

Radford Memorial Day ceremonies set for Monday

Radford's annual ceremony will be held in Bisset Park, followed by Radford Noon Rotary to dedicate Field of Honor at Glencoe



PHOTO COURTESY OF GLENCOE MANSION
The Radford Noon Rotary Club will officially dedicate the Field of Honor at 2 p.m. on Memorial Day.

RADFORD - A ceremony to honor American military service members killed in war will be held on Memorial Day, Monday, May 29, at 11 a.m. in Radford's Bisset Park.

The ceremony includes a speech by the Radford Army Ammunition Plant Commander, a 21-gun salute, and music and is held annually in the park's gazebo.

The ceremony has been held for the past 23 years and is presented by Radford VFW Post 776, American Legion Post 30, the NRV Marine Corps League, the Dublin-Radford Ruritan Club, the Radford News Journal, WRAD AM1460, and WPSK 107.1.

At 2 p.m., the Radford Noon Rotary will host a dedication of the "Field of Honor" on the grounds of Glencoe Mansion. The event will be the official start of the Field of Honor display of American flags sponsored to honor heroes of all types from service members to individuals who have made an impact on someone's life.

The ceremony will include remarks from multiple members of the community. Master of Ceremonies Dr. Richard Harshberger will lead the program, which



PHOTO BY HEATHER BELL
The annual Memorial Day ceremony in Bisset Park includes a 21-gun salute.

will include Mayor David Horton, Radford VFW Commander Gary Harris, Grace Episcopal Church Rector William Yagel, and Virginia Delegate Jason Ballard. A 21-gun salute will be provided by the Dublin American Legion Post 58.

The Radford Noon Rotary is a volunteer organization dedicated to advancing Radford through good deeds. The Field of Honor is comprised of flags sponsored by members of the community, and the proceeds will benefit 14 organizations. Those groups include the Radford University Scholarships for Students from Radford High School, Vittles for Vets, the Women's Resource Center, Beans and Rice and the Glencoe Mansion.

The Field of Honor display, which the Radford Noon Rotary plans to be an annual project, will be on display from Memorial Day through the 4th of July. Please be sure to visit the flags and honor the heroes. Glencoe Mansion is free to visit and is open Wednesday through Saturday from 10 a.m. to 4 p.m. and Sunday from 1 - 4 p.m.

-Radford News Journal staff report

Old Whitt's Garage truck is the May photo club winner

RADFORD - A photo of an old truck won the photo challenge in the Radford Photo Club's May contest.

Robert Daniels, of Snowville, found Old Whitt's Garage truck, formerly of downtown Radford, in a field.

Joyce Sims, of Radford, won the open theme category with her photo of an Eastern Giant Swallowtail butterfly she spotted at Pandapas Pond.

The Radford Photo Club is made up of professional and amateur photographers from throughout the New River Valley. Meetings, events, and outings are open to

the public. The next meeting is Thursday, June 15, at 6 p.m. at the Radford Public Library. Aileen Fletcher, professional photographer and retired New River Valley Community College teacher of photography, will present a program on nature photography, with an assignment for the July meeting.

The agenda will also include discussion of upcoming shows and other future events. The photo challenge for June is Flowers.

If you have questions, email Lucy Gilmore at lucyg.gilmore@gmail.com or mborgarelli@gmail.com.

-Submitted by the Radford Photo Club



Photo by Joyce Sims



Photo by Robert Daniels

PHOTOS COURTESY OF THE RADFORD PHOTO CLUB



PHOTO COURTESY OF RADFORD UNIVERSITY
Davis College

Tax prep assistance program, sees expansive growth in its second year

RADFORD - After a highly successful first year, an initiative sponsored in part by the Davis College of Business and Economics saw extensive growth in its second, a rise its director says represents a financial benefit to the public of just over a quarter of a million dollars.

The Volunteer Income Tax Assistance (VITA) program, a collaboration between Davis College and New River Community Action (NRCA), provides free tax preparation and consultation to local residents making less than \$56,000 a year. VITA is run by a single paid position, director Lacey Desper, and was staffed this year with seven volunteers.

According to its most recent report, VITA processed and filed returns for some 777 individuals this year, a 94% increase over the 400 that were handled in 2022.

Between those clients – who saved an average of \$250 in tax preparation costs – and additional services the program offers, Desper estimates it saved the public approximately \$266,000.

Of the returns filed, 137 clients were eligible for earned income tax credit (EITC); 54 earned child tax credit; 48 got advanced or additional child tax credit; and 38 received education credits.

The Department of Accounting, Finance and Business Law and its chair, Douglas Brinckman, Ph.D., along with the dean's office, provide VITA with support and office space. Two Radford University student volunteers also participated, completing 347 returns and donating approximately 220 hours of service.

About 100 university students and staffers filed their returns through the program this year.

"You can see the community impact of this program, which is intended to assist the economically underserved populations with their tax returns," Dean Joy Bhadury said.

"This is truly an impactful partnership with a local nonprofit that benefits the local community," he added.

For more information about VITA and its work with income tax assistance, visit the New River Community Action website.

-Neil Harvey for Radford University

Radford High School celebrates sports achievements

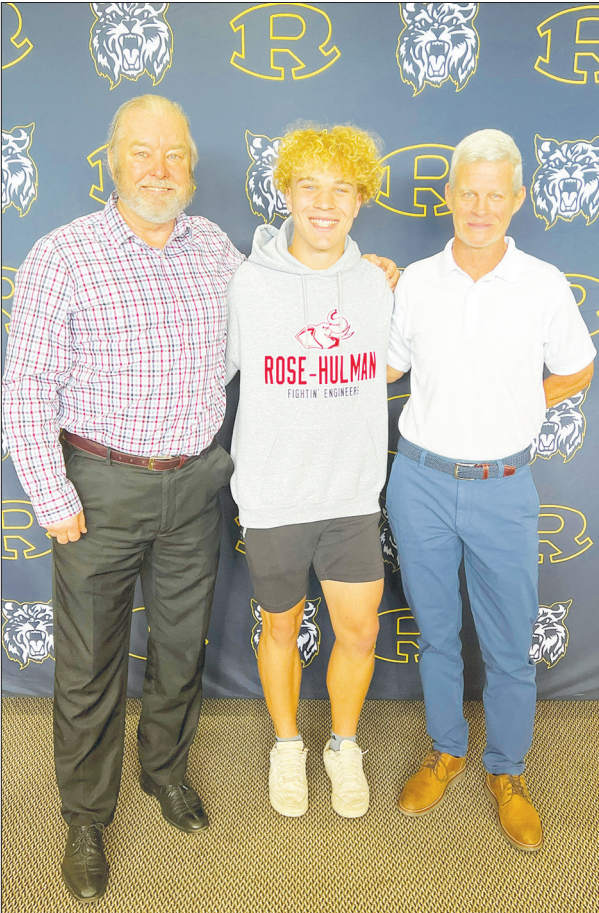


PHOTO COURTESY OF RADFORD HIGH SCHOOL

Radford High School recently held its Athletics Awards ceremony, celebrating sports achievements by the Class of 2023. Vance Steele, pictured with Ben Turpin and John Giesen, is this year's Marilyn Alley Memorial Award winner, B'nai B'rith Athletic and Academic Nominee, John Giesen Altruism Award winner and most letters won by a male athlete. To see more award winners, please see sports.

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DANIEL DONATO'S COSMIC COUNTRY ♦ **BRANDON "TAZ" NIEDERAUER**
DANGERMUFFIN ♦ **YARN** ♦ **NEIGHBOR** ♦ **MIKE AND THE MOONPIES** ♦ **KELSEY WALDON**
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SOL DRIVEN TRAIN ♦ **THE JUDY CHOPS** ♦ **SONGS FROM THE ROAD BAND** ♦ **DAVE EGGAR BAND**
SNEEZY ♦ **JARED STOUT BAND** ♦ **CRISTINA VANE** ♦ **EMPIRE STRIKES BRASS** ♦ **INTO THE FOG**
THE WILSON SPRINGS HOTEL ♦ **ISAAC HADDEN ORGAN TRIO** ♦ **TC CARTER BAND** ♦ **SANCTUM SULLY**
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UPCOMING EVENTS

Today, Wednesday, May 24:

Sustainable Blacksburg Lunch & Learn: Commuting by Bicycle

At the Blacksburg Library; noon – 1 p.m. This workshop equips riders with the knowledge and confidence to ride safely on Blacksburg streets and navigate riding on Tech's campus. If you are new to cycling, cycling more often or in new areas, or just want to ask questions about using your bike for transportation, we invite you to join. The curriculum is provided by the League of American Bicyclists and will be led by Jennifer Million. Please join us afterward for a group ride and put these pro tips to practice!

National Scavenger Hunt Day

At the Radford Public Library; all day. Wednesday, May 24 is National Scavenger Hunt Day. Get ready for our groovy 2023 Summer Reading Program by finding all of the smiley faces in the library. Find them all and get a prize - plus, you can pre-register for the Summer Reading Program that begins on June 3rd! Scavenger hunt will be available all day.

Thursday, May 25:

Community Quilting

At the Blacksburg Library; 10 a.m. – noon. Join us for our weekly quilting and sewing group. Bring your supplies and join us for conversation.

Little Critters Petting Zoo

At the Christiansburg Library; 10 a.m. – noon. Little Critters Petting Zoo will be here with all sorts of fun animals. This event is outside, keep an eye out for weather cancellations.

Saturday, May 27:

Shawsville Ruritans 75th Anniversary Celebration

At the Meadowbrook Library; 1- 4 p.m. Come celebrate the anniversary of one of Virginia's oldest Ruritan Clubs. This event is co-hosted by the Meadowbrook Museum and will include a display of the club's history. This will be an "Ice Cream Social." Bring the whole family.

Thursday, June 1:

American Legion meeting

The American Legion, Harvey Howe Carper Post 30 will meet on, 6pm at the VFW Post Home on 102 Watts St. in Radford. For further information, please call 540-250-2283 or 540-239-9864.

Monday, June 12:

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, June 13:

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 the 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.

On-going:

Blacksburg Hydrant Flushing Work

The Town of Blacksburg will be flushing fire hydrants in the northwest section of Town during May and June. Hydrant flushing can cause temporary pressure fluctuations and discolored water. These conditions will subside after the flushing is completed. If you have any questions or concerns, please contact the Town of Blacksburg Engineering Department at (540) 443-1300.

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 the life and

times of Ingles (Colonial times). Can include depictions of local landmarks (Ingles Farm, the Cultural and Heritage Park, Ingles Tavern and other connected sites in the region), and Colonial style art. Painting, plein air, illustration, digital media, textiles, mixed media and photography will be considered - up to three works per artist. Applications will be accepted through 5 p.m. on June 13. Open to artists in and around the NRVA area. Entry forms at www.glencoemansion.org or by contacting arts@glencoemansion.org.

Blacksburg Farmers Market

Hours now through October: Wednesdays 2 – 6 p.m. and Saturdays 8 a.m. – 2 p.m. Located at Market Square Park, on the corner of Roanoke Street and Draper Road in downtown Blacksburg. Features growers of locally grown produce and meats, alongside artisans of baked goods, prepared foods, cheese, handmade crafts, and more.

Christiansburg Farmers Market

Thursdays; 3 – 7 p.m. Located in the Recreation Center parking lot. Features local farmers and vendors. Seasonal produce, plants, fresh baked goods, crafts, fresh flowers, handmade jewelry and more. Items for purchase vary week-to-week. Check our Facebook page for details about weekly themes, prizes, vendors, and live music.

Radford Farmers Market

2023 season of the Radford Farmers Market kicked off Saturday, April 22 on the grounds of Glencoe Mansion, Museum and Galley, located just off West Main Street, 9 a.m. – 1 p.m. each Saturday until October 14. Features produce, plants, baked goods, artisans, fresh squeezed lemonade, eggs, meats, cheeses and more.

Radford Field of Honor

Field of Honor on the grounds of Glencoe Mansion, Museum and Gallery- displayed until the Fourth of July by the Radford Noon Rotary Club. Sponsor flags to honor a veteran, first responder, family member, teacher, associate, etc. Individual flags - \$50. Blue sponsorship - \$500, includes five flags plus signage. White sponsorship - \$1,000, includes 10 flags plus signage. Red sponsorship - \$2,500, includes 10 flags plus premium signage. Money raised benefits scholarships to RHS students attending Radford University, polio eradication, Rotary Youth Leadership Awards, Glencoe Mansion, Radford-Fairlawn Daily Bread, Elf Shelf, the Women's Resource Center, Sleep in Heavenly Peace, Vittles for Vets, Beans and Rice, the Wheelchair Foundation, Wonder Universe Children's Museum, Shelterbox and Sunset Garden. Contact Tom Alston with Radford Noon Rotary at rotary.club.of.radford.noon@gmail.com or register at: <https://registrations.dacdb.com/Register/index.cfm>.

Delegate delivers General Assembly recognition to RHS students



PHOTO COURTESY OF RADFORD HIGH SCHOOL

Delegate Jason Ballard recently visited Radford High School and delivered General Assembly recognition to members of the Forensics team. Pictured (left to right)

Princeton Stevens, Abby Napolitano, Del. Ballard, Coach Casey Worley and Erin Wilson. "Congrats to the Radford High School Forensics Team for being crowned

state champs 2021-22 and 2022-23," said Ballard. "It was my honor to present a General Assembly Commendation to them to recognize their hard work and achievement."

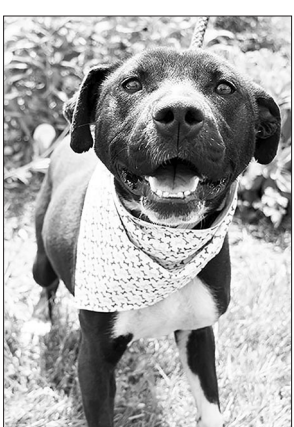
PETS OF THE WEEK

Ainsley is looking to have a ball in life—literally. This happy gal loves to fetch and would love a home where she gets to play with a tennis ball... or two... or four all day. She would do best as the only dog in the home, and humans in the household would need to be over age 12.

Meet pawsome gal Frida! She can be a little timid at first but, when comfortable, she comes out of her shell. She likes meeting new people and receiving attention. She enjoys yummy treats and will do her best to sit when one is in sniffing distance. Stop



Ainsley



Frida

by the Animal Care and Adoption Center to meet her!

These pets and many others are available for adoption

at the Montgomery County Animal Care and Adoption Center, 480 Cinnabar Rd., Christiansburg. Phone: (540) 382-5795.

DWR announces National Safe Boating Week in May

RICHMOND, VA — National Safe Boating Week is May 20-26 and the Virginia Department of Wildlife Resources (DWR) is reminding all boaters to stay safe this summer and always wear a life jacket while on the water.

A good day on the water can turn tragic in seconds. No matter where you boat—from large lakes and rivers to small farm ponds—wearing a life jacket is essential for safety!

While getting ready for the boating season, boaters should make sure they have U.S. Coast Guard-approved life jackets in good condition that fit every occupant of the boat, including children. Safe boating week is a great time to inspect your gear, including your inflatable life jacket. Inflatable life jackets make it easy

for adults to "Wear It" while enjoying their time on the water and being a good role model for young people on their boats.

"As the law enforcement division of the primary boating agency of the Commonwealth, we strive to promote a safe environment for everyone that enjoys recreating on the water. To be as effective as possible, we need your help. Please check your safety equipment at the dock, tell someone when to expect you back, make sure your vessel is seaworthy, and always designate an operator if there is alcohol aboard, says DWR Major Ryan Shuler." "We want everyone to have fun and be safe!"

No matter what time of year you go boating, always let someone know where you are going

and when you expect to return. Also, have a plan to re-board your boat in case the unexpected happens and you end up in the water.

Weather conditions and a marine forecast can be found on the National Weather Service website. The United States Geological Survey has water temperatures for some inland lakes and rivers.

To learn more about boating laws in Virginia and information on boating, boating education and water safety, please visit: dwr.virginia.gov/boating. Remember, everyone wants to have a safe, enjoyable day on the water. Do your part by wearing your life jacket and taking a boating safety education course.

-Submitted by the Department of Wildlife Resources

radfordnewsjournal.com

NRV Regional Water Authority Summary Statement of Financial Condition For the Year Ended June 30, 2022

Assets	\$ 84,162,198
Deferred Outflows	1,187,757
Liabilities	(52,451,951)
Deferred Inflows	(1,237,691)
Net Position	<u>\$ 31,660,313</u>
Revenues	\$ 10,091,581
Expenses	(5,202,150)
Non-operating revenue/expense	(956,302)
Net Change in Net Position	<u>\$ 3,933,129</u>

A copy of the Audit Report can be found on the Authority's website at www.nrvwater.org.

visit www.ourvalley.org

Financial Focus: Can you benefit from a 529 plan?

A 529 plan offers several key benefits. First of all, your earnings can grow tax deferred and your withdrawals are federally tax free when used for qualified education expenses, such as tuition, fees, books and so on. You may be eligible to invest in a

But what if you've named a child as a 529 plan beneficiary and that child doesn't want to pursue any

This article was written by Edward, Member SIPC and submitted by local Edward Jones financial advisor Meghan Kuczmarski (540)552-1241.


May 22, 2022: \$4.46/g (U.S. Average: \$4.57/g)
 May 22, 2021: \$2.95/g (U.S. Average: \$3.03/g)
 May 22, 2020: \$1.78/g (U.S. Average: \$1.95/g)
 May 22, 2019: \$2.59/g (U.S. Average: \$2.85/g)
 May 22, 2018: \$2.74/g (U.S. Average: \$2.95/g)
 May 22, 2017: \$2.16/g (U.S. Average: \$2.35/g)
 May 22, 2016: \$2.11/g (U.S. Average: \$2.28/g)
 May 22, 2015: \$2.49/g (U.S. Average: \$2.74/g)
 May 22, 2014: \$3.48/g (U.S. Average: \$3.65/g)
 May 22, 2013: \$3.40/g (U.S. Average: \$3.66/g)
 Neighboring areas and their current gas prices:

-Submitted by Gas Buddy

In addition to other activities, the society offers Youth Grants to pre-K – 12 and undergraduate or graduate students, or any public non-profit youth group. The grants are educational for the purpose of installing native plant gardens or restoring natural ecosystems through the removal of invasive species

-Submitted by the Virginia Native Plant Society

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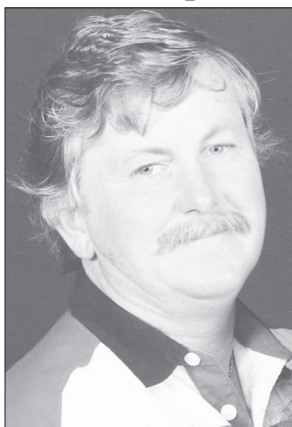
Bowling, Carol Forbes

Carol Forbes Bowling, 82, of Dublin, passed away Thursday, May 18, 2023. Per her wishes, there will be no services. The Bowling family is in the care of Mullins Funeral Home & Crematory in Radford.

Cressell, Ralph Stanley

Ralph Stanley Cressell, 71, of Parrott, passed away Friday, May 19, 2023. He was a U. S. Navy veteran and worked for Pulaski County Schools. He was preceded in death by his parents, Robert and Mae Cressell; his wife, Rosa Elizabeth Nester Cressell; sister, Melissa Keith; and son, Mark Edward Roope.

Survivors include



sons, Le Roope and Chris Roope (Sara Anderson); sisters, Bonnie DeHart and Barbara Bain (Dale); brother, Charles Cressell (Sandra Jones); and many nephews, nieces, other relatives and friends.

Services will be held at a later date.

The Cressell family is in the care of Mullins Funeral Home & Crematory in Radford.

Roseberry, Sarah Boitnott

Sarah Boitnott Roseberry, 76, wife, mother, sister, aunt, and friend has been set free. She has received her victory over this earthly life and gained her eternal life. She fought a long and hard battle but now rest in the arms of God. She departed this earthly life on May 19, 2023, and entered into eternity.

She leaves behind her loving and devoted husband, Terry W. Roseberry of 25 years; children, Keith Phillips (Becky) and Kim Hurst (Gene); stepchildren, Brian Roseberry (Linda) and Scott Roseberry; and grandchildren, Abby and Chris.

She was preceded in death by her parents and three brothers. There are numerous loved ones



who have gone ahead of her and many other family and friends left behind to cherish special memories.

To each of you, live

life to its fullest and live the best life you can. Love others. Jesus is my Lord and Savior, He is where I rest now.

A funeral was held Tuesday, May 23, 2023, at the Mullins Funeral Home in Radford with Pastor Mike Coleman officiating. The family received friends prior to the service. Interment followed at Highland Memory Gardens in Dublin.

In lieu of flowers please make contributions to your favorite Humane society.

The Roseberry family is in the care of Mullins Funeral Home & Crematory in Radford.

Gibb, Janice

Janice Gibb passed away Friday, May 19, 2023, in Christiansburg, with her husband by her side.

Janice is survived by her dedicated husband of 51 years, Colin Gibb; her two children, Robert Gibb and Emily Snyder; daughter-in-law Carrie Gibb; son-in-law Adam Snyder; her grandchildren Sebastian and Parker Gibb, and Isabel, Fiona and Luke Snyder; a brother, Jonathan Payne; a sister-in-law, Nancy Payne; a brother-in-law Andrew Gibb; a sister-in-law Patricia Gibb; several nieces and nephews; cousins-in-law; as well as many friends.

Janice was preceded in death by her parents, Burton Payne and Vivian Payne.

She was a devoted wife, mother, grandmother, and friend, known for her kindness to others and love of animals. She took great pleasure in playing tennis, doing

yoga, and walking on the beach. Her love for her family was only closely paralleled by her love for her dogs.

A graduate of University of Richmond School of Business, where



she was elected to Beta Gamma Sigma Honor Society and served as Secretary of the Student Government Association, Janice went on to become a computer systems engineer at Virginia Tech. Upon retirement, she devoted her time

to the Montgomery County Animal Care and Adoption Center, providing care to animals at the Center. She also enjoyed spending time with her grandchildren and traveling the world.

A celebration of life will be held at a later time. In lieu of flowers, the family requests that donations be made to the Montgomery County Friends of Animal Care and Control (<https://www.mcfacc.org> - PO Box 133 Christiansburg, VA 24068) and the Alzheimers Association (<https://www.alz.org/> - 225 N. Michigan Ave. Floor 17 Chicago, IL 60601).

The family would like to thank Sydney McGinty, Hannah Vest, and Terri Macomber for their kindness and compassion, and Commonwealth Senior Living and Medi Home Health and Hospice for the wonderful care they provided during the last few months.

Mountain Valley Pipeline project record of decision signed

ROANOKE — The USDA Forest Service issued a Record of Decision signed by USDA Undersecretary Wilkes to allow for the Mountain Valley Pipeline project across a proposed 3.5-mile corridor of the Jefferson National Forest.

The Mountain Valley pipeline is a project of Mountain Valley, LLC, to construct and operate a buried 42-inch interstate natural gas pipeline. The Federal Energy Regulatory Commission remains the lead agency responsible for the authorization of the 303.5-mile interstate transmission project.

The Forest Service's decision includes a project-specific amendment to the Jefferson National Forest Land and Resource

Management Plan (Forest Plan) to accommodate the pipeline construction, which requires measures to minimize environmental impacts.

The Forest Service will provide a letter of concurrence for the Mountain Valley Pipeline Project to the Bureau of Land Management. The letter of concurrence will provide the Bureau of Land Management with the terms and conditions, which Mountain Valley, LLC must adhere to.

The Bureau of Land Management is responsible for approving pipelines that cross federal lands under the jurisdiction of two or more federal agencies and will decide whether to issue or deny the right-of-

way and temporary-use permit.

If the Bureau of Land Management right-of-way grant and temporary-use permit is approved, a notice to proceed with construction would be issued when all terms and conditions are met.

For more information on this Record of Decision, visit the George Washington and Jefferson National Forests website at <https://www.fs.usda.gov/project/?project=50036>

The mission of the Forest Service is to sustain the health, diversity, and productivity of the nation's forests and grasslands to meet the needs of present and future generations.

-Submitted by the USDA Forest Service

Neuroscientist explains the science of the 'brain freeze'



PHOTO COURTESY OF VIRGINIA TECH

Summer brings picnics, outdoor barbecues, poolside lounging, but also brings the not-so-pleasant things that harsh the fun vibes, such as ants, mosquitos, and sunburns. Even sweet, cooling delights like ice cream and carbonated slushies can deliver an unpleasant surprise — the dreaded “brain freeze,” a sudden, splitting headache.

But what is a “brain freeze,” and how can we enjoy a refreshingly cold treat without having to endure one? Virginia Tech neuroscientist Kristofer Rau explains the science beyond these quick-onset headaches and how to avoid them — or at least make them go away faster.

Q: What is a “brain freeze” and what causes it?

“‘Brain freeze’ or ‘ice cream headache’ is the occasional intense pain you feel in your head when drinking or eating something that is very cold. One important function of your brain is to make sure that certain areas of your body remain in specific temperature ranges. Your head is particularly important, so the normal response to a cold stimulus inside the head is to try to warm that area back up. It does this by rapidly increasing the flow of warm blood through the blood vessels in the roof of your mouth. This sudden expansion of blood vessels is sensed by nerve cells, but unfortunately the brain interprets the rapid expansion as something that is painful.”

Q: Why does it hurt so much?

“The suddenness of the expansion in the blood vessels causes a burst of activity in the nerve endings in the roof of your mouth, and that intensity is interpreted by the brain as something that we really need to pay attention to and do something about immediately. Most of the regular headaches that we get are also caused by changes in the size of our blood vessels that are similarly detected by nerve endings, but these are more gradual changes.”

Q: How harmful is a “brain freeze”?

“Although pain is highly unpleasant, it is your brain’s natural

way of making sure that we protect our body, even though in this case a temporary cold stimulus is not going to cause any actual damage. A ‘brain freeze’ is not harmful and should go away within a few seconds to a minute or so.”

Q: What can you do to counter a “brain freeze”?

“Everyone is susceptible to getting a ‘brain freeze’. If you do get a ‘brain freeze’, you can either drink something that is room temperature, or you can push your tongue against the roof of your mouth to quickly warm the area back up. You can also decrease the chance of getting a ‘brain freeze’ by eating or drinking cold items more slowly, so that your body has time to adjust.”

Q: How can you avoid one altogether?

“The only way to completely prevent having one altogether is to avoid consuming anything that is cold. Summer without ice cream and popsicles seems quite sad though, so it is probably worth the risk of the occasional ‘brain freeze’.”

An assistant professor with the Virginia Tech Carilion School of Medicine's Department of Basic Science Education, Kristofer Rau is a neuroscientist with expertise in molecular biology, electrophysiology, and behavior assessments. He has a strong interest in science outreach and advocacy.

Be sure to ‘Like’ the News Journal on Facebook.

Get Dad out of the house.....

PERMANENT MEMORIAL OPTIONS IN OUR CEMETERY



Memorial Gardens of the New River Valley

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visit www.ourvalley.org

STUDENT ACHIEVEMENTS

The Honor Society of Phi Kappa Phi inducts new members

BATON ROUGE, LA - The following people recently were initiated into The Honor Society of Phi Kappa Phi, the nation's oldest and most selective collegiate honor society for all academic disciplines: Garrett Knobl, of Blacksburg, at University of Delaware;

Kaitlynn Harless, of Blacksburg, at Virginia Polytechnic Institute & State University; and Serhat Keles, of Christiansburg, at Virginia Polytechnic Institute & State University.

They are among approximately 25,000 students, faculty, professional staff and alumni to be initiated into Phi Kappa Phi each year. Membership is by invitation only and requires nomination and approval by a chapter. Only the top 10 percent of seniors and 7.5 percent of juniors are eligible for membership. Graduate students in the top 10 percent of the number of candidates for graduate degrees may also qualify, as do faculty, professional staff and alumni who have achieved scholarly distinction.

Phi Kappa Phi was founded in 1897. Today, the Society has chapters on more than 325 campuses in the United States, its territories and the Philippines. Its mission is “to recognize and promote academic excellence in all fields of higher education and to engage the community of scholars in service to others.”

SNHU announces Winter 2023 Dean's List

MANCHESTER, NH - Southern New Hampshire University (SNHU) congratulates the following students on being named to the Winter 2023 Dean's List: Joshua Rakoski, of Radford; Grayson Fritsch, of Riner; Gabriel Palma, of Blacksburg; Maya McMahon, of Blacksburg; and Patrick Holtzman, of Christiansburg.

Full-time undergraduate students who have earned a minimum grade-point average of 3.500 to 3.699 for the reporting term are named to the Dean's List. Full-time status is achieved by earning 12 credits over each 16-week term or paired 8-week terms grouped in fall, winter/spring, and summer.

Southern New Hampshire University (SNHU) is a private, nonprofit institution with a 90-year history of educating traditional-aged students and working adults, recognized as one of the “Most Innovative” regional universities by U.S. News & World Report and one of the fastest-growing universities in the country.

Omicron Delta Kappa celebrates new members

LEXINGTON, VA - Omicron Delta Kappa, the National Leadership Honor Society, has welcomed new members from the New River Valley.

Students initiated into the Society must be sophomores, juniors, seniors, or graduate/professional students in the top 35% of their class, demonstrate leadership experience in at least one of the five pillars, and embrace the ODK ideals. Fewer than five percent of students on a campus are invited to join each year.

Local inductees include:

From Radford University: Kristen Edwards, of Christiansburg, Radford University; Abigail Ridpath, of Radford; Allison Jones, of Shawsville;

and Joshua Shimp, of Radford.

From Virginia Polytechnic Institute and State University: Giorgia Cannici, of Blacksburg; Indunil Dharmasiri, of Blacksburg; Alexander Gershberg, of Blacksburg; Zhe Meng, of Blacksburg; Venkata Naga Sai Rama Krishna Pinnimty, of Blacksburg; jingcheng luo, of Blacksburg; Brittany Dodson, of Blacksburg; Elayna Ealy, of Blacksburg; Kathleen Flint, of Christiansburg; Jon Dance, of Christiansburg; and Judith Obregon, of Blacksburg.

Laney Cline on Eastern Mennonite University's Spring 2023 Dean's List

HARRISONBURG, VA - Laney Cline, of Radford, was named to the Spring 2023 Dean's List at Eastern Mennonite University. Cline is majoring in Business Analytics, Business Administration.

To qualify, students must earn a GPA of 3.5 or higher and complete a minimum of 30 credit hours.

A leader among faith-based, liberal arts universities since 1917, Eastern Mennonite University (EMU) emphasizes peacebuilding, sustainability, service to others and social justice to students of diverse religious and cultural backgrounds. EMU educates undergraduate, graduate, professional and seminary students to serve and lead in a global context.

Emma Bosman achieves Spring 2023 Dean's List at Belmont University

NASHVILLE - Emma Bosman, of Blacksburg, qualified for Belmont University's Spring 2023 Dean's List.

Belmont Provost Dr. David Gregory said, “For Belmont's vision of becoming the leading Christ-centered university in the world to be realized, having a student body that is keenly committed to academic excellence, among other things is required. Dean's List achievements are consistently earned by a high percentage of the student body, giving evidence of an ever-increasing regard for scholarship across all programs. It is an honor to have a body of students as dedicated to stellar academic performance as it is to extra and co-curricular excellence.”

Dean's List eligibility is based on a minimum course load of 12 hours and a quality grade point average of 3.5 with no grade below a C.

Local residents earn award from WGU

SALT LAKE CITY - The following local residents have earned an Award of Excellence at Western Governors University. The award is given to students who perform at a superior level in their coursework.

David Sweeney, of Blacksburg, has earned an Award of Excellence at Western Governors University College of Information Technology.

Robert Schulte, of Blacksburg, has earned an Award of Excellence at Western Governors University College of Information Technology.

Anna Dantzer, of Christiansburg, has earned an Award of Excellence at Western Governors University College of Business.

Jason Callahan, of Dublin, has earned an Award of Excellence at Western Governors University College of Business.

Established in 1997 by 19 U.S. governors with a mission to expand access to high-quality, affordable

higher education, online, nonprofit WGU now serves more than 131,000 students nationwide and has more than 257,000 graduates in all 50 states.

Local students named to Bridgewater College's Spring 2023 Dean's List

BRIDGEWATER, VA - Approximately 530 students were named to the Dean's List for the 2023 spring semester at Bridgewater College, which was announced by Provost and Executive Vice President Dr. Leona A. Sevick.

Students on the Dean's List have attained a 3.4 or better grade point average out of a possible 4.0. Students from your area named to the 2023 spring Dean's List at Bridgewater College include:

Emelyn Koene, of Blacksburg, (English and communication, technology and culture major) and Ashley Rutherford, of Blacksburg, (biology major).

Bridgewater College is a private, four-year liberal arts college located in the Central Shenandoah Valley. Founded in 1880, it was the state's first private, coeducational college.

Gabrielle Boling earns Dean's List honor at Lee University

CLEVELAND, TENN. - Lee University congratulates Gabrielle Boling, of Christiansburg, on earning Dean's List honors during the Spring 2023 semester. Dean's List recognition is earned by full-time, undergraduate students with a semester grade point average between 3.7 and 4.00. Congratulations on earning this academic achievement, Gabrielle!

Lee University is a private, Christ-centered university.

Caroline Jones recognized by UNG president for earning 4.0 GPA

DAHLONEGA, GA. - Caroline Jones, of Blacksburg, has been named to the President's Honor Roll at the University of North Georgia (UNG) for achieving a 4.0 grade point average during spring 2023.

Dr. Bonita C. Jacobs, president of UNG, recognized students who reached this academic achievement during the spring 2023 semester. Students enrolled in 12 or more credit hours in bachelor's degree programs who achieved a 4.0 grade point average were named to the President's Honor Roll. Students enrolled in associate degree or dual enrollment programs who met the same level of achievement were named to the President's List.

Gregory Kogan, of Blacksburg, graduates from University of Scranton

SCRANTON, Pa. - Gregory Kogan, of Blacksburg, was among the more than 500 graduates who earned master's and doctoral degrees at The University of Scranton. Degrees were presented at its graduate commencement ceremony on May 21 at the Mohegan Sun Arena at Casey Plaza, Wilkes-Barre. Kogan earned a Doctor of Philosophy degree in accounting from The University of Scranton.

Rev. Joseph Marina, S.J., president of The University of Scranton, addressed the graduates at the ceremony, and conferred degrees upon candidates.

Virginia Tech neuroscientist offers insight into how loneliness can affect health

Efforts are underway to address the “epidemic of loneliness and isolation” affecting the country, as recently addressed by the U.S. Surgeon General Dr. Vivek Murthy who is laying out a “National Strategy to Advance Social Connection” initiative.

Virginia Tech neuroscientist Georgia Hodes says that reports of depression and anxiety are up at least 3-fold since the start of the COVID epidemic. “While loneliness and isolation are likely contributors, the COVID infection itself triggers a depressive episode in approximately 20 percent of people. Understanding how infection impacts mood may help us find new ways to treat individuals that do not fully respond to current antidepressants.”

According to the Center for Disease Control and Prevention, social isolation and loneliness have been linked to increased risk for heart disease and stroke, type 2 diabetes,

depression and anxiety, suicidality and self-harm, dementia, and earlier death.

Hodes' research explores biomarkers and treatments for depression that target the body's immune response system. For studies linking loneliness and isolation to effects on the brain, she points to one study that showed “people who reported they were lonely but were otherwise healthy adults had greater pro-inflammatory immune responses to acute stress and immune activation. The data suggests that loneliness is priming the immune system to react more strongly to stress.”

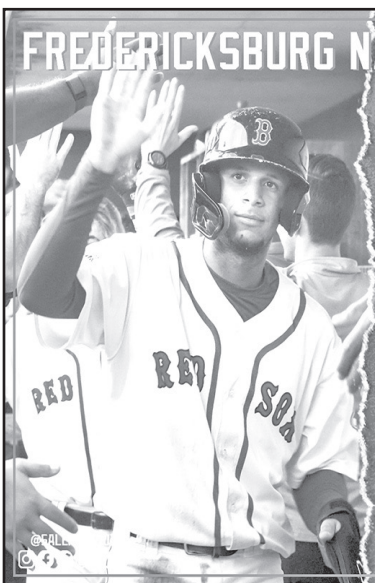
Hodes says that most studies on loneliness in humans have been done in older adults. She points to a recent study by Isabelle F. van der Velpen et al, that used MRI images from the Rotterdam study to examine the relationship between loneliness and brain matter volume. “At baseline

higher loneliness scores were associated with decreased white matter volume. Perceived social support correlated positively with total brain and grey matter volume. In general, though there is little on perceived loneliness and specific changes in brain structures in humans.”

“One of the most replicated findings is perceived loneliness in humans is related to higher levels of the cytokine IL-6 in the periphery. Previously, in mice we reported that altering IL-6 produced in the periphery by the white blood cells could induce or block the effects of stress on social behavior,” says Hodes. “This is a protein that has increased levels when someone is sick. The human data suggest that loneliness is putting people into a constant state of low-grade inflammation which may then promote social withdrawal, depression and/or anxiety.”

-Margaret Ashburn for Virginia Tech

FREDERICKSBURG NATIONALS VS SALEM RED SOX



MAY 23RD 7:05PM
GAME 1 - GATES OPEN AT 6:00PM

MAY 24TH 7:05PM
GAME 2 - GATES OPEN AT 6:00PM

MAY 25TH 7:05PM
MARDI GRAS IN MAY - GATES OPEN AT 6:00PM

MAY 26TH 7:05PM
TYLER'S AMAZING BALANCNG ACT - GATES OPEN AT 6:00PM

MAY 27TH 6:05PM
GRATEFUL DEAD NIGHT - GATES OPEN AT 5:00PM

MAY 28TH 3:05PM
GAME 6 - GATES OPEN AT 2:00PM



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Employment

Town of Troutville

The town of Troutville is seeking a new Park Manager. This position is responsible for overseeing and performing duties necessary to operate and maintain the Town Park of the Town of Troutville. This is a part-time position with a schedule that is both flexible and will have some variations from time to time. The following are duties and responsibilities but are not limited to other tasks as needed: Keep the park safe Mow Grass Weed eating Trimming bushes Weeding flower beds Clean shelters Clean bathrooms Empty trash Open/Closed Park Visual inspection Perform and log routine maintenance Provide a monthly report to Town Council General maintenance Please forward a resume to: Email: Laura.bumgarner@gmail.com

General Information

Piedmont Pentecostal Holiness Church
Sunday morning service 11am. 5007 Jewell Dr. Shawsville Va. Pastor Tim Clyburn. 8 miles from Shawsville rt 460, on Alleghany Spring Rd.

Legals - City of Salem

VERONICA PERKINS, trading as HAMMER & STAIN ROANOKE LLC., 901 S. COLORADO ST. SALEM VA. 24153

The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a MARKETPLACE license to sell or manufacture alcoholic beverages.

VERONICA PERKINS OWNER

NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

ABC NOTICE

SALEM VAPE AND TOBACCO,LLC, trading as SALEM VAPE AND TOBACCO, 29 E. MAIN STREET, Salem VA. 24153.

The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a CONVENIENCE GROCERY STORE LICENSE: BEER AND WINE OFF PREMISES license to sell or manufacture alcoholic beverages.

Legals - City of Salem

Ayeda Sati, Owner

NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

Order of Publication

VIRGINIA: IN THE CIRCUIT COURT FOR THE CITY OF SALEM
CITY OF SALEM, VIRGINIA, complainant, vs. GEORGE W. WELCH, et al, Respondents.
Case No. **CL 23-102**
TO: THE RESPONDENTS: The object of this suit is to enforce the lien for taxes assessed by the City of Salem, Virginia against certain real property designated as Tax Map Parcel No. 39-2-5
An affidavit having been made and filed that diligence has been used without effect to ascertain the location of George W. Welch and Mary Elizabeth Welch and that there are or may be persons with an interest in the subject property, including heirs, devisees, and successors in title of George W. Welch and Mary Elizabeth Welch, who may be deceased, whose names and addresses are unknown, it is hereby ORDERED that each of the parties appear on or before the 5th of June, 2023, and do whatever is necessary to protect their interest in said land. It is further ORDERED, pursuant to Va. Code Ann. §8.01-321, that this Order of Publication be published for two successive weeks in the *Salem Times Register*, a newspaper of general circulation in the City of Salem, and that a copy be posted at the front door of the courthouse in the City of Salem, Virginia. Entered this 4th day of May, 2023. Chance Crawford, Clerk I ask for this: Mark D. Kidd, Esquire-VSB#24149 OPN Law
3140Chaparral Drive, Suite 200-C Roanoke VA 24018 Phone: (540) 725-4700 Fax:(540)772-0126 E-Mail: mkidd@opnlaw.com Counsel for Complainant

Order of Publication VIRGINIA: IN THE CIRCUIT COURT FOR THE CITY OF SALEM

CITY OF SALEM, VIRGINIA, complainant, vs. MARY LUE GRAVES, et al, Respondents.
Case No. **CL 23-103**
TO: THE RESPONDENTS: The object of this suit is to enforce the lien for taxes assessed by the City of Salem, Virginia against certain real property designated as Tax Map Parcel No. 160-3-4
An affidavit having been made and filed that diligence has been used without effect to ascertain the location of Mary Lue Graves and that there are or may be persons with an interest in the subject property, including heirs, devisees, and successors in title of Mary Lue Graves, who may be deceased, whose names and addresses are unknown, it is hereby ORDERED that each of the parties on or before the 5th of June, 2023, and do whatever is necessary to protect their interest in said land. It is further ORDERED, pursuant to Va. Code Ann §8.01-321, that this Order of Publication be published for two successive weeks in the *Salem Times Register*, a newspaper of general circulation in the City of Salem, and that a copy be posted at the front door of the courthouse in the City of Salem, Virginia. Entered this 4th day of May, 2023. Chance Crawford, Clerk I ask for this: Mark D. Kidd, Esquire-VSB#24149 OPN Law
3140Chaparral Drive, Suite 200-C Roanoke VA 24018 Phone: (540) 725-4700 Fax:(540)772-0126 E-Mail: mkidd@opnlaw.com Counsel for Complainant



Legals - City of Salem

Order of Publication

Commonwealth of Virginia VA Code§§ 1-211.1; 8.01-316,20-104
Case No. **CL23000635-00**
ROANOKE COUNTY CIRCUIT COURT, 305 EAST MAIN ST, SALEM VIRGINIA 24153
Commonwealth of Virginia, in re OLDSON,HUDSON LEE DAVID v. LOVE, HUDSON LEE DAVID
The object of this suit is to: NAME CHANGE OF MINOR. It is ORDERED that MICHAEL LEE OLDSON appear at the above-named court and protect his/her interests on or before JULY 6,2023 @ 11:00 AM.
MAY 16, 2023
BENJAMIN GUERRANT, DEPUTY CLERK

Legals - Town of Vinton

ABC NOTICE

MARUTINANDAN VA LLC., trading as FRANKLIN MARKET, 3001 FRANKLIN RD SW, ROANOKE VA. 24014, ROANOKE CITY VIRGINIA

The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a Wine and Beer, OFF Premises license to sell or manufacture alcoholic beverages.

SAI KRISHNA CHEERANJEEVI, OWNER

NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

Legals - Craig County

TRUSTEE'S SALE OF 146 HANNAH CIR AKA RR 2 BOX 1482, NEW CASTLE, VA 24127

In execution of a Deed of Trust in the original principal amount of \$165,000.00, with an annual interest rate of 3.000000% dated March 6, 2006, recorded among the land records of the Circuit Court for the COUNTY OF CRAIG as Deed Book 154, Page 537, the undersigned appointed Substitute Trustee will offer for sale at public auction all that property located in the COUNTY OF CRAIG, on the courthouse steps at the front of the Circuit Court building for the County of Craig located at 303 Main Street, New Castle, Virginia on August 1, 2023 at 3:00 PM, the property with improvements to wit: 5.00 ACRE AS DESCRIBED ON PLAT RECORDED IN CLERK'S OFFICE OF THE CIRCUIT COURT OF CRAIG COUNTY, VIRGINIA IN DEED BOOK 135, PAGE 266 Tax Map No. 35-2-2 THIS COMMUNICATION IS FROM A DEBT COLLECTOR.
TERMS OF SALE: ALL CASH. A bidder's deposit of 10% of the sale price, will be required in cash, certified or cashier's check. Settlement within fifteen (15) days of sale, otherwise Trustees may forfeit deposit. Additional terms to be announced at sale. Loan type: Conventional. Reference Number 17-265489. PROFESSIONAL FORECLOSURE CORPORATION OF VIRGINIA, Substitute Trustees, C/O LOGS LEGAL GROUP LLP, 10021 Balls Ford Road, Suite 200, Manassas, Virginia 20109 (703) 449-5800. Publishing Dates: May 24, 2023, June 28, 2023, and July 5, 2023



Legals - City of Radford

ABC NOTICE

RIVER CITY DISTILLERY, LLC., trading as RIVER CITY DISTILLERY, 92 HARVEY ST. RADFORD VA 24141.

The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a DISTILLERY license to sell or manufacture alcoholic beverages.

CHARLES COSMATO, Managing/Member

NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

Legals - Botetourt County

ABC NOTICE

SHREE HARE RAM LLC., trading as ROADSIDE MARKET, 10761 W LYNCHBURG SALEM TURNPIKE, MONTVALE, VA. 24122.

The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a WINE AND BEER OFF PREMISES license to sell or manufacture alcoholic beverages.

SAI KRISHNA CHEERANJEEVI, OWNER

NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

Legals - Montgomery County

Order of Publication

Commonwealth of Virginia VA Code§§ 1-211.1; 8.01-316,-317, 20-104
Case No. **CL23000688-00**
MONTGOMERY COUNTY Circuit Court, 55 EAST MAIN STREET, SUITE 1, CHRISTIANSBURG, VA 24073 Commonwealth of Virginia, in re ARMY J. KELLY v. WARREN THOMAS AUSTIN
The object of this suit is to: DIVORCE. It is ORDERED that WARREN THOMAS AUSTIN appear at the above-named court and protect his/her interests on or before JUNE 19, 2023.
APRIL 18, 2023
K. MIKE FLEENOR, JR. JUDGE, TIFFANY M. COUCH, CLERK

ABC NOTICE

SA19 LLC, trading as **G2's**, 145 COLLEGE AVE BLACKSBURG VA 24060.

The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for MIXED BEVERAGE RESTAURANT license to sell or manufacture alcoholic beverages.

GEORGES ABBODD OWNER

NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

Legals - Montgomery County

PUBLIC NOTICE

The contents of the listed unit will be sold at Public Auction May 26, 2023 at 11am at 1st Security Self Storage 5 Midway Plaza Dr. Christiansburg, VA. D020 D025 F40 1st Security reserves the right to refuse any bid. Terms: CASH OR CREDIT CARD AT SALE.

Order of Publication

Commonwealth of Virginia VA Code§§ 1-211.1; 8.01-316, 20-104
Case No. **CL23000646-00**
MONTGOMERY COUNTY Circuit Court, 55 EAST MAIN STREET, SUITE 1, CHRISTIANSBURG, VA 24073 Commonwealth of Virginia, in re ALVARO ALEJANDRO LIMON PEREZ v. MARIA GUADALUPE MORALES MENDOZA. The object of this suit is to: DIVORCE. It is ORDERED that MARIA GUADALUPE MORALES MENDOZA appear at the above-named court and protect his/her interests on or before JUNE 19,2023.
APRIL 19, 2023
K MIKE FLEENOR, Jr., JUDGE. TIFFANY M. COUCH, CLERK

TRUSTEE'S SALE OF PROPERTY 486 Waterworks Road, Radford, VA 24141

Tax Map No. 020697
In execution of a Deed of Trust dated July 24, 2008, in the principal amount of \$73,280.45, recorded in the Clerk's Office of the Circuit Court of Montgomery County, Virginia, of record as Instrument Number 08008179, Woods Rogers PLC, Trustee, will offer for sale at public auction outside the main entrance of the Montgomery County Circuit Court, 55 East Main Street, Christiansburg, VA 24073, on June 13, 2023 at 12:00 noon, the property described in said Deed of Trust lying in Montgomery County, Virginia, and more particularly described as follows: All that certain lot or parcel of land with all improvements thereon situate, lying and being in the Prices Fork Magisterial District of Montgomery County, Virginia, on Water Works Road, containing 2.1417 acres more or less as shown on a plat of same dated October 15, 1992, prepared by W. A. Davis, CE/LS, referred to as "Plat prepared for Bobby Wayne Southern, et al." LESS AND EXCEPT: All that certain lot or parcel of land with all improvements thereon lying and being in the Price's Fork Magisterial District of Montgomery County, Virginia, and being all of Lot Two (2) containing 1.03 acres, conveyed to Alan K. Southern and Drema J. Southern by deed dated June 1, 1995 and recorded in the Clerk's Office of the Circuit Court of Montgomery County, Virginia, in Deed Book 876, Page 361 and as shown on plat of survey of record in Deed Book 876, Page 363. TERMS: Cash - Bidder's deposit of ten percent (10%) of the sales price by cashier's or certified check may be required. Balance of purchase price shall be due and payable not later than ten (10) days after sale. WOODS ROGERS PLC, Trustee
For Information Contact: Woods Rogers Vandeventer Black PLC, P.O. Box 14125, Roanoke, VA 24038-4125, Telephone: 540-983-7729



Legals - Montgomery County

TRUSTEE'S SALE OF 5070 GOLD RUSH ROAD, PILOT, VA 24138.

In execution of a certain Deed of Trust dated February 12, 2007, in the original principal amount of \$324,000.00 recorded in the Clerk's Office, Circuit Court for Montgomery County, Virginia as Instrument No. 07001815. 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 June 23, 2023, at 12:30 PM, the property described in said Deed of Trust, located at the above address, and more particularly described as follows: ALL THAT CERTAIN TRACT OR PARCEL OF LAND SITUATE, LYING AND BEING IN MONTGOMERY COUNTY, VIRGINIA, MORE PARTICULARLYDESCRIBED AS FOLLOWS: BEGINNING AT A 1" IRON PIPE FIFTEEN (15) FEET SOUTH OF A THREE (3) FOOT MAPLE TREE WHICH IS 502.5 FEET SOUTH OF STATE ROUTE 726 AND AT CORNER OF MRS. A. P. NAFF'S PROPERTY; THENCE S 04 DEG. 18' 18" E 585.50 FEET TO A 1" PIPE; THENCE IN A EASTERLY DIRECTION 122.83 FEET TO A 1/2" PIPE, THENCE CONTINUING IN AN EASTERLY DIRECTION 210.66 FEET TO A 1" PIPE; THENCE IN A NORTHWESTERLY DIRECTION 84.87 FEET TO A 9" HICKORY; THENCE CONTINUING IN A NORTHERLY DIRECTION 79.58 FEET TO A 14" WILD CHERRY; THENCE NORTHWESTERLY151.00 FEET TO A PIPE; THENCE CONTINUING IN A NORTHWESTERLY DIRECTION 200.00 FEET TO A 1" PIPE; THENCE CONTINUING IN A NORTHWESTERLY DIRECTION 34.17 FEETTO THE EAST CORNER OF A CONCRETE CATTLE GUARD; THENCE WEST 46.2 FEET TO THE POINT OF BEGINNING. TOGETHER WITH A RIGHT-OF-WAY FROM THE HEREIN CONVEYED PROPERTY TO STATE ROAD 726 FOR INGRESS AND EGRESS TOGETHER WITH THE RIGHT TO ERECT OR PLACE UPON THE PROPERTY ALL UTILITIES NECESSARY FOR THE ENJOYMENT OF SAID PROPERTY TOGETHER WITH THE RIGHT TO MAINTAIN, REPAIR, REPLACE AND IMPROVE ANY AFORESAID FACILITIES. TERMS OF SALE: ALL CASH. A bidder's deposit of ten percent (10%) of the 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-208631-2

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RADFORD SPORTS

Hokies get ready for ACC baseball tournament

Coming off Saturday's noteworthy win against the nation's No. 1 side, the Virginia Tech baseball team has learned its postseason course this week at the 2023 ACC Baseball Championship – set to take place at Durham Bulls Athletic Park in Durham, North Carolina – as the conference revealed the official tournament schedule on Sunday morning.

As the event's No. 10 seed, Virginia Tech (30-21, 12-17 ACC) will play in the opening game of both Pool C and the tournament on Tuesday, May 23, when the Hokies battle sixth-seeded [No. 22] Boston College (34-17, 16-14 ACC) at 11 a.m. Per the tournament format, Tech will bat as the away team during its game against the Eagles.

Following Tuesday's tournament opener, Virginia Tech will return to the conference championship site on Wednesday, May 24, to oppose third-seeded [No. 7] Clemson (39-17, 20-10 ACC) at 7 p.m. Per the tournament format, Tech will bat as the home team during its game against the Tigers.

Virginia Tech faced both Boston College and Clemson during the 2023 regular season. The Hokies' lone head-to-head victory against their pool foes took place on March 10 when Tech hammered five home runs against BC at English Field, snapping the Eagles' 10-game winning streak at the time.

To champion Pool C – one of four pools feeding into Saturday's semifinal round – Tech will need to sweep its two pool games against Boston College and Clemson. Should the Hokies advance to Saturday's semifinals, they would oppose the winner of Pool B, featuring second-seeded Virginia, seventh-seeded North Carolina and 11th-seeded Georgia Tech.

As a program, Virginia Tech is making its third



COURTESY OF ACC

consecutive ACC Baseball Championship appearance and its seventh such appearance all-time. Last season, the Hokies proudly earned the tournament's top seed courtesy of their ACC Coastal Division championship and league best, 19-9 record.

Virginia Tech last qualified out of pool play during the 2013 tournament when the Hokies reached the conference championship game, finishing runner-up to North Carolina.

All pool play games at the 2023 ACC Baseball Championship, taking place between Tuesday, May 23, and Friday, May 27, will air live on ACC Network. Should Tech qualify for the semifinals on Saturday, May 28, the Hokies would compete at 5 p.m. on ACC Network.

The Sunday, May 29, championship game will air live on ESPN2, beginning at 12 p.m.

-Virginia Tech Athletics

Blacksburg girls River Ridge champs



Blackburg's Virginia Crawford works the ball in close to the Salem goal and would later score to give the Bruins a 1-0 first half lead. Blackburg won 2-1 over Salem in the RRD championship at Virginia Tech's Thompson Field on Friday night. The Blackburg boys were also the RRD champions.



Charlotte Ellis gains possession for Blackburg during the River Ridge District championship against Salem.



Blackburg's Mila Santsaver-Jones scores despite losing her footing on a second half chance. Her goal would break a 1-1 tie to give the Bruins a 2-1 win in the district championship match.



PHOTOS BY JON FLEMING

The Blackburg girls are the 2023 River Ridge District champions after a 2-1 win over Salem on Friday night.

Batth, Downs receive Christenberry Award

Radford University's Amek Batth (women's tennis) and Adam Downs (men's cross country) have each been awarded the 2023 Big South Conference Christenberry Award for Academic Excellence, the league office announced on Friday.

The prestigious honor is given to the male and female student-athlete who attain the highest GPA during their undergraduate collegiate careers.

Big South member institutions nominate one male and one female undergraduate student-athlete for the annual Christenberry Award. The honor is named for George A. Christenberry, the former President of Augusta College (now Augusta University)

and one of the founders of the Big South Conference. A member of the Big South Hall of Fame, Christenberry served as the league's first President from 1983-86.

Batth has maintained a perfect 4.0 grade point average as a Media Studies major at Radford. During her collegiate playing career, she earned nine singles wins and five doubles wins.

Downs also achieved a perfect 4.0 GPA as a Highlander, majoring in Mathematics and Cybersecurity. He ran in five races in his career, including four during his sophomore season.

The duo becomes the 17th and 18th Highlanders to ever receive the distinction.

Radford has now had at least one student-athlete earn the award in each of the last three years.

2023 Christenberry Award Recipients Amek Batth, Radford (women's tennis)

Adam Downs, Radford (men's cross country)

Kendall Goldfarb, Presbyterian (women's lacrosse)

Lili Jaraczewski, Presbyterian (women's cross country)

Camryn Johns, Campbell (women's lacrosse)

Megan Kratzer, High Point (volleyball)

Atley Livingston, Winthrop (volleyball)

Victor Putter, Gardner-Webb (men's tennis)

-Radford University Athletics

Wilson returns to Tech in new position

Virginia Tech alumnus Devin Wilson ('16, '18) has been appointed the director of student-athlete alumni engagement as announced Friday by Reyna Gilbert-Lowry, senior associate athletics director for inclusive excellence and alumni engagement.

Wilson, who competed for the Hokies in men's basketball and football, will be responsible for managing all aspects of Virginia Tech's Monogram Club. In addition to providing a year-round communication and engagement plan, Wilson will aim to grow brand awareness, while creating memorable experiences for former VT student-athletes.

"Devin's experience as a two-sport student-athlete at Virginia Tech will be extremely valuable as we continue to build upon the Monogram Club's

impact," Gilbert-Lowry said. "This new role will help us maximize the opportunity to engage alumni and connect current and former student-athletes.

"Having one of our own, who knows the value of the Virginia Tech student-athlete experience, will pay dividends. We are extremely excited to welcome Devin back home to Blacksburg!"

Wilson returns to Blacksburg following a seven-month stint at San Diego State where he served as a facilities and operations coordinator. He was the game manager for volleyball and women's basketball for the Aztecs.

"It is an honor and a privilege to have been chosen as the director of student-athlete alumni engagement," Wilson said. "Every athlete, coach, and manager has left their own Hokie legacy that deserves to be

recognized. I am thrilled to represent those like me who have donated their blood, sweat, and tears to always call Blacksburg and Virginia Tech, home!"

An All-ACC freshman team honoree in 2013-14, Wilson amassed 659 points and 414 assists while playing in 129 games during his men's basketball career. Wilson played football in 2016, lining up at wide receiver for the Coastal Division champions.

A native of McKees Rocks, Pa., Wilson earned a pair of bachelor's degrees in political science and English from Virginia Tech. He completed his master's degree in sport leadership from VCU in 2021. Wilson added a sports MBA from San Diego State in December 2022.

-Virginia Tech Athletics

Steve Irby Award Winners Evan Woinski and Andrew Lineberry

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