



## Elizabeth "Liz" Muncy

July 17, 1965 - June 23, 2026

Elizabeth "Liz" Muncy, age 60, of Springfield, Ohio, passed away peacefully on June 23, 2026, after a courageous battle with ALS. She was born on July 17, 1965, in Springfield, Ohio, to Farrell Lee and Shelba Muncy. Liz spent her life in her beloved hometown, where she was known for her fiercely independent spirit, sharp mind, and incredibly big heart. Perhaps the most important legacy Liz leaves behind is the profound example of what it means to be a "fighter." For nearly a decade, she battled ALS with unmatched bravery. She flatly refused to allow the disease to define her life. Instead, she chose to go round-after-round with the toll the illness inflicted, never giving up and fighting fiercely until she had absolutely nothing left to give. Liz was an ardent animal lover. Taking in strays was second nature to her, and she frequently joked that she loved animals far more than people. Her home was a sanctuary for any creature in need. A woman of deep conviction, Liz was a self-described political wonk and a passionate progressive. She believed fiercely in equal rights, absolute equality, animal protection, and creative freedoms. Her values were perfectly mirrored in her lifelong soundtrack; she was the ultimate fan of The Beatles, holding a deep reverence for John Lennon's vision of peace and maintaining a lifelong, "fan girl" crush on Paul McCartney. When she wasn't debating politics or listening to her favorite records, Liz could be found in the kitchen. She was a phenomenal scratch cook who possessed a natural, intuitive culinary talent. She had far too many excellent signature dishes to ever list, and her meals brought immense

comfort and joy to those she loved. Liz is survived by her devoted husband, John Nasta, who was her steadfast partner in the long battle with ALS, and her partner in everything else in life. She is also survived by countless cousins and a large, loving network of extended kinfolk. Adkins Funeral Home Will be assisting Liz's family with her final wishes. [www.adkinsfunerals.com](http://www.adkinsfunerals.com)