



RADFORD

News Journal

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Tesla executive to speak at 2023 Radford University Spring Commencement

RADFORD - Tesla executive Laurie Shelby, a 1983 graduate of Radford University, will deliver the keynote address at the university's 110th Spring Commencement on May 5 and 6.

"Laurie represents an excellent example of someone who has made the most of a Radford education," President Bret Danilowicz said. "In addition to her achievements at Tesla, Laurie has been an advocate for women to pursue STEM-related fields and has been active in sharing her professional experiences with students at our university. We look forward to hearing her inspirational message at this spring's commencement ceremonies."

Shelby is a human and organizational performance expert known for her "new view" thinking to drive improvements. Since 2017, she has served as the vice president of environmental, health and safety (EHS), sustainability and security at Tesla Inc. She leads worldwide EHS, sustainability and security for over 130,000 employees in the automotive, energy, and sales and service delivery operations.

Previously, she was the EHS vice president for Alcoa Inc., where she led global environmental health and safety across mining, refining, smelting and rolling operations. Prior roles at Alcoa included EHS director for United States primary aluminum operations and EHS global audit manager.

Shelby graduated with a bachelor's degree in chemistry from Radford University. She earned her master's degree in industrial hygiene/biomedical engineering from Virginia Commonwealth University/Medical College of Virginia. She also has credentials as a Certified Safety Professional and Certified Industrial Hygienist.

Laurie and her husband live in Austin,



PHOTO COURTESY OF RADFORD UNIVERSITY

Laurie Shelby is a 1983 graduate of Radford University and is the vice president of environmental, health and safety (EHS), sustainability and security at Tesla Inc.

Texas, and are both native Virginians. They have two daughters who are also helping change the world.

Radford University will celebrate the achievements of 1,500 graduates on May 5 and 6. The graduate commencement and hooding ceremony will be at 5 p.m. on May 5 in the Dedmon Center. The undergraduate commencement ceremony will be May 6 at 10 a.m. on Moffett Lawn.

Submitted by Radford University



PHOTO COURTESY OF NRCC

The Old Pros, a New River Valley mainstay for a half century, will perform a 50th Anniversary Celebration concert tomorrow, Sunday, April 16, at New River Community College.

Old Pros present 50th Anniversary Celebration concert

The Old Pros Big Band Orchestra of New River Community College will present their 50th Anniversary Celebration this Sunday, April 16, 2023, 3 - 5 p.m. in Richardson Auditorium in Rooker Hall at the college in Dublin.

Admission is free, and donations will be accepted to the NRCC Educational Foundation to support the band.

The NRCC Educational Foundation assists New River Community College in the endowment and distribution of scholarship funds, the purchase of equipment and furnishings, and the financial support of academic and community enrichment programs, such as the Old Pros.

"It is a privilege and honor to come back to Dublin and celebrate

this milestone 50th anniversary of The Old Pros," said Larry Long, an original member of Old Pros. "Only eight of us got together that first Sunday night, but they had the bug and desire to play and within a month or so, we had over twenty musicians each week. I am here to not only represent that original

See **Concert**, page 4

New River Valley Mushroom Club forages for fungi in the forest

Lori Graham
Contributing writer

Mycophiles are individuals that enjoy hunting for wild mushrooms; however, for the New River Valley (NRV) Mushroom Club it is more than just the discovery of a wild mushroom, it is the sharing of information with others who are interested in foraging for these edible wonders in the woods.

Jeff Huffman, NRV Mushroom Club President, explained that there are spots in the area that will warm-up quicker than other areas and also have the moisture necessary to create the perfect environment for mushrooms, or fungi, to grow.

One of the more common mushrooms people have searched for in this region is the edible morel mushroom. A long-



PHOTO COURTESY OF JEFF HUFFMAN

Members of the New River Valley Mushroom Club search for various wild fungi like the black morel and the Lion's Mane.

time favorite of the area, Appalachians may also know this as a merkel as well as other variations of its name. Huffman likes to point out though, that when talking to new mushroom foragers, it is important to learn the mushroom's Latin name due to this variance in regional names.

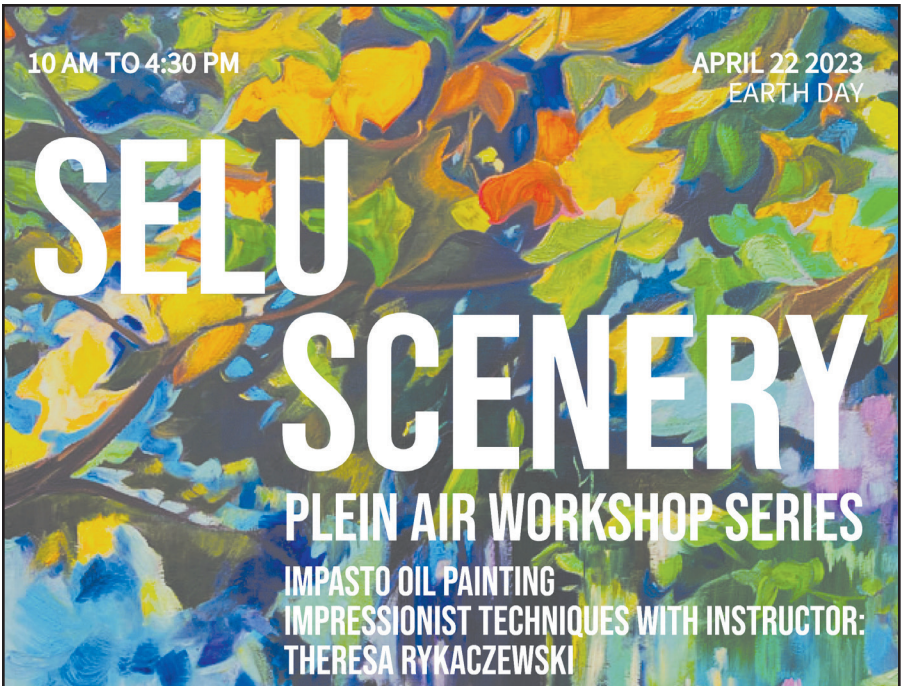
April through the beginning of May is

when morels are typically spotted, but with an early spring, some may come across them sooner in warmer environments.

"Mushroom season is typically June to October, but you can find things year around," said Huffman. "August is your big month and it ends in September. Late May through the beginning of

See **Fungi**, page 4

Outdoor painting workshops offered at Selu this year



GRAPHIC COURTESY OF RADFORD UNIVERSITY

RADFORD - On April 22, the Radford University Art Museum will offer the first of multiple plein air (French for "in the open air") workshops open to all painters of all skill levels free of charge.

The day-long workshops will each be led by different artists and take place at the Selu Conservancy, a 380-acre protected retreat and meeting center owned by Radford University.

The first event will be helmed by Theresa Rykaczewski, the Art Museum's registrar. Prior to joining Radford University, Rykaczewski taught Fine Arts at Jacksonville University and

served as the Program and Curatorial Director at an Atlantic Beach non-profit, Word Revolt Art Gallery.

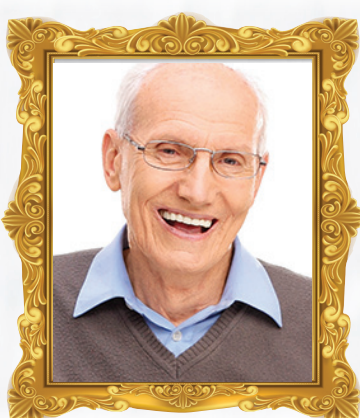
Rykaczewski will offer instruction in impasto oil painting, a technique using thick applications of paint and brush techniques that leave texture on the canvas. Her approach will explore Impressionist techniques.

Artwork created at this workshop may be eligible for display at the Radford University President's 2023 "Friends of Selu Day" and the 2025 Selu Scenery Exhibition at Radford University Art

See **Painting**, page 6

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MEMORIAL GARDENS of the NEW RIVER VALLEY
2551 North Main Street, Blacksburg • (540) 552-7800 • www.memorialgardensnrvc.com

UPCOMING EVENTS

Saturday, April 15:

Ollie Aboard the Reading Train

At the Radford Public Library; 11 a.m. – noon. By reservation only! Register your child for a 10-minute reading session with Oliver, the Saint Francis Facility Dog. Children can practice reading aloud to a furry friend. Please email elizabeth.sensabaugh@radfordva.gov to reserve a reading session. Bring your book or pick one while you're at the library. Oliver will be happy to hear your story.

Free Tax Assistance with NRCA

At the Christiansburg Library; 1 – 4 p.m. Come in for free tax prep assistance through the Volunteer Income Tax Assistance program and NRCA. Income limits may apply. Walk-In Only! For more information visit <https://newrivercommunityaction.org/vita> or call 540-320-3217.

Monday, April 17:

Electric Vehicles Show and Tell

At the Blacksburg Library; 2 – 3:30 p.m. Join us for a community electric vehicle (EV) showing event! The Hokie Electric Vehicle Team (HEVT) will discuss the environmental and economic advantages of EV's, as well as the importance of how we impact our community. Whether you're an EV enthusiast or just interested in learning more about sustainable transportation options, this event is not to be missed!

Wednesday, April 19:

Business Women's meeting

American Business Women's Association NRV Express Network April luncheon meeting; 11:30 a.m.- 1p.m., Holiday Inn Christiansburg-Blacksburg, 99 Bradley Drive, Christiansburg. Join us for networking fun at our April meeting. We will engage in interactive ice breakers to get to know each other better. We have lots of new members in recent months and would love to become better acquainted with each and everyone. Paige Godwin is the Speaker Sponsor for this meeting. RSVP by April 17. Cost is \$16. Contact: Terri Welch at christiansburg@wineanddesign.com or Paige Godwin at godwinpaige@gmail.com.

Radford Army Ammunition Plant community meeting

The Radford Army Ammunition Plant (RFAAP) will hold the next Commander's Community Meeting at 6:30 p.m. at the Christiansburg Library, 125 Sheltman St., Christiansburg. It also will be broadcast on Facebook Live (facebook.com/RadfordArmyAmmunitionPlant/). Meetings are open to the public.

Hahn Horticulture Garden Talk

At the Virginia Tech Squires Student Center Brush Mountain Room B (not at the Garden!);10 -11:30 a.m. Campus Arborist Jamie King will discuss key elements and components of the draft of VT's Urban Forest Master Plan.

Thursday, April 20 –

City of Radford invites public comment on CDBG Annual Action Plan

RADFORD - The City of Radford invites comments on its 2023 Annual Action Plan, which will be submitted to the US Dept of HUD on or about May 10, 2023. The Annual Action plan serves as the City's grant application for Community Development Block Grant Funds and sets the goals and budgets for the use of funds. A copy of the Annual Action Plan is available for review online (www.radfordva.gov) or at the City Manager's Office. Comments may be given via e-mail to: melissa.skelton@radfordva.gov, by phone at (540) 731-3603, or by mail to Community Developer, 10 Robertson St, Radford, VA 24141. Comments must be received by 5 p.m. May 8, 2023.

- City of Radford

radfordnewsjournal.com

Saturday, April 22:

Hahn Horticulture Garden Plant Sale:

At the Hahn Horticulture Garden, 200 Garden Lane, on the campus of Virginia Tech; Thurs., April 20 and Fri., April 21: 8 a.m. – 5 p.m., Sat., April 22 8 a.m. - noon (or when they sell out.) This event benefits both the Garden and the Horticulture Club, so please come out and support and purchase some interesting plants for your yard. There will be a preview on Wed. April 19 at noon where we will highlight some of the plants that will be for sale. Please note that no plants will be sold or put on hold on Wednesday.

Saturday, April 22:

Montgomery County/ Blacksburg Kiwanis Club Brunswick Stew fundraiser

At Prices Fork Elementary School (PFES), 4021 Prices Fork Rd., Blacksburg; noon – 2 p.m. Fundraiser benefits programming at PFES and local youth charities supported by Kiwanis. Pre-orders are encouraged by calling (540) 951-5834 or emailing pfesstew@gmail.com. Payment accepted by cash or check upon pickup. Kindly make checks payable to PFES. Drive-thru service will be available the day of pickup. Price is \$10/ quart or \$9 /quart for five quarts.

Monday, April 24:

Radford City Council meeting

The Radford City Council will hold its regularly scheduled meeting at 7 p.m. in council chambers at the Radford Municipal Building, 10 Robertson St., Radford. See the agenda at www.radfordva.gov.

Montgomery County Board of Supervisors meeting

Public meetings are the second and fourth Monday of each month at the Montgomery County Government Center, 755 Roanoke St. in Christiansburg. Closed sessions begin at 6 p.m. if needed. Open sessions begin at 7:15 p.m. Citizens are invited to attend and allowed to speak at each meeting. All regular meetings of the Board of Supervisors are rebroadcast on Montgomery County Comcast and Shentel Channels 190 daily.

Tuesday, April 25:

Blacksburg Town Council meeting

Town Council meets in regular session the second and fourth Tuesdays of each month at 6:30 p.m. in the Roger E. Hedgepeth Chambers of the Blacksburg Municipal Building, 300 S. Main St. These meetings are open to the public and televised live on WTOB Channel 2.

Christiansburg Town Council meeting

Regular Town Council meetings are held on the second and fourth Tuesday of each month beginning at 7 p.m. in Council Chambers of Town Hall (100 E. Main Street). The public is welcome and encouraged

to attend, with a citizen hearing time reserved at each meeting for residents to bring any matter they desire before the entire council.

Saturday, April 29:

Library of Virginia on-the-go

At the Meadowbrook Library; 10 a.m. – 2 p.m. The Library of Virginia is bringing their state-of-the-art equipment and offering their expertise. Join us to explore research resources, discuss regional and family history, enjoy children's activities and much more. Door prizes, Genealogy 101 and help with your questions, tours of the Meadowbrook Museum and the MFRL Mobile Library, special guest Daniel Thorp, and Precious Valley Farms Petting Zoo. All events are free and open to the community.

Sunday, April 30:

Christiansburg Presbyterian Church Spring Concert

Christiansburg Presbyterian Church will offer its annual Spring Concert at 4 p.m. This year's guest artist will be classical guitarist Justin Craig. Justin is a graduate of Radford University with a Master of Music degree in classical guitar performance. He is a busy regional guitarist, jazz performer, recording artist, and teacher. He performs often as a soloist and leads a variety of groups including a modern jazz and Brazilian group. This concert is free and open to the public.

On-going:

Registration open for annual Scrabble tournament for literacy

Registration is now open for the Literacy Volunteers of the New River Valley 15th Annual LVNRV Scrabble Tournament, which will be held Thursday, April 27, 2023 at Sinkland Farms in Christiansburg. All proceeds from the fun evening support free tutoring for adults to provide them with the skills they need for personal independence and family self-sufficiency. Programs include one-on-one tutoring, Skill Up NRV and Family READS programs, GED and U.S. Citizenship preparation classes, and Bridge to Digital Learning initiative. Register at www.lvnrv.org or call 540-382-7262.

Cap and Gown Drive

The Town of Blacksburg Sustainability Office is partnering with Blacksburg High School and Sustainable Blacksburg to encourage re-use of previous years' graduate gear for the 2023 senior class. Gowns (blue only - from 2018 and later), caps, stoles, and cords are accepted. Donations can be made between 8:30 a.m.-2:30 p.m., Monday-Friday at the Main Entrance of Blacksburg High School. It is appreciated if materials are dry-cleaned, but not required. For more information, contact the Town of Blacksburg Sustainability Office at 540-443-1617 or sustainability@blacksburg.gov.

Free GED Classes

New River Community College is offering free GED at the Meadowbrook Library every Tuesday and Thursday evening from 5 – 8 p.m. The classes began on Tuesday, Jan. 17 and end on Thursday, May 11. For more information or to sign up please call the Meadowbrook Library at 540-268-1964

Glencoe Mansion announces call for art for Mary Draper Ingles Show

Glencoe Mansion is calling for art for its July-August 2023 Gallery Exhibit, "A Journey For All," a multi-artist show themed on the life and times of Mary Draper Ingles.

Accepted artwork should reflect or be based on: the life and times of Mary Draper Ingles, expressions of life during the colonial period, and histories of all the peoples, from settlers to indigenous cultures to enslaved people, who called the frontier home. This includes, but is not limited to, depictions of local landmarks (for example, Ingles Farm, the Cultural and Heritage Park, Ingles Tavern and other connected sites in the region), and Colonial style art. All fine arts and fine craft media including painting, plein air, illustration, digital media, textiles, mixed media and photography will be considered. Artists may submit up to three (3) artworks for consideration. Applications will be accepted through 5pm on June 13. Participation, which is subject to acceptance, is open to artists in and around the NRV area.

"A Journey For All" will be on display July 12 - August 20 in the Glencoe Mansion Gallery. The Opening Reception will take place on Friday July 28

from 5:30-7 p.m. at Glencoe Mansion as part of the Mary Draper Ingles Festival. Also that evening, other festivities include live music at Long Way Brewing and the conclusion of the Radford Arts Show at the Radford University Art Museum on Tyler.

The Mary Draper Ingles Festival, taking place July 28-30 at various locations in and around Radford City, is an iconic celebration that commemorates the capture of

the frontierswoman, her escape and return to the New River Valley during the French and Indian War. The event will host historic reenactors, live music, period costumes and dancing, a petting zoo, food trucks, children's activities and much more. Celebrating the Virginia legend's epic journey is the overarching message to attract visitors to the New River Valley where they can see, hear and feel the experiences of settlers in the early years

of America's development and the westward migration.

Entry forms for "A Journey For All" can be found at www.glencoemansion.org or by contacting arts@glencoemansion.org. More information on the Mary Draper Ingles Festival can be found at www.glencoemansion.org or by finding "Mary Draper Ingles Festival" on Facebook.

- Glencoe Mansion

CALL FOR ART



A Journey For All

An art exhibit based on the life and times of Mary Draper Ingles

Application Deadline June 13
Works will be on display July 12 - August 20
Opening Reception July 28

GLENCOE MANSION
MUSEUM & GALLERY

GRAPHIC COURTESY OF GLENCOE MANSION

NRCC Professor Megan Doney selected as NEH summer institute participant

NRCC English Professor Megan Doney was recently selected as a participant in the National Endowment for the Humanities’ summer institute “Revisiting Religion and Place in Light of Environmental, Legal, and Indigenous Studies.” Doney was one of only 26 people chosen to join the NEH program this summer. The three-week residential institute for higher education faculty will be held at the University of Virginia from June 5-23, 2023, and organized by the National

Endowment for the Humanities: Democracy Demands Wisdom and the Religion, Race & Democracy Lab (RRD) at UVA. “I hope to learn more about how other ways of critical theory and analysis can help us see common spaces through different lenses and give us ways to share those spaces in spite of differing values and beliefs,” said Doney. According to the event’s website, “The Institute seeks to bring together 26 faculty and advanced graduate students in religious studies and related fields from across the United

States for an immersive exploration of critical new perspectives on the theme of ‘place.’” Doney has taught at NRCC since 2008. Her writing has been published in “Earth & Altar” and “Creative Nonfiction” and has been nominated for a Pushcart Prize. She is currently working on an essay collection. She currently teaches ENG 111 College Composition I, ENG 112 College Composition II, and ENG 275 Women in Literature.

Submitted by NRCC



Megan Doney

PHOTO COURTESY OF NRCC



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The Fincastle Herald

The Vinton Messenger

The New Castle Record

Salem Times-Register

News Messenger

RADFORD News Journal

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TRUSTEE'S SALE OF 3426 MOUNT ZION ROAD, BLACKSBURG, VA 24060.

In execution of a

certain Deed of Trust dated March 11, 2005, in the original principal amount of \$177,800.00 recorded in the Clerk's Office, Circuit Court for Montgomery County, Virginia as Instrument No. 2005002842 .

The undersigned Substitute Trustee will offer for sale at public auction in the front of the Circuit Court building for Montgomery County, 55 East Main Street, Christiansburg, Virginia on May 22, 2023, at 11:00 AM, the property described in said Deed of Trust, located at the above address, and more particularly described as follows: BEGINNING AT A POINT, A ROD SET ON THE NORTH SIDE OF MT. ZION ROAD (VA. RTE. 655), CORNER TO PROPERTY OF RALPH L. AND THERESA P. RUPERT; THENCE LEAVING MT. ZION ROAD AND WITH THE RUPERT LINE, N. 00° 24' 13" E. 284.49 FEET TO A POINT, AN EXISTING ROD FOUND AND CORNER TO THE PROPERTY OF GLEN E. AND DENISE G. PRICE; THENCE LEAVING RUPERT AND WITH THE PRICE LINE, S. 88° 21' 17" E. 76.84 FEET TO A ROD FOUND AT AN ANGLE POINT; THENCE CONTINUING WITH PRICE, S. 01° 31' 00" E. 191.00 FEET TO A ROD SET AT AN ANGLE POINT; THENCE STILL CONTINUING WITH PRICE, S. 64° 26' 19" E. 33.48 FEET TO A POINT, A ROD SET CORNER TO THE PROPERTY OF ROY B. MILLER, JR. AND DONNA C. MILLER; THENCE LEAVING PRICE AND WITH THE MILLER LINE, S. 15° 23' 00" E. 108.00 FEET TO A POINT, A ROD SET ON THE NORTH SIDE OF MT. ZION ROAD (VA. RTE. 655); THENCE LEAVING MILLER AND WITH MT. ZION ROAD, N. 72° 15' 48" E. 79.15 FEET TO A ROD FOUND ON SAME; THENCE CONTINUING WITH SAID ROAD, N. 72° 45' 29" E. 10.50 FEET TO THE POINT OF BEGINNING, AND BEING ALL OF THAT PROPERTY NOW OR FORMERLY BELONGING TO JAMES PATRICK ELLIOTT, AS MORE PARTICULARLY SHOWN ON A PLAT OF SURVEY AND BOUNDARY LINE ADJUSTMENT DATED FEBRUARY 23, 2005, PREPARED BY JOHN R. CHRISTMAN, LAND SURVEYOR, A COPY OF WHICH IS RECORDED IN THE CLERK'S OFFICE OF THE CIRCUIT COURT FOR THE COUNTY OF MONTGOMERY, VIRGINIA, IN PLAT BOOK PAGE 25, PAGE 81. TERMS OF SALE: ALL CASH. A bidder's deposit of ten percent (10%) of the

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sale price or ten percent (10%) of the original principal balance of the subject Deed of Trust, whichever is lower, in the form of cash or certified funds payable to the Substitute Trustee must be present at the time of the sale. The balance of the purchase price will be due within fifteen (15) days of sale, otherwise Purchaser's deposit may be forfeited to Trustee. Time is of the essence. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled to a return of the deposit paid. The Purchaser may, if provided by the terms of the Trustee's Memorandum of Foreclosure Sale, be entitled to a \$50 cancellation fee from the Substitute Trustee, but shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney. A form copy of the Trustee's memorandum of foreclosure sale and contract to purchase real property is available for viewing at www.bwwsales.com. Additional terms, if any, to be announced at the sale and the Purchaser may be given the option to execute the contract of sale electronically. This is a communication from a debt collector and any information obtained will be used for that purpose. The sale is subject to seller confirmation. Substitute Trustee: Equity Trustees, LLC, 8100 Three Chopt Road, Suite 240, Richmond, VA 23229. For more information contact: BWW Law Group, LLC, attorneys for Equity Trustees, LLC, 6003 Executive Blvd, Suite 101, Rockville, MD 20852, 301-961-6555, website: www.bwwsales.com. VA-353027-2.

LEGAL NOTICE OF PUBLIC HEARING OF THE TOWN OF CHRISTIANSBURG TOWN COUNCIL


The Town of Christiansburg Town Council will hold a Public Hearing on, Tuesday, April 25, 2023, at 7:00 PM in the Council Chambers of the Christiansburg Town Hall, 100 E. Main Street, Christiansburg, Virginia 24073. The purpose of the public hearing is to receive public comments concerning: A. Rezoning request by Jerry L. Beasley and L. R. Ferolino-Beasley, Property Owners, to rezone an approximately 0.802 acre portion of the property located at 2475 Glade Drive SE, Tax Parcel 530 – ((A)) - 6; Parcel ID 027238, from Agricultural District A to Single Family Residential District R-1. The property is designated as Residential on the Future Land Use Map of the 2013 Christiansburg Comprehensive Plan. Town Hall will be open and available to receive public comment in-person at the time of this Public Hearing. A copy of the application, the Town's Zoning Map,

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Zoning Ordinance, and Future Land Use Map may be viewed in the Planning Department Office, 100 E. Main Street, Christiansburg, VA 24073 during normal office hours of 8:00 a.m. – 5:00 p.m. Monday through Friday. Contact Benjamin Tripp, Planning Director, at (540) 382-6128 ext. 1120 or by email at btripp@christiansburg.org with any questions or if you require reasonable accommodations.

LEGAL NOTICE OF PUBLIC HEARING OF THE TOWN OF CHRISTIANSBURG PLANNING COMMISSION

The Town of Christiansburg Planning Commission will hold a Public Hearing on Monday, May 1, 2023, at 7:00 PM in the Council Chambers of the Christiansburg Town Hall, 100 E. Main Street, Christiansburg, Virginia 24073, pursuant to Sections 15.2-2204 and 15.2-2285 of the Code of Virginia, as amended. The purpose of the public hearing is to receive public comments concerning: A. Rezoning request by RWW36, LLC, Property Owner, and Christiansburg VA (SEQ US Highway 460 and Roanoke) LLC, Applicant, to rezone approximately 1.976 acres located at the southeast corner of Rt. 460 Bypass and Roanoke St. and identified as Tax Parcel 529 – ((A)) – 48, Parcel ID 230045; from General Business District B-3 to Limited Industrial District I-1. The property is partially designated as Mixed Use with Buffer (Residential/Business) on the Future Land Use Map of the 2013 Christiansburg Comprehensive Plan. Town Hall will be open and available to receive public comment in-person at the time of this Public Hearing. A copy of the application, the Town's Zoning Map, Zoning Ordinance, and Future Land Use Map may be viewed in the Planning Department Office, 100 E. Main Street, Christiansburg, VA 24073 during normal office hours of 8:00 a.m. – 5:00 p.m. Monday through Friday. Contact Andrew Warren, Assistant Town Manager, at (540) 382-6128, Ext. 1130 or by email at awarren@christiansburg.org with any questions or if you require reasonable accommodations.



To place your ad, call 389-9355

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Parcel ID 230045, currently zoned General Business District B-3 and proposed for rezoning to Limited Industrial District I-1. The property is partially designated as Mixed Use with Buffer (Residential/Business) on the Future Land Use Map of the 2013 Christiansburg Comprehensive Plan. Town Hall will be open and available to receive public comment in-person at the time of this Public Hearing. A copy of the application, the Town's Zoning Map, Zoning Ordinance, and Future Land Use Map may be viewed in the Planning Department Office, 100 E. Main Street, Christiansburg, VA 24073, during normal office hours of 8:00 a.m. – 5:00 p.m. Monday through Friday. Contact Andrew Warren, Assistant Town Manager, at (540) 382-6128, Ext. 1130 or by email at awarren@christiansburg.org with any questions or if you require reasonable accommodations.

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Legals - Montgomery County

LEGAL NOTICE OF PUBLIC HEARING OF THE TOWN OF CHRISTIANSBURG PLANNING COMMISSION

The Town of Christiansburg Planning Commission will hold a Public Hearing on Monday, May 1, 2023, at 7:00 PM in the Council Chambers of the Christiansburg Town Hall, 100 E. Main Street, Christiansburg, Virginia 24073, pursuant to Sections 15.2-2204 and 15.2-2285 of the Code of Virginia, as amended. The purpose of the public hearing is to receive public comments concerning: A. Conditional Use Permit request by RWW 36 LLC, Property Owner, and Denstock LLC, Applicant, to allow a Planned Housing Development of 209 multi-family residential dwelling units on approximately 18.77 acres located at the terminus of Farmview Road NE, consisting of all of approximately 14.38 acres identified as Tax Parcel 436 - ((A)) – 41, Parcel ID 017576; an approximately 3.31 acre portion identified as Tax Parcel 436-((A))-38, Parcel ID 021678; an approximately 0.14 acre portion identified as Tax Parcel 436-((A))-36, Parcel ID 021677; all of approximately 0.77 acres of Tax Parcel 436-((A))-37, Parcel ID 032861; all of Tax Parcel 436-((A))-39, Parcel ID 021679; and all of Tax Parcel 436-((A))-40, Parcel ID 021680; zoned General Business District B-3. The property is designated as Mixed Use with Buffer (Residential/Business) on the Future Land Use Map of the 2013 Christiansburg Comprehensive Plan. Town Hall will be open and available to receive public comment in-person at the time of this Public Hearing. A copy of the application, the Town's Zoning Map, Zoning Ordinance, and Future Land Use Map may be viewed in the Planning Department Office, 100 E. Main Street, Christiansburg, VA 24073, during normal office hours of 8:00 a.m. – 5:00 p.m. Monday through Friday. Contact Andrew Warren, Assistant Town Manager, at (540) 382-6128, Ext. 1130 or by email at awarren@christiansburg.org with any questions or if you require reasonable accommodations.

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Legals - Montgomery County

NOTICE OF PUBLIC HEARING TOWN OF CHRISTIANSBURG PROPOSED WATER FEE INCREASES

A public hearing will be held on Tuesday May 9, 2023, at 7 pm at Christiansburg Town Hall, 100 East Main Street, Christiansburg, Virginia in Council Chambers for the purpose of discussing the proposed water fee increases. Effective Date: July 1, 2024 Authority: Code of Virginia §15.2-2119 WATER RATES: Within Corporate limits: First 0 to 1,000 gallons from \$9.00 to \$10.00; Additional 1,000 gallons from \$11.00 to \$12.00; Over 50,000 gallons from \$8.25 to \$9.00. Outside Corporate limits the rate will increase to 200% of inside Corporate limits rates. First 0 to 1,000 gallons from \$13.50 to \$20; Additional 1,000 gallons from \$15.00 to \$24.00; Over 50,000 gallons from \$12.38 to \$18.00 This proposal may be examined during regular business hours at the office of the Town Manager. 100 E. Main Street, Christiansburg, VA between the hours of 8:00 am to 5:00 pm Monday through Friday. All interested citizens will have the opportunity to give written or oral comments. Randy Wingfield Town Manager

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CLASSIFIED ADVERTISING

NRCC student named 2023 New Century Workforce Scholar

New River Community College student Adam Toler was recently announced as a 2023 New Century Workforce Scholar and will receive a \$1,250 scholarship.

Toler, an Eagle Scout, is from Richmond and currently lives in Radford while attending NRCC. He is currently studying instrumentation and control automation technology. He plans to complete his studies at NRCC in 2024 and go on to work in the instrumentation field. Toler is also the president of NRCC’s chapter of the Phi Theta Kappa Honor Society.

This scholarship is the first of its kind to support students at associate degree-granting institutions on a national scale as they plan to enter the workforce upon the completion

of a degree or certificate. The program is sponsored by The Coca-Cola Foundation and Phi Theta Kappa.

New Century Workforce Scholars are selected based on their academic accomplishments, leadership, activities, and how they extend their intellectual talents beyond the classroom. Over 2,400 students were nominated from more than 1,300 college campuses across the country, and nominees were evaluated on academic achievement, leadership, service and other significant endeavors. Only one New Century Workforce Scholar was selected from each state, and Toler received the highest score in Virginia.

“We congratulate Adam for receiving this prestigious scholarship,

and we are honored to partner with The Coca-Cola Foundation to recognize these outstanding achievements,” said Phi Theta Kappa’s President and CEO Dr. Lynn Tincer-Ladner. “Scholarship programs like this are integral for creating opportunities for students to succeed as they prepare to enter the workforce and for putting college completion within reach.”

The New Century Workforce Scholars will be recognized in October during the Association of Community College Trustees’ (ACCT) Leadership Congress in Las Vegas.

Submitted by NRCC



Adam Toler

PHOTO COURTESY OF NRCC

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from page 1

RADFORD NEWS JOURNAL

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Radford News Journal is a newspaper of, by and for the people of Radford. We encourage letters from our readers on topics of general interest to the community and responses to our articles and columns. Letters must be signed and have a telephone number where you can be reached for verification. All letters will be verified before publication. We reserve the right to deny publication of any letter and edit letters for length, content and style.

Radford News Journal (USPS 387-780) is published twice a week for \$44 a year in the City of Radford, \$53 elsewhere in Virginia, and \$54 out of state by Virginia Media Inc., P.O. Box 429, Lewisburg, WV 24901. Periodical postage paid at Christiansburg, VA. POSTMASTER: Send address changes to RADFORD NEWS JOURNAL 1633 W. Main St., Salem, VA 24153.

October is the typical season for ‘chicken of the woods’.”

Members may attend morel walks, typically occurring on Saturdays and Sundays in the local area. The walks are intended to provide the opportunity for mushroom foragers to have assistance in using a dichotomous key, which is a scientific method of identification, and to ask questions of experienced mushroom hunters. It is always nice to find mushrooms during the walks but even more satisfying is the knowledge of people learning how to find them on their own.

“Morels are symbiotic and have a deep relationship with trees, such as a tulip poplar grove for example. All of our walk-leaders try to ensure they are knowledgeable in explaining to anyone, new or veteran, how to work a key in a mushroom book to identify the mushroom properly. We are always happy and glad to do that with people, but I find that most people want you to tell them what it is. I like to ask them what they think it is,” Huffman explains.

Joining the NRV Mushroom Club provides for a host of additional educational opportunities to learn more about these abundantly growing fungi.

Special presentations hosted by the club typically happen on the third Wednesday of the month. On April 19, Duke University Professor Dr. Rytas Vilgalys will give his presentation “Soil and Root Microbiomes, Associated with Truffle Cultivation”. Vilgalys is a fungal ecologist who earned his PhD at Virginia Tech University.

In May, Walt Sturgeon, a fungi expert with over 40 years of experience in the field, will give a presentation titled “Skimming the Cream” focusing on the fungi lactarius and lactifluus, or some may refer to as milkcaps. Sturgeon is a field mycologist and author of Appalachian Mushrooms: A Field Guide as well as other field books and appearing in many other related publications.

Concert

from page 1

group but to also include my respect and admiration to those who have followed in keeping The Old Pros together for a remarkable 50 years. I also want to add my special appreciation to the administration of New River Community College for the continued support.”

Under the direction of Dean

Chiapetto, the band plays music from the heyday of the Big Band Era as well as today’s modern sounds. Over the years, the band has performed for events and groups including Gov. John Dalton’s Inaugural Ball, NRV Air Show, The Homestead Resort, Virginia Lions Club Convention, NRCC Graduation and many

more. The band’s members include professionals, small business owners, teachers, retirees and students with varied musical backgrounds.

For more information about the Old Pros and to view their concert schedule, visit www.nr.edu/oldpros/.

Submitted by NRCC



PHOTO COURTESY OF JEFF HUFFMAN

The NRV Mushroom Club was formed in 2008, and they have since expanded and grown, with members varying in their background, experience, and interest in their goals of foraging. To go on a walk or attend events, interested individuals must have a membership with the club. Membership dues are \$15 for a single person and \$20 for a family for the year. Dues allow the club to host events and provide presenters to the membership community.

Google group is the best way to keep in touch with the club because the most information is shared with this platform, which includes a Meetup page where events are listed. The group also maintains a Facebook page where people can connect and share images of recent fungi finds. Those interested in finding out more about the club can first find them on Facebook under New River Valley Mushroom Club. Additional information on membership is located under the Featured tab.

CROSSWORD PUZZLE

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21		22					23			
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			49					50			51			
52	53	54				55					56		57	58
60						61				62		63		
64						65						66		
67						68						69		

- CLUES ACROSS
1. Type of footwear
5. Studies a lot all at once
10. Adventure story
14. Hundred thousand
15. Former U.S. Vice President
16. Ruler
17. Indian city
18. Similar
19. Ship as cargo
20. Volcanic craters
22. Boxing’s “GOAT”
23. Bullfighting maneuvers
24. London soccer team
27. Score perfectly
30. No (Scottish)
31. SoCal hoops team (abbr.)
32. Woman (French)
35. Unwanted attic “decor”
37. Peter Griffin’s daughter
38. Broad, shallow crater
39. Large instruments
40. Low bank or reef
41. _____ and Venzetti
42. Oil group
43. Father
44. Aggressive men
45. Pairs well with green
46. Travelers need it
47. Digital audiotape
48. Midway between northeast and east
49. Chemistry descriptor
52. S. China seaport
55. Sound unit
56. Heavy cavalry sword
60. Thick piece of something
61. Spa town in Austria
63. Boyfriend
64. Norse personification of old age
65. Type of box
66. Tie together
67. Fiber from the coconut
68. Chicago mayor
69. Old English letters
CLUES DOWN
1. Type of sauce
2. Pattern of notes
3. Plant with long seedpods
4. Map out
5. Numbers cruncher
6. Make a mental connection
7. Italian tenor
8. N. America’s highest mountain peak
9. Witness
10. Arabic given name
11. Music awards
12. “The Immoralist” author
13. Area units
21. Units of loudness
23. Political action committee
25. Bar bill
26. Witch
27. A theatrical performer
28. 2-door car
29. _____ and flowed
32. Papier-____, art
- medium
33. City in Georgia
34. Irregular
36. College sports conference
37. Angry
38. Partner to cheese
40. S. American mammal
41. Self-immolation by fire rituals
43. Split pulses
44. Disfigure
46. Cow noise
47. Erase
49. Chadic language
50. Reward for doing well
51. Paid TV
52. Millisecond
53. Other
54. Colombian city
57. Necklace part
58. Every one of two or more people
59. Regrets
61. They come after “A”
62. Horse noise

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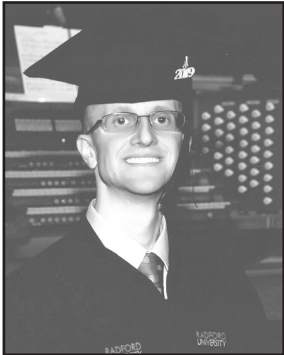
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OBITUARIES

Krebs, Robert Thomas

Robert Thomas Krebs, 33, passed 11 a.m. on Wednesday, April 19, 2023, at Grove United Methodist Church in Radford. Funeral services will begin at 11 a.m. with Rev. Jan Angle officiating. Interment will follow in West View Cemetery in Radford. The Le Few family is in the care of Mullins Funeral Home and Crematory

Robert Thomas Krebs, 33, passed 11 a.m. on Thursday, April 6, 2023. He was preceded in death by his maternal grandparents, Earl T. and E. June Le Few. He is survived by his loving mother, Lavina Earlene Le Few; his aunt, Donna June Parrish (John); and many friends who were like family. The family will receive friends from 10 a.m. until in Radford.



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Kastning, Karen Mason

Karen Mason Kastning, 77, Geology from Radford University, passed away at Carilion Roanoke Memorial Hospital on Thursday, April 6, 2023, after a brief illness. She was preceded in death by her parents, Daniel Boone Mason and Mildred Mason, and her siblings, Joan, James, Michael, Jeanne and Pamela. Survivors include her son, Ernst H. “Kass” Kastning III, his wife Yunha, and their children, Aayla, KJ, and Austin; sisters, Barbara Scheib (Carl) and Peggy Perkins; brother, Gary Mason (Deborah); and many other family members and friends, including her former husband, Ernst H. Kastning Jr. Born in Baltimore, Md., she lived in San Antonio, Texas until 1979. Following a couple of moves, in 1985 she relocated to her present home in Radford. Karen received her B.S. Degree in Geology from the University of Connecticut and M.S. in

Karen Mason Kastning, 77, Geology from Radford University. Professionally, she was employed at Studer’s Photography in Texas (1967-1979). She later taught geology courses at Radford University and New River Community College. She was also employed with the Virginia Department of Environmental Quality in Roanoke from 1997 until her retirement in 2016. Of her many life-long interests, the most prevalent were caves. She began caving in Texas in 1967 and visited, mapped, photographed, and studied caves in 40+ states and internationally. She was active in local and regional caving groups, having served as an officer and on committees. She joined the National Speleological Society (NSS) in 1969 and held various positions, including chairperson of the annual photographic salon competitions, and maintaining the



Send community news and photos to communitynews@ourvalley.org

See Obituaries, page 6

ANGLICAN CATHOLIC

St. Philip’s Anglican Church, 306 Progress Street, NE, Blacksburg, Virginia 24060, (540) 552-1771, www.stphilipsblacksburg.org. Reverend Fr. Wade Miller, Priest. Eucharist Sunday’s at 11am and Wednesday’s at 12pm.

St. Thomas Anglican Church- located at 4910 Hubert Rd, NW Roanoke, Va. Traditional Liturgical Lenten Services, Sunday at 10:30 am. Call (540) 589-1299 or visit www.sttofc.org for mid-week masses and events. (In Roanoke, go E on Hershberger, L on Hubert to 4910).

BAPTIST

First Baptist Church, 555 West Rock Road, Radford, 639-3873. Rev. Corwin C. Casey, Pastor. Worship with us: 9:45 a.m.; Sunday School: 10:45 a.m.; Praise and Worship: 11:00 a.m. Morning Worship Service; Therefore, my beloved brethren, be ye steadfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord. 1 Corinthians 15:58.

First Baptist Church on 3rd Ave., 215 Third Ave at the corner with Downey St. We nurture meaningful connections to God and others through worship, spiritual growth, and community ministry. We celebrate the dignity and worth of all persons, created in the image of God. Sunday Bible Study Groups - 9:45, Sunday Worship - 11:00. Website: fbcradford.org 540-639-4419. Worship is in-person and live-streamed on Facebook and on our YouTube channel: First Baptist Church Radford.

Trinity Community Church, 1505 N. Franklin Street, C’burg. John Altizer, Lead Pastor, Brian Cockram, Associate Pastor, 382-8121. Worship at 10:45 a.m., Outreach Ministries - 6:00p.m. Wednesday, Growth Groups - 5:00p.m. Sunday, Youth and Children’s Ministry - 5:00p.m. Sunday, www.trinitycburg.org.

CHURCH OF CHRIST

Blacksburg Church of Christ, 315 Eakin St., 552-1331. Sun. Bible Classes 9:30 a.m., Sun. Worship 10:30 a.m. & 6 p.m., Wed. Bible classes, 7 p.m., Outreach Minister Curt Seright, Community Minister Tom Gilliam, Dean Meadows, Campus Minister.

CHURCH OF GOD

Childress Church of God, 4187 Piney Woods Rd., C’burg. 381-3693. Sun. School 10 a.m.; Worship 11 a.m. & Wed. 7 p.m.

New Hope Church of God, 1404 Mud Pike Rd., C’burg. Rev. T. Michael Bond, pastor, 731-3178. Sun. School 10 a.m., Worship 10:50 a.m., 6 p.m. Thurs., 7:00 p.m.

West Radford Church of God, 1824 West Main Street, Radford, VA 24141, Sunday School – 10:00A.M. Morning Worship – 11:00A.M., Children’s Church 11:00A.M. Sunday Evening – 6:00P.M., Wednesday Night – 7:00P.M., Pastor Danny Newman, Church Office – 540-639-6562 or 804-921-0828

CHURCH OF GOD IN CHRIST

Radford Church of God in Christ, 206 Russell Ave., Radford. Supt. Ronald A. Watson, Sr.; Elder, 639- 5948. Sun. School 9 a.m.; Prayer 11:30 a.m.; Worship 6 p.m.

(DOC - DISCIPLES OF CHRIST)

Snowville Christian Church, 5436 Lead Mine Rd., Hiwassee, VA 24347, Pastor: Jerry King, Website: www.SnowvilleChristianChurch.com (and Facebook), Office: 540-633-3761, Email: office@SnowvilleChristianChurch.com, Sunday Worship Service: 11:00 a.m., Sunday School: 10:00 a.m., Thursday Bible Study: 6:00 p.m., We are: “Inspiring hope, helping people grow their faith, and sharing God’s love with others!”

EPISCOPAL

Grace Episcopal Church, 210 4th Street, Radford, 639-3494. A friendly, mission-oriented spiritual community sharing the Word of God. ALL ARE WELCOME. In person and live-streamed services 10:30AM Sundays. Holy Eucharist twice a month. Morning Prayer twice a month. Fellowship and refreshments follow services. Find us on Facebook: Grace Episcopal Church and www.graceradford.org.

LUTHERAN

Christ Lutheran Church, 201 Harvey St. Sunday worship with communion at 10am; fellowship & snacks at 11am. All are welcome. Upcoming events and fellowship opportunities (Senior Brunch, Faith & Film, Rough Draught, etc.) detailed in weekly

email and on website: clcradford.org. 540-639-2671.

Our Saviour Lutheran Church ELCA, 1845 Cambria St NE, Christiansburg. Worship each Sunday at 10 am, in person and online at <https://www.youtube.com/channel/UCMsB-gbyjmV5ce9mr43dbCw>. Please visit our website at www.oslc-cburg.org and our Facebook page at <https://www.facebook.com/oslcchristiansburg> to learn more about us. Little Free Pantry and Little Free Library located in our parking lot. Pastor Joshua L. Copeland; church office 540-382-2223.

St. Michael Lutheran Church, 2308 Merrimac Road, Blacksburg, VA 24060. Worship service each Sunday at 10 AM, Sunday School 9 AM. We are a community of God’s people where people gather for worship, learning and service. Visitors and new members are always WELCOME! Google comments: “Wonderful, welcoming congregation...A place where all are truly welcome... Nice, friendly, competent staff.” You will like our minister, The Rev. Michelle L. Stramiello. Her previous service was as Family Faith Formation Director at Cross and Crown Lutheran Church, Indianapolis, IN, Pastor of St Matthew Lutheran Church, Paducah, KY, and Hospice Chaplain in Largo, Fl. St. Michael started and administers Micah’s Backpack which has great community impact, Micah’s Soup for Seniors, Micah’s Garden, Closet, and Mini Pantry. Also, partnering with Rainbow Riders and Total Action for Progress, we opened open the first Early Childhood Head Start in our community (6 weeks to age 3), and have numerous other programs including a Justice & Mercy Fund providing assistance for those needing emergency assistance with critical bills. Further St. Michael sponsors an awesome Scouting program of Boy & Girl Scout Troops, Venture Scouts for older youth, and a new Cub Pack for girls & boys kindergarten - 5th grade. Directions: From Price’s Fork Road, turn onto Merrimac Road and St. Michael is 3/10ths of a mile down on the left. For more information about any of our activities: Phone 540 951-8951. Email hope@stmcl.us or visit our Website www.st-michael-lutheran-church.org

PENTECOSTAL HOLINESS

Merrimac Pentecostal Holiness Church, Rev. Larry

Christopher (540) 552-7194. lchristopher695@comcast.net. Sunday school at 10 a.m. and morning worship is 11 a.m. Evening service at 6 p.m. and Wednesday at 7 p.m.

Compassion Church, 1820 Second Street, Radford, 639-6287, Our music is passionate, our worship is real, and Pastor Chandler Jones brings relevant messages for everyone at any place on their journey, Sunday Worship Experience at 9:30 AM & 11:00 AM, Wednesday Family Night at 7 PM, Children Ministry provided for all services. Our vision is to see all Saved. Freed. Restored. Fulfilled. Find us on facebook and Instagram

Walton Pentecostal Holiness Church, 4003 Morning Glory Rd., off Walton Rd. on Rt. 114. 731-1755. Lee Sarver, pastor. Sun. School 9:30 a.m., Worship 10:30 a.m. & 6: p.m., Wed., 7p.m.

PRESBYTERIAN

Join us at **The Presbyterian Church of Radford**, 201 4th Street, at the corner of 4th & Randolph, for Sunday School at 10 am and Worship and Children’s Church at 11 am. Our Interim Minister is Steve Willis. Phone 639-2585. Watch the worship services on Facebook, which can be accessed through the church website at www.pcradford.org or through the Presbyterian church of Radford Facebook page. We are called to share the love of Christ in this community and beyond.

UNITED METHODIST

Asbury United Methodist Church, 500 Stuart Street, Christiansburg. 540-382- 0743. Rev. Ryan Schaeffer. Sunday School, 10:15 a.m., Sunday Worship, 11:30 a.m., Wednesday Bible Study 7pm, alternating month’s with Schaeffer Memorial Baptist Church, Senior Bible Study Thursday, 10:30 a.m. All are welcome.

Central United Methodist Church, 803 Wadsworth Street, Radford. 639-3529. 8:30 a.m. Sunday Services: 8:30am (interpreter provided); 9:45am Sunday School (interpreter provided); and 11:00am. Wednesday Bible Study: 6:30pm. Child care is provided. www.centralmethodistchurch.com.

St. Paul United Methodist Church, 220 W. Main St., C’burg. Rev. Moonsup “Paul” Song (540) 382-2410. Sunday Worship 10am, Sunday School 9am. Live streaming Sunday Service - www.twitch.tv/stpaulumc.

Radford

WORSHIP DIRECTORY

GOODBYE TO GUILT

Read Psalms 101:1-8; 103:1-22

Do you feel guilty long after a situation has been resolved? Do you continue to mentally kick yourself for rash words uttered in anger? Do errors you could have avoided keep you awake at night?

Such lingering self-reproach is unhealthy. When you realize you’ve made a mistake, take the necessary steps to correct it; then let it go. Focusing on past problems will not lead to a productive future.

If you have repented of sin and confessed it to the Lord, do not doubt God has forgiven you. His Word makes that emphatically clear.

As far as the east is from the west, so far has he removed our transgressions from us (Psalm 103:12).

God totally wipes clean our forgiven past. He not only removes the guilt of our sin, but the punishment we deserve. Because Jesus died for our sins, we can live eternally. He set us free from sin and guilt.

Guilt exposes the wrong committed. A forgiven sinner has no reason for guilt to remain (1 John 1:9). If you struggle with guilt, ask God to help you find release.

Thought for Today: Let guilt guide you to God. He has the solution.

Quicklook: Psalm 103:1–12

If your church is not listed and if you are interested, call Randy Thompson at 540-389-9355 or email at advertise@ourvalley.org

Virginia Cooperative Extension earns national recognition for its Diabetes Prevention Program

Work out every day for at least 30 minutes. Constrict your calorie intake. Go to bed at the same time every night. Cut out carbs and processed foods. No red meat, and absolutely no alcohol.

“Yikes!” one might think, after reading over this strict set of rules related to human health. When working toward a healthier lifestyle, “you don’t want it to be torture,” said April Payne, a Virginia Cooperative Extension agent.

“You know it’s going to be hard, but you want to have fun with it, too,” she said.

Payne is a lifestyle coach with the Virginia Cooperative Extension Diabetes Prevention Program, a lifestyle change program supported by the Centers for Disease Control and Prevention (CDC). She is among a group of more than a dozen Extension agents across Virginia trained to teach this 12-month group program that promotes the prevention of Type 2 diabetes through realistic and achievable health-related goals.

According to the CDC, more than 37 million Americans have diabetes and about 90 to 95 percent of them have Type 2 diabetes. The national organization has for decades worked to develop effective programs that can impact the trajectory of diabetes for people who are not yet diabetic.

Late last year, Extension was awarded full accreditation by the CDC as a provider of the Lifestyle Change Program. The status is awarded to organizations that achieve a certain quality standards.

Normally awarded for a two-year period, Extension was awarded this recognition for five years because of the high retention of its participants.

Extension adopted the program in 2016, which is tied to the National Diabetes Prevention Program, an evidence-based initiative aimed to help people who have prediabetes and are at a high risk of diabetes. People who are at the highest risk are 45 years and older, are overweight or obese, and live sedentary lifestyles. Diabetes also has a higher prevalence in African American and Hispanic populations.

Participants meet as a group during weekly sessions with their lifestyle coaches, who serve more as facilitators than educators. Beyond the expected topics of weight loss and exercise, people share personal successes and challenges of staying on track with their goals. Many participants continue the conversations beyond meetings via Facebook and other social media platforms.

Connections and accountability are key to the program, said Extension Agent Clare Lillard, a lifestyle coach and the state liaison for the program. Lillard concluded her first course last year and is currently in the middle of her second.

“It’s been very successful and I think that’s because we have a lot of fun,” Lillard said. “Through our Facebook group, members share recipes, photos of what they’ve been cooking, and stay connected. Most importantly, they are being supported along this journey. To be

successful, it must be a lifelong journey, so why not try to have fun with it along the way?”

Lillard, herself, is a Type 2 diabetic. She is hopeful that through her experience with the disease, she can inspire others to practice lifestyle changes that could prevent them from being diagnosed. Changes such as not worrying too much about if they indulge a little during the weekend, and instead, focusing on how they can adjust their exercise habits and food choices during the week.

Lillard and Payne have already made an impact, many of their students agree.

Karen Grace is a 68-year-old retiree from Culpeper. At a routine doctor’s appointment last year, it was discovered that she had a rising A1C level. That jolted her into action.

“I wanted to address it and learn how to get healthy before it went into full-blown diabetes,” Grace said.

So she enrolled in the Lifestyle Change Program last year.

“The program taught me the importance of exercise and healthy eating and that it’s not too late to make changes in my lifestyle,” she said. “I also enjoyed the camaraderie among the group.”

Another aspect of the program that participants enjoy is the fact that most classes have occurred virtually since the COVID-19 pandemic. It’s had its advantages, Payne said. In this virtual format, participants located in a part of Virginia that may not offer the program can join. A participant in Payne’s group

recently relocated to Scotland. She still participates every week from abroad.

Extension specialist Carlin Rafie, an assistant professor in the College of Agriculture and Life Sciences’ Department of Human Nutrition, Foods, and Exercise, has been a big proponent of the program.

She joined Extension in 2015 with expertise in nutrition and chronic disease management. She worked closely with a core group of Extension to adopt the Lifestyle Change Program. She has been particularly impressed with how it measures outcomes.

“The neat thing about this program is the way the CDC is managing it,” Rafie said. “They have quality metrics and evaluate all the organizations and individuals conducting the program to ensure that the program is conducted with fidelity. This helps us ensure that we’re not just doing a program. We are doing a program that’s going to have an impact, and that’s exciting.”

Beyond the positive participant feedback, Rafie can verify that Extension’s offering of the Lifestyle Change Program has, indeed, made a tremendous impact.

“The full-accreditation achievement would not have been possible without our skilled and highly-trained coaches,” Rafie said. “We hope to engage more agents and participants and continue to expand this program throughout the commonwealth.”

Max Esterhuizen for Virginia Tech

Hokie Tracks now available in grocery stores and specialty shops

Are you ready for a sweet treat? Hokie Tracks, the first ice cream of the Hokie Nation, is now available at grocery stores and specialty shops across Virginia.

Released in ice cream shops and restaurants last fall, Virginia Tech alumni, students, friends, and fans can now find pints of the Hokie-inspired delicacy near them using Homestead Creamery’s product finder tool.

Born out of a collaboration between the College of Agriculture and Life Sciences’ nationally ranked Department of Food Science and Technology and the award-winning Homestead Creamery in nearby Burnt Chimney, Va., Hokie Tracks is the latest example

of Virginia Tech’s commitment to bringing innovative, world-class research to market for the benefit of not only the commonwealth, but also for its students.

This creamy vanilla ice cream swirled with a ribbon of salted caramel and dark chocolate-covered pretzel chunks was developed from the ground up by Hokies for Hokies. Department of Food Science and Technology faculty members Joell Eifert ’88, M.S. ’14 and Brian Wiersema ’98 worked with Homestead’s team on Hokie Tracks’ flavor profile and recipe development to create something worthy of its namesake.

“We were looking to find a flavor combination that covered

most of the taste sensations, and we really wanted an ooey gooey decadent flavor so it had to have some chocolate in it,” said Eifert, Hokie Tracks co-creator and educational extension specialist. “I’ve worked with Homestead in the past and knew they’d be the perfect partner for this endeavor. Just using their ice cream base is a great start to a great ice cream.”

Homestead Creamery — a small, locally owned dairy processing plant seated among the foothills of the Blue Ridge Mountains — has been serving up gourmet milk, ice cream, custard, eggnog, and more along the East Coast since 2001. Its dedication to locally sourced, quality ingredients

and sustainability made it the ideal partner to team up with Virginia Tech to craft a Hokie ice cream.

Hokie Tracks is the first flavor to result from Virginia Tech’s partnership with Homestead Creamery, but those who are already fans will be excited to know that additional flavors are in development and planned for release in the near future.

A percentage of the proceeds from sales of Hokie Tracks supports experiential learning opportunities, scholarships and more in the Department of Food Science and Technology.

“As an alum, it’s really great that we got to make this product that allows Hokies to support other

Hokies,” said Brian Wiersema, the pilot plant manager who also co-created the ice cream. “It doesn’t hurt that it’s also delicious. I’m excited to see people grab a spoon and dig into a pint for the first time.”

The new pint container label design features university trademarks, including the word Hokie and the Hokie Tracks marks, which represent the footprints of Virginia Tech’s beloved mascot, the HokieBird. The design was created by Virginia Tech Communications and Marketing Graphic Designer Shanin Glenn in collaboration with Homestead Creamery.

Submitted by Virginia Tech

Obituaries

from page 1

photographic archives. She attended 45 NSS conventions, held across the U.S. serving on the organizing committee for many years. Honoring her 50+ years of dedication to the caving world, she received several recognitions including the NSS William J. Stephenson Outstanding Service Award, its highest award, in 2011.

Karen served as a governor appointee on the Virginia Cave Board of the state Department of Conservation and Recreations from 1987 to 2004. Karen authored and coauthored numerous publications on caves, history, and conservation. Karen was an active conservationist and participant in preserving groundwater quality and the environment.

Karen enjoyed visiting natural and historic sites around the world. As a descendent within the greater family of

Daniel Boone, she became interested in genealogy and was a member of the Boone Society where she served for many years as the editor of their journal, Compass. Her other interests included hiking, history, photography, needlework, dollhouse miniatures, and horses.

A Celebration of her Life will be held in Virginia at a later date. An Urn Burial Service for close family and friends will take place in San Antonio on July 8, 2023.

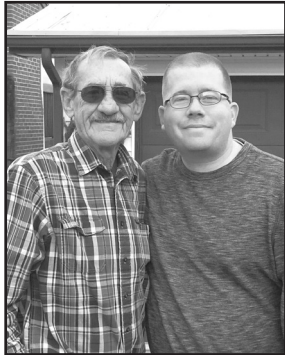
In lieu of flowers, contributions can be made in her memory to the National Speleological Society’s Save-the-Cave Fund (<https://caves.org/>) and the National Parks Conservation Association (<https://www.npca.org/>).

The Kastning family is in the care of Mullins Funeral Home and Crematory in Radford.

Tolbert, Larry Dwaine

Born August 1, 1947, to Junior Willie Tolbert and Velma Tolbert, Larry grew up in Pulaski County. Larry went to be with the Lord on April 8 at 11:24 p.m., Larry had many accomplishments throughout his life. He was an advocate beekeeper throughout most of his life. When not keeping bees, you could find him on the golf course, in the woods, on a lake fishing, or working hard doing construction. Larry took pride in his yard, always trying to keep it trimmed until he could do it no more. Throughout Larry’s latter years, you could find him spending time with his fellow comrades at the AMVET Post 50 in Pulaski. He loved spending time with Mike Branscome and Marshall Smith. Most importantly, Larry (Dad) was the patriarch of our family. Together, he and his beloved sister, Kathy Shaw, laid a foundation of love and set the example that all should follow. He and his wife of 47 years, Sue Tolbert, built a home of love in Draper, Va.

Dad was a Vietnam Veteran where he deployed in defense of this great Nation. Assigned to the 11th Armored Cavalry Regiment, Dad received awards and decorations such as the Bronze Star, Army Accommodation Medal, Purple Heart, Army Achievement Medal, Vietnam Campaign Medal, Army Good Conduct Medal, Army Service Ribbon, National Defense Ribbon, and Combat Action Badge. With Stetson and spurs dawned,



saber in hand, Dad, aka. Staff Sergeant Tolbert gave the enemy all they could handle. This Combat Engineer served his country proudly, during and after his service to our Country.

Dad had a professed love for his family. He was always close by his son, Chris Tolbert. Chris would come visit Dad from abroad and together they would hang out in the garage, talking about war stories and compared the Operation Iraq Freedom and Vietnam Campaigns. They would laugh, joke, and love, as Mom always ensured there was food on the table, plenty to drink, and enough love to go around for everyone. Dad’s special memories include Jenna, Jolene, and Jr. coming in the garage for that extra special hug that would seem to last a lifetime.

Dad is proceeded in death by his mother and father, Velma and Jr. Tolbert, and his sister, Ada Mae Tolbert. He is survived by his loving wife, Elizabeth Sue Tolbert; son and wife Christopher and Jenny Tolbert; sister and brother-in-law, Kathy and Mike Shaw; niece Velena Odell and Jamie Conner; nephew David Hungate; and grandchildren Jenna Lynn Ambelang, Jolene Tolbert, and Chris Tolbert Jr.

We will miss you Uncle Larry, cousin Larry, PawPaw, brother, dad, Honey!

The Tolbert family is in the care of Mullins Funeral Home and Crematory in Radford.

Warm Hearth Village hosts artisans at second annual craft fair

BLACKSBURG – Warm Hearth Village (WHV) recently hosted its second annual arts and crafts fair showcasing resident and community artisans.

The 24 vendors offered greeting cards, pottery, wheat weaving, fiber weaving, traditional rug hooking, knit dolls, crocheted doll clothes, jewelry, journals, decorative housewares, Japanese ink prints, and more.

Several residents donated their wares with \$282 in proceeds benefiting the Warm Hearth Foundation. This money will be used to

benefit seniors in need of housing and health care services on the WHV campus.

The Crafty Sisters, village resident Debbie Koller and her sister Patty VanHassel, created exquisite greeting cards and stationery portfolios.

“My sister and I decided the Warm Hearth Craft Fair would be a fun way to share our craft with others. This was our first time and we had so much fun preparing together,” Koller said.

VanHassel said vending in the fair was a really nice way to feel part of the community.

“I have moved here

recently, and this was a good way to meet some new people,” she said,

Life Enrichment Director Mardy Baker launched the fair in 2022 as a way to bring people back out after the pandemic.

“There were no vending fees because we really just wanted people to come out and have a good time and show off their creative skills at the same time,” she said.

Mark your calendars for year three to be held in the spring of 2024.

- WHV

Painting

from page 1

Museum.

While there is no cost, the workshops do require registration and space is limited. Rykaczewski will provide a list of recommended tools and materials upon registration. Registration takes place online at <https://form.jotform.com/230944063474053>.

The workshop will run from 10

a.m. to 4:30 p.m. and in the event of inclement weather, the workshop will take place on April 29 instead.

For further information, people may contact the Contact Radford University Art at RUartmuseum@radford.edu.

- Radford Art Museum

RADFORD SPORTS

LSU, Tech could meet again in Cayman Islands

Newly crowned national champion LSU headlines an impressive field in the inaugural Cayman Islands Classic women's college basketball tournament, announced by Caymax Sports Ltd.

The Tigers are one of four schools ranked in the top 13 of the final USA Today/WBCA Coaches poll which will play in the eight-team tournament to be held Nov. 24-25 at John Gray Gymnasium, just minutes away from world famous Seven Mile Beach.

The tournament field includes No. 4 ranked Virginia Tech, which also played in the Final Four, along with No. 9 UConn and No. 13 UCLA, plus Kansas, which captured the recent WNIT championship. Niagara, Tulane and Virginia round out the field.

"We are excited to showcase these incredible teams," said Joanne P. McCallie, Executive Tournament Director. "The development of this inaugural tournament speaks to Caymax Sports and their commitment to the spirit of Title IX while featuring the very best in women's basketball competition."

"I am thrilled to have the opportunity to work with such incredible teams and coaches," McCallie added. "This is a special field with programs that have a rich tradition in women's basketball and will set the standard for future tournaments."

"The Cayman Islands is very proud to be the host destination for the prestigious women's D1 basketball tournament," said the Honorable Kenneth Bryan, Minister of Tourism for the Cayman Islands. "This tournament brings elite U.S. women's college basketball teams to our shores and the Department of Tourism recognizes the event's magnitude for attracting new visitors to the country. We look forward to extending our Cayman kindness to the visiting teams and fans to ensure their time with us will be memorable."

"The quality and rich tradition of these participating teams will make this inaugural edition of the Cayman Islands Classic the premier preseason women's college basketball tournament this year," added Joe Wright, chief executive officer for Caymax Sports Ltd.

LSU defeated Iowa, 102-85 in the championship game of the NCAA Women's Tournament Sunday in Dallas, Texas, with the game averaging 9.9 million television viewers for the most-watched women's college basketball game ever.

LSU (34-2), the No. 3 seed in the Greenville Region after finishing the regular season second in the SEC, erased

a nine-point fourth-quarter deficit with a 22-3 run in the national semifinal to defeat

No. 1-seed Virginia Tech, 79-72. On the road to the Women's Final Four, the Tigers defeated No. 14 Hawai'i and No. 6 Michigan at the Maravich Center, before knocking off No. 2-seeded Utah and No. 9-seeded Miami to advance to Dallas.

It was the fourth championship in as many title game appearances in Kim Mulkey's coaching career (previous wins at Baylor in 2005, 2012 and 2019), as she became the first women's basketball coach to win NCAA championships at multiple schools.

UConn, under Hall of Fame coach Geno Auriemma, is the most successful women's basketball program in the nation, having won a record 11 NCAA Division I National Championships and a women's record four in a row, from 2013 through 2016.

The Huskies have taken part in every NCAA tournament since 1989 including a record 14 consecutive Final Fours. UConn recorded a 31-6 mark this season advancing to the Sweet 16 of the 2023 NCAA Tournament.

Virginia Tech accomplished many firsts this year: 31 wins, an ACC championship, a No. 1 seed in the NCAA tournament and appearances in the Elite Eight and Final Four before falling to eventual national champ LSU in the semifinal round.

UCLA went 27-10 this past season — the most wins at the school since 2017-18 — while advancing to the Sweet Sixteen of the 2023 March Madness Tournament before falling to top-seeded and defending national champion South Carolina, 59-43.

Kansas capped off a 25-11 season by winning the program's first-ever WNIT championship with a 66-59 win over Columbia.

Tulane posted an 18-14 record this past season, while playing in the WNIT for the third straight year.

Virginia, under first year head coach Amaka Agugua-Hamilton, went 15-15 while receiving an invitation to postseason play for the first time in five years. The Cavaliers declined the WNIT due to a limited number of healthy players.

Niagara enjoyed an 18-13 record—the first winning record at the school since the 2004-05 season — while advancing to a postseason tournament (WNIT) for the first time in school history.

Virginia Tech Athletics

Spring game today at Tech

BLACKSBURG - Mark your calendars for April 15-16 and join fellow Tech fans in Blacksburg for Hokie Hi Weekend.

There will be several events across those three days, including Virginia Tech football's spring game and the 3.2-mile Run in Remembrance.

Tech football's spring game, presented by PMSI, will kick off at 3 p.m. ET on Saturday, April 15. Admission to the Hokies' spring game will be complimentary. In lieu of charging for tickets, the athletics department is encouraging fans to support Virginia Tech's efforts in Name, Image & Likeness.

The official NIL hub of Virginia Tech, HokieSports.com/JumpStart showcases how you can get involved through charitable contributions, monthly subscriptions or connecting directly with student-athletes. Name, Image & Likeness opportunities are a major component in retaining current Hokies and recruiting the next generation of Virginia Tech student-athletes.

The first day of Hokie Hi Weekend sees men's tennis take on Georgia Tech at 3 p.m. in the Burrows-Burleson Tennis Center before baseball opens a three-game series

at English Field against the Yellow Jackets at 7 p.m. Fans are encouraged to stick around for a postgame fireworks display.

On Saturday, lacrosse will get things started at noon against Clemson at Thompson Field. The football team will arrive for Hokie Walk on Beamer Way at approximately 12:30 p.m. while Lane Stadium gates will open at 1 p.m. in advance of the spring game. Pregame activities for all ages in Hokie Village will start at 11:30 a.m. featuring live music from the Jared Stout Band along with inflatables, tailgate games and food trucks.

Fans interested in upgrading their experience at the spring game can download the HokieSports mobile app to access the Maroon & Orange Memories platform. There, you can choose from exclusive opportunities like a videoboard message, sideline access and more.

On campus, the 3.2-mile Run in Remembrance will begin with a moment of silence at 9 a.m. Saturday morning to honor and remember the vibrant lives of the 32 students and faculty who were tragically taken from us in 2007. The event's 3.2-mile loop around the Blacksburg campus begins on Alumni Mall near

Torgersen Bridge, passes by landmarks such the Grove, Lane Stadium, and the Virginia Tech Pylons, and ends at the April 16 Memorial.

Saturday night concludes with Hokie baseball's second game against Georgia Tech at 7 p.m.

Men's tennis is back in action on Sunday at 12:30 p.m. against Clemson, while baseball's homestand wraps up with a 1 p.m. first pitch.

Keep an eye out for the Ultimate Fan Giveaway during the Hokies' spring football game. There will be QR codes stationed in Hokie Village and at Gates 1, 3 and 6 in Lane Stadium. Fans are encouraged to scan those QR codes to be entered to win prizes including: \$100 HokieSports Shop gift cards and on-field experience at a home Tech football game in 2023.

All entrants will receive a promo code for a discount to the HokieSports Shop. The more QR codes you scan, the greater chance you have to win. The winner will be randomly selected from fans who check in. Please note, only one check-in per person, per location is permitted.

Virginia Tech Athletics

Auburn, Christiansburg seeking wrestling coaches

Marty Gordon

NRVsports@mainstreetnewspapers.com

Auburn High School is among two athletic programs seeking a new wrestling coach. Auburn has been without a wrestling team for the past three years, but athletic director Paul Dominy said there has been a lot of interest in the past year, and the school will jumpstart the program this year.

"Our problems with wrestling were with COVID and an uneasiness that parents and students had with grappling following that. We also have not had a coach for the last two seasons and could not therefore sponsor a team," he said.

Also, Christiansburg is looking for a new head coach for a program, which has been down after winning 17-straight titles in the Class 3 ranks. The streak came to a screeching halt four years ago. Since then, the school has been scratching its way back with underclassman Brady Hand claiming a state championship this past year.

Christiansburg had been the hottest dynasty before they were dethroned in 2019 by New Kent,

who was led by a former Christiansburg assistant coach.

Injuries and the lack of depth has the Blue Demons forfeiting five or six weight classes at almost every meet.

Cody Hughes, who was in his second year, is leading the program through a rebuilding phase.

Over the years, this has been one of the most consistent in the state of Virginia and maybe the entire southeast. The local program has produced three NCAA All Americans, five four-time state champs, six three-time state champs, 50 state champs and 86 state place winners.

The team championships of 17 is one of the top records in the state of Virginia and one of the most successful in the Eastern United States. In most cases, the current Christiansburg wrestlers were not even born when their school won the first state championship of the consecutive run.

Auburn is also looking for a new football coach after David Seabaugh announced his resignation.

Auburn has not completed a full season in the past two years with the lack of depth and the number game.

Again, Dominy remains optimistic the school can field a full team this coming year.

"We are currently in the process of taking and evaluating applications and expect to have a new coach in place before the end of the school year," the athletic director said.

Meanwhile, Christiansburg also needs a new girls' cross-country coach. The position is being advertised on the Montgomery County job site.

Eastern Montgomery High School is also looking for a new boys' basketball coach while Auburn has an opening for the girls' head coaching job.

All of the Montgomery County high schools are also advertising the search for athletic trainers.

Another crucial opening in the area includes the volleyball job at Pulaski County. Also nearby, Giles County High School is in need for a cross country and soccer coach, and Narrows for cross country, girls' tennis, softball and soccer.

J.D. Byers returns to familiar stomping grounds

Virginia Tech men's basketball head coach Mike Young announced Tuesday the hiring of J.D. Byers as an assistant coach for the Hokies.

Byers, who is familiar with the New River Valley from his coaching days at Radford University, enters his 18th season as an assistant coach in 2023-24. He comes to Blacksburg after assistant coach stints at Penn State (2023), VCU (2017-23), Rice (2014-17), Radford (2011-14), Saint Francis (Pa.) (2010-11), Randolph-Macon (2007-10) and Lebanon Valley (2006-07).

J.D. brings a wealth of knowledge and experience to us, in addition to a successful track record — everywhere he's been, the program has improved," Young pointed out. "A terrific player in his own right, J.D. will be able to connect with our guys to positively impact them on and off the court. I'm fired up to have J.D. on board with us."

As an assistant coach at VCU, Byers helped the Rams go 129-61 over the last six seasons with three NCAA Tournament appearances, four national postseason berths, a pair of Atlantic 10 regular-season titles and one A-10 tournament championship. He played an integral role in signing the Atlantic 10's top recruiting class in three of the last four years and signing three of the program's top six highest-ranked recruits in program history. Byers helped mentor a pair of NBA draft picks in Nah'Shon "Bones" Hyland

(2021 NBA draft pick) and Vince Williams Jr. (2022 NBA draft pick).

Byers was named one of 50 Impactful Mid-Major Assistant Coaches by Silver Waves Media in 2020. Byers was also among a select group of assistants chosen to participate in the 2020 TopConnect Virtual Seminar.

"I am both humbled and thrilled to be a part of Coach Young's staff here at Virginia Tech," Byers said. "Coach Young is one of the best coaches in the country, and I can't wait to work alongside him and our staff on a daily basis. Virginia Tech has always been a special university with a great basketball tradition. I can't wait to get to work!"

Byers previously helped engineer a stunning turnaround at Rice. The Owls improved by 18 wins in three seasons (2014-17) and that success culminated in a 23-12 campaign in 2016-17. It was Rice's first 20-win season since 2003-04. During his Rice tenure, Byers also aided the development of two-time first-team All-Conference USA guard Marcus Evans.

Prior to joining the Owls, Byers spent three seasons helping turn around Radford. The Highlanders won just six games in Byers' first season but greatly improved in each of his following seasons on staff, culminating with 22 wins and

Radford's first postseason win in its NCAA Division I era in 2013-14.

Prior to serving at Radford, Byers spent the 2010-11 season as an assistant coach at Saint Francis (Pa.) following three seasons at Randolph-Macon College. The Yellow Jackets won 66 games during his time on the bench and advanced to the NCAA Division III Final Four in 2010.

Upon his stellar collegiate career and 2005 graduation from Lebanon Valley College, Byers spent one season at Fairleigh Dickinson-Madison as a graduate assistant before returning to his alma mater as an assistant coach for one year.

The 2005 NABC All-American and CoSIDA Academic All-America of the Year honoree claimed the Jostens Trophy, given annually to the top Division III basketball student-athlete. Byers is one of five men's basketball players to have his jersey (No. 23) retired by Lebanon Valley.

Byers graduated Summa Cum Laude from Lebanon Valley in 2005 with a degree in accounting and business administration and earned his MBA from Fairleigh Dickinson in 2008.

Byers and his wife Marci, the head volleyball coach at Virginia Tech, have two daughters, Kamryn and Skylyer.

Virginia Tech Athletics

**NRV SuperBowl Summer Leagues Beginning Soon**
Register for the night or day Leagues
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Monday, Tuesday
Wednesday, Friday
& Sunday
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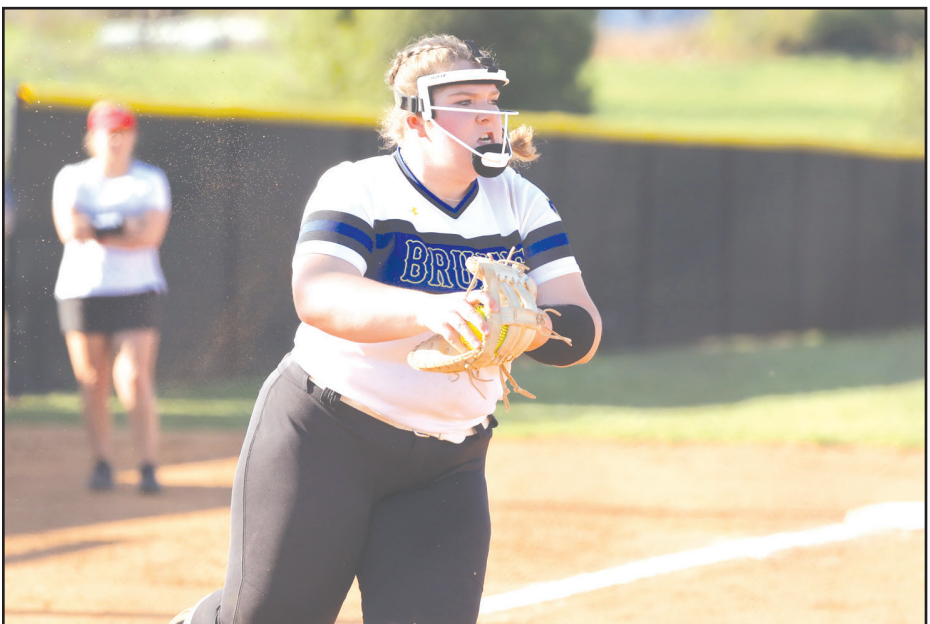
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Blacksburg slides past Botetourt



(Above) Second baseman Aubrey Hudgins snares a Lord Botetourt line drive. Blacksburg starting pitcher Lorelei Spradlin recorded five strikeouts in Wednesday's softball game. (Top right) After collecting a short ground ball, Blacksburg third baseman Emily Dickerson throws to first for an out. Dickerson hit what would be the game-winning home run in the bottom of the sixth inning in a 6-5 win over Lord Botetourt and two of three at the plate with three RBIs. (Bottom right) Blacksburg's Evelyn Rhoads gets a base hit and would eventually score against Lord Botetourt.



PHOTOS BY JON FLEMING

Big South looking for new home

Marty Gordon
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The Big South Conference enjoyed its recent basketball weekend in Charlotte, North Carolina, for both the men and women. This was the second year the conference played its basketball championships in a neutral location after playing games on campus sites.

Now, the Big South is looking for a new home. The Big South Basketball Championships will not be returning to Charlotte's Bojangles Coliseum next year. The basketball championships featured the Charlotte-based conference's men's and women's tournaments.

The Charlotte Regional Visitors Authority manages Bojangles Coliseum, and the city owns the coliseum. The contract will now not be extended for 2024. Big South spokesman Mark Simpson said earlier this week no decision has been made on the championships' new location. "We were informed that the Charlotte Checkers

(semi-pro hockey team) requested home dates for the first two weeks in March, so the Hercules Tires Big South Basketball Championships will not return to Bojangles' Coliseum in 2024. Our administrators will be discussing format options for the upcoming season and beyond, as well as explore the possibility of returning to Charlotte in future years."

Simpson anticipates a decision at the conference's Spring Meetings at the end of the month."

In other conference news, Gardner-Webb women's basketball coach Alex Simmons has resigned to accept the head coaching position at the University of Memphis. A national search for the next Gardner-Webb head coach has begun.

Simmons recently completed her fifth season in charge of the Runnin' Bulldogs and posted a 90-59 record (.604) during her time in Boiling Springs.

Radford University has pulled another basketball player from the transfer portal.

Radford head men's basketball coach Darris Nichols has announced the addition of forward Josiah Harris. He will join the Highlanders for the 2023-24 season following one season at St. Francis

Brooklyn and have two years of eligibility left.

"We are excited to welcome Josiah to Radford University, this community and our program," said Nichols. "He is a really talented player and a great person who will represent us well."

Harris, a native of Wilmington, Del., stands at 6'8", 220 pounds and gives the Highlanders another athletic post player that can get the job done on both ends of the floor.

In his first season at the Division I level, Harris immediately proved himself to be a force around the basket for the Terriers. The big man played in and started 29 games, averaging 9.2 points, 8.8 rebounds, 1.0 assists and 1.3 blocks per contest.

Amongst all players in the Northeast Conference (NEC), he ranked third in rebounding and second in blocks, while remaining top-100 in the nation in total rebounds, rebounds per game, offensive rebounds, defensive rebounds and blocks per game.

With 14 games scoring in double figures, including a season-high 20 points against Wagner, Harris tallied eight double-doubles last season – good for 87th-best in

the nation. He ended the year shooting 44.2% (106-240) from the field and 71.4% (50-70) at the free throw line.

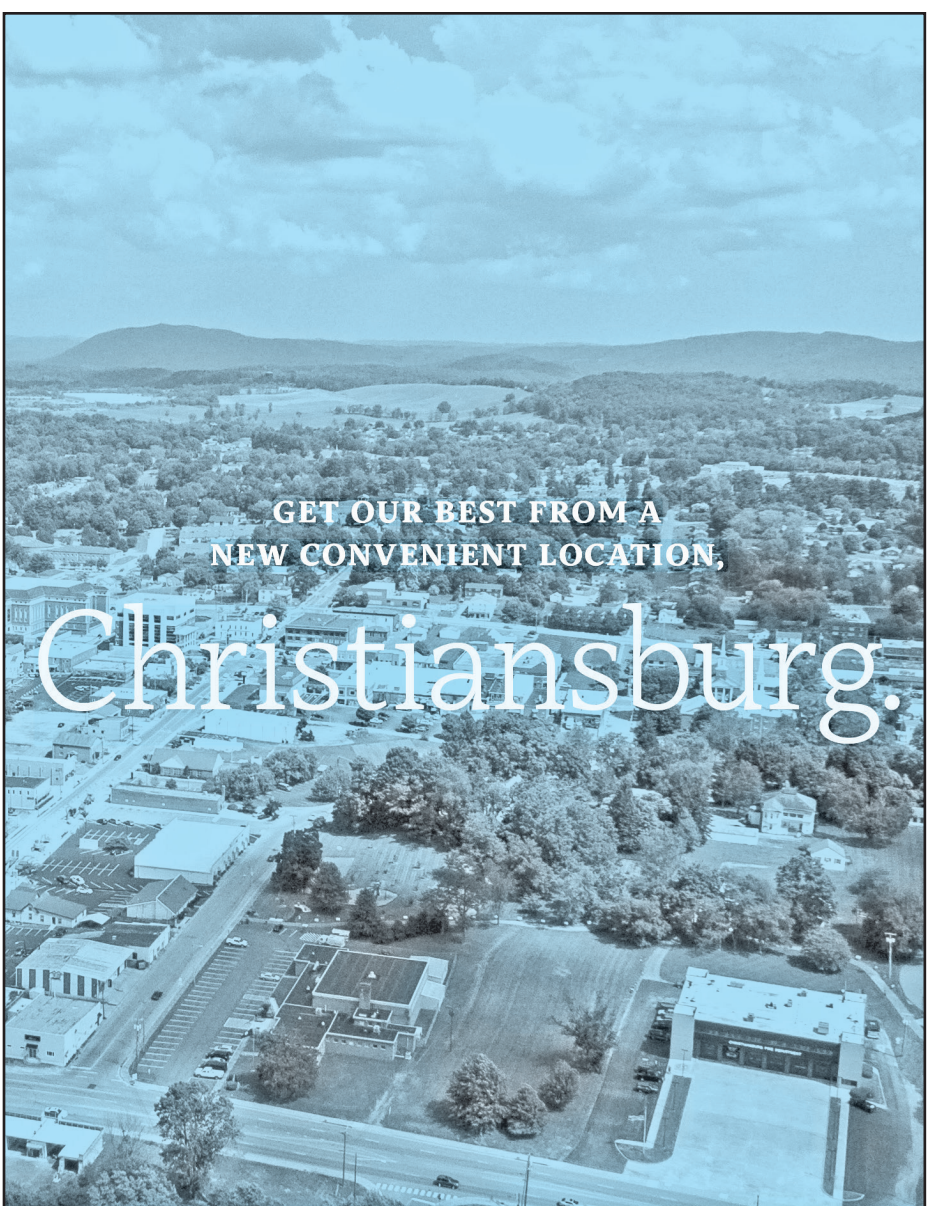
Prior to playing for St. Francis Brooklyn, Harris had stints at Hutchinson Community College and Cowley College. His high school ball was played for William Penn High School.

Harris will be joined by freshmen newcomers Trenton Walters and Trevor Roe, who signed National Letters of Intent with Radford last November.

Radford men's basketball's DaQuan Smith has been named to the 2022-23 NABC Division I All-District 3 Second Team.

Voted on by NABC-member coaches across NCAA Division I, Smith becomes the fifth player in program history to make the list. He joins Art Parakhouski (2008-09 and 2009-10), Javonte Green (2013-14 and 2014-15), Ed Polite Jr. (2017-18 and 2018-19) and Carlik Jones (2018-19 and 2019-20).

Smith played in all 33 games this season, starting 32 of them. As Radford's most dangerous player most nights, the redshirt junior guard is averaging 13.8 points, 3.2 rebounds and 1.7 assists per game while also tallying 32 steals and 11 blocks.



Our Christiansburg branch has moved to a new location. Stop in and let's chat about how we can make your finances brighter, your business stronger, your goals reachable, and your dreams achievable.

In other words, let's bring out your best—together.

2681 Market St. NE, Christiansburg, VA



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