit filled, believers in Christ Jesus, we should always be busy doing acts of kindness for others.

One of the kindest things of all that we can do for our fellow human beings who are un-regenerated, is to invite them to come to join us at Church. For this is where they will hear the word of God taught and preached under the anointing of the Holy Ghost and be drawn to Christ for salvation

A good friend invited me to come to Church when I was unsaved with no inclination of even wanting to be saved. I accepted his invitation as a favor to him, and a very strange and wonderful thing happened to me. Jesus got ahold of my heart and wouldn't let me go. I was born again and it was the best day of my whole life. There was absolutely nothing this friend could have done for me that was any better or any kinder than inviting me to come to Church. It resulted in the changing of my whole life!

Never sell short, the power of God to convict and save. God can take the word of God, the sword of the Spirit, and pierce the heart of an individual, and cut through the blockages that Satan and the flesh has built, and open up the way for the light of God's love to shine in and work a miraculous change in anyone's life.

If a person has unsaved loved ones, they should never doubt that God can save them because God can and does save the most unlikely of individuals. He saved Saul of Tarsus, who was, before he met Christ Jesus, by his own admission, the chief of sinners. "This is a faithful saying, and worthy of all acceptation, that Christ Jesus came into the world to save sinners; of whom I am chief. Howbeit for this cause I obtained mercy, that in me, first Jesus Christ might shew forth all longsuffering, for a pattern to them which should hereafter believe on him to life everlasting." (1 Tim. 1: 15, 16.)

Even the worse of sinners are not beyond the grace and mercy and power of God to save. Of such were some of us.

God's forgiveness is full and free. And so should our forgiveness be also. When someone wrongs us, the natural response is to strike back. To repay in kind. But once we become born again of the Spirit of God, our old nature, our carnal nature, the old man as the bible calls the sinful nature, is forever changed. God gives us a brand new nature fashioned after His own nature. God gives us grace after we are saved. to be able to suffer wrong without striking back.

Jesus said we must forgive others their offences before we can be forgiven ourselves. Matthew 6: 14, 15. "For if ye forgive men their trespasses, your heavenly Father will also forgive you: But if ye forgive not men their trespasses, neither will your Father forgive your trespasses."

Now unless we are going to be able to live the rest of our lives in a completely sinless manner, we'd better forgive those who trespass against us, lest we fail to obtain forgiveness when we sin. There are sins of commission and sins of omission. Sins of omission are things we should have done that we left undone. We all need forgiveness from time to time.

Since God has forgiven us for so much, we should be like Him and forgive those who ask us for mercy and forgiveness.

God's forgiveness of our many sins ought to move us to be compassionate and forgiving of those See MCCRAW, page B7

Church Directory

Draper Valley Baptist Church

3200 Lee Highway Draper, Va. 24324 Pastor: Alan Pearce Service Times: Bible Study Sunday, 10 a.m. Sunday Worship, 11 a.m. Sunday Evening, 5 p.m. email: drapervalleybc@gmail.com www.drapervalleybaptist.org

Grace Baptist Church

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

Open Door Baptist Church

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

Draper United Methodist Church

3080 Greenbriar Road Draper, VA 24324 Pastor: Rev. Jason Crandall 423-716-2570 Primary Service Times: Sunday School, 10 a.m. Worship, 11 a.m. Phone: 276-477-3835

Newbern Christian Church

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

Christ Episcopal Church

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

Jordan's Chapel UMC

Pastor: Jim Goddard Worship: 9:30 a.m. Sunday School: 10:45 a.m. Wednesday Bible Study: 7 p.m.

Cecil's Chapel United Methodist Church

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

Newbern United Methodist Church

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

Valley Harvest Ministries

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

Mountain View United Methodist Church

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

Dublin Baptist Church

Dublin Baptist Church 100 Hawkins Street, Dublin, VA 24084 540-674-6061 secretary@dublinbaptistva.org Website: dublinbaptistva.org Sunday School: 9:45 a.m. Morning Worship: 11 a.m. Wednesday Youth Bible Study, 7 p.m.

Allisonia Pentecostal Holiness Church 1560 Julia Simpkins Road

Allisonia, VA Pastor Justin Phillips Sunday Morning Worship: 10:30 a.m. Sunday Evening Worship: 6 p.m.

First United Methodist Church

301 N. Jefferson Ave. - Pulaski (physical address) 135 Fourth St., NW - Pulaski (mailing address) Pastor's Name: Will Shelton Hispanic Lay Pastor: Sebastian Ruiz Sunday Service: 10:00 AM Hispanic Worship: 11:00AM Contact Info. Phone: 540.980.3331 e-mail: office@fumcpulask.org website: www.fumcpulask.org FACEBOOK@FirstUMCPulaski and WBLB 10:00am

Belspring Baptist Church

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

Memorial Baptist Church 995 Peppers Ferry Road

Pulaski, VA 24301

Pastor: Michael S. Jones Sunday 9:45 am - Sunday School 11:00 am - Worship Wednesday 6:30 pm - Prayer Meeting (540) 980-4731 Email: dfarley3@verizon.net

River of Life Church

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

> **Delton Church of God** of Prophecy

4570 Boyd Road, Draper, VA 24324 Pastor Vickie Lee Viars deltoncogop@gmail.com (276) 620-3191 Sunday mornings - 11 AM to 12 PM Sunday evenings-Facebook live services announced on Facebook

Wednesday evenings- To be announced at later future time until COVID-19 ceases Delton COGOP is following all COVID-19 safety guidelines of social distancing, masks, cleaning, and disinfection.

Heritage Church

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

> **Fairlawn Baptist** 6758 Oxford Avenue Fairlawn, VA 24141

First Missionary Baptist Church

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

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

Freedom Fellowship Church

1730 West Street Radford, VA 24141 Sr. Pastor: Jerry W. Collins 540-577-5780 jcollinsfreedomfellowship@yahoo.com Sunday Service: 10 a.m. 11 a.m. Children's Church Wednesday - 7 p.m. Service 7 p.m. Youth Service

Grace Episcopal Church

210 4th Street, Radford, 24141 639-3494 Service: 10:30AM Sundays Email: office@graceradford.org http://www.graceradford.org Facebook: Grace Episcopal Church

Draper's Valley Presbyterian (PCA) 2755 Old Baltimore Road,

Draper, VA 24324 Senior Pastor: Rev. Robert E. Davis Associate Pastor: Rev. Roland Mathews Sunday School 9:00 a.m. Sunday Morning Worship Service 10:30 a.m. Sunday Evening Worship Service 6:15 p.m. Wednesday Youth Groups and Adult Prayer & Bible Study 6:30 p.m. Phone - 540-994-9015 e-mail - drapers.valley@dvpca.org website - www.dvpca.org Sunday Morning Worship Live-Stream • 10:30 a.m. (or anytime on YouTube)

> **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

> **Grace Ministries Church of God of Prophecy**

Facebook.com/

Fairlawn-United-Methodist-Church

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

Faith Bible Church

Men's & Women's Ministry Wed. 6:30

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

> **Dublin Christian Church** 5605 Dunlap Road

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

First Presbyterian Church

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

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

Thornspring United Methodist Church

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

First Baptist Church

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

New Dublin Presbyterian Church

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

Community Christian Church

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.

Showers of Blessing Church of God in Christ

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

Randolph Avenue **United Methodist Church**

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

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Pulaski Christian Church, Inc.

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

Aldersgate United Methodist

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

First Baptist Church

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

Pulaski Presbyterian Church (PCA)

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

Sure Foundation Christian Fellowship

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

New Hope Chapel

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

Family Worship Center First Pentecostal Holiness

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





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Pulaski First Church of the Brethren

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

Abundant Life Ministries 3050 Lee Highway

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

New Life Church of the Nazarene 45 S. Jefferson Avenue

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

Trinity Baptist Church

4008 Robinson Tract Road Pulaski, VA 24301 Telephone: 980-8186 Pastor Johnny Howlett Minister of Education Rev. Steve Taylor Sunday Worship - 10 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. Francis Boateng Mass: 11 a.m. Sunday

Warriors for Christ II

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

Bob White Boulevard Baptist Church

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

First Baptist Church

325 Randolph Avenue Pulaski, Va. Pastor: Dr. Henry Fiske Phone: 980-6565 fbcpulaskiva@gmail.com Sunday School: 10 a.m. Sunday Worship: 11 a.m.

Pathway to Heaven Worship Center

Mailing Address: P.O. Box 434 Dublin, VA 24084 Physical Address: 7889 Cleburne Blvd. Dublin, VA 24084 Pastor Winfred Keene - Phone 540-239-8092 Sunday School: 10 a.m. Sunday Morning Worship: 11 a.m. Sunday Evening Worship: 6 p.m. Tuesday Evening Bible Study: 7 p.m.

Amazing Grace Ministries 4892 Veterans Hill Road

Pulaski, VA Pastor Todd Garwood (540) 250-3741 ttgarwood674@gmail.com

The Lord is gracious and compassionate From the writings of the Rev.

Billy Graham

Q: God must be very disappointed with me. I don't see how I can still be a Christian when I keep losing my temper.

A: One reason many Christians aren't sure of their salvation is because they still sin, and they fear God may reject them because of it. Sin is serious. But even when we sin, the Bible tells us that the Lord is gracious and compassionate. He's slow to anger and rich in love (Psalm

Suppose someone is given the gift of a computer. The giver says, "This is my gift to you." The recipient would be so delighted. Then they would become discouraged to hear the giver say, "Though you'll have to learn how to operate this computer, and if you make one mistake, I am going to take it back. You can only keep it if you operate it perfectly!" That would be quite discouraging.

Yet many people assume God's like that, giving us the gift of salvation -- then taking it back



My Answer

Billy Graham

if we aren't perfect. But this isn't true. When we're saved, Christ begins the work of transformation. He forgives the curse of sin against us and remakes us to live for Him.

The story's told of a sculpture artist who was chipping away at

a chunk of stone. A man asked, "What are you doing?" The artist replied, "I'm sculpting an elephant." The man responded, "How do you know what to chip away?" The sculptor smiled and replied, "I chip away anything that doesn't look like an elephant."

This is what God desires to do with our lives. Sin has distorted everything about us -- our bodies, hearts, and minds. When we place our lives in His care, He will chip away at whatever keeps us apart from Him so that we can wholly be part of Him.

McCraw

Continued from Page B6 who have offended us.

In the model prayer that Jesus taught, it says, "Forgive us our trespasses, "AS" we forgive those who trespass against us."

The Apostle Paul said in Colossians 3:13, "Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye."

When we were sinners and yet unsaved, we were undeserving of God's love. We were unworthy of the blood that Jesus shed for us on the cross of Calvary. And yet, God, in his great love and mercy loved us anyhow and saved us by His grace. "God commended His love for us in that while we were yet sinners, Christ died for us." (Romans 5:8.) While we were dead in sins

and trespasses, unable to save ourselves, God, in His amazing grace, because of His great love for us, reached way down to where we were, looking up through the bottom, and lifted us out. We were down as low as anyone could get, when God reached down and lifted us out of the deep miry clay, the quagmire of sin, and planted our feet on the solid rock and on the heavenly way.

The word of God doesn't just say we must tolerate those who trespass against us. It says we must forgive them, as God for Christ's sake has forgiven us.

Forbearing one another is being patient with one another; making allowances for one another; bearing with one another; and accepting one another in love. The key word is love. If we love others as Christ loves us and gave his life for us, we'll forgive others when they need forgiveness.

Peter came to Jesus one day and asked the question, "Lord how oft shall my brother sin against me and I forgive him? Till seven times? Jesus saith unto him, I say not unto thee, until seven times: but, until seventy times seven." (Matthew 18: 21, 22)

Multiplied out seventy times seven is four hundred and ninety times. Does the Lord mean we should keep count of how many times we are required to forgive someone? Certainly not! Love does not keep count of injustices. Jesus undoubtedly gave such a high number that it would be inconceivable for anyone to trespass against another that many times. So in effect, Jesus was saying, there shall be no limit to how many times you will forgive another.

"God's mercy to us is the motivation for showing mercy to others. Remember, you will never be asked to forgive someone else more than God has forgiven you. ~Rick Warren.

Our blessed Lord, our example, voiced the most forgiving of all statements, from the cross. He said, "Father forgive them for they know not what they do."

Forgiveness is not just something we should do for others. We should do it for ourselves as well. One of the most difficult things for a person to do sometimes is to forgive themselves. If God has forgiven us, then we should forgive ourselves. We may not be able to forget hurtful past incidents but forgiving ourselves will help us to move on with our lives. Forgiving ourselves keeps us from experiencing guilt which can pull us down spiritually and emotionally. Forgiveness is necessary before the healing process can be completed. "To forgive is to set a prisoner

free and discover that the prisoner was you." Lewis B. Smedes

Bible

1. Is the book of Corinth in the Old Testament, New Testament or

2. In Matthew 5, how many Beatitudes did Jesus mention in His Sermon on the Mount? 4, 6, 8, 10 3. From Luke 2, what village

was known as the "City of David"? Damascus, Jerusalem, Jericho, Bethlehem

4. In 1 Kings 17, who ate a poor widow's last meal? Amos, Elijah, Matthew, Daniel

ANSWERS: 1) Neither; 2) 8; 3) Bethlehem; 4) Elijah

Amber Waves



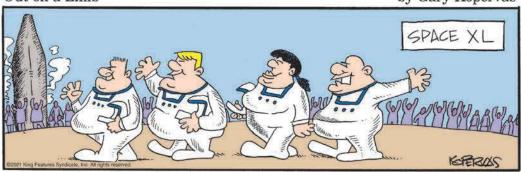






Out on a Limb

by Gary Kopervas



R.F.D.

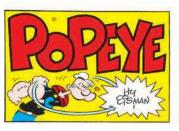




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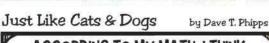










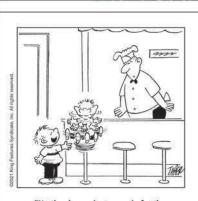








"And if this doesn't work, let me know and I'll prescribe something more expensive."



"No thanks, we just came in for the

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SCRAMBLERS

MITER TODAY'S WORD

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King Crossword

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 - © 2021 King Features Synd., Inc.

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- manager 47 Heart chart
- (Abbr.)

1. TELEVISION: What was the name of Tim Taylor's friend and sidekick on the "Home Improvement" sitcom? 2. GEOGRAPHY: Which U.S. city has

the nickname "Big D"? 3. LITERATURE: Which novel begins

with the line, "Last night I dreamt I went to Manderley again"?
4. MEDICAL: What usually causes

rickets in children?

5. MUSIC: Which novel is referenced in The Police's song "Don't Stand So Close to Me"? 6. FOOD & DRINK: Cafe du Monde is

a famous restaurant in what city? 7. ENTERTAINERS: Which famous

actor was born Maurice Micklewhite? 8. MEASUREMENTS: What scientif-

ic unit of measurement also is the name of a mammal? 9. GENERAL KNOWLEDGE: What

is a thalassophile?

10. ANATOMY: What is the colored part of the eye called??

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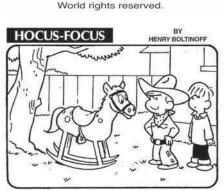
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9. A lover of seas and oceans

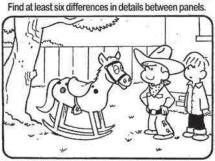
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7. Michael Caine



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BIDES

Today's Word

3. Trance; 4. Remit 1. Outside 2. Mingle;

uoitnios SCRAMBLERS

CryptoQuip

Clue: Q equals S

KZW BIEEWB IQIGVVJ UXWQ

HGYBVJ QVXOVJ, PIK ZW ZGQ

PWUIE QSBYEKYEU. ZW OGEKQ G AZGEUW XH SGAW.

6. New Orleans 5. "Lolita" 4. Lack of vitamin D 3. "Кересса" Dallas I. Al Borland Answers

Solution time: 23 mins. **ANSWers**

King Crossword —



"In the first place God made idiots. This was for practice. Then he made School Boards." Mark Twain

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The runner usually goes fairly slowly, but he has a fairly slowly. He wants a begun sprinting. He wants a CryptoQuip

change of pace.



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RILATJHFDCWBPKM

MENMCAZXIAVOAUE

C T D I R E M D T Q P S R N T

HOMNGKEEIIRTIHT

A F D G A R R F L O N W B Z A

IYWVTLILFATRQOL

RNLKOIOVTOTHFDP

CAZOXLHCTOCSPOH Find the listed words in the diagram. They run in all

directions forward, backward, up, down and diagonally Unlisted clue hint: A LIGHTWEIGHT CORD Decider Lollipop **Tantrum**

Armchair **Brother** Coffeecake Colander

Forsake Hopscotch Keypunch

Platte Stalemate Steaming

Virginia Waterloo

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CryptoQuote

is **LONGFELLOW**

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

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NZENUZ AOEKZ ENJIJEIK XEH

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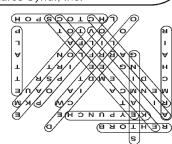
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- Gloria Steinem most painful. value is absolutely the eople whose opinions you Being misunderstood by

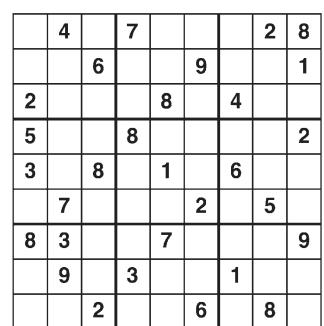
guzwer CryptoQuote



WORDS CONTAINING

Weekly **SUDOKU**

by Linda Thistle



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

DIFFICULTY THIS WEEK: ◆

◆ Moderate ◆◆ Challenging

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Puzzle Answer Appears Elsewhere In This Week's Issue





16 E. Main St., Pulaski 540-980-3434 Meredith McGrady





Dave Says

Dave Ramsey

Think of an emergency fund as insurance

Dear Dave,

I have decided it's time to get control of my money. Your plan sounds workable, but I talked to some friends about it, and they think I would be better off using a credit card for emergencies. Can you explain why you advise saving a separate emergency fund? Leslee

Dear Leslee,

When bad, unexpected things happen, like a job layoff or a blown car engine, you shouldn't depend on credit cards. If you use debt to cover emergencies, you're digging a financial hole for yourself. My plan will walk you out of debt forever, and a strong foundation of any financial house includes an emergency fund.

Putting together a fully funded emergency fund is Baby Step 3 of my plan for getting out of debt and gaining control of your money. Before you reach this point, however, steps one and two should be completed first. Baby Step 1 is saving \$1,000 for a starter emergency fund. Baby Step 2 is where you pay off all debt, except for your home, using the debt snowball method.

A fully-funded emergency fund should cover three to six months of expenses. You start the emergency fund with \$1,000, but a full emergency fund can range from \$5,000 to \$25,000 or more. A family that can make it on \$3,000 per month might have a \$10,000 emergency fund as a minimum.

What is an emergency? An

emergency is something you had no way of knowing was comingan event that has a major, negative financial impact if you can't cover it. Emergencies include things like paying the deductible on medical, From NASCAR homeowners or car insurance after an accident, a job loss, a blown automobile transmission or your home's heating and air unit suddenly biting the dust.

Something on sale you "need" is not an emergency. Fixing the boat, unless you live on it, is not an emergency. Want to buy a car, a leather couch or go to Cancun? Not emergencies. Prom dresses and college tuition are not emergencies, either.

Never rationalize the use of your emergency fund for something you should save for. On the other hand, don't make payments on medical bills after an accident while your emergency fund sits there fully loaded. If you've gone to the trouble of creating an emergency fund, make sure you are crystal clear on what is and isn't an emergency.

Also, keep your emergency fund in something that is liquid. Liquid is a money term that basically means easy to access with no penalties. I use growth-stock mutual funds for long-term investing, but I would never put my emergency fund there. I suggest a money market account with no penalties and full check writing privileges for your emergency fund.

Your emergency fund account is not for building wealth. It's an insurance policy against rainy days!

* Dave Ramsey is a seven-time #1 national best-selling author, personal finance expert, and host of The Ramsey Show, heard by more than 18 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.**

The Patriot 540-808-3949

Bristol Motor Speedway sets the stage for the Playoffs' Round of 16 cutoff

The stage is set, and the anticipation is high for this Saturday's NASCAR Cup Series Playoff Round of 16 cutoff race, the Bass Pro Shops Night Race at Bristol Motor Speedway (7:30 p.m. ET on NBCSN, PRN and SiriusXM NASCAR Radio). Three Playoff drivers have locked themselves into the Round of 12 by either wins or points in the first two races of the Round of 16 - Denny Hamlin (won at Darlington), Martin Truex Jr. (won at Richmond) and Kyle Larson (clinched on points) - leaving nine spots still up for grabs this weekend.

The 2021 season marks the second time the NASCAR Cup Series Playoff's third race two victories each. has been held at Bristol Motor Speedway and just the second the NASCAR Cup Series Play-Cup postseason event at the offs has been won by a non-Play-

0.533-mile track. Bristol Motor off driver. In 2005, NASCAR Speedway (2020-2021) is the Hall of Famer Dale Jarrett was fifth different track in series history to host the third race of the Playoffs; joining Talladega Superspeedway (2004-2005),Kansas Speedway (2006–2010), Dover International Speedway (2011-2017) and the Charlotte Motor Speedway Road Course (2018-2019). During the Playoff Era from 2004-2019, Bristol Motor Speedway was scheduled as the 24th race of the regular A total of 13 different drivers

Tony Stewart (2006, 2009) and Kevin Harvick (2015, 2020) with Three times the third race of

have won the third race of the

NASCAR Cup Series Playoffs,

led by Jimmie Johnson (2008,

2013), Greg Biffle (2007, 2010),

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

Weekly SUDOKU ___

Answer

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

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