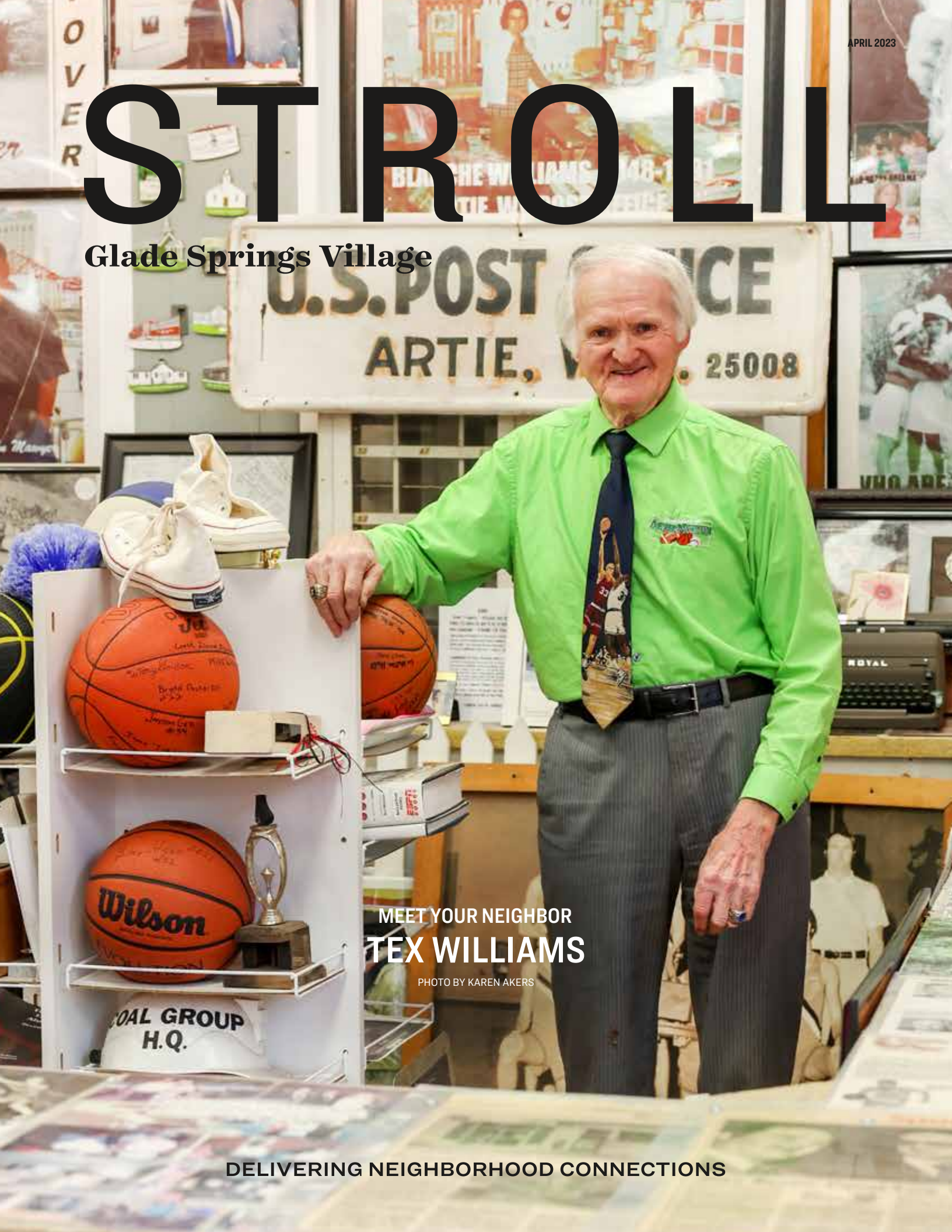


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April 23!



Welcome to April and all that comes with it highlighted by Easter celebrations with family and friends! And for you pranksters we have April Fools' Day on the 1st, so keep your guard up! April also hosts Earth Day and National Arbor Day.

Fun Days in April are International Pillow Fight Day (6th), National Richter Scale Day (26th), National Sense of Smell Day (27th) and Go Fly a Kite Day (21st). So, if someone tells you to "go fly a kite" on the 21st, they actually mean it so don't be mad.

April's full Pink Moon with rise on Saturday the 16th and is the Paschal Full Moon this year or 1st full moon of spring. Should be very pretty!

Thank you as always for your referrals of your neighbors for our various features and for referring your favorite local business who support us here at Glade. We appreciate your engagement and look forward to sharing YOUR story in an upcoming issue! As always, the best "thank you" we can receive is for you to contact one of our sponsors when you have a need for their product or service!

We hope you have a wonderful APRIL as we continue to Stroll into spring!



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2023 GSVPOA GOLF CALENDAR



DATE	COURSE(S)	EVENT	CHAIRMAN
Saturday, April 1, 2023	WH	Woodhaven Opens	
Wednesday, April 26, 2023	SH	Women golf kickoff for all Women POA members - 9 hole Shotgun 4pm ?	Jan Allen
Saturday, June 3, 2023	WH	12 Hole mixed-up scramble 4pm Shotgun Start	TBA
Monday, June 12, 2023	WH	Ladies 4 pm Shotgun/Clinic at 3 pm	TBA
Thursday, June 22, 2023	SH	GSWGA Invitational 9am Shotgun	Anna Kinker
Friday June ?	WH	Friday's at WH 4pm Shotgun	TBA
Saturday, July 8, 2023	SH	Member-Member Tee Times	John Callender/ Clayton Terry
Sunday, July 9, 2023	WH	Member-Member Tee Times	John Callender/ Clayton Terry
Friday July ?	WH	Friday's at WH 4pm Shotgun	TBA
Saturday, August 12, 2023	SH	POA Club Championship	Pat Sterrett/ Bob Coburn/Jan Allen
Sunday, August 13, 2023	WH	POA Club Championship	Pat Sterrett/ Bob Coburn/Jan Allen
Friday August ?	WH	Friday's at WH 4pm Shotgun	TBA
Friday September ?	WH	Friday's at WH 4pm Shotgun	TBA
Monday, October 31, 2022	WH	Woodhaven Closes	
OUTSIDE EVENTS			
Friday-Sunday March 18-20, 2023 Univ Chas	SH (RS)	University of Charleston College Tournament w/ Cobb (SH Closed Saturday/ Sunday during event)	
Saturday/Sunday April 15-16, 2023	WH	WVGA 2man Scramble 10am SG (2 Day)	WVGA
Thursday, April 27, 2023	WH	WVGA Senior Series 10am SG	WVGA
Thursday, May 11, 2023	SH (RS)	TC Energy	RESORT
Friday, May 19, 2023	WH	WVU Tech Hall of Fame Classic - 1pm SG	Jen Brown
Friday, June 2, 2023	WH	Young Life RC Classic - 1pm SG	Logan Brown
Tuesday, June 6, 2023	SH (RS)	Bunkers Open/Chamber of Commerce 10am SG??	RESORT
Friday, June 9, 2023	WH	Crimestoppers 10am SG	TBD
TBD	SH (RS)	Mountain State Classic w/Cobb	Mike Mays/Ryan Neal
TBD	WH	Federal Corrections 9AM SG	TBD
Friday, July 21, 2023	SH	WVGA AM Tour 9am SG	WVGA
Saturday/Sunday July 22-23, 2023	SH (RS)	WVGA Parent-Child w/Cobb	WVGA
Friday, August 18, 2023	WH	Just for Kids Charity - 1pm SG	Marcy Nolan/ Rick and Stoya Lay
Saturday/Sunday August 19-20, 2022	SH/WH	Am Golf Tour---SH 1pm TT 08/20 WH-10am TT 08/21	Justin Keaton
TBD	WH	WVU Tech- Ed Robinson 1PM SG	Paul Mattox

AERIFICATION DATES:
 Stonehaven | 5/15-18/2023 | 08/21-24/2023
 Woodhaven | 05/2-5/2023 | 09/5-8/2023

GSVPOA TRAIL PASSES & MORE!

BY MATT FELBER

We have our **2023 trail pass** available for purchase at this time. This year the board has approved a single combined trail pass for both Stonehaven and Woodhaven. The fee is \$600 plus tax. This will also include one GHIN membership with additional

memberships available for \$34 each plus tax. There will no longer be separate Stonehaven and Woodhaven trail passes. The Golf Committee will be adding member events throughout the summer to encourage play on Woodhaven. For example, when a trail pass holder plays at Woodhaven, they have complimentary use of the POA carts, if needed. Previously, when we have mixed course events such as Member/Member or GSVPOA Club Championship, members with a trail pass to Stonehaven only, they would have to pay for their cart fee(s) on the Woodhaven course. This fee will be included for the 2023 combined trail pass.

We also have a couple of new options for the upcoming golf season. We will be offering prepaid discounted passes for member cart fees and prepaid guest of member green fees that include cart fees. We will have a punch card that will be sold that includes 10 fees, prepaid, and get two free. This pass will only be valid for the 2023 season and will expire on Dec. 31, 2023. The unused will not roll

over to the 2024 season. All passes can be purchased at the Woodhaven golf shop or the Stonehaven Starter House. During inclement weather, please call ahead for availability. In addition, we are now allowing private carts without a POA trail pass to be used on our courses, providing the member pays the applicable cart fee.

For those POA members that are interested in taking advantage of booking online, please email matt.felber@gladespringspoa.com or tyler.farley@gladespringspoa.com and we will reset your online access and update your username and password. This will be a great opportunity as we are soon to install our new point of sale system that will allow you the option to pay at the tee, via your phone, and avoid any lines in the golf shop for payment of cart fees

and/or guest fees if applicable. The new system has many additional functions that will be integrated as we bring it online.



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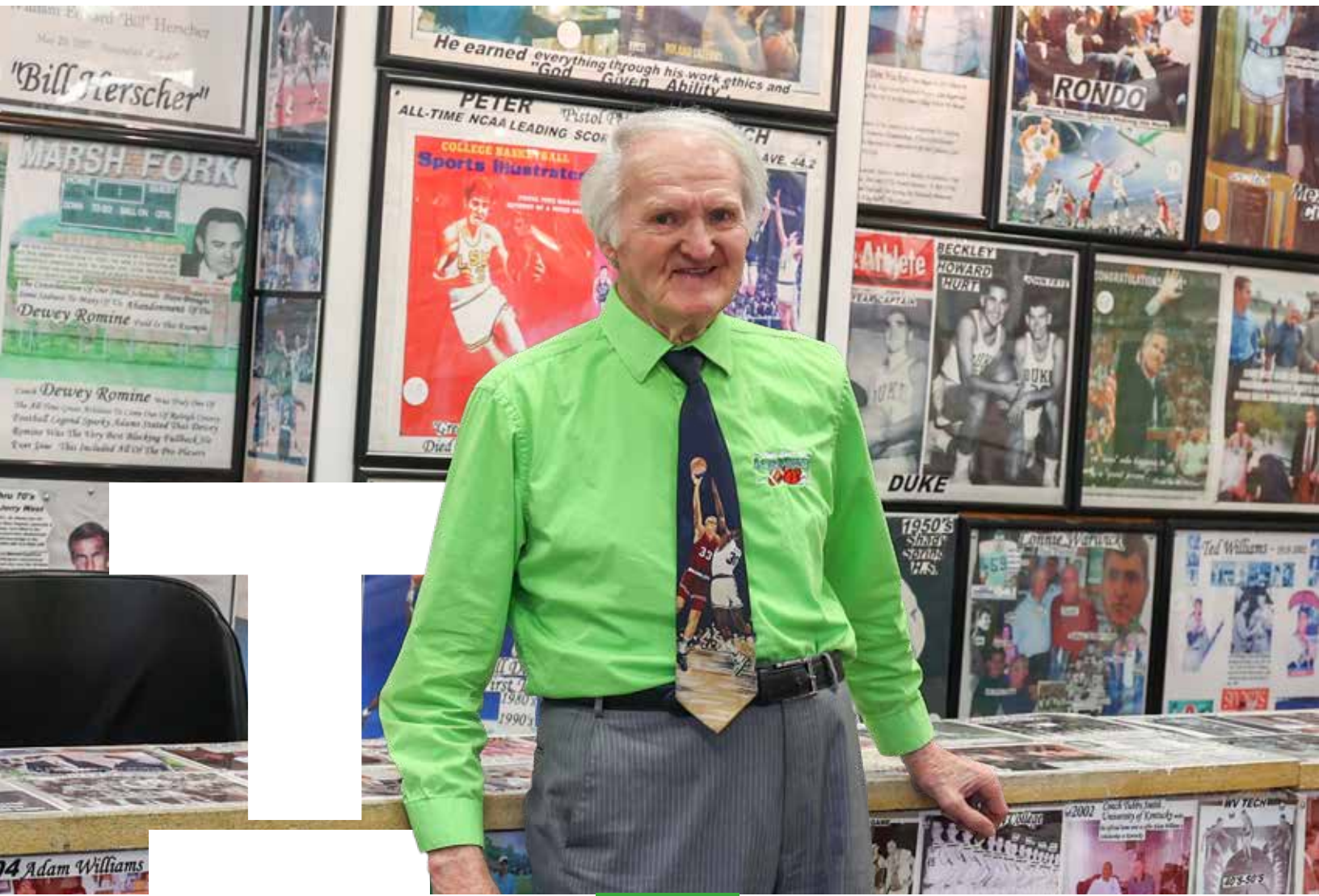
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TEX

Many of music's greatest icons are identified with only one name: Prince, Muddy, Sting, Cher, Bono, Madonna, Mick...The same holds true for some of West Virginia's greatest sports icons: Hot Rod (Hundley), Zeke (Jerry West), Randy (Moss), and Sam (Snead) to name a few. If one were out for a drive in Glade and turned onto White Pine Drive and then veered up the hill onto Upland, there is a single-story abode that is home to one such WV sports icon known and beloved statewide simply as "Tex." It is only fitting that his home sits on the highest ridge in Glade Springs because if there were a Mount Rushmore of WV sports legends, his bust would be on it.

Tex Williams began his athletic journey not far from here in the Raleigh coalfields at now defunct Clearfork High School where he was an all-stater in football, basketball, and baseball. Growing up in nearby Artie, WV, where his mom was the postmaster and his dad a coal miner, Tex recalls his dad purposely taking him hunting up in the hills near an old, abandoned coal mine.

BY ED MCCALL • PHOTOS BY KAREN AKERS

He took the impressionable 12-year-old about 20' into the face of the mine with water dripping and rotting timbers leading down into a dark, dank, and musty shaft. There he asked his son if he would like to work in such an inhospitable environment. When Tex answered with a resounding "no," his father said the only way to avoid such a plight was to get a good education and promised that he and his mom would support him in that quest. Tex and each of his siblings took the instruction to heart and all of them became teachers.

Tex matriculated to Beckley Junior College where he starred on the basketball court and made the WVIAC All-Conference Team as a freshman and sophomore. WVU and Marshall and other big schools came calling, as well as the Detroit Tigers who offered him a pro contract, but he settled on Huntington where he is now enshrined in the Marshall Hall of Fame for his exploits as both a basketball and a baseball standout. Williams was given the MVP award for both sports his senior year.

His father made two trips to Huntington: One was to watch his son lead the Herd in a close lose to Cincinnati in hoops. The other was to see the culmination of a lot of hard work by them both as Tex received his college diploma. It was the fulfillment of a promise made by both years before on a hilly mountainside.

As basketball coach of the St. Albans Red Dragons, his teams were respected for their combative, hard-nosed style of play in the toughest league in WV, the Kanawha Valley Conference. His teams compiled 348 wins, and he developed two WV Players of the Year, Brett Nelson in 1999 and his son Adam in 2004. Nelson went on to play college ball at Florida and is now the head coach at Holy Cross. Adam played at Kentucky and Marshall, where he is now an assistant coach. Williams also led the Dragons to 4 WV State cross country championships.

Tex spent 4 seasons as head coach at the University of Charleston where he resurrected the program, and his 1986 team went undefeated in the WVIAC, winning both the regular season championship and the conference tournament. That team defeated a Marshall



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***Note from the author:** Many of the stories that I write for Stroll begin with an interview with folks that I do not know until we meet, and I learn their story. Others subjects I may know in some fashion or share mutual associations. When I get to sit down and discuss a life well-lived with someone whom I consider a good friend, colleague, mentor, and one of my own heroes, it is a real treat. Such was the case when I called Coach and asked if I could stop in for a chat. One hour turned into three but seemed like only 15 minutes. The stories and the recollections of two old coaches are a wonderful balm to life's aches and pains. What a pleasure for me to start 2023 spending time with someone who has accomplished so much and helped so many along the way. Tex Williams is a genuine WV gem, salt of the earth, as West Virginians are fond of saying who won at the game of life by putting others first.

team in Huntington by 21 points, and that MU team turned around and beat a WVU team with 4 hall of famers on it by 10 points at the Civic Center in Charleston. However, he is just as proud of his first UC team that was perceived by outsiders as “going nowhere” because of internal strife that forced him to dismiss some bad apples from the squad. He rallied the troops, and they ended the 33-game win streak of a WV Tech team led by future NBA star Sedale Threatt.

Tex always thought of himself as a teacher first and a coach second. Proof of that came when I asked him to name some of the highlights of his storied career.

1. All 15 players on that '86 team got their degrees.
2. His UC teams won the WVIAC sportsmanship award (voted by other teams) 2 years in a row.
3. His coal miner father with a 4th grade education got to see him graduate and be presented his team's MVP award at the only college game he got to see.
4. In 1975 he was named WV high school coach of the year (all sports). In 1985 he was named the WV college coach of the year (all sports). He is the only recipient to ever win both.
5. In 100 years of Morris Harvey/UC basketball his 1986 team is the only one to go undefeated in the WVIAC.

Williams concluded his coaching career with a stint at Alderson Broaddus before taking the reins of the state's professional basketball team, the Charleston Gunners who competed in the CBA, the forerunner of today's G-League. Many players in that league went on the NBA stardom.

When retirement left him feeling his work, and by work, I mean his service to others, was not finished, Tex was involved in a horrific car accident. Seconds after the crash Tex lay injured and with his mortality in question, he recalls that the Lord crystallized his mission. He would take all the memories

and memorabilia he had collected and make them state treasures. He had already purchased the old post office building in Artie where his mom had never missed a day's work. Old buddies came forth to refurbish the structure that now houses the Artie Museum of WV Sports Legends. Out back of the athletic shrine visitors will find a spiritual garden, a quiet place where visitors can reflect on loved ones and friends who have passed.

It began with a legends' dinner attended by 25 invitees at the Beckley Moose Lodge and culminated last July in Charleston at the Civic Center with 1400 in attendance, including a U.S. senator and the governor as well as the two of greatest coaches in Marshall and WVU history, Bobby Pruett and Don Nehlen. When the museum was dedicated and first opened to the public, Jerry West and Willie Akers, two of his legend basketball buddies showed up for the event before an overflow crowd.

At 82 years of age, many would throw up their hands and think they had accomplished about all they could. Not Tex. He says each morning when he rises he makes his way in front of his bathroom mirror where he “Thanks God for all his blessings,” and then challenges himself like he has done so many of the athletes he has coached with words aimed at himself. “Time to get busy!”

Busy he remains. The next project on the horizon is to find a better, more accessible location for the Artie Museum. Expect it to happen. Till then, if you get the chance, make the drive down to Artie and immerse yourself in the wonderful sports treasures and memories that are presently housed in the place that spawned one of West Virginia's greatest sports legends and your Glade neighbor, Coach Tex Williams.



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Claire Willson

Keeping up with Claire

BY SOMALIA NELSON
PHOTOS BY KAREN AKERS

This freshman is on top of her game. She keeps herself busy and maintains a 4.3 GPA while balancing basketball and cross country. Claire is a bright, talented student, who loves to go out of her way to brighten people's day and put a smile on their faces. At the young age of fifteen, she has great plans for her future. Claire is the daughter of Dave and Amber Willson. Her two younger siblings, Jack and Hanna, are eight and twelve years old, respectively. Helping out her parents from time to time, Claire sometimes looks after them.

Attending Shady Spring High School, this student athlete is diligent, hardworking, and prioritizes her academics. Taking all honors classes, she has always maintained an impressive GPA. She enjoys learning about science, earth and space science in particular. Claire is a member of the fellowship of Christian athletes club at her school and is the vice



president of the freshman class. This extroverted teen's favorite thing about school is talking to her friends.

Claire plays basketball and runs cross country for Shady Spring High School. In second grade, Claire began playing basketball at Upward. Playing power forward, this basketball player shows off her skills in the paint and has excellent defense. Giannis Antetokounmpo is her favorite basketball player. "We play the same position, and I love his vibe. He's hilarious and always has a good attitude toward the game," she says. "I love my girls," was Claire's response to what she likes most about basketball.

Using cross country as an opportunity to stay in shape for basketball, this disciplined athlete strives to be the best basketball player she can be. Claire says this is a learning year for her basketball team, as they're establishing their team chemistry. Looking to try something new, she plans to pursue tennis this spring. Tennis is a new endeavor for Claire, now being the third sport she plans to conquer. Claire has previously taken a couple of tennis lessons and wants to get back into it.



In her free time, Claire enjoys singing and painting. She often looks to Pinterest for inspiration. Reading is one of her favorite hobbies. She loves the book *Where the Crawdads Sing*; after reading it this summer in less than two days, she says it is her favorite book. Her favorite author is Colleen Hoover. She loves reading her books and has a collection of them. Claire also enjoys spending time with her two cats, Dash and Baby.

With hopes of attending college at WVU, Claire looks forward to pursuing her dreams of becoming an occupational therapist. She awaits the opportunity to work with kids. Claire also volunteers at church on Sundays, helping out with the nursery and children's church. This winter, she plans to ski more, as she is a novice and wants to enjoy it with her friends. Her summer plans consist of



going to the beach, spending time with friends and family at the Glade pool, and reading novels. In the past, I've noticed Claire reading by the pool, which is a rare site for teens in that setting. She is clearly her own person and is on the path to success!

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HEATHER HILL

Pickleball's real dill

BY WHITNEY CAPPELLARI • PHOTOS BY KAREN AKERS

When it comes to Pickleball, Heather Hill is, “the real dill,” and that is no joking matter. She picked up the sport in the Summer of 2021, taking advantage of the free lessons offered at New River Park by the legendary Coach Barksdale. She was instantly hooked and has since risen to the ranks of USA Ambassador of



Pickleball for the State of West Virginia— one of only twelve in the state (her area of focus being Raleigh County). Heather’s passion is contagious and so is her drive to bring Pickleball to the community. Her two (2) sons, Jackson (age 22) and Zan (age 19), have even joined in on the fun.

But what is Pickleball for those who are unfamiliar? Heather described it, “as a cross between tennis, ping pong and badminton. You use an oversized paddle with a wiffle ball on a shrunken tennis court and you can play singles or doubles,” with the latter being the more popular way to play. Pickleball is the fastest growing sport in the United States with numbers jumping from 4.8 million players in 2021 to a staggering 36.5 million players in 2022. It is an all-inclusive sport, meaning individuals can play at any age and at all skill levels.

In addition to her work as an RN, Heather has also joined forces with Coach Barksdale to give free lessons to the Beckley Community on Thursday’s from 6:45-9:00pm at the United Methodist Temple. Her goal is to start a “Pickleball Club,” where members of the community at large come together for a little friendly competition and fun. She has already helped orchestrate, “Prayers and Pickleball,” with in conjunction with the Crab Orchard Baptist Church, an event where she and Barksdale were able to bring in equipment and gave lessons to the congregation. She hopes to continue to grow the sport and promote similar events with other churches and organizations within the greater Beckley community.

Since her initiation into the sport, Heather has participated in multiple tournaments throughout the state of West Virginia, even bringing home third place in Bridgeport last year. Her next stop? The State Pickleball tournament in Morgantown, which also happens to be heavily supported by local sponsor, Little General. She even plans on attending “Pickleball Camp” next month, a late birthday present from husband, David. When asked what she loves most about the sport, Heather notes that, “there are so many positives,” but cites, “the community” as her favorite aspect.

The sport has even taken our community of Glade Springs by storm, which offers Pickleball for all levels. Right now, we have six (6) outdoor courts with new lights, nets, and a new bathroom to come. At the fitness center, teams can play indoors during winter months. Though Heather plays six (6) or even seven (7) days throughout the week, there is open community play at Glade on

Mondays and Wednesdays from 9:00am- 11:00am, and Saturdays from 10am-12pm. At times upwards of twenty (20) to thirty (30) players come out on Saturdays to partake in the games. Competitive play is also available twice a week for those who wish to challenge their skills.

Heather also credits Ashley Long on helping influence the Pickleball community at Glade Springs, allowing it to grow and prosper. On March 18-19th 2023, the Resort at Glade Springs will host, “Glow Pickleball— A Blacklight Pickleball Tournament,” which includes ladies, men’s and mixed double play. For more information, including registration, please visit Pickleballden.com.

Want to join in? Download the BAND App— here you can find when matches are played and join your neighbors in pick up games. Interested in giving it a try, but still hesitant? “Do not be intimidated!” says Heather, “there is something for everyone.”

If you know of or have an athlete in the family please contact Bob Coburn at bob.coburn@n2pub.com

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Farms Fabulous!

121 Mountain Laurel Rd.

BY WHITNEY CAPPELLARI • PHOTOS BY BETTY MOORE

Nestled in the exclusive ‘Farms’ neighborhood within the Glade Springs Resort sits 121 Mountain Laurel Road. A stunning cape cod style home which sits on 5.6 acres of land (a double lot!) and boasts an impressive 8,700 square feet. But don’t let its size fool you, the house is open, full of light and homey despite its opulent stature.

The residence itself contains five (5) oversized bedrooms, each with its own en-suite bathroom. It consists of two (2) main

levels and a basement, which hosts a second family room, laundry suite, an in-home gym and a billiard room.

The property was constructed in 1999 and was acquired by its current owners, Dr. James and Dawn Paine, in June of 2021. Since its acquisition, the home has undergone a large-scale remodel refreshing and modernizing the property. This includes a complete remodel of the kitchen and bathrooms. Notably, Dawn claims the kitchen as her favorite room in the house, and who could blame her? New granite countertops, custom cabinetry, hardware and an assortment of top of the line appliances make this every woman’s dream kitchen—the ideal place to host big dinner parties or family gatherings. Dawn has cited “Modern Gatsby” as her inspiration and boy does this property deliver, right down to the detail. From the woodwork of the resident study, to the design of the feature wall in the formal dining room, to the cabinetry, trim and paint, the quality of the architecture is evident.

A whole host of local talent can be attributed to the properties transformation including; Allan Perkins (cabinetry and doors), Gary Smith with Advanced Electrical (Electrical Work), Ariel Batista (Plumbing), Kevin Overbay (Hardwood

Floor Refinishing), and Glen Fisher (Painting, Feature Walls) Finishing Work and Master Coordinator).

But that’s only the inside. The property also accommodates a private outdoor patio, covered gazebo (with a grilling station), and a three (3) car garage with an extended circular driveway.

So what’s next for 121 Mountain Laurel? Though the property is currently on the market, Dawn states that if she chooses to stay, she would love to one day turn one (1) of the downstairs storage rooms into a wine cellar as well as begin construction on a guest house (permit pending), which would sit back on the property.

*** At the time of this writing, this property is for sale. Please contact Betty J. Moore & Associates. 271 Market Rd. Beckley, WV 25801. (304)254-5200 Betty J. Moore, Broker of Record.

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AROUND THE HOOD

PHOTOS BY KAREN AKERS



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DENVER, A SWEET SOUL

In memoriam BY BOB COBURN

Denver Callender, one of the most popular canine family members in Glade Springs, passed in late February way too early at the age of 5 of cancer. Denver was the beloved Golden Retriever of John and Betty Callender.

You probably know Denver from the “Dam Socials” in the summer. He’s the main attraction whether he’s kayaking, swimming, retrieving or running into the food table! Denver LOVED the Dam Socials and was a fixture at Lake Chatham most other days also. If the Callenders were ever there without him, the kids would always ask, “where’s Denver?”

Denver came from Amish Country in Ohio (Holmes County) after the passing of Grady, another beloved Golden in the Callender family. He was the chosen one as he couldn’t stop cuddling with John during the visit/interview! He was quickly named Denver after John Denver and his famous, close to our hearts song, *Take Me Home, Country Roads*.

Denver got off to a little bit of a rough start as a youngster when he got into something he shouldn’t have on the beach at Saint Simons Island, Ga. and required stomach surgery. But being the trooper he was, Denver was back in action in short order!

Denver loved all animals and all people. When someone would ask, “can I pet him?”, Betty’s response was, “give him a second and he won’t give you a choice!”

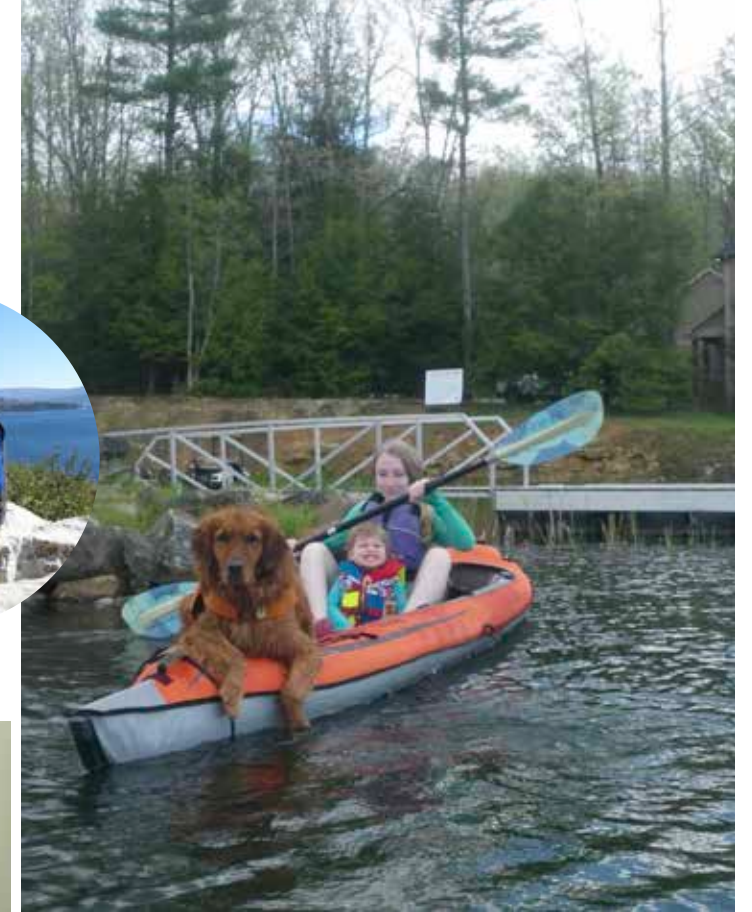
Denver did an awful lot in his 5 years, traveling by motor home (purchased primarily for his enjoyment and comfort) to many of our nation’s National Parks. This included trips to 36 states from the Pacific NorthWest to the east coast. He loved to ride up front as a co-pilot in the RV as well as in the front of John’s kayak all over the country. Fellow campers at various camp sites would fall in love with Denver and consequently, invite him to parties in the evening. John and Betty usually got invited also.



The Callender’s precious granddaughter Callie, named from Callender, is of the same age as Denver and were the best of buddies. Her 1st words were, ‘NO DENVER!’

Denver was super sweet and super smart. Even as a retriever, he figured out after two or three tosses... ”you must not want this thing very much if you keep throwing it away? I’m done!”

Rest In Peace Denver. You touched a lot of hearts.



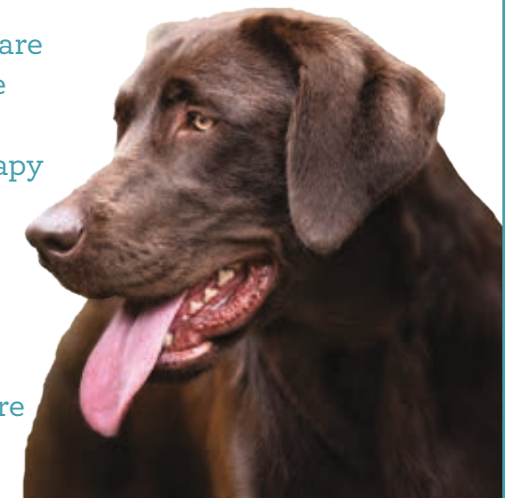
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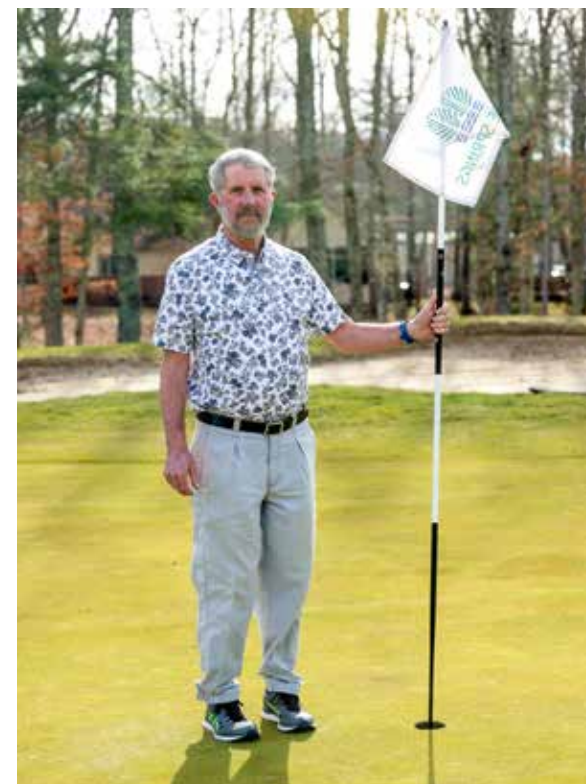
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GERALD DUNCAN

Making a difference the Duncan way

BY ED MCCALL • PHOTOS BY KAREN AKERS

Put up a seat next to Gerald Duncan in Bunkers and you will find someone willing to listen first, but who will swap stories with the best of Glade's talkers. Warm piercing eyes, a ready smile, and a soft voice reveal a life lived by simple rules. "Always giving your best effort and treating others the way you would like to be treated" have guided his calloused, helping hand in every endeavor he has ever undertaken. And he has undertaken more than most, and now that his journey has brought him to Glade Springs, he continues extending that hand to any friend or resident who might need assistance.

During his twenty-some years as a coal miner, Duncan provided for his family by doing every back-breaking and hazardous job that line of work entails. "When I think back

to those days," Duncan smiles and shakes his head, "crawling 2 miles in the dark on my stomach with nothing but my lamp and a back-up flare to check on fans and ventilation deep under the mountain. I wonder now 'What would I have done if my lamp had gone out?'" He pauses and shakes his head silently for a few seconds as if questioning his own judgement. Still, he did it because it was his job, and his men's lives depended on his diligence and courage. His career underground started with the most menial of jobs and culminated as boss of his own crew.

Prior to that Duncan worked for his brother's taxi company based in Sylvester. As a cab driver he had to

pick up and deliver railroad crews to and from places no one else could find. Sometimes the railroad bosses would become exasperated trying to explain to his brother where he needed him to send a cab. "Eventually, they would just say, 'Send Gerald. He'll be able to find them.'" Duncan says he often found himself in places he didn't even know existed. Again, his creed of persistence allowed him to find his passengers or deliver new crews to replace those whose rail time had expired.

When Duncan walked away from the mines for the last time, he found employment on the maintenance staff of the Cobb Course, and history repeated itself. In his 21 years of service here he has mastered every job on the golf and resort staff from course set up (setting hole locations and tee boxes) and aerification to bunker maintenance and mowing fairways, roughs, and greens. He has shoveled snow, plowed snow, and hauled guests and residents to and fro on the Resort shuttle. Duncan laughs, "I think I've done every job here except cook and serve food."

Once again, those life guiding principles have come into play. "My bosses here have treated me great, and I do my job as best I can because I don't want anyone

complaining to my bosses who work just as hard as I do." His work for the resort has translated into a lot of friendships and other smaller jobs as residents who need assistance with yardwork, leaves, and gutters have reached out to him for help. Many folks who have second homes depend on Duncan to care for and keep an eye on their properties while they are away.

Duncan says he always walks around the property of his absentee residents to check for vandalism or to make sure there is nothing awry that could cause them problems if unattended. Such surveillance has led to the discovery of frozen AC pipes, huge bees' nests, unlocked doors and windows, as well as dead critters.

Once while looking after former Marshall University President Stephen Kopp's property, Duncan kept smelling something in the backyard. As the smell worsened, Duncan found a possum had penetrated the lattice work under the back deck and expired there. The ever-resourceful Duncan rigged up a golf ball retriever with a hook which could then be used to extricate the odoriferous varmint.

What's next for a man who has made such a difference in the lives and quality of life for so many Glade residents? With a stroke of his beard and an impish grin, Duncan says, "I wouldn't mind working here another 20 years. Glade people are great." Enough said!

If you know someone who is Making A Difference in the community, please contact Bob Coburn at bob.coburn@n2pub.com

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SUBMITTED BY CRAIG RAMSEY

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Sweat flavor enhancers of choice (shallots, leeks, red chili, ginger) in Sesame and Olive Oil along with small pinch of salt (salt combats browning) until translucent. Pour approx. 6oz. of shaken Miso Broth in pot and bring to simmer. Lay in fish of choice and cover for approx. 2-3 minutes. Remove cover and stir in greens of choice and cook briefly until tender. Remove ginger slice. Serve in a bowl with an herb, and/or scallions atop. Drizzle siracha to your pallets desire.

Note that not all ingredients are individually seasoned, as the Miso Broth has enough sodium for the dish.



INGREDIENTS

- ½ Tsp Sesame Oil
- 1 Tbsp Olive Oil
- 1lea Shallot
(or substitute minced garlic, or finely sliced onion)
- 1lea Leek (finely sliced white of stalk only)
- 1lea Slice of Fresh Ginger
- 1lea Green or Red Chili Pepper
- 6 oz. Miso Broth (or replace portion with vege stock to lessen sodium level)
- 6 oz. Fish Filet of Choice
- 1 handful Spinach (or substitute Bok Choy, Collard Greens, Kale, etc.)
- Fresh Cilantro or Thai Basil
- Black Sesame Seeds, if desired
- Siracha, if desired

If you have a great recipe you would like to share please contact Bob Coburn at bob.coburn@n2pub.com



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BY BOB COBURN
PHOTOS BY KAREN AKERS

Shannon Van Dyke, owner of Van Dyke Lock & Key, has been in the locksmith business for 9 years and 4 years as an entrepreneur. They service residential and commercial properties in Beckley, Oak Hill, Fayetteville, Lewisburg and beyond. They handle emergency situations 24/7 from home and auto lockouts, hardware installations and rekeying.

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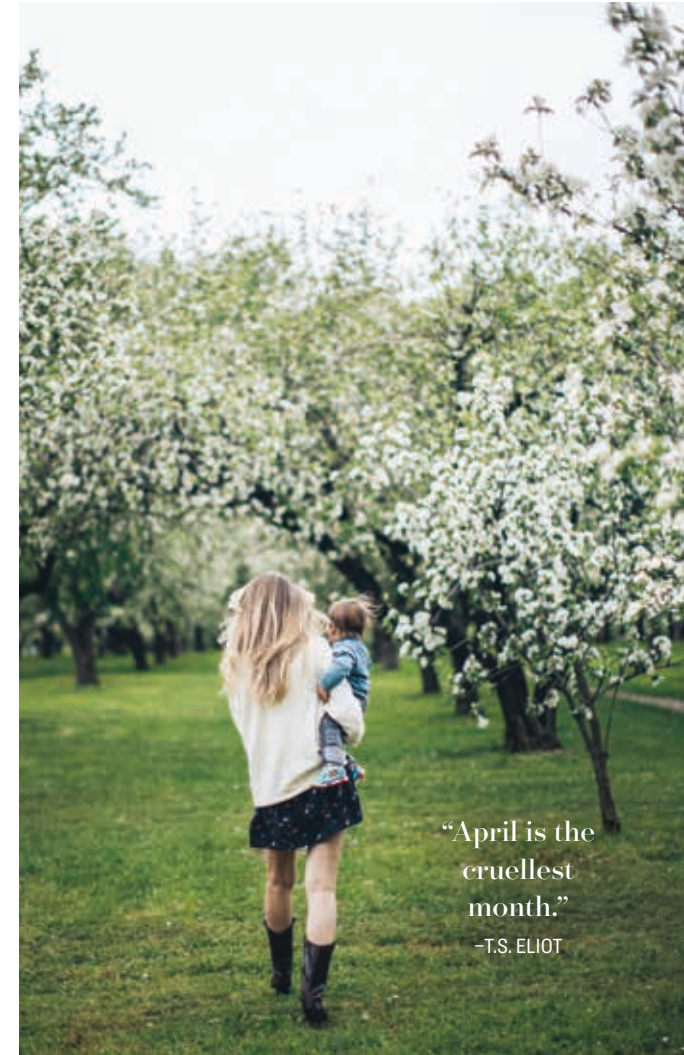


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HEALTHY LIVING



“April is the cruellest month.”
—T.S. ELIOT

struggle, while the earth begins to warm and transform, impacting expectations and rhythms. How can we navigate the changing seasons in harmony with our bodies and minds? Try one of the following therapeutic techniques this month.

Forest bathing: Originating in Japan, forest bathing encourages connection to nature through our senses. Don't worry, no actual bathing is involved — rather, a slow, mindful walk in nature allows the bather to focus deliberately on their surroundings, tethered to the sights and sounds of the present moment. This practice has been linked to lower blood pressure, heart rate and levels of cortisol, depression, fatigue and anxiety.

Grounding: Also called “earthing,” grounding is the practice of realigning our energy with the earth's natural electric charge, supporting the body's ability to heal and regulate itself. This technique involves direct skin contact with the earth's surface (e.g., walking barefoot, lying on the sand, swimming in natural bodies of water). Grounding has been shown to reduce inflammation and chronic pain and improve blood flow, energy levels, sleep and mood.

This year, celebrate Earth Day — April 22 — by getting your feet on the earth and your head in the forest. Your health will thank you!

Ground Yourself in Nature This Spring

Bridge the gap between your body and the natural world through springtime mindfulness.

BY SHAUNA BRYANT, NATIONAL EDITOR

As T.S. Eliot reminded readers in 1922, “April is the cruellest month.” Here, the famed modernist poet refers to, among other things, the liminal state between the cold and starkness of the landscape during winter and the promise of renewal and fruitfulness in spring, particularly for yesteryear's agrarian societies. However, the transitional nature of April remains difficult over a century later; the lingering pall of winter still chills our days, and serotonin and vitamin levels

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Cognitive Impairment and Your Home

When the idea of “home” gets a little more complicated...

BY SHAUNA BRYANT, NATIONAL EDITOR



Home ... it's our sanctuary. When we leave home for work, for travel, it's where we look forward to returning, the place we can relax and just be ourselves. But what about when our home environment becomes unfamiliar, confusing, unsafe? We all undergo a natural decline in cognitive functioning as we age, but for those experiencing more advanced forms of cognitive impairment, like dementia, the brain can transform a cozy home into somewhere uncomfortable, even foreign. Since aging in place remains the preference for most older Americans, our environments must be responsive to our changing needs.

STORAGE AND ORGANIZATION

Utilize signs, labels and symbols throughout the home to easily find and recognize the purpose of a drawer, closet or cabinet, or add glass-front cabinetry to quickly identify what is inside. Consider whether items most needed for daily use are located intuitively (e.g., everything needed for a shower in one location).

VISIBILITY

Use contrasting colors to call attention to alternating stair surfaces, toilet lids and other useful visual cues. Make sure the outside of the home is distinguishable through visual landmarks, such as colorful plants near the entrance or a unique gate.

DECLUTTERING

Clutter can make it difficult to locate essential items, so clear away untidiness as often as possible. Declutter visual sightlines to trigger task cues more intuitively (e.g., placing outdoor trash can in view of back door). Pay attention to sensory inconveniences, such as squeaky doors, faulty fixtures or glaring lights, as these can quickly overwhelm those with cognitive impairment.

Making small adaptations around the home can make everyday tasks easier and help us stay as independent as possible, reducing frustration and anxiety for all involved.

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Financing Future Generations

The 529 plan is a tax-advantaged path to a brighter academic future.

BY SHAUNA BRYANT, NATIONAL EDITOR

All over the country this spring, students will walk across the stage, accept their diplomas and graduate from high school, their eyes fixed brightly on the future. Their next steps might include a gap year and travel, joining the military or attending college, each option with its own financial considerations. According to Forbes, higher education is the most expensive it's ever been: \$27,330 per year for in-state tuition on average. Thinking

about how you're going to pay for college down the road? Let's explore the 529 plan:

WHAT IS A 529 PLAN?
A 529 plan is a tax-advantaged education savings plan intended to cover expenses associated with college and, in some cases, K-12 tuition and apprenticeships. Rules for 529 plans vary by state.

ADVANTAGES
There's a lot to like about saving for education expenses

with a 529 plan. First, they can be used for an array of qualified education-related expenditures, including tuition, fees, room and board, books and supplies. They are excluded from state and federal taxes, and many states even offer a state income tax deduction or tax credit for 529 plan contributions.

DISADVANTAGES
On the other hand, some shortcomings to 529 plans do exist. Funds must be

used for qualified education expenses, which means that non-qualified distributions, such as for transportation, applications and testing, and sports fees, for example, are subject to income tax and a 10% penalty.

529 plans are an attractive choice when planning for students' educational future, with pros and cons that must be weighed carefully by each family. Happy saving!

resident business guide

This is a current list of business owners and professionals from our neighborhood. It is an opportunity to network, qualify, and potentially build a business relationship with other successful individuals who also live here. To be included in the Resident Business Guide, email your name, business name, phone number, and email address to bob.coburn@n2pub.com.

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REAL ESTATE RESOURCE

This is your neighborhood Real Estate Resource page. This information can be useful when trying to compare property values or for just keeping a pulse on the real estate market in our area. For questions regarding the properties listed, or about real estate in general, consult a real estate professional.

Properties presented may not be listed by the office/agent providing this information. Source MLS. All information herein has not been verified and is not guaranteed. Supplied by Mountaineer Real Estate, 1406 Harper Rd. Beckley, WV (304)640-4100. Kenny Bryant-Broker of Record.

Address	Neighborhood	List Price	Sale Price	Sold Date	Beds	Baths	SqFt	Parking	Comments
103 Woodland Drive	GladeSprings	\$139,900	\$139,900	09/16/22	1	1	916	None	Condo/Townhouse
902 Club Circle	GladeSprings	\$389,500	\$389,500	11/30/22	3	2	2,083	Att-2 Car	2 Story
275 Highlands Lane	GladeSprings	\$849,900	\$800,000	09/15/22	4	3	4,000	Att-3 Car	2 Story
132 Oliver Place	GladeSprings	\$799,900	\$735,000	09/22/22	4	3	3,542	Att-2 Car	Cape Cod
208 Sherwood Lane	GladeSprings	\$639,000	\$600,000	10/03/22	5	4	4,400	Att-2 Car	1.5 Story
702 Club Circle	GladeSprings	\$479,000	\$450,000	10/28/22	3	2	2,300	Att-2 Car	2 Story
150 Flint Ridge Lane	GladeSprings	\$795,000	\$725,000	09/08/22	3	2	4,782	Att-2 Car	Contemporary
139 Thistle Glen Lane	GladeSprings	\$349,500	\$349,500	11/15/22	3	2	1,982	Att-2 Car	2 Story
106 Greenbrier Rd.	GladeSprings	\$349,900	\$259,000	12/14/22	5	3	3,424	Att-2 Car	2 Story
100 Hawthorn Lane	GladeSprings	\$335,000	\$300,000	12/22/22	4	2	1,800	Att-2 Car	2 Story
294 Barnstaple Drive	GladeSprings	\$525,000	\$500,000	01/05/23	2	2	2,700	Att-2 Car	1.5 Story
141 Long Drive	GladeSprings	\$329,000	\$305,000	08/30/22	4	3	3,372	Att-2 Car	Condo/Townhouse
179 Winston Place	GladeSprings	\$1,299,900	\$1,120,000	12/01/22	6	4	6,240	Att-3 Car	2 Story
201 Dogwood Ct.	GladeSprings	\$250,000	\$250,000	01/17/23	3	3	2,666	Att-2 Car	Condo/Townhouse
217 Marie Lane	GladeSprings	\$539,999	\$525,000	01/09/22	3	2	2,619	Att-2 Car	1.5 Story
101 Arthur Lane	GladeSprings	\$358,000	\$350,000	01/13/23	4	3	2,321	Att-2 Car	1.5 Story
229 March Chapel Lane	GladeSprings	\$320,000	\$322,000	02/03/23	3	2	2,009	Att-2 Car	Ranch
131 Avignon Way	Glade Springs	\$389,500	\$389,500	11/30/22	3	2	2,083	Att-2 Car	2 Story
876 Club Circle	Glade Springs	\$159,900	\$150,000	02/09/23	1	1	900	None	Bungalow
220 Dogwood Court	GladeSprings	\$215,000	\$190,000	02/13/23	3	3	2,500	Att-2 Car	Condo/Townhouse

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