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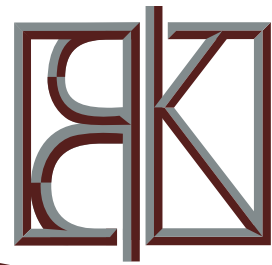


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# WELCOME TO AUGUST 2023!

Welcome to August and our latest issue of *Stroll Glade Springs Village*! We hope you enjoy reading the publication as much as we do putting it together! It is chocked full of your neighbors. Interesting people with beautiful kids, pets and recipes to name a few. Also, full of great local businesses who stand ready to serve you with their incredible products and services. We THANK YOU for your many referrals of both your friends and neighbors for our various features as well as referring your favorite local business professionals. Our magazine is popular

because you drive the content in both of these areas. We appreciate your involvement. Please keep it coming! Ah August... Harvest month. Peach month. Golf month (I'm in). Family Fun month and the last full month of summer. August is also known as the "dog days of summer." We'll see. As I write this it's June 22nd, raining and 60 degrees. I'm more than ready for some "dog days." August is also a huge vacation month so if you have not gone already, we hope you have a blast, go again, and be safe. Kids will be back to school and off to college soon and that truly is hard to believe.

Thanks again for all your kind notes and comments about our work at *Stroll Glade Springs Village*. We are blessed to be able to tell your story, help our clients and grow our sense of community here in Glade Springs. Have a wonderful August!



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# DAM SOCIAL



The ever popular Dam Socials have begun and will continue through October. Join us at the parking lot by Chatham Lake at 5:00pm and catch up with your neighbors. Feel free to bring a snack to share, but it is not required. Dam Socials are scheduled for the first Wednesday of each month from April through October. All residents are welcome. Contact Betty or John Callender for more information.





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DATE	COURSE(S)	EVENT	CHAIRMAN
Saturday, August 12, 2023	SH	POA Club Championship	Bob Coburn/Jan Allen
Sunday, August 13, 2023	WH	POA Club Championship	Bob Coburn/Jan Allen
Monday August 14	WH	Ladies 4pm Shotgun	Glenda Wait (Chair)
Friday September ?	WH	Friday's at WH 4pm Shotgun	TBA
Monday, October 31, 2022	WH	Woodhaven Closes	
<b>OUTSIDE EVENTS</b>			
TBD	SH (RS)		Mike Mays/Ryan Neal
TBD	WH		TBD
Friday, August 18, 2023	WH	Just for Kids Charity - 1pm SG	Marcy Nolan/ Rick and Stoya Lay
Friday September 1	WH	Glade Community Church	Shotgun 10:00am
Friday October 20	WH	WVU Tech- Ed Robinson 1PM SG	Paul Mattox

**AERIFICATION DATES:**  
 Stonehaven | 08/21-24/2023  
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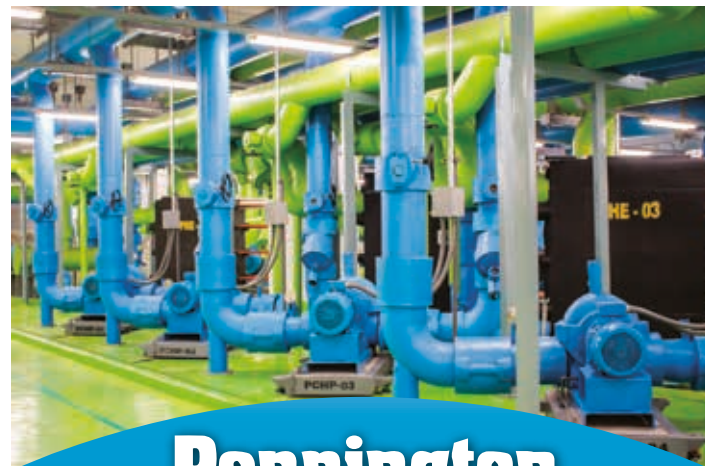
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MEET YOUR NEIGHBORS

# Cheryl & Dave HICKMAN



BY WHITNEY CAPPELLARI • PHOTOS BY KAREN AKERS

Life is nothing short of an adventure for David and Cheryl Hickman of 626 Club Circle. They are both dentists, and initially met when David was a professor and Cheryl a student at West Virginia University School of Dentistry. In spite of this, they would not develop a relationship for 25 more years.

David spent 30 years teaching at the School of Dentistry, working his way to a full professor. He has now earned the honor of Professor Emeritus. During his time in Morgantown, he was also the director of Family Practice Dentistry and Orofacial Pain, for which he lectured nationally and internationally. He is now practicing dentistry part-time in Beckley, and enjoys the outdoors and hiking, along with staying healthy with exercise in his spare time.

After completing dental school, Cheryl moved to Beckley as an associate in an established practice, later going out on her own to start a solo dental practice. She later also ran the Raleigh Regional Center for Head, Neck and Facial Pain. Retiring from the clinic in 1999, she spent



her time traveling and raising her two children, Chelsea and Christian. While they have long since “left the nest”, she still says that the best and most rewarding job she has ever had was raising her children. She and David are now blessed with a newborn granddaughter, Lillian Jayne.

They love attending Glade Community Church, where Cheryl is a member of the Women’s Ministry. “I find it extremely rewarding and fulfilling,” she says. She is also Treasurer for the Three Rivers Avian Center, having been on the board since 2001.

The couple loves their yearly trips to Sanibel Island in the spring, and southern Utah/northern Arizona in the fall. “Sanibel is for our r-and-r, but the fall trip is full of amazing hiking and adventure. This area has multiple National Parks in close proximity, along with stunning geology and otherworldly scenery.” When I asked them about their all-time favorite trip, David was quick to say “Our cruise in Alaska would be the best for me. We saw brown bear hunting salmon, eagles, seals, and were even able to get up close and personal with a humpback whale, which swam up to our kayak to check us out.”

For Cheryl the answer was Africa. “We spent 18 days in South Africa, Zimbabwe, Zambia and Botswana. There were two photo safaris a day, along with river cruises, hikes, visits to nature preserves and even a chance to fly over Victoria Falls in a micro-light airplane. This really added a little adventure to my life.” She also reports having been on a Sail Planeing, Para-Sailing, Bi-Planeing and



various helicopter tours, and even summiting Angels Landing in Zion on one of their fall trips.

Cheryl moved into Glade Springs in 1995, and was joined by David after their marriage in 2006. “We enjoy just spending time together. We love each other and our home, and feel extremely blessed about where life has led us,” says Cheryl. David agrees. “I know it may sound silly, but she really is my best friend”.

If you know of a great family in the neighborhood please contact Bob Coburn at bob.coburn@n2pub.com



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# MACI AKERS

BY SOMALIA NELSON  
PHOTOS BY KAREN AKERS



Maci Akers, an active fun loving six-year-old, is always up for an adventure. She is the daughter of Nick and Shasta Akers. Maci will be entering the first grade this fall at St. Francis de Sales School. She is always looking to try new activities and have new experiences.

Maci has always had a soft spot for animals. She loves all kinds of animals, especially her two Dachshunds, Tango, and Cash. She also has a German Shepard puppy, Luna, and a cat named Kiki. She says her favorite animals are cats because they are so fluffy and like to cuddle, dogs because they are crazy, and mostly giraffes because of their long necks. Because of her love for animals, she aspires to be a veterinarian.

She has always been involved in many activities at school and in her community. At the age of three, Maci



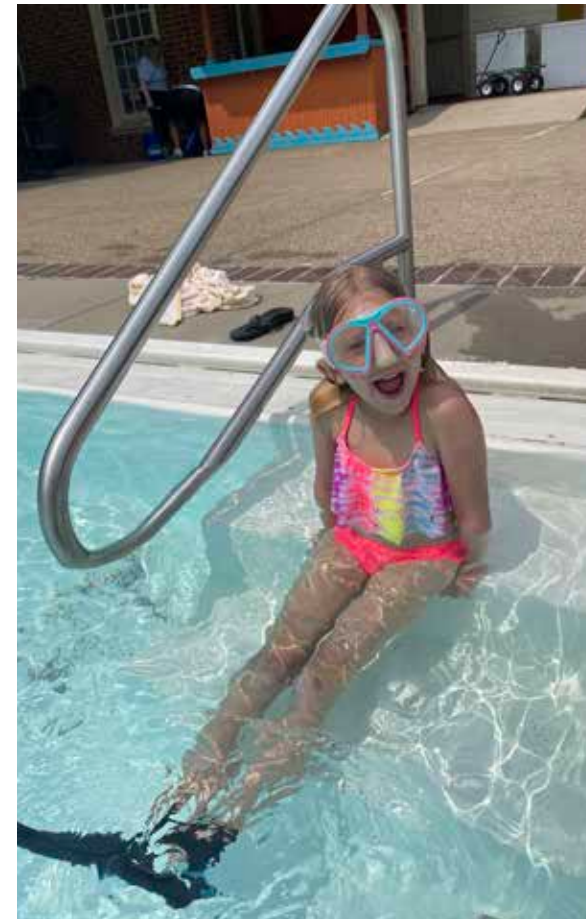
started Mommy and Me gymnastics. She has been taking swim lessons for the past three years, and when she was four, she was crowned Homecoming queen, cheerleading for Shady Spring Youth Football Athletics. She currently dances at Rhythms of Grace and has plans to play soccer in the fall.

In her free time, Maci can be found baking, going on golf cart rides, jumping on the trampoline, and having her face painted. Maci enjoys baking cookies, brownies, and all sorts of desserts. She also has a passion for music, arts, and crafts and has recently taken a liking to golf. She is a huge fan of the Mountaineers, and her favorite song is "Take me Home, Country Roads." Her favorite TV shows are Bluey, Gabby's Dollhouse, and Pupstruction.

Maci is well traveled and loves adventures. This past spring, she went on her first cruise. She loves the outdoors and loves to go camping on the river, among several other outdoor activities. During the summer, Maci can be found hanging out at the pool with her Grammy (Karen Akers - photographer for Stroll Magazine) and Suzette and Adan Peterson. This bright, talented six-year-old has a great future ahead of her.



If you know a great kid or kids in the neighborhood please contact Bob Coburn at [bob.coburn@n2pub.com](mailto:bob.coburn@n2pub.com)





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# PARK WINKLER

BY ED MCCALL  
PHOTOS BY KAREN AKERS

Youngest winkler hitting it out of the park!



His coaches say he is extremely coachable and willing to do whatever they ask him to do. Park is a good teammate and roots for his buddies, always encouraging them to give their best. If you see him about this summer (clue: he's a regular on the driving range!), ask him how all-stars turned out and if his streak of exercising every day is still going!



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

Park Winkler put the final touches on the 2023 baseball season by being selected to the area all-star team, having put up numbers during his most recent campaign that would have made any twelve-year-old proud. Not bad for an 8-year-old! The youngest of the three sons of Stacy and Dr. John Winkler, Park has grown up as part of an athletic brood and has long been accustomed to battling older competitors right there on the pitch in his own backyard, driveway court, or the adjacent Cobb course.

His team's record the past two seasons is an impressive 28-1, and Park has been a major contributor whether he's on the mound mowing down opposing hitters, fielding grounders at second base, or hammering balls all over the park at the plate.

As his team's ace this year Park went 8-0 and 5 of the 8Ws were combined no-hitters! The fireballer struck out 53% of the hitters he faced this season. That's 70Ks out of 133 batters faced! Impressed? Chew on this stat: Park had two innings where he only needed 10 pitches to strike out the entire side

and both of those instances were 9 strikes and a foul ball. Talk about serving them up and setting them down!

He was just as formidable at the plate, hitting at a .548 clip with an on-base percentage of .674. His 17 hits produced 14 RBIs, and he touched home 24 times while only fanning 4 times himself. Those are all-star stats and resulted in his being included on the all-star team, which is usually only made up of eleven- and twelve-year-olds.

Don't let Park's soft-spoken persona off the field mislead you, he is the ultimate competitor whether it is sports, a friendly game of chess, or a board game. The little brother of Drew and Grant does not like to lose. So much so, he wears #24 in honor of Kobe Bryant. The "Black Mamba" was known as a fierce competitor who hated losing. Park's motor runs hot. He recently told his father that his goal this summer is to do 100 pushups and 100 sit-ups every day this summer. So far the goal is intact.



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# THE GAGAN RESIDENCE

BY WHITNEY CAPPELLARI • PHOTOS BY JON SINKO

In the paddocks section of Glade Springs, off a private cul du sac sits 137 Blackmore Lane, affectionately known as “Laurel Cottage” to its owners: Pat and Marsha Gagan. “Laurel Cottage” is a 4,667 square foot home that sits on half an acre of beautifully manicured land; with landscaping provided by both Greenbrier Nurseries and Green River.

The three (3) bedroom, three and a half (3 1/2) bath home was designed by Marsha Gagan and constructed in 2013 by Tim Hill with functionality in mind. Every aspect of the home was custom built and tailored specifically to accommodate the diverse West Virginia climate. The property boasts a myriad of luxurious features which are apparent even down to the structure of the home. Specifically, the framing of the home which was designed and produced by Riverbend Timberframing and erected by Tim Hill. The great room is open concept, with 20ft high ceilings and adorned with the aforementioned white oak timber beams that make up the framing of the home.



The residence is situated between three (3) levels, the top being a loft style office space which opens up to the residence’s great room. Off the kitchen, a private sun room provides the ideal location to enjoy all the beauty of the Wild and Wonderful West Virginia landscape from the comfort of ones home. Other features include: two (2) master bedrooms (one on both the main and basement levels of the home), an oversized master bathroom, private office space, newly refinished white oak floors and custom maple, quarter sawn oak and hickory cabinetry which have been installed throughout.

From the lower level of the home there is access to a private porch, and a path which leads to a fire pit overlooking Chatham Lake. This level includes twelve (12ft) ceilings and incorporates a nine hundred (900) square foot storage area and a kitchenette. Many of the rooms of the home can be handicap accessible, including the downstairs bathroom which includes an extra large walk in shower and handicap accessible vanity. In addition all of the doors in the home range from 32’- 36’ wide.

From the main area of the home, one can access the spacious garage ( 23ft x 28 ft!) by way of a breezeway that seamlessly connects the two. The flooring which runs concurrently between the home and garage is level and covered, providing shelter from the elements year round. The oversized garage can even hold two (2) cars, a golf cart and work bench comfortably with room to spare.

The home also hosts a whole house vacuum system, PEX water lines which allow you to turn water off/on to any faucet/appliance in the house, structural insulated panel systems (SIPS), PELLA windows and doors, and much, much more.




The home is currently for sale through Glade Springs Real Estate and Jon Sinko. Marla Bass Sinko- Broker of Record. (304)763-5000. Schedule a viewing today!



If you know of a great home in the community please contact Bob Coburn at bob.coburn@n2pub.com





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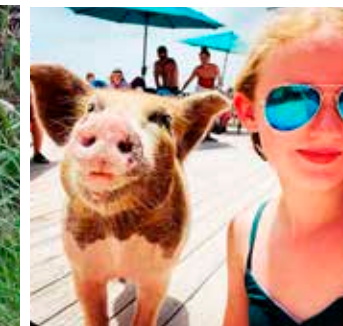
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PHOTOS BY KAREN AKERS & INGRID LEMME



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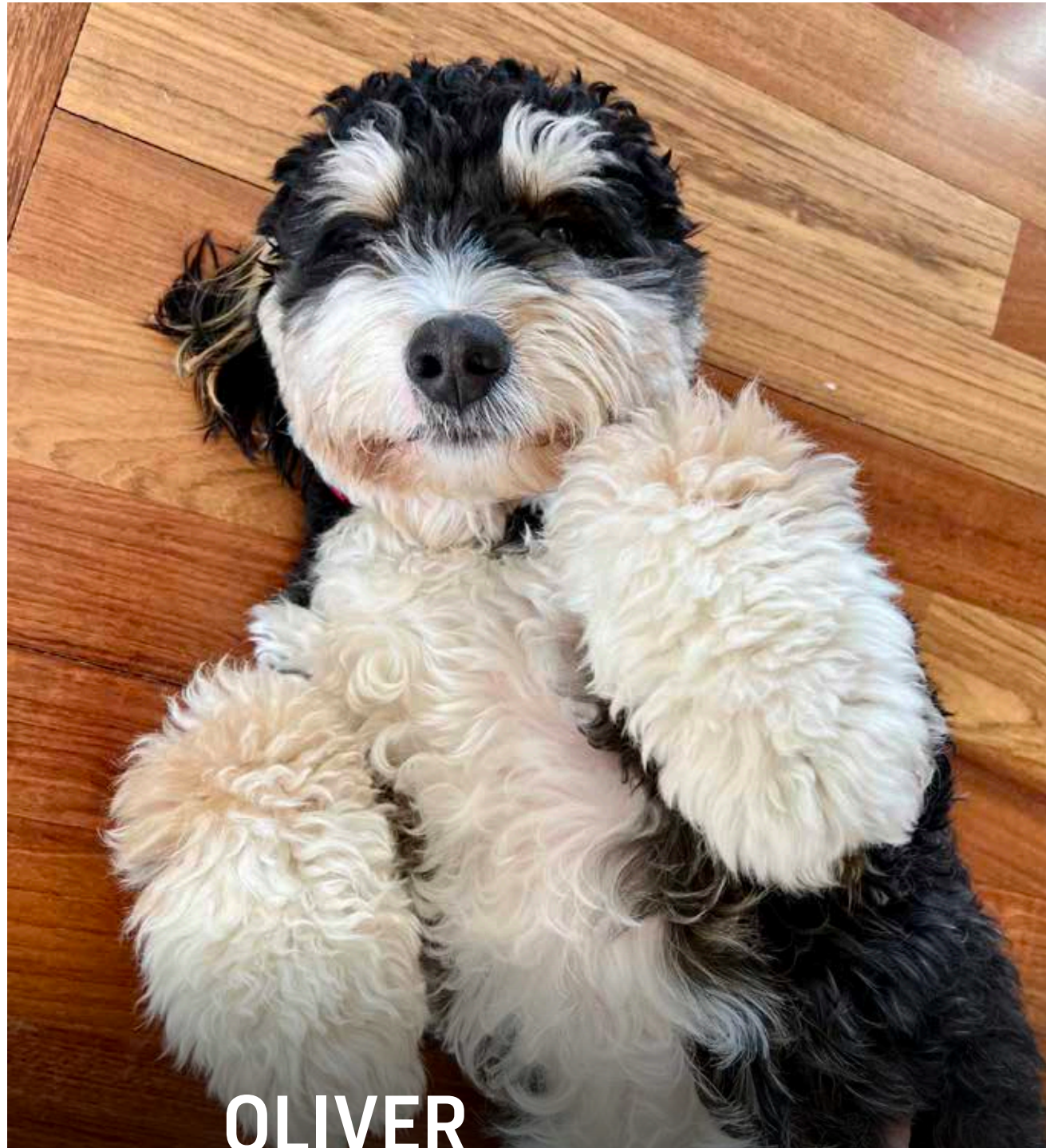
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# OLIVER

## A GREAT FAMILY COMPANION

BY BOB COBURN

Meet Oliver, the just turned two-year-old Bernedoodle, parented by Paige Childers and Jeff Miller of Dogwood Ct! Bernedoodles are known for their intelligence, affection, sociability and goofy cheerful attitudes! Oliver fits the bill, especially the goofy!

Oliver has a distinct personality highlighted by his pride of accomplishment no matter how easy or difficult, the trick or task. He seeks your praise in either case and looks forward to the next opportunity to provide his leadership!



Another of Oliver's buds is JoJo, a Goldendoodle on Dogwood parented by Steven Gray. Oliver has a big-time crush on JoJo but won't admit it.

You can try but in the words of Earth, Wind & Fire.....you Can't Hide Love!

Oliver has many loves. His family. Kids, especially Jeff's daughter Clara. Big walks of 2-3 miles or running. He just wants to be near you and know where you are! And to no one's surprise, loves, loves, loves hanging out with mommy and daddy!

If you know of a great pet in the community please contact Bob Coburn at bob.coburn@n2pub.com



He hails from Ohio and eats anything put in front of him especially Rawhide-Free Nutri-Chomps which are his faves. Among his many favorite days of the month in Oliver's world is Bark Box day when he can tear into treats, toys and chews!

Oliver has many strengths but he will not be mistaken for the next Johnny Bench any time soon as the only thing he can catch is a slow-pitch popcorn toss. Here he bats at least .500!

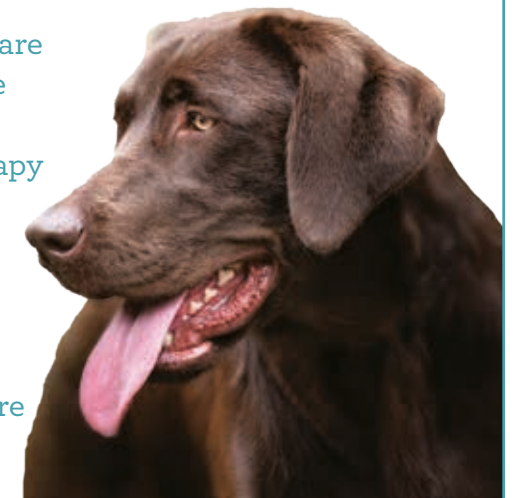
One of his other favorite days which happen frequently are walks through the hood and visiting with Grandma and Grandpa Childers, Anne and Gregg. Oliver LOVES them and mostly loves their dog of 14 years, Marley. They are best buds but when Oliver plays a little too rough as the youngster of the group, Marly will put up with it for a while but usually ends in a Tang Soo Do leg sweep. Game over! After encountering this maneuver countless times, Oliver has thought better of messing with the Childers cat Muffin. He is sore afraid.



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## Sherry & Tom Cushman

Cushmans challenge other fireworks lovers to make a difference!

BY ED MCCALL • PHOTOS BY KAREN AKERS

Every mother, every father knows the gravity and unpredictability of parenting. We all hope the decisions we make in child-rearing and that the love and sacrifice we invest freely in our children works out for the best. Few things can make a parent more proud or more fulfilled than seeing their grown children succeed both professionally and in their personal lives as spouses, partners, and parents themselves. Sherry and Tom Cushman know that satisfaction, having two adult daughters and a bevy of grandchildren that keep things hopping around their lake home on Chatham.

On June 6, 1999, the Cushmans' son Miles was injured in a car accident during his senior year at Virginia Tech, leaving Miles permanently disabled with a traumatic brain

injury. Sherry and Tom immediately doubled down on their responsibility as parents. The love and sacrifice given endlessly in caring for Miles since the accident has been evident to friends and neighbors for 24 years now. Miles's journey has seen many challenges, valleys with struggles and hospitalizations and infections that have taxed both Miles and his mom and dad, but there have also been bright days and victories in the face of overwhelming odds. Miles has come through five major surgeries to compete successfully in track meets and golf tournaments for challenged athletes. Days are not predictable. Some days communication is difficult, or balance may be affected. Appetite comes and goes; currently Miles is using a feeding tube to assist with nutritional intake.

Through it all, the constant has been love in the form of patience, sleep deprivation, hours of therapy and prayer, and an almost 24-7 vigil. Through all the hard work and sacrifice they have maintained a positivity that has sustained one another, Miles, their own extended family, friends, and other families who have found themselves caring for a loved one who has suffered a traumatic brain injury.

Not content with just providing care and a quality of life for Miles, the Cushmans joined with two other Beckley area families to create a brain injury support group here in Raleigh County. The monthly meeting is a great connection for TBI caregivers. The group is led by licensed social worker Shannon Hughart and Teresa Harvey, the mother of a TBI survivor. Membership has vacillated over the years, sometimes with as many as 15 families. The current group usually has 5 or 6 at a gathering where they share issues they may be facing and how they might address problems they are facing. Tom says, "One of the best things is just realizing that you are not alone. Others have gone through or are going through what you may be struggling with."

"Many in the group have learned that shifts in barometric pressure cause headaches, which can be reassuring," Sherry notes, "because you always fear for the worst." The group has introduced



members to the Center for Excellence in Disabilities located in Morgantown. The center is often helpful in assisting TBI victims and their families obtain needed equipment.

In recent years, the Cushmans have established a fund through the Beckley Area Foundation in the name of the Brain Injury Support Group of Southern WV. The goal is to assist organizations or individuals who may be caring for those suffering from TBI. It has become somewhat of a Chatham tradition that Tom and son-in-law Scott Wilks conduct a fireworks display on July 4th for neighbors and Glade residents who like to come for the show. Many who







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enjoyed the fireworks have asked if they could help with the expense. Tom has a ready response: "You sure can! Make a donation to BAF and specify to the Brain Injury Support Group of So. WV!"

So, there you have it. If you like fireworks and you would like to help a couple of real difference makers like Sherry and Tom Cushman continue to make a difference, donate to the BAF foundation (Brain Injury Fund) to make a difference yourself in the lives of those who are struggling to provide care to a loved one suffering from TBI.

This publication will hit mailboxes after July 4, 2023. If you happened to be out that night and enjoyed the colorful, exploding night sky over Lake Chatham and you would like to be a difference maker like the Cushmans, reach out to the BAF and contribute on behalf of the Brain Injury Support Group of Southern WV.

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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# Philly Cheese Steak Hoagie

Wit or wit-out?

SUBMITTED BY MARIANNE "SHANE" JERVIS & CINDY COBURN BY BOB COBURN

If you're a fan of a good cheesesteak then you've probably been to Pat's King of Steaks and/or Geno's Steaks in Philadelphia. Or you have certainly heard of them. Pat's started in 1930 as a hot dog stand and their rival neighbor was founded in 1966. Geno's is quick to claim the cheesesteak designation. If you go to either establishment you will be asked "Wit or Wit-Out?" This means with or without onions and can also be a combination question of "What Kind of Cheese?" The choices are American,



provolone or Cheese Whiz. Don't delay in responding as the lines are long and they want to move you through. If you do hesitate you run the risk of experiencing the modern day Soup Nazi. "NO SOUP FOR YOU!" When they ask you the question it sounds like one word. "Wittawittout?" Say it with me....."Wittawittout?" Again, respond quickly with your choice of cheese!

Our dear friend and neighbor Shane Jervis moved to Glade from L.A. after retiring from a successful career in the music industry. She is a Jersey Girl who grew up across the street from Philly. She's Italian. And, she's an excellent cook. This recipe started with a conversation about Pat's and Geno's (I'm from South Central Pennsylvania) with Shane, Cindy and myself and we decided to try a copycat version.

There are lots of copycat Pat's and Geno's recipes on the internet but we just winged it from what we knew. Cindy is an excellent cook also. I'm the grill guy so it was a collaborative effort.

On the big day of the creation, we got off to a rocky start. Shane had envisioned me slicing the raw ribeye thinly and she would work her magic by cooking the thin slices in a pan. Being a Big Green Egg guy, that seemed like sacrilege to me so I grilled the steaks with natural charcoal to an internal temp of 134. When Shane arrived and saw the shaved, already cooked slices, she was less than amused. Now, I'm in the doghouse in my own house with two excellent female cooks, an 8 year old daughter who's joined the fun of piling on, and a couple of female dogs who joined the ladies as they always do.

Fast forward to the next morning when Shane announced, "that was the best cheesesteak I've ever eaten and I've dreamed about them all night. Can I come over this evening for leftovers?"



Bottom line is there are a lot of ways to do a GREAT Cheesesteak! We encourage you to explore and test the boundaries. Give this recipe a try or incorporate your favorite ingredients. You'll find your groove! Enjoy!

### INGREDIENTS

- High Quality Ribeye Steaks
- Crusty Hoagie Rolls - Jumbo White & Airy
- Olive Oil
- Salt n Pepper
- Lettice
- Tomatoes
- Oregano
- Mayonaise
- Provolone Cheese or American
- Cheese Whiz (optional)
- Jalapeno Slices (optional)
- Pepper Sauce (see recipe below)
- Mushrooms (optional)
- Onions (optional)

### EQUIPEMENT

- Meat Slicer or Sharp Knife
- Grill/Smoker
- Meat Thermometer

### DIRECTIONS

1. Season ribeyes with olive oil and salt and pepper
2. Grill ribeyes on direct heat until the internal temp is 134. Rest.
3. Slice ribeyes as thin as possible in a meat slicer or with a sharp knife
4. Half the bread and sprinkle with olive oil, salt, pepper and heat in oven at 400 degrees for 5 minutes. Place provolone on both sides and cook for an additional 3 minutes.
5. Assemble sandwich with the toasted bread, mayo, lettuce, tomato and pepper sauce.
6. Cut and serve!

### PEPPER SAUCE RECIPE

(I had to pull this out of Shane as her normal answer to a recipe question is...."A little bit of dis and a little bit of dat!")

- 1 greased Baking pan
- 2 or 3 Roasted Garlic
- 4 Bell Peppers

1. Place 4 oiled Peppers on SIDE in baking pan
2. Add oiled Garlic bulbs
3. Bake @350 for 45 min.
4. Turn over roasting peppers in 15 min.
5. Turn over roasting peppers in 20 min.
6. Check again 10 min.
7. If done, remove from oven and place in dish to rest & cool.
8. Cover garlic w/foil, let bake 10 more minutes.
9. Remove garlic from oven.
10. Peel skin on peppers, remove seeds & stems.
11. Remove Garlic from bulbs.
12. Add Peppers & Garlic & juices in Container.Refrigerate

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



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- Feng Shui Consultation & Decorating Services for Workspaces & Residences.

“Our signature package (Single Room Design & Décor Service) combines color consultation, space planning & furniture, with a specification list of products that are to scale & proportion to the space.” This service also gives clients the opportunity to work with dealers of exclusive fabrics & wall treatments for a one-of-a-kind finish.

“Selecting materials and finishes for kitchens & bathrooms can be tricky for homeowners because these rooms lean heavy in the realm of neutrals and neutrals are not simply cool or warm but contain about nine (9) distinct undertones. Understanding these undertones when making decisions for the Kitchen & Bathrooms makes all the difference.” As a True Colour Expert, Home & Heart Interiors Can Help!

The Kitchen & Bath Color Consultation service is for the homeowner desirous of updating their kitchen & bathrooms without the need for a full gut renovation. They may know what they want the finished space to

look and feel like but unsure what steps they need to take to get there. Home & Heart Interiors help clients on selecting hard finishes & paint colors.

Yet another fascinating aspect of Calisha’s decorating suite of services is Feng Shui Decorating. Feng Shui goes a step further than interior decorating. “While interior design & decorating takes into account aesthetics & function, Feng Shui takes into account the energetic properties of the space & how it affects the occupants’ health, relationships & overall quality of life.” Calisha, a Feng Shui Consultant, recommends Feng Shui services for both residences & workplaces. Afterall, the average person spends one-third of their lifetime at work and about another one-third asleep. “I am the biggest advocate for applying Feng Shui principles for those desirous of improving how they experience their workspace & home without the need for changing the aesthetic or function of the space.”



Calisha helped us explore and identify our interior design style(s). Our home environment is evolving and we will continue to seek her guidance as we strive to create a comfortable and welcoming space.”

-GLADE RESIDENTS KEITH & PATSIEANN BRATT

As a True Color Expert, I worry when I see homeowners choose trendy colors for the exterior of their home. Homeowners need to consider the style of the home, the neighborhood and landscaping with the aim of future-proofing curb-appeal. This is not the opportunity to be selecting materials & colors because it looks good on Pinterest.

So, before you dive into your next home decorating & design project, large or small, call a real pro. Home & Heart Interiors. Call Calisha Atanga at (304)207-0350 or via email at homeandheartinteriorsllc@gmail.com for your complimentary Discovery Call! No charge for the passion! Calisha is a member of the Interior Design Society (IDS) and the Beckley Raleigh County Chamber of Commerce.



Designed for you, inspired by you

You can have a lot of formal education, training and certifications but it’s not much good if you don’t have PASSION for your work and the people that you serve. Interior decorator and Glade Springs resident Calisha Atanga has both! She is an International Decorating & Design Professional, An Advanced Feng Shui Consultant and True Color Expert. All impressive on paper but what really stands out is Calisha’s passion for her work, her life, and her clients. “It’s 100% about the client and what I love about this industry is that no two projects are the same,” Calisha says with a beaming smile.

Calisha’s passion is front and center in the core values of Heart & Home Interiors.

TRANSPARENCY is one of the first Core Values of this business. “When it comes to pricing this is standardization and clear to the client for the particular package offered.”



# ALTRUIST REALTY GROUP

Helping you helps others

BY BOB COBURN



Al-tru-ist : A person who cares about others and helps them despite not gaining anything by doing this. Altruists have a strong desire to help other people.

David and Cyndie Chinn created Altruist Realty Group on the basis of giving back to the community. After every completed real estate transaction, a portion of the commission paid or earned goes back into the community locally at the buyer or seller's discretion. "The client fills out a form indicating their desired charitable cause and we cut a check at the closing", says David the broker of record. Altruist Realty Group is comprised of 8 agents and



prides themselves on availability and accessibility. "We are available for 24/7 service. Text, calls, email. However you like to do it."

In addition to their community donations, Altruist is known for their low commission rates. Currently 3.75%. "We don't believe in negotiating the rate. No other agents will beat our listing rates-guaranteed. We pay our agents higher commissions and the broker gets less. This ensures your agent is well

compensated to take care of your real estate needs professionally. And, we are saving people a lot of money."

Altruist offers both residential and commercial real estate services with 81 5 STAR Reviews on Zillow.com. "People want prompt, courteous and value for their money. We do our very best to provide this type of service and give back in the process," says David.

David and Cyndie have been married for 32 years and moved to Beckley in

1995 from South Point, Oh. for the John W. Eye/Big Sandy merger. They have 3 children Lexi, Davie and Lakyn who have taken or are in the process of completing their real estate licensing.

You can reach Altruist Realty Group by calling (304)575-0838 or by visiting [altruistrealtygroup.com](http://altruistrealtygroup.com) David can be reached by email at [dchinjr@gmail.com](mailto:dchinjr@gmail.com)





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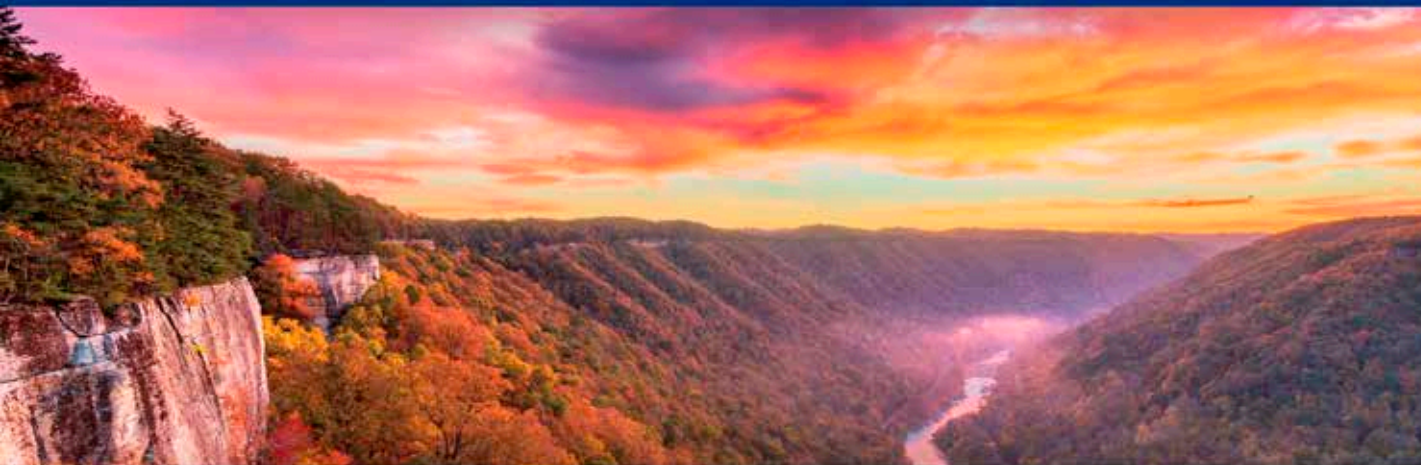
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# UNPLUGGING WITH PURPOSE: Strategies for Digital Well-Being

Cultivate digital wellness by establishing healthy boundaries and mindful tech habits.

BY SHAUNA OSBORNE, NATIONAL EDITOR



Digital well-being, also known as digital wellness, refers to the intentional cultivation of a healthy relationship with technology in both professional and personal spheres. In an era where the internet and digital devices play integral roles in daily activities, the aim of digital wellness is to teach users to navigate the ever-evolving landscape of technology and emerge with a sense of comfort, safety, satisfaction and fulfillment. Achieving this balance requires making deliberate and mindful choices about how we engage with technology.

### 1. Keep a screen-free bedroom.

Inadequate sleep affects a significant portion of the population, and technology in the bedroom is a growing problem that hampers sleep quality. Studies suggest keeping screens out of the bedroom to improve sleep quantity and quality.

### 2. Put the phone away while working, dining and socializing.

Prioritize real-time relationships by creating technology-free zones during mealtimes and social activities. Turning off devices and engaging in shared experiences will foster more meaningful communication. According to experts, keeping your phone in another room while working or performing other purposeful tasks can boost productivity by up to 26%.

### 3. Turn off “self-view” in video calls.

Eliminate stress and maintain focus during video meetings by disabling the “self-view” feature. This way, others can still see you, but you won’t be distracted by constantly looking at yourself.


### 4. Limit notifications.

Optimize your app notifications by disabling non-essential notifications or utilizing features on your phone to group them. Research shows that simply disabling email notifications can reduce stress and lower heart rate.

### 5. Set and stick to ground rules.

To safeguard your and your family’s digital wellness, establish firm digital ground rules and utilize parental control features on devices. Consider the frequency and amount of information you consume, evaluating its relevance, value and impact on your well-being.

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HOME MATTERS

# Nautical Nostalgia

Capture the essence of the ocean with these step-by-step instructions for creating stunning seashell-adorned picture frames that will beautifully display your cherished memories.

BY SHAUNA OSBORNE, NATIONAL EDITOR



### Materials

- Shells (a few large and many smaller ones — whatever shape or color desired)
- Plain wooden picture frame (in your preferred size)
- Hot glue gun or tacky glue
- Acrylic craft paint (in your preferred color for the frame) and paintbrush
- Newspaper or other protection for work surface

### Optional

- Fake pearls
- Glitter
- Pebbles
- Sea glass

### Steps

**1 /** Prepare the crafting area with newspaper. Be sure to remove glass and backing from the frame before beginning.

**2 /** Using acrylic craft paint and brush, paint one side of the frame. Allow it to dry completely before flipping it over and painting the

other side. If needed, apply an additional layer of paint to the frame to achieve the desired effect. You also may choose to paint some or all of the shells for an extra touch of creativity.

**3 /** Once the paint has dried, play around with different arrangements of shells on the frame. Shells can be organized randomly or in a pattern, overlapping or not. Smaller shells, pearls, pebbles and other optional materials can fill the gaps between larger shells.

**4 /** When you find a composition you like, begin gluing the shells onto the frame, starting with the largest ones. Only apply glue to the parts of the shell that will be touching the frame. Let the glue dry for a few hours or overnight.

**5 /** Replace the backing and glass on the frame, put a memorable photo inside, and enjoy!

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# 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](mailto: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 or 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 Moutaineer 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
208 Dogwood Ct.	GladeSprings	\$230,000	\$230,000	04/03/23	4	3	2,652	Att-2 Car	Condo/Townhouse
213 Glen Garden Lane	GladeSprings	\$288	\$500,000	05/22/23	3	2	2,047	Att-2 Car	Ranch
109 March Chapel Lane	GladeSprings	\$440,000	\$405,000	05/08/23	4	3	2,505	Att-3 Car	1.5 Story
106 Edmund Lane	GladeSprings	\$490,000	\$490,000	04/06/23	3	3	2,716	Att-2 Car	Ranch
122 Phillip Place	GladeSprings	\$329,000	\$329,000	05/17/23	2	2	1,924	Att-2 Car	Ranch
504 Old Farm Rd.	GladeSprings	\$867,500	\$867,500	05/22/23	5	5	4,891	Att-3 Car	1.5 Story
801 Club Circle	GladeSprings	\$675,000	\$555,000	05/30/23	4	3	3,618	Att-3 Car	Ranch
133 Oak Lane Villa	GladeSprings	\$299,500	\$295,000	04/17/23	3	2	2,033	Att-2 Car	Cape Cod
128 Bancroft Place	GladeSprings	\$339,000	\$332,000	06/29/23	3	2	1,900	Att-2 Car	Ranch
192 Sherwood Lane	GladeSprings	\$549,000	\$525,000	06/12/23	3	3	3,000	Att-2 Car	1/5 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
201 Dogwood Ct.	GladeSprings	\$250,000	\$250,000	01/17/23	3	3	2,666	Att-2 Car	Condo/Townhouse
348 Hawksmoor Dr.	GladeSprings	\$380,000	\$370,000	03/10/23	3	2	2,768	Att-2 Car	Ranch
864 Club Circle	GladeSprings	\$160,000	\$160,000	06/15/23	1	1	916	None	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
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



Tiffany Kapp  
President and CEO

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