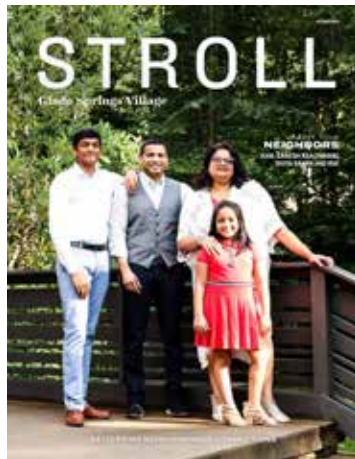


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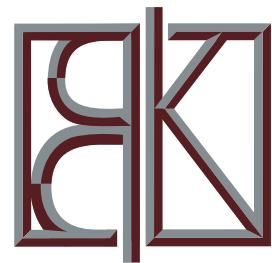
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PUBLISHER'S NOTE

HAPPY NEW YEAR!



Welcome to the Year in Review issue of *Stroll GLADE SPRINGS VILLAGE!*

We hope you had as much fun in 2022 as we did providing you with your pictures, stories, recipes and pets! We are so blessed in this community with great families, friends and beautiful nature. It is a privilege to introduce you to other residents and to our amazing local sponsors who work to enhance our quality of life with their goods and

services. We promise to do our best in 2023 to connect you with others and catch the joy of our neighborhood!

Wishing you a very happy and healthy new year!

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Marianne "Shane" Jervis

Fantastic FAMILIES of '22!

PHOTOS BY KAREN AKERS

A Rutgers University found that "neighbors are an important part of our social landscape and contribute to what makes life worth living." Whether it's bringing in our trash cans or mail, making a meal or providing regular social interaction, neighbors play an important role in our lives. We are blessed to have so many "good neighbors." Very blessed! We celebrate our neighbors of '22 and look forward to sharing your story in 2023!



Dr. Max and Liz Fisher



Presley, Ashlee, Haley Jo, Rich and Christian Reece



The Rajan/Asaithambi Family: Ria, Divya, Ram and Ganesh



Sally Jarrett and Phil Culicerto

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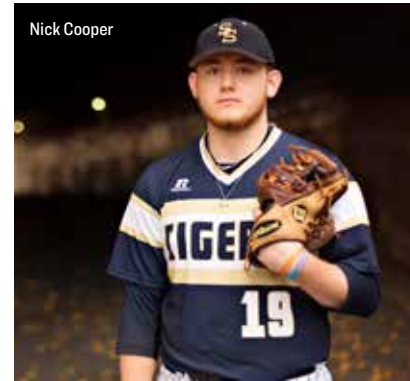
PHOTOS BY KAREN AKERS



Clyde George



Sydney Cook



Nick Cooper



Elle Thomas



Grace Coburn

If you know a great kid or kids in the neighborhood, please contact Bob Coburn at bob.coburn@n2pub.com.



Evan Belcher

Our kids are our universe. Blessings from God. Again, we are so very blessed to have children of all ages who are talented, funny, kind and bring so much joy to our lives. You are a treasure, and we at *Stroll Glade Springs Village* are privileged to share your story with the community. Can't wait for the 2023 stories!




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Here's to our athletes of 2022!

ATHLETE OF THE MONTH



Dawn Paine



Breiel Duncan



Landri Flohr



Wes Duncan with Adam Perry



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Somalia Nelson



Janie Webber, Laurie Finley, Judy Street and Karen Rainey



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Merry Christmas and Happy New Year!



COMMUNITY CELEBRATIONS OF THE YEAR!

PHOTOS BY KAREN AKERS

A lot of fun was experienced in the neighborhood in 2022, and we look forward to making great memories in '23!



**We would love for you to join us
Sundays 10 am**



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Biscuit and Daddy Scott!

PRECIOUS PETS



Jude, Jacobi and Josie!



Tori and Sammy!



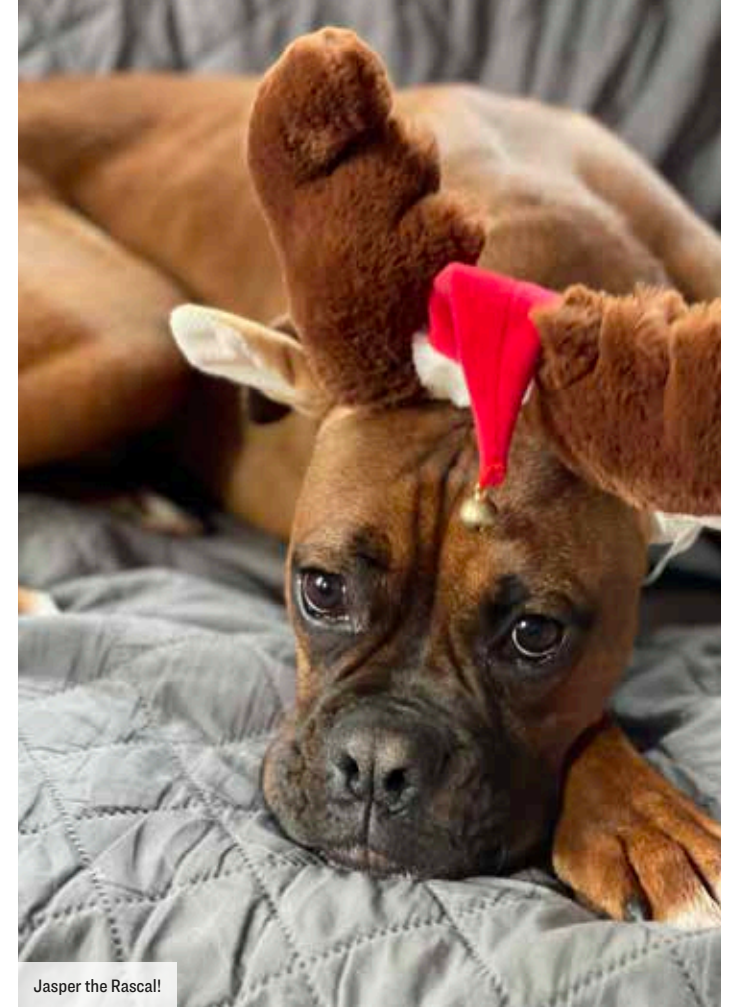
Priscilla, aka Miss Priss!



Chuck and Nick!



Auggie!



Jasper the Rascal!

Beloved Pets of '22!

It has been proven that pets can decrease blood pressure, triglyceride levels and cholesterol. With that said, we must have the healthiest community in America, as it seems every Glade Springs household has a pet! We love our babies, and they love us. Thanks for sharing your four-legged family members in 2022! Let us know when we can make them stars in the coming year!

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



Remi!



JoJo!



Poppei!



Little Missy and Jax!



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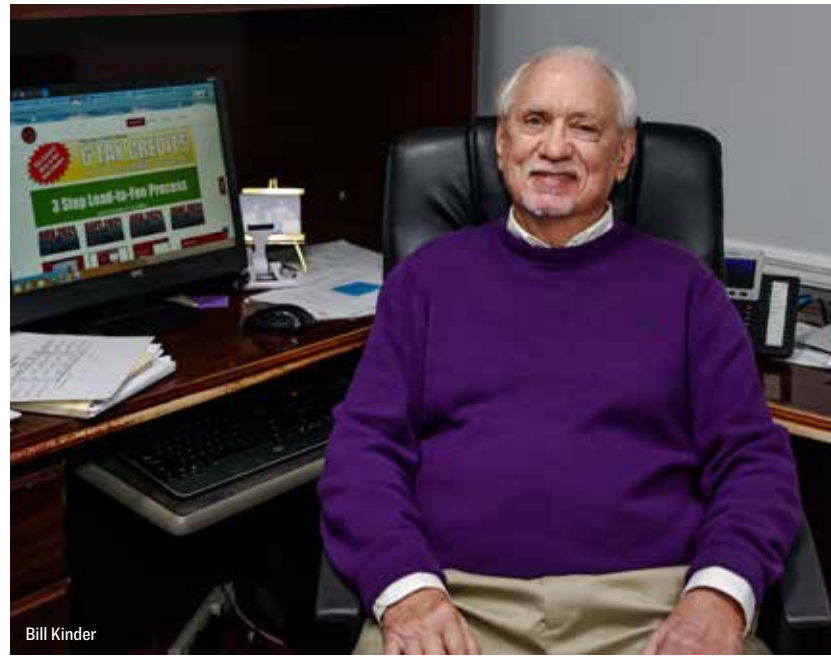
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OUR 2022 DIFFERENCE MAKERS!

PHOTOS BY KAREN AKERS

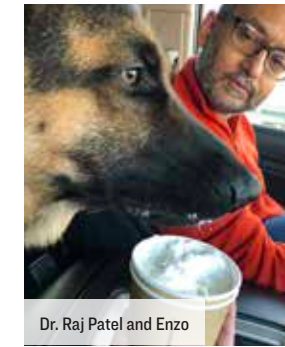
Difference makers have a positive impact on others and our community. They change lives for the better! We are blessed to have so many residents that give back in a variety of ways. Congrats to our Glade Springs difference makers of 2022!



Bill Kinder



Glade Community Church Worship Team



Dr. Raj Patel and Enzo



Aspen Corporation



Clyde Smith



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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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RESIDENT RECIPE



Chicken Souvlaki
Submitted by
Kristina Killen



Salsa Dip
Submitted by Donna Miller



Texas Cavier
Submitted by Cindy Coburn



Potato & Herb Focaccia
Submitted by Kathy Caperton

THE TASTES OF '22!

Food is an important part of our lives, and we are blessed to have so many good chefs in Glade Springs that LOVE to share the LOVE! Keep it coming!

Please feel free to share your favorite recipes with the neighborhood. Eating good meals together releases positive emotions, strengthens community

bonds and builds friendships. We enjoy each other and build lifelong relationships over a delicious meal! Thanks for sharing the LOVE!



Lemon Ricotta Cheesecake
Submitted by Kenny Bryant



Apple Walnut Cake
Submitted by Delores Thompson



Candy Apples
Submitted by Heather Hill



White Fish in Tomato Basil Wine Sauce
Submitted by Kristina Killen



Spinach and Cheese Stuffed Shells Submitted by Dwight Smith



Million Dollar Cake
Submitted by Delores Thompson

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

Charlie, Jordan and Brandie Campbell



BECKLEY BLEND

own enthusiasm to provide healthy choices to folks who didn't have any and from past results down south, as well as a trip to Portland, OR, where they observed established, thriving nutrition clubs using products from the world's No. 1 nutrition company, Herbalife.^[1]

Brandie explains, "There are more nutrition clubs in the U.S. than there are Starbucks; there just weren't any in Beckley or southern West Virginia. We've been partners with Herbalife for 10 years now." This enthusiastic couple calling the healthy eating lifestyle a "club" is a bit of a misnomer. "It's really more of a hub for our customers." A busy hub! Spend a few minutes in their place of business and you will realize just how popular the idea of drinking a filling, healthy shake as a meal replacement has become.

Nearing the end of their first year at their current location in Beckley Crossing Shopping Center (across from Kroger), Brandie and Charlie have used personal marketing as the main way of getting the word out about Beckley Blend. They have invited folks they've met at the gas station or at the mall to stop in and depend on word of mouth (personal testimonies of current customers) to spread their gospel of eating healthy. All their delicious shakes contain 24 grams of protein with low carbs, low fat and low sugar (stevia-based), and contain all the vitamins and minerals your body needs in a healthy meal.

Initially, the Campbells try to establish a new customer's profile: Why are they there, what are their fitness/lifestyle goals, are they just seeking a healthy snack, etc. With that knowledge, they can guide them through their extensive offerings to a product choice that will meet the customer's needs in a flavorful, filling and healthy way.

As I sampled a tasty banana puddin' shake and a delicious "Miami Vice" energy tea, a constant flow of returning and new customers came and went. Each one engaged pleasantly as they entered the premises,

returnees on a first-name basis. The pleasant, well-appointed surroundings allow customers to sit and enjoy their treat, or they can get it to go. Customers can also sit at the bar and watch shakes, teas (hot and cold) or coffees being prepared. There is definitely a sense of community among those being served and those serving, just the atmosphere Brandie and Charlie say they were seeking to establish.

A young man named Jackson, from a nearby business and a regular, volunteered that he had lost nearly 150 pounds since he made a lunch shake a part of his daily routine. In fact, on this day, it was his second stop in ... this time for an energy tea. Another said he had lowered his A1C (blood sugar levels/inflammation) considerably since regularly enjoying the products at Beckley Blend. Glade resident Dr. Liz Nelson is not only a customer herself but also refers patients who might need to adjust their lifestyles in favor of healthier nutrition.

Glade resident Wes Duncan says his go-to tea is the Pineapple Push (pineapple, pina colada and strawberry combo), and when he wants a healthy shake for lunch or breakfast, he prefers the banana puddin'. Duncan also signed up for one of their weight loss challenges and dropped 4 pounds in only two weeks. "The thing that impressed me the most was the hospitality. They really make you feel welcomed when you come through the door," he said.



Beckley Blend shaking up Raleigh food scene

BY ED MCCALL • PHOTOS BY KAREN AKERS

Brandie and Charlie Campbell left Mississippi and brought their family enterprise to West Virginia with one thought in mind. They were determined to shake up the local food scene by offering residents a healthy alternative to fast food. The move from Byram to Beckley was, in Brandie's words, "a leap of faith," but the leap part was totally grounded in their own confidence — confidence in their product line, in their

Shakes are available in 22 flavors, with some of the most enticing to this writer being snickerdoodle, mint chocolate chip, salted caramel, Bahama breeze and mango pineapple. Teas are made with herbal and green tea concentrates and come in three levels, with each level varying the volume and amount of caffeine and calories. All boost metabolism and burn calories. With too many flavors to mention here, my Miami Vice was 32 ounces of deliciousness (pomegranate, pina colada, blue blast) and contained only 24 calories, 200 milligrams of caffeine, plus aloe. Iced coffees contain 15 grams of protein, 100 calories, 2 grams of sugar, and are low carb and low fat and come in six flavors, including mocha, hazelnut, vanilla, salted caramel, house blend and white chocolate mocha.

For those who already make working out a part of their daily regimen, Beckley Blend offers four levels of combos: a shake to meet meal requirements and a tea for



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energy, which can be prepared with ingredients to meet specific needs or diet requirements. The post-workout combo includes 24 grams of whey protein, BCAAs carb blend and hydration. Any concoction can be boosted or upgraded to meet specific nutritional needs or goals. Shake boosters can include extra protein, extra fiber, probiotics for improved gut health, a Prolessa shot that targets body fat and reduces hunger and a special additive for nursing moms. Tea boosters also include the probiotic, an energy booster called a Liftoff and B vitamins, and a beauty booster made up of collagen and biotin for healthier skin, hair and nails.

Stoked about their future in West Virginia, the Campbells say they have found the people here warm and receptive, and they are super-excited to introduce a new menu for 2023. The combinations are endless, and the Campbells are only too happy to help customers shake up their own ideas of what eating healthy looks and tastes like. Beckley Blend is open Monday through Friday from 6:30 a.m. until 4 p.m. and on Saturdays from 8 a.m. until 3 p.m.

[1] People who use Herbalife Formula 1 twice a day as part of a healthy lifestyle can generally expect to lose up to one pound per week.



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NEW YEAR,

NEW YOU?



Why not to start that diet in January.

BY SHAUNA OSBORNE

Happy New Year! As the notes of “Auld Lang Syne” fade into the background, visions of the person we hope to be in 2023 begin dancing through our heads. Will she make more time for self-care this year? Will he spend more time with the kids? Whatever our hopes and dreams for a “new you,” we often choose the new year as a time to kick-start that transformation. However, research shows that the year’s beginning is often *not* the best time to take on diet-related or weight-loss resolutions.

Here’s why. At their core, our wintertime eating habits have to do with biology. Long ago, humans ate as much as possible when food was available during the winter, as resources were harder to come by; essentially, we are still programmed to “store up” food in insulating fat layers until warm weather arrives.

In addition, weather can have a significant impact on mood. In many areas of our country, winter means ice and snow, freezing temps and early darkness ... not necessarily the most cheerful atmosphere. Add to that the idea of limiting food consumption (usually, the foods that make us happiest) and braving the elements outdoors — not a recipe for success.

Also related to weather is cost. Let’s face it: It costs more, especially during colder months, to eat healthily. Fresh produce is harder to come by, and it’s not as tasty or nutritious, frequently sitting on a truck for days, imported from whatever warm-climate area in which it was grown. Doesn’t sound quite as appealing as tomato or zucchini picked from your neighbor’s garden, huh?

Yes, all those holiday goodies may have wreaked havoc on your eating habits, but now that the celebrations are over, allow your eating and workout habits to settle and stabilize. Save strict resolutions for springtime, when the sun is shining, the days are longer, and fresh, healthy foods are right outside your door!

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Observing Oosouji: Out with the Old

It's a new year, a transitional time to embrace the sentiment of "out with the old, in with the new." There's something about turning over the calendar page (hello, 2023!) that feels fresh and invigorating, like anything is possible.

BY SHAUNA OSBORNE

In Japanese culture, the concept of *oosouji*, which literally translates as "oo" (big) and "souji" (cleaning), presents a similar notion, with an emphasis on clearing out the old. In fact, it is considered inauspicious to welcome a new year with any "old business" (including dirt and clutter!) outstanding. How can we adopt this ritual of release as we march forward into a brand-new year?

Start with the right mindset. We often view cleaning as a dreaded task to be procrastinated as long as possible. Try to reframe this problematic mentality as one of forward-looking productivity. Much like a ritual, clearing out the physical dust of the old year means also clearing out the emotional and mental dust, wiping the slate clean for what is to come.

With that liberating viewpoint in mind, it's time to get your hands dirty:

- *Oosouji* is, traditionally, a top-to-bottom cleaning, so start at the top by dusting ceilings and fans, wiping down walls and dusting furniture and then vacuuming, sweeping or mopping floors.
- Designate several boxes in each room for items that are no longer meaningful, beautiful or loved, and when you've finished with your task, pass them along however is appropriate. Eliminating what you no longer use creates space for new ideas and frees you from unnecessary burdens. Also, include a bag or box for waste, removing it (symbolically taking out the mental "trash") from the house as soon as you finish that room. You will be surprised at how much lighter you feel!
- Last, remove stains from your home, whether on the furniture, carpet or grout. Old stains remind us of the past and have no place in a newly purged space.

If possible, every family member should be involved in your cleansing practice, making careful decisions about their individual possessions and benefitting from this fresh start. Happy New Year!

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Deadly Sins of Retirement Planning

A hot topic in financial media over the last few years is the “retirement crisis” facing Americans. Workers — baby boomers, in particular — are retiring at higher numbers yet are living longer lives than ever, due to advances in modern medicine. Longer, healthier lives sound like a positive, but fears surrounding whether Social Security will go bankrupt persist, not to mention a shaky post-pandemic financial landscape. More alarmingly, according to *Forbes*, one in five American adults has nothing saved for retirement. Now more than ever, it’s crucial to keep your retirement finances secure by avoiding these “deadly sins” of retirement planning.

BY SHAUNA OSBORNE

WRATH

Don’t let wrath compel you to burn bridges when leaving a company. Separating from a position on amicable terms ensures a smoother transition all around; plan carefully (and calmly) so that you don’t find yourself endlessly stranded on the job market and/or forfeit your eligibility for unemployment pay. With a cool head, your retirement savings won’t suffer and you can still secure a reference if need be.

PRIDE

Undoubtedly, you are capable of handling the basics of retirement planning, but don’t be too proud to enlist the assistance of professionals to select the investments that best suit your individual goals. Just as you are an expert in your field, financial professionals have the education and training to handle difficult areas, such as asset allocation and portfolio diversification, with aplomb, ensuring you have a secure long-term portfolio and comfortable retirement.

SLOTH

Laziness is never beneficial in investing and retirement planning. Most Americans don’t review their retirement options and related tax implications adequately. Retirement portfolios shouldn’t be on a “set and forget” course; it’s important to stay on top of investments even throughout your retirement years.

GREED

It’s difficult watching your paycheck dwindle as funds get deducted for retirement, health care, etc., but saving for retirement will benefit you more in the long run. Invest in your future by at least matching your employer’s contribution, if offered, and revisiting your deferral amounts when you earn a raise or bonus. Also, make sure your retirement planning goals are realistic. Don’t set your sights on what you can’t have out of avarice.

Michelle Bare

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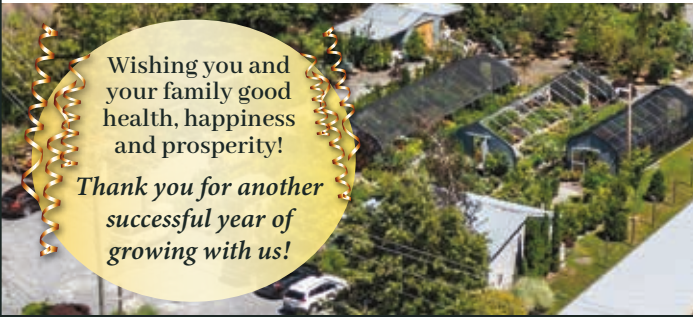
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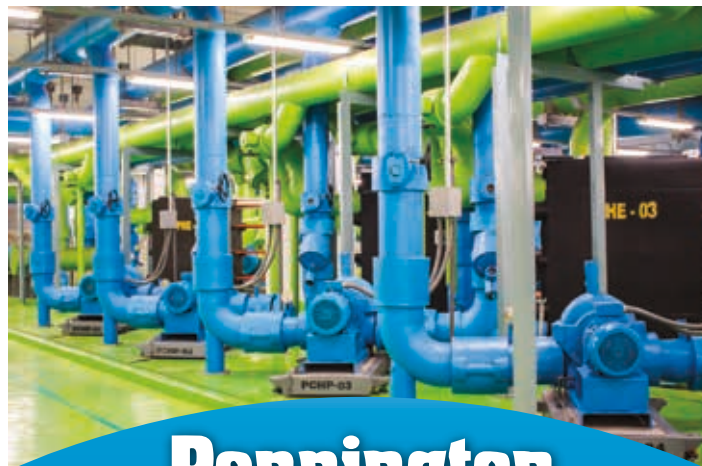
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This is your neighborhood Real Estate Resource page. This information can be useful when trying to compare property values or for just keeping a pulse on the real estate market in our area. For questions regarding the properties listed, or about real 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
393 Hawks Chase Lane	GladeSprings	\$519,000	\$500,000	07/29/22	3	3	3,084	Att-3 Car	1.5 Story
902 Club Circle	GladeSprings	\$159,000	\$160,000	09/21/22	1	1	950	None	Condo/Townhouse
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
745 Forest Haven Drive	GladeSprings	\$465,900	\$465,900	06/30/22	3	2	2,800	Att-3 Car	Raised Ranch
117 Ludlow Lane	GladeSprings	\$398,000	\$398,000	06/30/22	4	2	3,024	Att-2 Car	Ranch
138 Thistle Glen Lane	GladeSprings	\$459,900	\$455,000	08/05/22	4	3	3,038	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
330 Chaplewood Drive	GladeSprings	\$399,900	\$375,000	08/29/22	3	2	2,200	Att-2 Car	1.5 Story
302 Dogwood Ct.	GladeSprings	\$239,999	\$225,000	08/24/22	4	3	2,163	Att-2 Car	Contemporary
221 Barnstaple Drive	GladeSprings	\$419,000	\$419,000	08/22/22	3	3	2,800	Att-3 Car	Mid Entry
1200 Edward Drive	GladeSprings	\$619,000	\$605,000	08/22/22	4	3	3,463	Att-3 Car	1.5 Story
312 Edward Drive	GladeSprings	\$365,000	\$337,000	07/07/22	3	2	2,230	Att-2 Car	Ranch
187 Glen Orchard Way	GladeSprings	\$349,000	\$349,000	07/08/22	4	3	2,193	Att-2 Car	1.5 Story
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resident business guide

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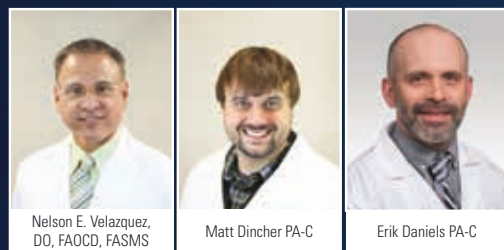
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