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Hokie Wellness shares dangers of smoking, vaping with middle-school students

Sporting a knit hat that resembled a human brain, Emma Pace rained \$100 bills onto the floor of a middle school health class on a recent Wednesday morning.

The bizarre act symbolized the cost of vaping, the class of eighth-grade students at Blacksburg Middle School were told.

Clothespins attached to the knit hat represented nicotine changing the brain while the fake cash and Pace's cough depicted some of the monetary and physical losses that result from the habit.

"Vaping can seem really cool, but I hope they see that trying it even once can get you hooked and what that can cost you,"

said Pace, who graduated with a degree in human nutrition, foods, and exercise this spring.

Pace is a member of Hokie Wellness's peer education group, HEAT (Health Education and Awareness Team), which volunteered to teach workshops on vaping to the school's seventh- and eighth-grade students in April. The lessons included demonstrations of vaping's impacts as well as a flurry of facts about the substance and tips on how to turn it down.

"Vaping is going to be something they face through peer pressure for a long time," said Carson Stevens, a HEAT member who graduated with a de-

gree in human nutrition, foods, and exercise this spring. "So, whatever they can learn now about it and how to respond when offered is a really good start."

Vaping — using electronic cigarettes to heat tobacco-extracted nicotine, flavorings, and other chemicals to create an inhalable aerosol — has been the most-used tobacco product among youth since 2014, according to the Centers for Disease Control and Prevention.

In the center's 2021 National Youth Tobacco Survey, about 1 in 35 middle school students - grades six through eight - and 1 in 9 high school students reported to have vaped in the past 30 days. For tradi-



PHOTO BY CLARK DEHART FOR VIRGINIA TECH

The Hokie Wellness peer education group HEAT (Health Education and Awareness Team) teaches middle school students about the dangers of smoking and vaping.

tional cigarette use, those numbers drop to about 1 in 100 middle school students and 2 in 100 high school students.

"I don't know that I have anyone [students] who smokes cigarettes,"

said Janyne Mathena, a health and physical education teacher at Blacksburg Middle School. "But vaping for sure — from sixth grade on up."

This shift in how tobacco is commonly used and

the uptick in usage among young people is something of which Jon Fritsch, assistant director of Hokie Wellness, is well aware.

"It used to be, all the

See Wellness, page 4



VIRGINIA TECH PHOTO

Sharon Stidham (at right) was student marshal at the Graduate Commencement Ceremony on May 11 and carried the banner into Lane Stadium.

Virginia Tech mother and son both earned Ph.D.'s this spring

Sharon Stidham, who received a Ph.D. in instructional design and technology from the School of Education, emerged from the north tunnel of Lane Stadium beaming and holding the Graduate School banner high as Virginia Tech's spring Graduate School Commencement ceremony began. As student marshal for the ceremony's procession, she battled the afternoon breeze to keep the banner aloft while carrying her doctoral hood, and her smile never dimmed.

Her son, James Stidham, watched his mother with pride in the stands. James also

earned a Ph.D. in condensed matter and material physics this spring. It is his third degree from the university, all of them in physics. He said he defended his dissertation too late to participate in commencement. Sharon Stidham defended her dissertation on March 21.

Neither anticipated that they would share this moment, earning Ph.D.s from the same university at the same time and living together as roommates in the process. Sharon

See Ph.D.'s, page 4

Blacksburg Rotary Club awards scholarships to high school seniors

The Rotary Club of Blacksburg recently awarded nine scholarships to Montgomery County High School seniors for math and science excellence, CTE and fine arts. The scholarships were given to students who exhibit a good personal character and who live the Rotary Motto of "Service above Self."

Students are recommended by their teachers and selected by a committee of Rotar-

See Awards, page 4



SUBMITTED PHOTO

Pictured, left to right, are scholarship winners Evelyn Cameron, Karen Villanueva, and Cara Couch.

Downtown Blacksburg, Inc., reveals winning Steppin' Out T-shirt design

Downtown Blacksburg, Inc., has revealed the winning T-shirt design for the 2022 Steppin' Out festival. The winning designer is Cedar Krisch, an 18-year-old recent graduate of Blacksburg High School.

The Steppin' Out t-shirt will be printed by downtown Blacksburg business High Peak Sportswear and will be available to purchase in mid-June from Fringe Benefit, New River Art & Fiber, Atlantic Union Bank's North Main Street location, and Blacksburg Hardware.

Krisch, who has been interested in art from an early age, created the design digitally, but he has experience in a wide variety of art subjects including traditional, digital, sculpture, and fashion.

This fall Krisch will attend Virginia Commonwealth University's School of the Arts, with plans to major in either

See Design, page 4



SUBMITTED PHOTO

Cedar Krisch's winning T-shirt design for the 2022 Steppin' Out festival.

Growing as an educator through the Doctor of Health Sciences program at RUC

By Mark Lambert

Julia Castleberry, DPT, D.H.Sc., '21 started her journey to a doctoral degree in 2017. She said the balance of working full-time, raising her sons, caring for a small farm and commuting long distances for work limited how much time she could dedicate to her studies.

"It certainly required some good time management skills," she said, adding that she began the Radford University Carilion (RUC) Doctor of Health Sciences (D.H.Sc.) program by taking one course at a time.

The self-paced curriculum and 100% online coursework are some of the most popular aspects of the D.H.Sc. program since it allows professionals to work on their terminal degrees in harmony with the other demands in their lives.

"A colleague had begun the program," Castleberry recalled, "and it inspired me to take a look

to see if it was right for me."

At the time, Castleberry had been a practicing physical therapist for almost 30 years. She earned a master's degree in physical therapy from Duke University in 1993 and a clinical transitional doctorate in physical therapy through a hybrid program at Virginia Commonwealth University in 2011. However, she decided to move into academics as a founding faculty member of Radford University's Doctor of Physical Therapy program in 2010.

"Learning through trial and error was not the best for me or my students," Castleberry said. "As a clinician, you do not receive training to teach and assess student learning. Instructional strategies and active learning skills require intention and guidance. Those were skills I needed to develop, and I found that in the D.H.Sc. program, I was able to do that."

Castleberry said that

collaborating with the faculty in the D.H.Sc. program was invaluable as she grew as an educator. She cites the support and mentorship of program director Jeannine Everhart, Ph.D., MCHES®, associate professor Diana Willeman-Buckelew, Ph.D., and professor Lisa Allison-Jones, Ph.D.

"Returning to school can be overwhelming," Castleberry said. "Technology, writing skills and overcoming old habits can be challenging. I found RUC and the D.H.Sc. program supportive and accessible for me."

Castleberry said that communication was key to facilitating her learning and academic success in the program, and the instructors provided multiple pathways to communicate and encourage peer networking.

In 2016, Castleberry moved to teaching at Emory & Henry College's Doctor of Physical

See Castleberry, page 4

UPCOMING EVENTS

Through May 31:

Photography show and sale

Through the end of the month, Long Way Brewing is displaying photos that talented members of the photo club have available for sale. Each photo is priced, some as low as \$25.00, and proceeds from the sales go to the Lamp-lighters, the volunteer fundraisers for the Radford Public Library. Long Way Brewing is located at 501 Second St.

Saturday, May 28 through Monday, May 30:

Radford Public Library closed

The Radford Public Library will be closed through Monday, May 30, in observance of Memorial Day.

Monday, May 30:

MFRL closure

The Montgomery-Floyd Regional Library will be closed on Monday, May 30, for Memorial Day. All branches will be closed on Sundays from Memorial Day weekend through Labor Day.

Radford City Offices closed

Radford's city offices will be closed on Monday, May 30, for Memorial Day. The solid waste collection for Monday will be on Tuesday, May 31. Please have garbage ready for collection by 7:30 a.m. The drop center will be closed.

Town of Blacksburg closures

Blacksburg's town administrative offices will be closed. No Blacksburg Transit services will be available, and BT offices will be closed. Trash pickup in the SE quadrant will be rescheduled to Wednesday, June 1. Please have all trash at the curb by 7 a.m. The Blacksburg Community Center will be closed but will be open to previously scheduled camps. The Blacksburg Aquatic Center will be closed.

Tuesday, May 31:

Chess Club for teens and pre-teens

At the Radford Public Library from 6 to 7 p.m. Youth Services Specialist Dave will be in the community room for some chess. For ages eight through 17.

Wednesday, June 1:

Talking about Books: "Harlem Shuffle"

At the Christiansburg Library at 11 a.m. To be discussed is "Harlem Shuffle" by Colson Whitehead, in-person and virtually.

Talking about Books: "The Righteous Mind"

At the Meadowbrook Public Library at 6 p.m. To be discussed is "The Righteous Mind" by Jonathan Haidt. Call (540) 268-1964 for more information or to reserve a copy.

Thursday, June 2:

American Legion meeting

American Legion Harvey-Howe-Carper Post 30 will meet at 7 p.m. at the VFW Post Home on 102 Watts St. in Radford. For further information, call 540-250-2283 or 540-239-9864.

Chamber Foundation annual bocce ball tournament & Business After Hours

The Montgomery chamber foundations bocce ball tournament will be played at the Montgomery County Moose Lodge 1470 115 Farmview Road NW in Christiansburg from 2 to 7 p.m.

The chamber will also offer Business After Hours from 5 to 7 p.m. with a raffle and the opportunity to win prizes, including an Old Town brand kayak. Tickets are \$5 each or \$20 for five. Email programs@montgomerycc.org for more details.

Crafternoon

At the Meadowbrook Public Library at 2 p.m. Make a variety of ocean inspired crafts. All ages can participate and make a variety of ocean-inspired crafts. Supplies are limited.

Cupcake wars: Under the Sea

At the Blacksburg Library at 3 p.m. Participants can kick off summer reading with this ocean-themed installment of cupcake wars.

Thursday, June 2 through Thursday, June 23:

Set sail to healthy eating and cooking for the family

At the Meadowbrook Public Library Thursdays at 5:30 p.m. Learn how to make affordable, healthy snacks and meals for the family. Receive free cooking utensils at each class and a slow cooker on completion of the four-week series. Activities will be provided for children three and older. The program is co-sponsored by Virginia Cooperative Extension. For more information call the library at 540-268-1964.

Friday, June 3:

"Nailed it!" Summer edition

At the Christiansburg Library at 2 p.m. Inspired by the hit Netflix TV show, participants will use their wacky, artistic side by recreating a work of art using the provided supplies. Ages eight and up. Registration is required.

Saturday, June 4:

Blacksburg Museum annual gospel sing

Blacksburg Museum and Cultural Foundation's annual gospel sing will take place from noon to 6 p.m. on the Alexander Black House lawn, 204 Draper Road SW. Admission is free; donations are encouraged. Area choirs, soloists, and praise dancers will sing current and old-time gospel favorites. Everyone is welcome to bring an instrument and join in the group sings. The schedule for the musical groups is as follows: Noon to 1 p.m.: Bob and Claudia Goldstein; 1 p.m. to 2 p.m.: the Glorylanders; 2 p.m. to 3 p.m.: Joann's This and That Singers; 3 p.m. to 4 p.m.: Simple Gifts; 4 p.m. to 5 p.m.: the Indian Run Gospel Trio; 5 p.m. to 6 p.m.: Alexis Johnson. The event is sponsored by the Virginia Tech Foundation.

American Red Cross blood drive

At the Meadowbrook Public Library at 9 a.m. in the Waldron Wellness Center-Carilion community Room. Schedule an appointment at www.redcrossblood.org. Patrons of the Montgomery-Floyd Regional Library with fines who donate blood will be forgiven up to \$10, redeemable only at the Meadowbrook library.

Caturday

At the Meadowbrook Public Library at noon. Sign up at the library for a 15-minute slot to read to a cat from the Montgomery County Animal Care and Adoption Center to practice reading and to socialize shelter cats. For all ages.

Father's Day gift program

At the Meadowbrook Public Library at 1 p.m. Participants can make a special Father's Day gift. Fill a mug with treats and then gift-wrap it. Supplies are limited.

Teen DND

At the Blacksburg Library at 2 p.m. Dungeons and Dragons for ages 11 to 17.

PanJammers Steel Drum Orchestra

At the Blacksburg Library at 5 p.m. PanJammers is an award-winning steel drum orchestra based in Blacksburg.

Woman's Club of Radford yard sale

The Woman's Club of Radford will hold a yard sale from 8 a.m. until noon at 207 Tenth St. in Radford. Proceeds will benefit children's literacy projects in the New River Valley. The Woman's Club's Babies into Books program gives a book to every baby born at the Carilion New River Valley Medical Center. The group's Reading Is Fundamental program serves three elementary schools: Riverlawn and Snowville in Pulaski County and McHarg in Radford. Each child gets the chance twice a year to select a book of his or her own.

Monday, June 6:

Blacksburg real estate taxes due

The Town of Blacksburg real estate tax invoices have been mailed and are due by Monday, June 6. Anyone who has not yet received a tax statement should call the Department of Financial Services at 540-961-1105. Payment may be mailed, made in person, placed in the drop box at 300 South Main St., Blacksburg, paid by phone with a credit card, or paid online at www.blacksburg.gov/payments. A 10% penalty will be charged if not paid by June 6, 2022. Interest will be charged at the rate of 10% per year beginning July 1, 2022.

Thursday, June 9:

River City Quilt Guild

The River City Quilt Guild meets the Second Thursday of each month at 9:30 a.m. at Grove United Methodist Church, 1020 Tyler Avenue, Radford. The guild welcomes all skill levels of quilters. For more information call Anna Handy, 540 320 7791.

June 2022 Eggs & Issues: COVID after-action report

At Warm Hearth Village, 2387 Warm Hearth Dr., Blacksburg from 7:30 to 9 a.m. Following the eggs & issues breakfast, the Montgomery County Chamber of Commerce will present a COVID after-action report on how the community has adapted. Invited speakers are Dr. Noelle Bissell, Director of the New River Health District; Bill Flattery, Vice President of Carilion Clinic, Western Region; Devin Tobin, COO of LewisGale Hospital Montgomery; and Kevin Byrd, Executive Director of the New River Valley Regional Commission. Admission is \$25 for chamber members and \$35 for non-members. Space is limited, and reservations are required by no later than Tuesday, June 7, at noon. <https://bit.ly/june22eggs>. Register and pay online or contact programs@montgomerycc.org.

Tuesday, June 14:

Sons of Confederate Veterans meeting

The Sons of Confederate Veterans, Stuart Horse Artillery Camp 1784 will meet at 7 p.m. at Aly's Italian Family Restaurant at 3204 Riner Road. Members of the United Daughters of the Confederacy are invited to attend. For further information, call 540-320-4315 or 540-239-9864.

Saturday, June 18:

NAACP Juneteenth commemoration

The local NAACP will celebrate Juneteenth, the traditional African-American commemoration of freedom from slavery from 10 a.m. to 2 p.m., at the Rosa Peters Playground, 300 Depot St. NE, Christiansburg. Music will be part of the fun, and food will be available to purchase. The NAACP Youth Council will sell hot dogs, hamburgers, drinks, and other snacks. An ice cream truck courtesy of Freedom First Credit Union will provide free ice cream.

Proceeds benefit local youth educational activities and programs. The day's program begins at noon, followed by swimming, children's games, a silent auction, and a raffle with door prizes. Various talents will be shared by youth and community members. Information booths from the NAACP and other community organizations will be part of the program. If an organization wants to have a booth, contact the local NAACP branch at info@mrfnaacp or call the branch at 540-382-6751. Entry is free.

Wednesday, June 22:

Red Cross blood drive

The New River Health District in partnership with Blue Ridge Church, 1655 Roanoke St. in Christiansburg, will host a blood drive with the American Red Cross from 10 a.m. to 2 p.m.

Friday, June 24:

Blacksburg Museum Sunset Rhythms 2022

This summer concert series kicks off on the lawn of the Alexander Black House from 7 to 8:30 p.m. with singer/songwriter Grace Campbell. Spoons shaved ice truck will have treats for sale. Guests are welcome to bring a picnic or other snacks. Tickets are \$5 for adults. Children ages 13 and under are free. All proceeds support the work of the Blacksburg Museum and Cultural Center. For more information, visit www.blacksburgmuseum.org.

Throughout June and July:

"Turtle-y Awesome" sidewalk obstacle course

At the Meadowbrook Library during June and July and go through the tropical theme sidewalk obstacle course in the courtyard. For all ages and abilities. Those who complete the course can enter a special prize drawing.

Ongoing:

Radford-Fairlawn Daily Bread volunteer names

Radford Fairlawn Daily Bread and its sister program, Meals on Wheels, are searching for the names of everyone who has volunteered with either service. Anyone who knows of past volunteers, especially those over the programs' first two decades, should contact feherzog66@gmail.com or by mail, addressed to Herzog, at RFDB, P. O. Box 3323, Radford 24143.

Free GED classes with NRCC

At the Radford Public Library from 9 a.m. to noon. Free GED prep classes offered by New River Community College in the library's community room. Call (540) 674-3682 for additional information.

Grab & Go Meals

At the Meadowbrook Public Library. Free grab-and-go lunch and snack meals. Children and youth 18 and younger can come and get a weeks' worth of lunches and snacks every week. Sponsored by Feeding Southwest Virginia.

Glencoe Mansion calls for art for Mary Draper Ingles show

Glencoe Mansion is calling for art for its July-August 2022 Gallery Exhibit, "Follow Her Journey," a multi-artist show themed on Mary Draper Ingles. Artwork should reflect or be based on the life and times of Mary Draper Ingles including depictions of local landmarks (for example, Ingles Farm, the Cultural Heritage Park, Ingles Tavern and ferry site), and colonial style art. All fine arts and fine craft media will be considered.

Artists may submit up to three artworks for consideration. Applications will be accepted through 5 p.m. on June 3. Participation is open to artists in and around the NRV area, ages 16 and up. The show will be on display throughout July and August with an opening reception during the Mary Draper Ingles Festival of July 29-31. For more information, go to www.GlencoeMansion.org or email Gallery Coordinator at art@glencoe mansion.org.

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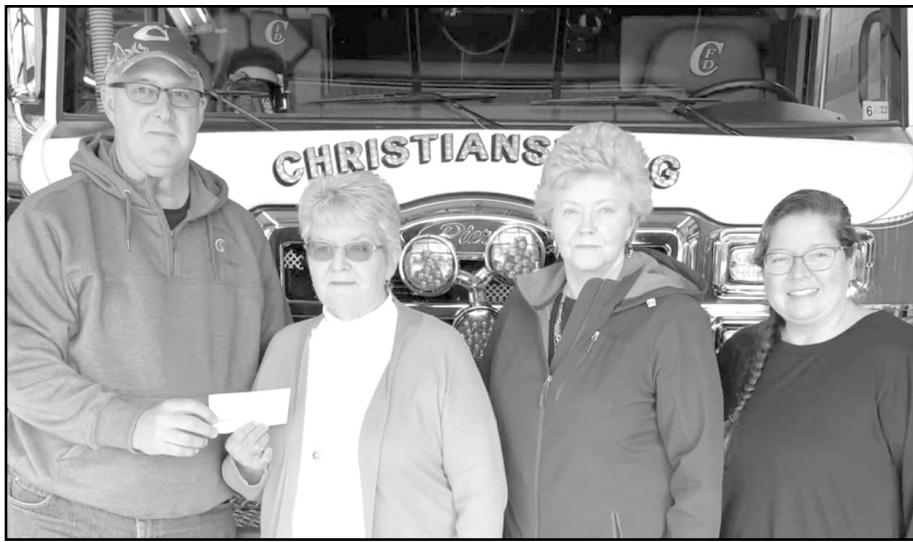
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Beta Sigma Phi sorority's donation supports Christiansburg's rescue, fire departments

Members of Alpha Mu Master Chapter of Beta Sigma Phi in Christiansburg have been supporting both the Christiansburg rescue and fire departments as an annual service project for over 54 years. The donations recognize the first responders for their tireless work serving Christiansburg's citizens, and they assist with the purchase of needed items.



Billy Hanks, Christiansburg Fire Department and Rescue Squad Chief, accepts a donation from (left to right) Alpha Mu Master Chapter Service Chairman Phyllis Durham with Sue Warden and Robin Grove looking on.



Paul Wotring, EMT with the Christiansburg Rescue Squad, accepts a donation from the Alpha Mu Master Chapter of Beta Sigma Phi. Pictured with Wotring (left to right) are Robin Grove, Sue Warden and Phyllis Durham.

SUBMITTED PHOTOS

Historic Virginia farmers markets remain popular in modern times

ALEXANDRIA—With a rich history, faithful following and modern versions, farmers markets have withstood the test of time.

The first U.S. market was established in 1730 in the center of Lancaster, Penn., according to the U.S. Department of Agriculture. Farmers markets were created to support the buying and selling of fresh, local produce, meats and baked goods, and they have increased in number and popularity over the years.

In 2019, more than 8,000 markets operated nationwide, according to the USDA. Virginia has almost 300 of its own, including three that are among the oldest in the nation.

The Old Town Farmers' Market in Alexandria is one of the longest continuously operating farmers markets in the U.S. Within view of Alexandria City Hall, more than 70 vendors sell farm-grown produce throughout the seasons, plus meats, seafood, dairy products, breads, pastries, hot prepared foods, juices, ciders, cut flowers and potted plants.

The market offers something for everybody and attracts thousands of families, foodies, tourists and neighborhood regulars, said Alfred Coleman, deputy director of administration in the city's Department of General Services, which

oversees the market.

Between harvest seasons, vacant produce spaces are filled with vendors selling value-added food products and handmade goods.

The Lynchburg Community Market is the third-oldest continuously operating farmers market in America. The market was established in 1783 as a town square for the expanding city, serving as a social gathering space. The open-air market took on a commercial component when it was rebuilt in 1814.

After moving from its original downtown location to its current site in 1932, the market's role in the community also shifted. The market moved away from its function as a social center and began operating primarily as a farmers market sometime in the mid-20th century.

Since then, the market's growth has coincided with the downtown area's resurgence, and it now serves as a hub for locals to buy farm-raised foods.

"Downtown Lynchburg is technically a food desert, and on Saturdays we're the only place in (the city) where you can have access to fresh fruits and veggies," said assistant market manager Darius Slaughter. "I think the community really acknowledges how much of an important role the community market plays."

The Historic Roanoke City Market



SUBMITTED PHOTO

Virginia boasts some of the longest continuously operating farmers markets in the United States.

has been in the same downtown Roanoke location since its founding in 1882. The market boasts the title of Virginia's oldest continuously operating open-air market. Open seven days a week, it offers residents fresh, local foods and artisan crafts from around 50 farmers and craftsmen.

"It's such a jewel," said Eric Pendleton, the market's manager. "We have some vendors whose families go back to the 1920s at this market. It's become such a tradition."

Named one of the "Great American Public Places," by the Lyndhurst Foundation, the market has evolved over time. In 1979, the old wooden structure was upgraded, and colorful awnings that showcase vendor stalls were added. The iconic City Market Building, which once housed an indoor market, was sold in the '80s.

Drawing thousands during peak season, the market's unique setting and popularity keep it sought-after real estate for vendors.



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Legals - City of Radford

NOTICE OF JOINT PUBLIC HEARING

The Radford City Council and Planning Commission will hold a joint public hearing on Monday, June 13, 2022 at 7:00pm in the City of Radford Council Chambers, 10 Robertson Street, Radford, VA 24141. The purpose of the public hearing is to receive public comments concerning: First Apostolic Church of Radford, on behalf of ConMat Group Inc (applicant/property owner) to rezone a portion of the 14-acre property located at 10 Forest Ave., Tax Map 18-(1)-1. The request is to subdivide and rezone 9-acres from M-2 General Industrial/Commercial District to the B-1 Limited Business, for the develop of a church. Comments may be presented at the meeting and by phone or in writing prior to the meeting. Additional information on this request may be obtained in the Community Development Department, 10 Robertson Street, Radford VA 24141, 540.267.3188 or by email at Melissa.Skelton@radfordva.gov

Legals - City of Radford

NOTICE OF INVITATION TO BID BY THE CITY OF RADFORD VIRGINIA

The City of Radford will accept proposals from qualified contractors to supply and/or perform services listed in Section X of the procurement package and identified herein as **PROCUREMENT ITEM: Quadrennial Reassessment of All Properties - City Budget Expenditure Account Number 100-1232-403170.** The complete procurement package is available upon request to the Commissioner of the Revenue Office, 619 Second Street, Room 161, Radford, Virginia. Written proposals must be received not later than 2:00 PM local prevailing time on August 15, 2022 in the Office of the Commissioner of the Revenue at 619 Second Street, Room 161, Radford, Virginia and will be reviewed accordingly. **BIDS MUST BE SEALED IN AN ENVELOPE CLEARLY MARKED "2024 REASSESSMENT BID" ALONG WITH THE NAME OF THE FIRM, ADDRESS AND MAIN CONTACT PERSON.** Award of a contract will be based on criteria set forth in City

Legals - City of Radford

Code Sections 15.1-42 through 15.1-47. The entire City Code section on Procurement is available for inspection in the City Manager's Office. The City of Radford is an equal opportunity employer and requires that the successful bidder execute an anti-discrimination and equal opportunity guarantee prior to the award of a contract. The right to reject any and all proposals is and to waive any informality is herewith reserved exclusively by the City. A pre-proposal meeting will be held July 18, 2022 at 10:00 am, in the Conference Room at 619 Second Street, Room 161, Radford, Virginia for the purpose of reviewing the proposal/bid requirements. Only those bidders registered at that meeting will be allowed to bid. Bids will be opened publicly at the time and place specified in this announcement. All bids are the property of the City of Radford and are available for public inspection. The City is required to handle each proposal so that disclosure of the identity of any bidder in the contents of any proposal to competing bidders during the process of bidding or negotiation does not occur. Therefore, each bid proposal shall be

Legals - City of Radford

plain envelope indicating only the subject upon which the bid is being entered. The City will not be held responsible for proposals not marked. Until and unless the responsive proposal from the lowest responsible bidder is rejected or cancelled, the City reserves the right to negotiate with the apparent low bidder for the lower contract price in the event the proposal from the lowest responsible bidder exceeds funds made available for the purchase by the City. Changes or modifications may be made or authorized by the City, in the requirement of any of the contract documents, including the plans and specifications, which may be deemed appropriate by the City or which could be accomplished by a change order after the contract is awarded. If such negotiations result in a contract price within available funds, the City may award the contract based thereon, but reserves to itself the right to reject the same for any reason deemed sufficient by it, in which event the project may be re-advertised or not, as the City deems to be in its interests. By the Authority of: City Manager/Purchasing Agent.



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Awards from page 1

ians. Each student receives a \$1,000 scholarship to the school of their choice, and the Rotary Club will place a children's book in the Montgomery-Floyd Regional Library in their honor. Earning the CTE scholarships are Kai Marshall and Klair Roark.

Kai Marshall is a graduating senior at BHS. Kai was a member of both the baseball and football team during his high school career. He is also a proud member of the Blacksburg volunteer fire department. Kai's plans are to attend VT in the Agricultural Technology program in the Applied Agriculture Management program.

Aislin Klair Roark is a senior at Auburn high school with a dual enrollment in the ACCE transfer program. She was on the honor roll and NRCC's dean's list and

maintained top 5% of her junior class. She plans to attend NRCC in Visual Communication Design Specialization AA and S.

Three students received scholarships for outstanding math and science. The recipients are high school seniors with outstanding credentials and the goal of further pursuit of a math or science education. Proper ethics, character, service to other, and past math/science achievements weigh heavily in the selection process.

Zoe Altizer is a senior at Auburn High School where she was selected for the RCC's President's award and is currently on the honor roll. She graduated with a 4.25 GPA and plans to attend Virginia Tech to obtain a bachelor's degree in biological studies at the honors college

and continue in medical school in osteopathic medicine. Jackie Hou attended Blacksburg High School and was president of the Science Olympiad team.

She has a 4.5 GPA, and her plan is to attend Virginia Tech with a biochemistry premedical major. She represented her school and the commonwealth in Atlanta with the Science Olympiad team.

Audrey Link attended Blacksburg High School and was on the senior honor roll with a weighted GPA of 4.44. She was treasurer of the National Honor Society and an AP scholar with distinction. She plans to pursue a double major in computer engineering and computer science with a goal of future research in quantum computing and cybersecurity.

Castleberry from page 1

Therapy program and has since earned tenure at the institution.

"Working with community members and the students, including physician assistants, occupational therapists, physical therapists and nurses, has been wonderful," Castleberry said. "As I progressed in my academic career, I realized I needed to de-

velop my skills to facilitate student learning and success. As I worked through the D.H.Sc. program, I was able to implement real-time changes and improvements to my teaching, content organization and presentation, assessments and feedback."

Castleberry said that the

ability to build not only on your strengths, but also to develop the skills you need for your chosen profession is one of the best outcomes from the D.H.Sc. program for her. Candidates in the D.H.Sc. program can choose to focus their studies on one of three areas that will support their

professional goals, including healthcare administration, community and public health or education and academia.

"The D.H.Sc. program has had a significant impact on my career and on my students," Castleberry said. "Students and peers have asked for my 'toolkit' of teaching

materials and community programming. I can't think of a better compliment to the program than to have others want to learn from me what I learned at RUC. I highly recommend the D.H.Sc. program to challenge yourself and strengthen your skillset in the workforce."

Design from page 1

graphic design or fashion design. After finishing college, Krisch's goal is to create and market a line of gender neutral clothing.

"I want to create fashion that is accessible to anyone regardless of gender, size, or

income, while still incorporating the over-the-top designs that I enjoy," he said.

An annual festival in downtown Blacksburg held this year on Friday and Saturday, Aug. 5 and 6, Steppin' Out will

feature three stages of live entertainment and more than 250 artists and craftsmen from throughout the United States selling unique handcrafted items.

Sidewalk sales and festival foods will be

provided by downtown merchants. To be a festival sponsor or to volunteer to help with the festival, visit the Downtown Blacksburg, Inc., website at www.downtown-blacksburg.com.

Ph.D.'s from page 1

said her son was the one who introduced her to Virginia Tech. James earned his bachelor's degree in 2017 and his parents traveled from their home in Illinois to attend the ceremony. "He and I were walking around the campus, and I said to him, 'This place is heaven.' At that point, I had no plans to come here," Sharon said.

But a stint as an adjunct professor at a community college sparked her decision to earn a doctoral degree. She said she was disillusioned and frustrated with her students' math skills. She'd long been interested in game theory and the use of computer games to help students not only learn concepts, but enjoy the process and develop additional skills. After her experience teaching, "I wanted to design the best possible computer games for learning."

That goal reignited an

educational desire that had been on the back burner for Sharon. She had earned her bachelor's and master's degrees from Rider University in New Jersey and spent several years in marketing before turning to education and teaching. "I had an MBA, but I had always wanted a Ph.D.," she said. Now she had a reason to pursue that goal.

After researching potential universities, she realized Virginia Tech had one of the best instructional design programs, so she applied, was accepted, and moved in with her son.

Her dissertation, "An Integrative Review of the Conceptualization and Assessment of the Learner Flow Experience in Digital Game-Based Learning Environment between 2011-2021," not only analyzed the existing research on the subject, it also created guides and a

common vocabulary for future research, the cheat sheet she felt the field needed. Her advisor, Kathleen Cennamo, will co-author a book based on the results.

Sharon said she could not have done the work without James's support. He helped her navigate the policies and procedures associated with scholarly research. James was a student of Michel Pleimling's and a graduate research assistant in the Center for Soft Matter and Biological Physics. "James trained to be a researcher here," she said. "I was not trained to be a researcher."

James also helped her adjust her perspective as a student, to think more like a scholar and less like someone in pursuit of the highest grade point average in the class. "He was always saying, 'Stop worrying about your grade. You're spending 20 hours to get a super A rather

than 12 to get an A.'" He also helped her place quizzes and assignment grades in perspective: "No one cares if you missed one point."

The two developed a rhythm of conversations and encouragement. They would read each other's research and papers and offer suggestions. She worked with him on style and punctuation. "I was the grammar police," she said. He pushed her to add citations and helped her understand the policies and procedures she needed to follow in her work. "You kept me honest," Sharon said, looking at James.

James said living with his mother in Blacksburg was not much different than any other roommate experience. He said they focused on staying sane and pursued their interests. He played video games, and they also socialized with friends.

News Messenger

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The News Messenger is a newspaper of, by and for the people of Montgomery County. 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.

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Wellness from page 1

things I did were trying to prevent middle school students from starting to smoke or dip, but in the last three years, we're now having to come into schools and talk about quitting," said Fritsch, who, along with Laurie Fritsch, oversees HEAT.

The middle school presentation is similar to the Vape 10 workshop HEAT offers the Virginia Tech community. There are some ad-

justments made, which allow the Hokie teachers to expand their experience. "This is a younger audience, so we have to teach in a way they'll understand," said Stevens. "It's applicable to the real world because I'm not always going to be talking to college students."

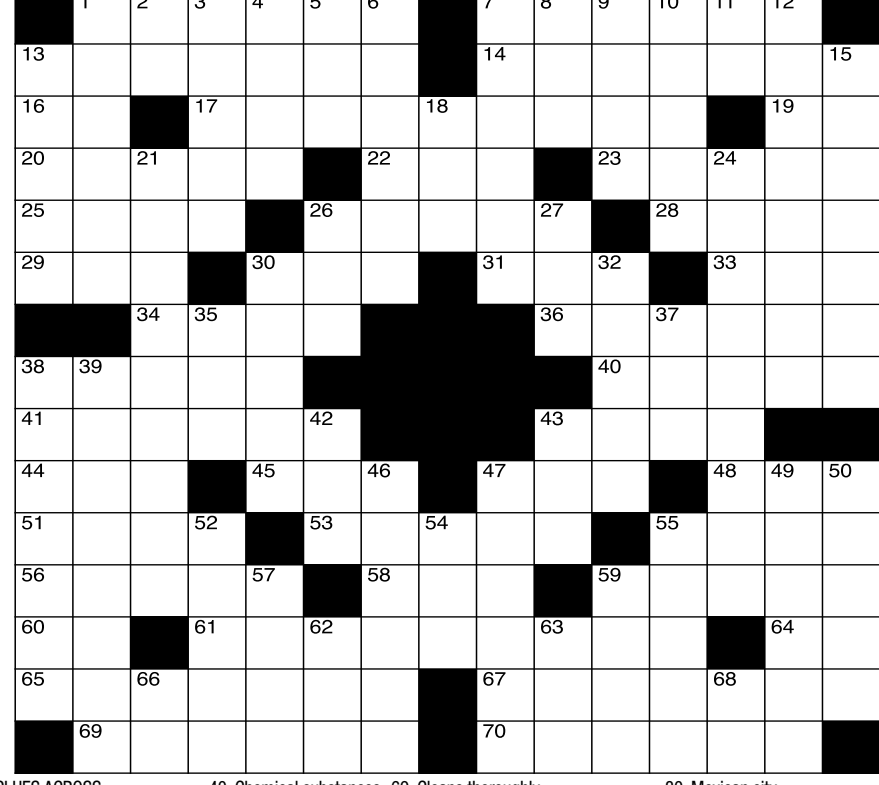
Offering the workshop to middle schools also embodies Virginia Tech's motto, Ut Prosim (That I

May Serve) as well as lives out the university's mission as a land-grant institution.

Pace attended Blacksburg Middle School and took part in the Tobacco-Free Hokies workshop as a middle school student. She said she remembered signing a pledge to abstain from using tobacco.

"And I haven't used it," Pace said.

CROSSWORD PUZZLE



CLUES ACROSS
1. Package
7. Wear away
13. Joins a leaf to a stem
14. Worsens
16. Promotes international cooperation (abbr.)
17. Your folks
19. Publicity
20. Moves up
22. Dept. of Labor
23. Physicist Enrico
25. Whitney and Manning are two
26. Human foot (pl.)
28. Coral is an example
29. Extended error correction
30. Small amount
31. Dash
33. The greatest of all time
34. Middle Eastern country
36. Ravine
38. Cup-like cavity

40. Chemical substances
41. Extremely stupid behavior
43. He built Arantea
44. Beverage beloved by Brits
45. Cereal plant
47. Signal
48. A bar bill
51. Comedienne Faris
53. Preface to a book
55. Stores grain
56. In a way, medicated
58. Small island (British)
59. An Indiana-based hoopster
60. Measures width of printed matter
61. Riders use this to transport goods
64. Once more
65. Thin layers
67. Says again

69. Cleans thoroughly
70. Warnings
CLUES DOWN
1. Relating to male organ
2. Indicates position
3. Covers with frost
4. Makes a soft murmuring sound
5. Wood
6. Type of fuel
7. Confused
8. Where you go at night
9. Canadian flyers
10. Type of birch tree
11. Beloved Welsh princess
12. Coated
13. Smooth substance of crushed fruit
15. Improves intellectually
18. A sign of assent
21. Island-based Italians
24. Pragmatic
26. Peter's last name
27. A bag-like structure in a plant or animal

30. Mexican city
32. Sir Samuel ____, Brit. statesman
35. Summer Olympics were just here
37. Fiddler crabs
38. Southern military academy
39. Tumors
42. Speaks incessantly
43. Sacred sound in Indian religions
46. Transactions
47. Et-__
49. Reminders
50. Doesn't interest
52. Norse gods
54. Canola is one type
55. Beloved sportscaster Craig
57. Irish mother goddess
59. Daddy
62. Press against lightly
63. Sound unit
66. Master of Ceremonies
68. Morning



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OBITUARIES

Egger, Dayton Eugene "Gene"

Dayton Eugene "Gene" Egger, 83, an Alumni Distinguished Professor Emeritus of Virginia Tech, died peacefully on May 21, 2022 at his home in Blacksburg, surrounded by his loving family. Born March 14, 1939, in Starkville, Miss., he was preceded in death by his father, Earl Egger, and his mother, Francis Hightower.

Just like he dealt with all experiences in life, Gene managed his illness with strength and dignity and wanted to spend as much time with his loved ones as possible. A devoted husband to Dorothy and doting father to Kirsten, he lived a full life of travel and exploration and is leaving behind a sustained impact on generations of architects and students. He received his Bachelor of Architecture degree from Auburn University, and in 1969, while in the Master of Architecture program at Virginia Tech, began what would become a lifelong teaching career. His commitment and dedication to his family and education drove him throughout his life.

Reflecting on Gene's contribution to the college, Jack Davis, Dean Emeritus and Reynolds Metals Professor Emeritus of the School of Architecture + Design at Virginia Tech said:

"Gene was a talented educator,

pedagogical leader, colleague and mentor as many of his former students and colleagues practice, teach and lead in architectural and educational institutions around the world."

Gene's work as an administrator also included serving as Director of Special Programs as well as Chair of the Architecture Foundation Program and Director of the Industrial Design Program. As a studio teacher, he earned the respect of generations of students and colleagues. He served as Chair of the Wine Award Selection Committee and as Chair of the University Academy of Teaching Excellence. In 2007, he was named one of the nation's best design educators by DesignIntelligence, a national organization that ranks architecture and design schools. In May 2010, he retired after more than 40 years of service to Virginia Tech and continued to contribute significantly to the school for many years. He and Dorothy traveled and explored together and in June 2019 had the great honor of being by Kirsten's side as she married the love of her life and has witnessed their happiness ever since.



Those left to honor his memory are his wife of 45 years, Dorothy; his daughter, Kirsten Egger Deyerle and her husband, Anthony Kirk Deyerle of Maidens, Va.; many beloved friends, students who became dear friends, colleagues and cousins. They will find peace in the memories of his gentle manner, thoughtfulness, keen sense of humor and endless encouragement.

In a message recently received from Will Schmidt-Scott, a former student of Gene's in 2014, he wrote: "Your stories linger in my mind and I often hear your voice through my drawing, my writing and my travels. I am lucky to have studied with you because you showed so clearly how to see the sensitivities of the world. Your influence has made me a more thoughtful person, and knowing you have shaped decades of students provides me hope for the future. We are grateful for you."

A memorial gathering will be held at a later date in Blacksburg. In lieu of flowers, please consider giving to the The Steger Center for International Scholarship in Riva San Vitale, Switzerland, or your charity of choice.

See Obituaries, page 6

ANGLICAN CATHOLIC

St. Peter the Apostle Anglican Church, 230 W. First St., Christiansburg, VA. Fr Peter Geromel OHI Th.M., Vicar, Fr. Alex Darby, "Associate", 540-382-0432/540-270-9166. Sundays: 8:00 am & 10:00 am Holy Eucharist followed by Christian Education and refreshments. Holy Communion most Thursdays at 12Noon, other Holy Days as announced. Traditional services use the 1928 Book of Common Prayer and 1940 Hymnal. Handicapped accessible. All are welcome. Come worship with us! Website: www.stpetersacc.org. Follow us on Facebook

St. Philip's Anglican Church, 306 Progress Street, NE, Blacksburg, Virginia 24060, (540) 552-1771, www.stphilipsblacksburg.org. Reverend Fr. Wade Miller, Priest. Eucharist Sundays 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 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: fbradford.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.

Faith Christian Church of Christ, 305 3rd Street, Christiansburg, David Rhudy, Minister, 382-4628, Sunday School 10 am; Worship 11 am; Evening Worship 6:30 pm; Wednesday night Bible Study for Women and Men 6:30 pm. We welcome you to any and all of our services.

CHURCH OF GOD

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 THE BRETHREN

Christiansburg Church of the Brethren, 310 South Franklin Street. Pastor: Hal Sonafank, 1-336-583-4822. Sunday School 10 a.m.; Morning Worship 11 a.m.; Bible Study 10:30 a.m. Tuesdays. Website: www.christiansburgcob.org. A loving family, fueled by the Holy Spirit, grounded in God's Word, and delivering Jesus forgiveness and love to all people. Come as you are... you are welcomed!

(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!"

Montgomery County

WORSHIP DIRECTORY

TIME TO REST

Read Exodus 30:1 through 32:35

"This project has to be done right, and it has to be done soon. Work all weekend if you have to." Some work assignments make us wonder if we need to make a few clones to help us get the work done. Life's responsibilities may seem larger than we can handle, yet we need to learn the importance of rest.

"It will be a sign between me and the Israelites forever, for in six days the Lord made the heavens and the earth, and on the seventh day he rested and was refreshed" (Exodus 31:17).

God created the Sabbath for two key purposes. First, people need to set aside a day to worship God and fellowship with His people. Second, we need a day of rest and refreshing. Scientific research bears this out.

Nearly everyone must contend with deadlines and expectations from others. God, however, wants us to set aside time to rest and to seek Him. Obeying His instructions for rest and worship actually helps us gain the energy and renewal we need to be more effective and productive in the responsibilities we carry.

Prayer Suggestion: God, please direct me in ways to better rest in You.

Quicklook: Exodus 31:14-17

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

ECKANKAR

Eckankar, the Path of Spiritual Freedom, is located at 1420 3rd St. SW, Roanoke, VA 24016. However, due to COVID-19, the Light & Sound Services and other ECK programs are currently available online through Zoom. Visit www.eck-va.org for program listings, www.meetup.com/Roanoke-Spiritual-Experiences-Group, or call 540-353-5365 and leave a message. We will return your call. Also visit www.eckankar.org for more information about how the teachings of Eckankar lead you to spiritual freedom.

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: GraceEpiscopal Church and www.graceradford.org.

LUTHERAN

Luther Memorial Lutheran Church ELCA, 600 Prices Fork Rd, Blacksburg. Weekly Online Worship at www.lmlc.org. We are a Reconciling in Christ congregation that welcomes and affirms all people just as they are. For information on Bible studies and Wednesday Vespers, email luthermemorialblacksburg@

gmail.com, or contact the church office, (540) 951-1000. Rev. Monica Weber, pastor.

MULTI-CULTURAL

NON-DENOMINATIONAL

Christian Growth Center, 1850 Electric Way, Christiansburg, VA 24073 (beside Hubbell Lighting). Sunday Worship: 9:30am Prayer, 10:00am Service *Nursery Available. Lead Pastor: Todd Hallinan. Founding Pastor: Rob Sowell. Mission: Sow, Grow, & Go Sow Faith! Grow in Righteousness! Go into all the world in the authority of the believer! 540-382-2908.

PENTECOSTAL HOLINESS

Merrimac Pentecostal Holiness Church, Rev. Richard Hall (540) 552-7194. pastorhall29@gmail.com. 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., 7 p.m.

UNITED METHODIST

Asbury United Methodist Church, 500 Stuart Street, Christiansburg, 540-382-0743. Rev. Dr. Patricia Jones. Sunday School, 9:45 a.m., Sunday Worship, 11:00 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 11:00a.m. Wednesday Bible Study: 6:30p.m. Child care is provided. www.centralmethodist-church.com.

St. Paul United Methodist Church, 220 W. Main St., C'Burg. Rev. Mike Derflinger (540) 382-2410. Sunday Worship 10 a.m., Sunday School 9 a.m. Live streaming Sunday Service - www.twitch.tv/stpaulumc **Wesley Memorial United Methodist Church**, 350 Stafford Drive, Christiansburg, VA 24073, Sunday School 10am, Sunday Worship Service 11am.

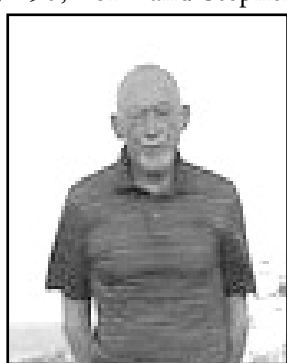
WESLEYAN

Christ Wesleyan Church, 525 Harkrader Street, Christiansburg. Public Worship service at 11:00 AM. Sunday School for adults - 10:00 AM. Pastor: Gale Janofski 540-510-0952. The building is totally handicapped accessible. Website: christwesleyanchurch.org

Obituaries from page 5

Harris, Randall Earl

Randall Earl Harris, 90, of Blacksburg, died Sunday, May 22, 2022, at his home. He was born on June 3, 1931 to the late Earl Wheeler and Arlene Hilt Harris. He is survived by his wife, Jeannie Harris; daughters and son-in-law, Cathy and Dave Blubaugh, and Annie Connelly; sons and daughter-in-law, Curtis Harris, Michael and Arneida Harris,



and Stephen Harris; grandchildren, Allison, Sara, Jamie, Rachel, Carrie, Christi, Trisha, Aiden, Christopher, and Lauren; and six great-grandchildren. Funeral services will be private. In lieu of flowers, memorial contributions may be made to Feeding Southwest Virginia, 1025 Electric Road, Salem, VA 24153.

Moore, Carolyn Lanier

Carolyn Lanier Moore, 91, of Blacksburg, died Monday, May 23, 2022, at her home. She was born in Iredell County, N.C. on Nov. 8, 1930 to the late Samuel McKee and Martha Carter Miller. She was also preceded by her husband, Thomas G. Moore. She is survived by her daughters and son-in-law, Rhonda Brewer, and Candace and Mark White; son, Brent Lanier; grandchildren, Joshua, Chris, Ned, Allison, Brittany, Bailey, and Sam McKee; two great-



grandchildren; and sister, Mary Wood Campbell. Funeral services were conducted Thursday, May 26, 2022 at 11 a.m. in the Blacksburg Church of Christ. Graveside followed at 4 p.m. Thursday, May 26, 2022 in the Abilene Church of Christ Cemetery, Statesville, N.C. The family received friends prior to the service time at the church. Arrangements by McCoy Funeral Home, Blacksburg.

Sowers, Larry Lee

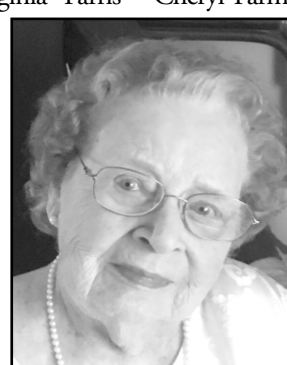
Larry Lee Sowers, 71, of Christiansburg, passed on May 22, 2022, in the comfort of his home. He is survived by his loving wife, Clara Gail Albert Sowers; brother and sister-in-law, Charles "Chuck" and Pamela Spradlin and family; sister-in-law, Angela and Scott Stamper and family; brother-in-law, Dexter and Lorrie Albert and family; dear friends and his Wolverine work family.



380 Arbor Drive Christiansburg. Family and friends are encouraged to dress casual. An opportunity to share anecdotes and stories about Larry will begin at 12:30 p.m. Anyone may speak from the heart and share tributes about this wonderful, generous, and loving soul. The family strongly asks that no flowers be purchased. In lieu of flowers, please make a donation to your local food pantry in Larry's memory.

Webb, Virginia Farris

The lady in pearls, Virginia Farris Webb, age 99, of Christiansburg, peacefully followed the Blood Moon into the heavens on May 16, 2022. She was born in Winchester, Tenn., on March 25, 1923, to John Thomas and Ethel Kate Farris. She obtained an RN degree from the University of Tennessee in Knoxville where she met her husband, Willis Keith Webb. They were married for 71 years.



Cheryl Farmer (Billy) of Grantville, Ga.; Mark Webb (Shelby) of Christiansburg; Karen Moore (Howard) of Standardsville, Va.; Katherine Dibert (Bruce) of Peachtree City, Ga.; and Laura Webb of Bumpass, Va.; 13 grandchildren, 12 great-grandchildren, and numerous friends in the Christiansburg area. The family sends a special thank-you to the hospice team and Margaret, who assisted her youngest daughter, Laura, in caring for her. She gifted her body for the advancement of science with the Virginia Anatomical Program. In lieu of flowers, a gift to a charitable organization of your choice can be made.

Polan, Anna Lee (Underwood)

Anna Lee (Underwood) Polan Ann looked forward to spring, to be (October 14, 1934 - May 22, 2022) passed after an extended struggle with dementia and melanoma. She was preceded in death by her parents, James E. And Reain (Davis) Underwood; a son, Mark E Polan; a brother, Louis W. Underwood; brothers-in-law, Clinton R. Polan and Richard Clark; and several cousins.



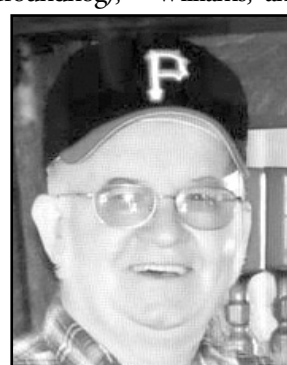
Polan Ann looked forward to spring, to be outside on the farm, in the yard or garden. When children were young, she was an active leader in Girl Scouts and Cub Scouts. In 1974, she began as a Cross Guard at Gilbert E. Linkous Elementary and continued until 2019 with 45 years of service, most likely a record, and she loved the kids. Many came back years later just to say "hi." That same year, she became a volunteer at Montgomery Regional Hospital and continued in excess of 40 years, working countless hours.

Ann is survived by her husband of 66 years, Carl E. Polan; sons, Gregory C. (Pam Linkous-Polan) Polan and David L. (Debby) Polan; daughter, Leanne (Robert) Reynolds; sister, Rosalie Clark, sisters-in-law, Carol Sue Lowther and Wilma (Peggy) Polan and former sister-in-law, Jane Finley; six granddaughters, Rachel (Dwayne) Link, Alice (Aaron) Duty, Emily (Andrew) Polan-Harper, Carly (Brandon) Dove, Sarah Polan, and Lindsey Polan; and great grandchildren, Daniel, Sadie and Natalie Link and Austin Dove. Annie was very loyal and supportive of her husband as he worked through two advanced degrees and a post-doctorate before coming to VPI and Blacksburg in 1965, giving birth to her three oldest children during that period of time. She was a member of Blacksburg Baptist Church and Fidelis Sunday School Class.

The family expresses deep gratitude to the support of friends and brothers and sisters at Blacksburg Baptist Church, and also thanks Good Samaritan Hospice, Dr. Isaac Spence, Carilion and Dr. Heather Brooks of Blue Ridge Cancer Center. Graveside services were conducted Thursday, May 26, 2022 at 11 a.m. in the Westview Cemetery with the Dr. Tommy McDearis officiating. The family received friends Thursday afternoon at the home. In lieu of flowers, memorial contributions may be made to the Blacksburg Baptist Church, 550 N Main St, Blacksburg, VA 24060, Northstar Church, 3929 Prices Fork Rd, Blacksburg, VA 24060, and St. Judes Children Hospital. Arrangements by McCoy Funeral Home, Blacksburg.

Williams, Laymon Miller

Laymon Miller Williams (Groundhog), 83 of Newport, took his final at bat, rounded third base and headed to his heavenly home surrounded by his loving wife, Jean, four children and their families on May 23, 2022. Born at Mountain Lake on Nov. 26, 1938, he was the son of the late Frank Elliston Williams and Maggie Collins Williams.



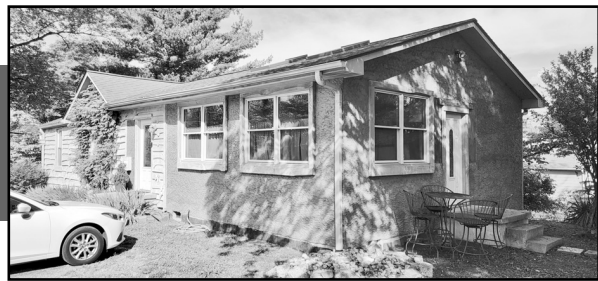
Williams; and three great-grandchildren Megan Shaver, Emmalyn Meister and Cameron Meister. A special thank you to his youngest granddaughter, Madison, for being by his side during his last inning. Her Paw Paw will be proud of our soon-to-be nurse. Laymon worked at Coming for 19 years and Virginia Tech Food Services while simultaneously tending to the Dowdy family farm. He loved NASCAR and baseball, especially the Pittsburgh Pirates. He was his kids and grandchildren's number one fan while they were on the field. A celebration of life will be held on Sunday, May 29, 2022 at Newport Mt. Olivet United Methodist Church at 3 p.m. The family will receive friends after the service. In lieu of flowers, donations can be made to Newport Sports c/o Newport Ruritan Club PO Box 43 Newport, VA 24128.

Laymon was preceded in death by his parents and nine siblings. His one surviving sister, Shirley Hazelwood, resides in Blue Ridge, Va. Laymon is survived by his wife of 63 years, Lura Jean Dowdy Williams; daughters, Becky Shaver of Christiansburg, and Ann Rader (Joel) of Newport; and sons Miller Williams (Jane) of Blacksburg and Michael Williams (Melissa) of Pembroke. He was Paw Paw to eight grandchildren, Kellie Shaver, Whitney Shaver, Amanda Rader Meister (Ben), Josh Rader (Shelby), James Whitaker, Rachel Whitaker Shrader (Kaleb), Morgan Williams and Madison

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Preview - Friday June 3rd @ 4 PM

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Contact - Broker & Auctioneer Matt Gallimore at 540-239-2585 or email gallimore.matt@gmail.com; You can also contact Danielle Dillon Realtor at 540-597-7268 or email ddillonrealtor@gmail.com

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MONTGOMERY SPORTS



PHOTO COURTESY OF RADFORD HIGH SCHOOL

Maggie Dent (center) signed a letter of intent in the Radford High School gymnasium this past week to attend Arcadia University to continue her swimming career.

Radford High's Maggie Dent to swim at Arcadia University

Marty Gordon
NRVsports@ourvalley.org

Maggie Dent, a member of the Radford High School swim team, will attend Arcadia University this fall to continue her athletic career. She recently signed a letter of intent in the school's gymnasium in front of family, friends and coaches.

There are several reasons why she chose Arcadia. "I love the atmosphere there and I felt really at home each time I visited," she said. "Before I realized I could swim, I was very fond of their study-abroad program and their physical therapy program. When I met their swim team, they were so welcoming as well."

Dent's time in the pool has been a successful one. As a freshman at Radford High, she qualified for state, was the Region 2C 200-free-style champ, and followed that up with state appearances every year thereafter. This past year, Dent was part of a girls' team that finished as the state runner ups.

Arcadia University is a private university in Glenside, Penn. The university enrolls approximately 4,000 undergraduate, master's, and doctoral students.

University teams compete in the NCAA Division III within the MAC Commonwealth of the Middle Atlantic Conferences.

This past season at the MAC

championships, the women's team finished in fifth place with 734 points and one top-three finish.

The Arcadia University Department of Athletics and Recreation announced last month the hiring of Aaron Green as the new head coach of men's and women's swimming. Green comes to Glenside after serving as the head coach and aquatics director at Hollins University in Roanoke.

Outside of the pool, Dent is a drum major for the RHS regiment marching band and is a member of the "Be The Change Club."

Dent plans to major in global public health on a pre-physical therapy track.

Blue Demons dominate All-River Ridge baseball

Marty Gordon
NRVsports@ourvalley.org

Christiansburg High School has dominated River Ridge District baseball play this season, and the Blue Demons led district honors revealed on Wednesday.

Junior Mason Self, who has played first base and pitched for the team, was named the district player of the year.

Self finished the regular season with a .561 batting average, eight home runs and 38 runs batted in. His on-base percentage was .691; he went 2-0 on the mound with 35 strikeouts in 16 innings.

Dale Nelson, who coached the Blue Demons to the regular season and tournament titles, was named River Ridge District Coach-of-the-Year. His team finished the regular season at 18-2 overall and 12-0 in the district.

Self was joined on the

first team by teammates Nate Hall (pitcher) and Dawson Gragg (outfield).

Blacksburg placed four players on the district's first team: catcher Bennett Shealor, third baseman Bruce Abbott, outfielder Harrison Tate, and short-stop Trevor VandeVord.

Christiansburg added five more to the River Ridge District second-team: Self at pitcher, catcher Marshall Basham, second baseman Tanner Evans, outfielder Colton McGrady, and utility player Joseph Tuck.

On the softball field up the hill, Christiansburg's Kady Camper was named the Player of the Year. The sophomore has 119 strikeouts in the circle while giving up only eight earned runs. Camper has pitched 69 innings with 17 walks. At the plate, she has six home runs and 30 runs batted in with a .580 batting average, which leads her team.

Camper was joined on

the first team by teammates, Baylee Reasor and Blacksburg's Emily Dickerson, Kaley Mathena, and Loreli Spradlin.

Christiansburg placed a trio of players on the River Ridge District second team: catcher Casey Kietrys, third baseman Addison Reasor, and utility player Kyrstin Lowe. Blacksburg's Aubrey Hudgins, Evelyn Rhodes, and Mia Farley were named to the second all-district team.

Blacksburg's McKenzie Cheynet was named the River Ridge District girls' soccer player of the year while Christiansburg's Scott Duff was named Coach-of-the-Year.

Cheyne was joined on the all-district first team by Norin Bortz, Morgan Cheynet, Julia Howland, Kylene Monaghan, and Elayna Witherspoon.

Duff placed four players on the district girls soccer first team: Jordin

Harris, Lilly Shepherd, Bridget Miller, and Anna Blaine.

Two more Christiansburg players, Ava Landers and Madison Farley, were named to the girls soccer all-district second team as were Blacksburg's Mila Santesaver-Jones, Kat Leedy, Rebecca Webster, and Erin Bishop.

On the boys' side of the soccer field, Blacksburg's Edric Zhang was the district's Player-of-the-Year. Five other Bruins were named to the all-district boys soccer first team: Sean DeLorenzo, Andrew Neely, Wyatt Eschenmann, Caleb Byun, and Luke Milauskas.

Christiansburg placed two on the all-district boys soccer first team: Sami Selfie and Kendall Britt.

Blacksburg's Nevin O'Dowd and DJ Garza made the all-district boys soccer second-team as did Christiansburg's Isaac Prather.

Radford's Ally Brown headed to Roanoke College for softball

Marty Gordon
NRVsports@ourvalley.org

Radford High School softball's Ally Brown will continue her playing career at Roanoke College. She signed a letter of intent earlier this week in the school's gymnasium in front of family, friends, and teammates.

Brown said Roanoke immediately felt like home. "As soon as I walked on campus, I felt an immediate connection and knew it was the college for me," she said.

Roanoke College is a private liberal arts college in Salem with an enrollment of 2,000 students.

The college is a member of the Division III level of the National Collegiate Athletic Association (NCAA), competing in the Old Dominion Athletic Conference (ODAC) since the 1976-77 academic year.

This past week, Roanoke's softball team made it to the championship series of the 2022 Old Dominion Athletic Conference (ODAC) Softball Championship Tournament with a regular-season record of 30-12.

Mike Mitchell is in his 14th year at the helm of the Roanoke softball program and has amassed over 300 wins at the school.

At Roanoke, Brown will become a teammate of Auburn's Hannah Shepherd. Brown hopes to major in communications with a minor in political science and eventually become a journalist or a news broadcaster.

Brown is a utility player who played almost every position in the infield and on the mound. This season, she has a .455 batting average with a .510 on-base percentage and four home runs.



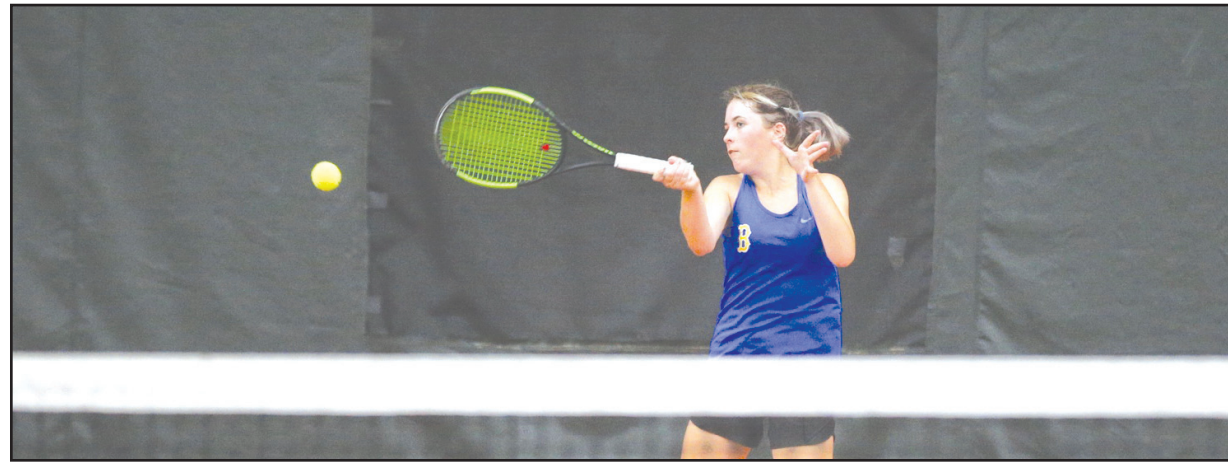
PHOTO COURTESY OF RADFORD HIGH SCHOOL

Ally Brown (left) has signed a letter-of-intent to continue her softball career at Roanoke College. Also pictured is her high school coach, Haley Smith.

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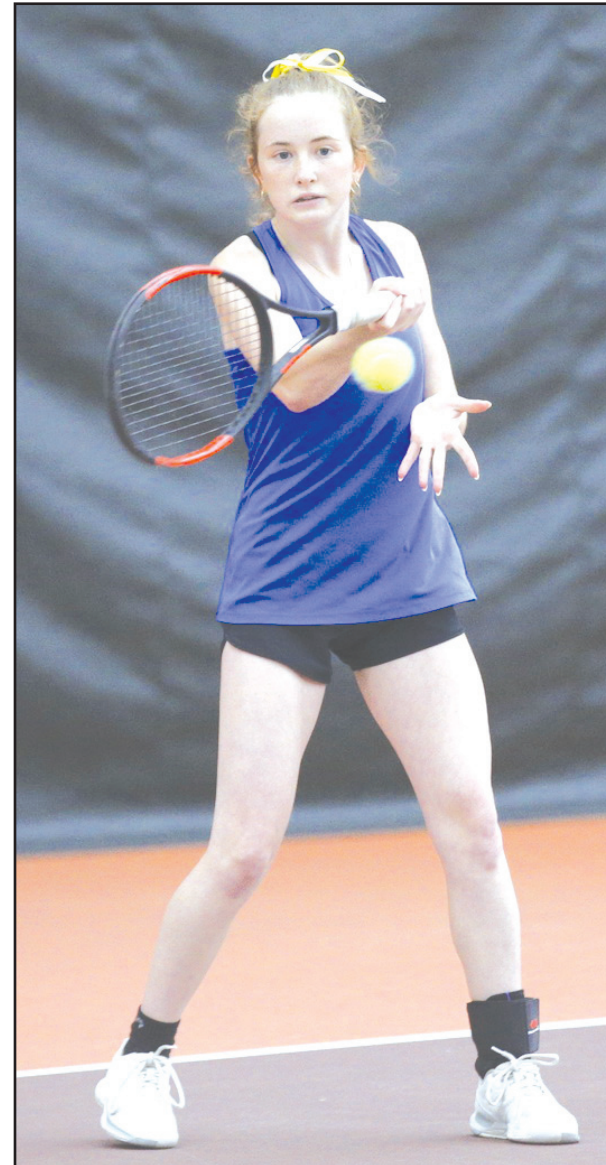
Blacksburg girls sweep Salem in 4D tennis



Blacksburg's Raya Freeborn returns during the number 2 singles match against Salem on Monday at Virginia Tech. Freeborn took the 6-1, 6-0 win. Blacksburg swept the first five matches to take the team win.



Blacksburg number 1 singles player Kirsten Woods prepares to return against Salem's Lauren Baba in a Region 4D tournament match. Woods won 6-0, 6-0.



Blacksburg's Ginsey Thompson hits a forehand return in her 6-0, 6-0 victory. PHOTOS BY JON FLEMING

Radford soccer advances in Region C



Evan Rupe (left) and Ben Tremblay (right) vie for possession as Rupe enters scoring territory. Rupe scored twice for Radford, and Vance Steele added another goal.



Ben Shull (R) pops in the first goal in Radford's 6-1 win Wednesday night over Allegheny in the opening round of the Region C boys' soccer playoffs.



Aiden Minnick positions for a big boot that scores a goal for the Bobcats. He also added another goal late in the contest. Radford was scheduled to play Appomattox in the next round of the region playoffs. PHOTOS BY KYMN DAVIDSON-HAMLEY

THE NRV MPO SEEKS PUBLIC INPUT FOR TIP AMENDMENT #4

The New River Valley Metropolitan Planning Organization (MPO) is amending its 2021-24 Transportation Improvement Program (TIP). The amendment is to modify funding for Blacksburg Transit, Radford Transit, and New River Valley Community Services. It is available for review at the offices of the Towns of Blacksburg and Christiansburg, the City of Radford, and the Montgomery and Pulaski County. It is also available on the MPO website: www.newrivervalleympo.org

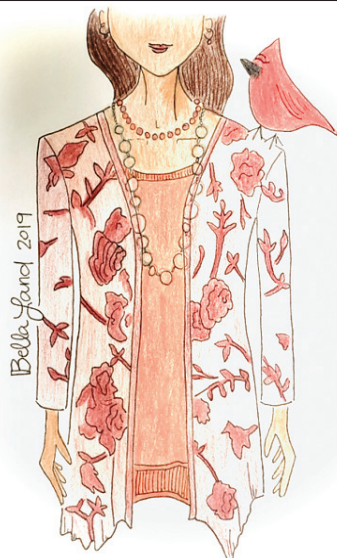
Written comments for this amendment will be received until 5:00 PM, June 15, 2022.

The public can also speak at the August 4, 2022 MPO Policy Board meeting at 2:00 PM at the Montgomery County Government Center.

This public notice and opportunity to comment on the TIP amendment meets the program of projects requirements as established by the FTA pursuant to 49 U.S.C. Section 5307(c).

The NRV MPO ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact Dan Brugh at: brughjd@montgomerycountyva.gov or 540-394-2145, TTY/TTD 711.

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Big South honors RU's Hailey Flowers with academic award

Radford University volleyball's Hailey Flowers has been awarded the 2022 Big South Conference Christenberry Award for Academic Excellence, the league office announced Wednesday afternoon.

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

a 4.00 GPA while majoring in criminal justice and graduating a year early.

A native of Eureka, Ill., Flowers also played a pivotal role for Radford on the court, competing in 25 of the team's 28 games and posting 140 kills, the second-most on the team.

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.

CROSSWORD ANSWERS

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