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ISSUE



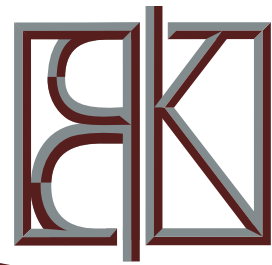
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**JULY
2023!**

Welcome to the 7th month of the year and all the good things that come with July!

Ruby is July's Birthstone and the Birth Flower is the Larkspur and the Water Lily. Obviously, Independence Day leads the way in July holidays (we have really awesome activities here in Glade for the 4th!) but let's not forget American Zoo Day, National Bikini Day, Pina Colada Day, Shark Awareness Day and Harry Potter's Birthday. I'm NOT making this up!

From a "month" point of view, July is National Ice Cream Month, National Hot Dog Month, National

Watermelon Month and Family Fun Month. Lots of summer vacations, cook outs, beaches and pool time. If you're a fun in the sun person, July is in your wheel house!

Thanks as always for sharing your lives with us and the community. We strive to do better here at *Stroll Glade Springs Village* and can't do it without your help!

Thank you also to our dedicated sponsors who provide excellent products and services to enhance our quality of life in Glade Springs. Please remember them when you have a need. They are listed alphabetically



by industry in the Sponsor's Index.

Have a wonderful July!

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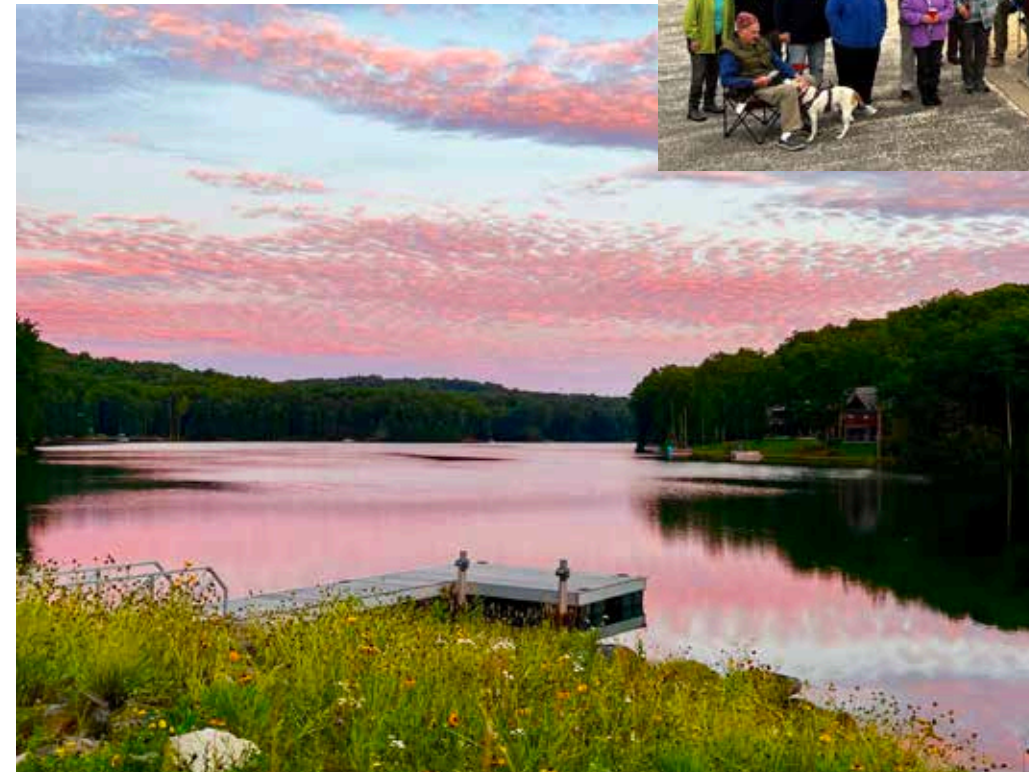
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DAM SOCIAL



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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2023 GSVPOA GOLF CALENDAR



DATE	COURSE(S)	EVENT	CHAIRMAN
Saturday, July 8, 2023	SH	Member-Member Tee Times	Randy Scott
Sunday, July 9, 2023	WH	Member-Member Tee Times	Randy Scott
Friday July 14	WH	Friday's at WH 5pm Shotgun	TBA
Saturday, August 12, 2023	SH	POA Club Championship	Bob Coburn/Jan Allen
Sunday, August 13, 2023	WH	POA Club Championship	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			
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 | 08/21-24/2023
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FRIDAY MORNING GOLF SCRAMBLE

Friday Morning Scrambles starting the last week of April and continues through the golf season.
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Spirit of the Game/ Eitquette

All players are expected to play in the **spirit of the game** by:

- Acting with integrity-** for example,
- by following the Rules,
 - applying all penalties, and
 - being honest in all aspects of play.

the WORKMANS



CARIBBEAN TRAVELERS

BY ED MCCALL • PHOTOS BY KAREN AKERS

Eleven years ago, Dee and Stan Workman moved into their cozy residence at 138 Preston Place, bringing with them their two daughters, Kara (now 22) and Karli (now 19) from their previous home in The Oaks.

The couple's history can be traced all the way back to the halls of old Herndon High School (now Wyoming East). Stan says the relationship began innocently enough. "We first met riding the school bus and that evolved into becoming "phone friends." The friendship soon blossomed into courtship, and even later they became co-workers in Dee's father's convenience store located in their hometown of Bud.

Stan graduated several years ahead of Dee, and both matriculated to Bluefield State afterwards where Stan studied law enforcement and criminal justice, and Dee became a Medical Imaging Technologist. The courtship lasted 8 years allowing both to complete their degrees before they tied the knot in 1996. Kara came along in 2001 and Karli in 2004.



The early days of their marriage saw Dee begin her career in radiology at old Beckley Hospital while Stan was employed as a parole officer, currently working probation with the WV Supreme Court, but it was on their honeymoon, a Caribbean cruise, where both were bitten by the travel bug. They haven't gotten over it to this day. They have lost track of how many cruises and Caribbean trips they have taken. Dee hints that it "May be around fourteen." In fact, they postponed starting a family until they had sufficiently scratched their "travel itch." Today, they often combine their love of travel with his work. Dee, now the Medical Imaging Technologist/Coordinator at Access Health, enjoys providing community services. Stan is an avid scuba enthusiast so many of their Caribbean excursions include some diving. On their most recent cruise to Nassau they were accompanied by Dee's mother, and they are already planning their next trip to Aruba where Stan intends to do some serious diving. In warm weather he uses Lake Chatham to polish his underwater skills for upcoming diving trips. "Visibility in Chatham is limited," he says, "but it's a good place to sharpen my techniques before a big trip." The entire family enjoys paddle boarding and swimming in the lake, as well as the walking and hiking available here in Glade and at nearby Little Beaver State Park.

Kara has followed in her mom's footsteps in Radiology Science with advancements in Radiation Therapy, having received her degree's from the University of Charleston and Weber State. She plies her trade at the Carl Larson Cancer Center and like both her parents loves traveling. She is planning an upcoming Caribbean trip with childhood friends. Karli has enjoyed the past few years lifeguarding at Glade pool.

She is working towards her business future, while working part time at a local Allstate Insurance Agency all the while studying business administration through Bluefield State. "We travel a lot," Dee laughs, but we're always glad to come home. We have great neighbors here in Glade, many of whom are transplanted Wyoming countians just like us." Even though the Workman's are always eager to hit the road, they are equally eager when it comes time to return to their home state and Glade Springs.

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



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DAPHNEY MASTERSON

A bright star!

BY SOMALIA NELSON
PHOTOS BY KAREN AKERS



This young, ambitious eight-year old is a well-rounded student waiting to put her mark on the world. Daphney is the youngest of three children. Her two older siblings, Courtney and Tyson, are twelve and sixteen years old, respectively. They have three dogs, a German Shepherd, Dachshund, and a Corgi. She enjoys spending time with her dogs and taking them out for walks. Her parents are Rayna and Beau Masterson.

Daphney is a third-grader at Shady Spring Elementary School. She is very bright and hard-working, always maintaining a 4.0 GPA. Daphney has eight classes, and her favorite is math. She loves doing multiplication and knows her multiplication tables up to twelve, which is one of her greatest achievements in school. Daphney enjoys learning and hanging out with her friends at school. She likes to play games like infection, a game of tag, outside with her friends and play on the playground. Her teachers are who inspire her most in school. Her favorite teacher is Mrs. Testerman, her third grade teacher.

Daphney's goals for school next year are to maintain good grades and to improve her Spanish.

In her spare time, she enjoys playing soccer, basketball, and volleyball. One of her favorite hobbies is playing volleyball with her sister and jump rope. Soccer is her favorite sport to play, and she wants to play soccer for Shady in the future. Daphney loves drawing, especially people. She likes to read fiction books and

also likes watching tv series. Her favorite shows are Strangers Things and The Amazing World of Gumball. She began learning Spanish this year and is a member of the Spanish club at her school.

During the summer, she enjoys swimming and spending time outdoors. She just moved to Glade in July and can't wait to spend the summer here. She has lived in several states and loves to travel. By the end of this summer, Daphney will have been to forty-five states. So far, her favorite place she's lived is Wyoming because of how pretty it is up there. One day, Daphney would love to visit France, and she expressed an interest in tasting the bread for which France is known. She has several trips planned for this summer in New York, Philadelphia, Maine, and Niagara Falls.

After college, Daphney plans to live in Kentucky. She has thought about going to college in Cleveland and likes to watch the Browns play. Since she was five, she's wanted to be a singer and perform pop songs. She loves listening to rock. Her favorite band is Green Jelly, a comedic rock band. Daphney's favorite song by Green Jelly is Three Little Pigs. There's no telling what the future holds for this high achiever. Her drive and determination will take her far!



If you know a great kid or kids in the neighborhood please contact
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Mallie Lawson

Shady standout headed to WVU Tech

BY ED MCCALL
PHOTOS BY KAREN AKERS

Shady Spring High School graduate Mallie Lawson will be taking her game and her studies just down the road to WVU Tech next fall. The Tiger's hard-hitting shortstop and the soccer team's outstanding center mid-fielder won't be changing uniform colors (gold and blue) next fall when she hits the pitch for the Golden Bears. Tech will be getting a stellar student as well. Mallie ranked fourth in her class with a GPA of 4.3



which is just slightly higher than her batting average of .429! Those numbers will translate well at Tech where she plans to pursue a double major in Computer Science and Computer Engineering.

There is nothing typical about the young lady who began her athletic journey as a 5-year-old playing Upward Soccer at Memorial Baptist Church here in Beckley, but who was born five and a half weeks prematurely with congenital hyper-insulinism. Simply

explained, the condition is the opposite of diabetes. The body produces so much insulin that glucose levels can become dangerously low. After several weeks as an infant in hospitals in Charleston and Philadelphia she was prescribed an insulin blocker which she took until the age of nine when her condition lessened. Now when she feels like her sugar might be getting a little low, she has a Mountain Dew. The soft drink has become her perfect remedy. Rest assured, the malady never slowed her on the pitch or diamond.

When she isn't distributing the ball for teammates to score or driving in runs from her 3rd spot in the batting order, Mallie is an avid reader, an exceptional guitar player, and crochets bucket hats, dinosaurs, carrots, and other assorted gifts for her teammates, church friends, and fellow Illuminate Youth praise band members. It is a skill she acquired during the dark days of isolation during the pandemic. No idle hands here!

If she isn't playing music, she is often listening to it. This youthful "old soul" loves the Beatles and can pick out many of the Fab Four's tunes on her guitar. She also likes Christian rock and Christian rapper KB. She is bypassing her senior trip in favor of a family trip to New York City this summer. It will be Derrick Jeter bobblehead night at Yankee Stadium and the Lawson crew, mom Maria, dad David, sister Hannah, and brother Grant will be there. They will be attending a Broadway show as well.



As a former educator, it gives me hope when I sit down and chat with the likes of Mallie Lawson. She is at once exuberant, yet grounded, with solid values instilled by her parents, and a work ethic to achieve the lofty goals she has set for herself. Her athletic and academic achievements have already established her as a difference maker. Her teachers, teammates, and friends bear witness. Don't expect that to change when she hits the campus of WVU Tech in the fall.

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



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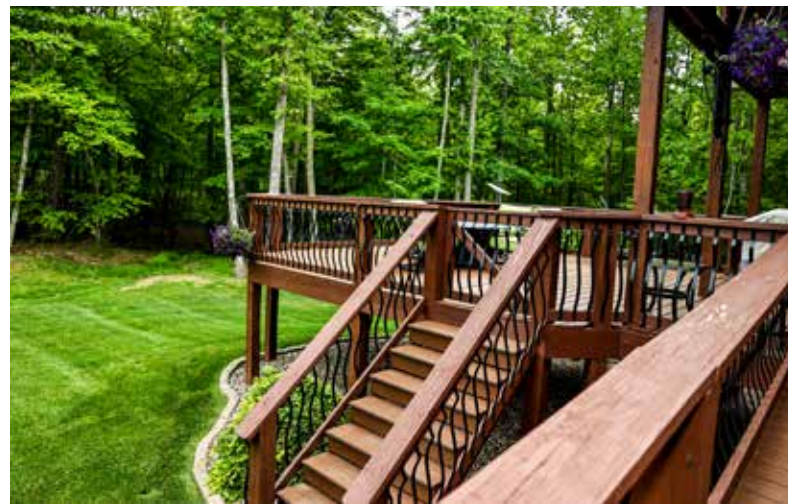
THE BARBER FAMILY

BY WHITNEY CAPPELLARI
PHOTOS BY KAREN AKERS

Beyond the hustle and bustle of the Resort, in the private Woodhaven section of Glade Springs sits 103 Leeds Lane, home of The Barber Family: Jonathan, Bethany and Ledger. The home, which was erected in 2016 sits on a spacious corner lot and is nestled among a natural fence line of trees which hug the property to the rear and side. The 2600 square foot home, accommodates four (4) bedrooms and three (3) full baths among two (2) floors. The Barber's took possession of the property in late 2017 in order to take advantage of the idyllic privacy offered by the location.

Custom cabinetry, stainless steel appliances and an open floor plan, which flows from the kitchen to the living area are just a few features hosted inside the residence. But perhaps the most impressive feature the home offers lies in the master bathroom which boasts an oversized master shower- expanding an impressive 9ft x 6ft in size.

Outside, an oversized back deck gives way to the spacious back yard- the ideal spot to enjoy quiet summer nights with friends and family. When asked which feature of the home the family enjoyed



the most, the back deck and yard were a no brainer for Bethany and Ledger. However, for Jonathan, the answer lies in the custom built garage (man cave), constructed by Doug Lilly in 2018. Here, he is able to work on his mustang among other projects. It is important to note that the "man cave" garage is not included in the square footage of the residence, which in reality should reflect closer to 3000 square feet with this addition.

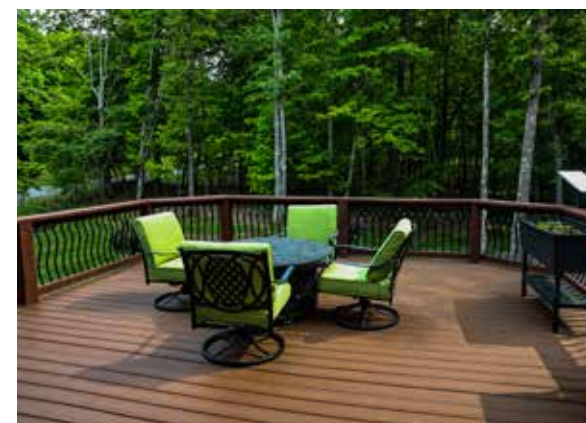
Since their acquisition of the property, the pair have completed multiple updates to the home including the additional garage and deck expansion. Total, the



property can house five (5) vehicles among two (2) garages. A handicap accessible ramp has also been constructed by the couple, giving access from the garage to the residence as well. Shelving has been incorporated into both areas of the residence, giving the property ideal storage space. Tree removal and landscaping services have been curated by Aspen, completing the quiet outdoor oasis.

So what's next for Leeds Lane and the Barber Family? The property is currently undergoing renovations to modernize and freshen up the space including but not limited to: fresh paint for the walls, new carpeting, doors and molding throughout the home. The property will be market ready by April 2024 with realty services to be provided by Amy and Justin Fairchild.

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



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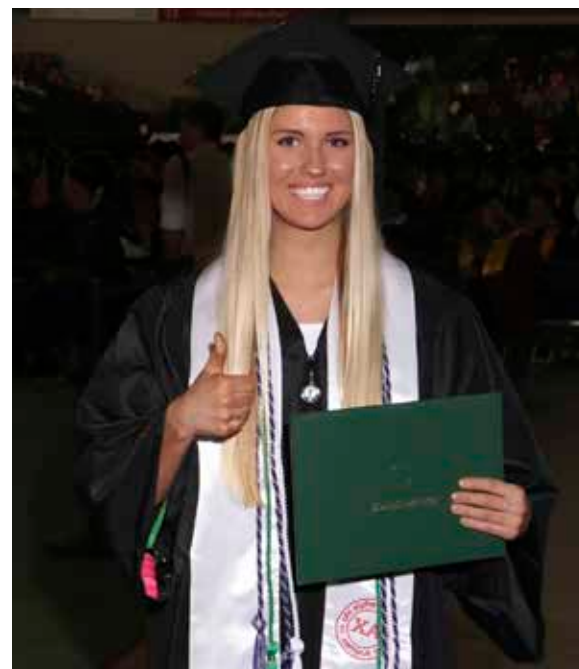
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“SUITED” FOR COMPANIONSHIP

Zegna! BY BOB COBURN

Meet Zegna, pronounced Zen-Yuh, a German Shepherd named after the Italian Suit maker from Milan! Zegna is the beloved daughter of Emily Akers and came home at 8 weeks from a local Mt. Hope breeder.

She will be three in July and lives her life to the fullest with golf cart rides, car rides and sniffing out anything that’s buried, missing or out of place. She is friendly, loyal and protective as well as strong and beautiful.

She is SO excited for golf cart rides that she launches herself like Yelena Sokolova into the cart at the mere mention of going of a ride. She is also an expert sniffer and finds old toys in the yard while tracking down deer and squirrels. She also sniffs her way over the neighbors on occasion for a friendly visit.

One of her other favorite things to do is play with her prized possession which is a squeaky chicken toy. She struts around proudly showing her off and will not go into the back yard without it!

Emily has worked at the Beckley Veterinary Hospital the last couple years in preparation to head off to Veterinary School at Mississippi State University this summer. Part of that internship led her to bring home young puppies on occasion which allowed



Zegna to be the loving, protective, cuddle bunny she is. She also saved some puppies lives in the past two years as a blood donor.

In her spare time, Zegna attends dog training at Precision K9 near Pearisburg, Va. to acquire new skills and improve her social graces that may have been missed as a Covid puppy.

Zegna can’t enjoy some of the food treats that her buddies enjoy as she has allergies that effect her skin and cause her to itch profusely. Hence, she maintains a strict allergy diet of Hill’s Science Diet that has solved the problem.

About the only other problem Zegna has is a fear of boxes that stems from her sister Zelda the cat who tortures her by hiding in or behind boxes, only to spring into action and scare that sweet baby. Nonetheless, Zegna LOVES Zelda. Zelda is not having any of it.

Probably the most amazing story comes from Emily living with a roommate from the Veterinary Hospital for a while. Emily had a bad mouth sore that was painful and making her crazy. While discussing the situation with her roommate, Zegna comes into the kitchen to the rescue with a package of numbing medicine in her mouth. No idea where it came from. Maybe payback for her allergy medicine? Who knows. Problem solved!

Best wishes to Zegna in Mississippi! We know you and Emily will take great care of each other.



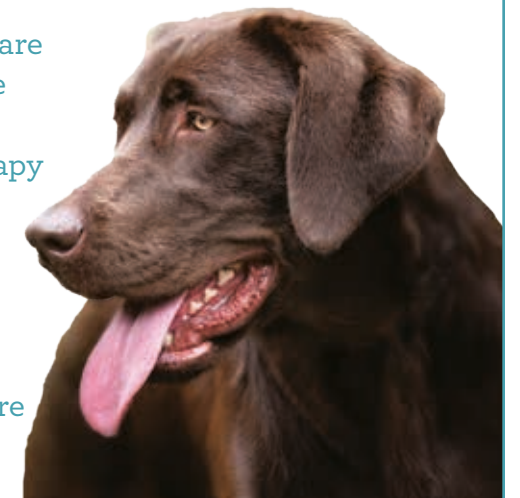
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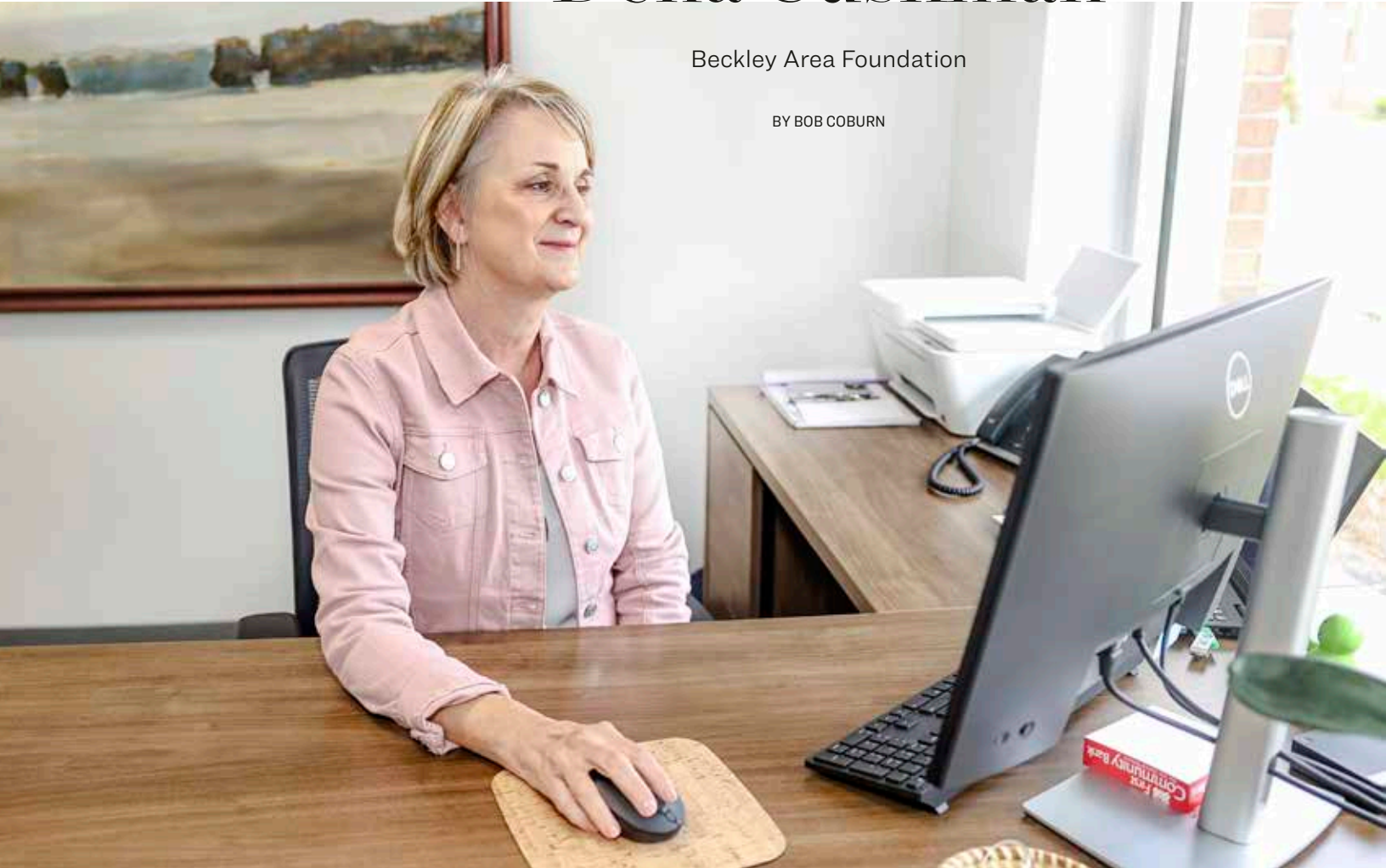
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Dena Cushman

Beckley Area Foundation

BY BOB COBURN



Dena Cushman | Executive Director | Beckley Area Foundation

Not all heroes wear capes, but they all have one thing in common: they strive to make the community we live in a better place for future generations. It is precisely this kind of philanthropic ambition that makes the work of Dena Cushman and the Beckley Area Foundation so extraordinary. The Foundation consists of six (6) employees: three (3) part time and three (3) full time, with Cushman as Executive Director at the helm of operations. But the foundations work is nothing short of a group effort. According to Dena, “we are able to do what we do because of our many endowments established by donors throughout the years,” and all those who continue to contribute to its success.

The Beckley Area Foundation has been serving the Raleigh County community since 1985, funding an array of charitable organizations, providing scholarships for youth and other worthy projects. Since its inception, the Foundation has distributed nearly \$22 million back to the community, with \$1.5 million solely in the last year (April 2022-March 2023)—an amazing



accomplishment. Cushman came to the Beckley Area Foundation in 2001, serving initially as Chief Financial Officer before rising to the position of Executive Director in 2017. A position that is fast paced, and ever changing. With the recent completion of the scholarship cycle, the office is currently switching gears and beginning to focus on the various grant programs that are available to the community. Though every day is different, some daily responsibilities include handling the contributions that come in and meeting with donors.

There are a multitude of grants offered through the Beckley Area Foundation. Of interest is the Community Grant Program, which allows qualifying applicants to request up to \$7,000 annually for projects which benefit the under-served residents of Raleigh County in areas of economic development and education, among others. The deadline for this specific grant program is November 30, 2023. Another series of grants offered include the Field of Interest Grants which provide more tailored projects. This could be in any specific field, but currently these grants include but are not limited to: music education, educator training, environmental preservation, arts education and more. The application for these grants are open from May 15 through June 15, 2023 and are open to non- Raleigh County non-profits as well. Currently, there are over five-hundred (500) endowments which provide scholarships and support a multitude of non-profits in the community through grants provided by the Foundation.

Dena came to West Virginia by way of Wisconsin in 1987 and completed her bachelor's degree at Concord University. Prior to her time at BAF, Dena worked at the YMCA as their Business Service Director and Financial Officer. In addition to her work at BAF, Dena is a member of the Quota Club of Beckley, Beckley Rotary Club and serves as a member on the board for Philanthropy WV and Charitable Gift Planners of WV. When asked what her favorite thing about her role at BAF is, Dena cited, “helping donors meet their philanthropic goals and working with area non-profits.” When asked which project she felt especially passionate about, Cushman responded, “The Susan Landis Youth Philanthropist Program,” which started shortly after Landis' retirement in 2017. The



two-year program is open to High School Juniors and Seniors and incorporates project-based learning programs utilizing the Three Pillars of Philanthropy: fund raising, charitable giving and service projects. The program accepts up to twenty (20) Junior students and is a means in which they can give back to their community. Within the program exists its own grant program which the Senior students complete the fundraising that goes towards the Junior's grant making to area non-profits.

As members of the Raleigh County and Glade Springs Community, we are honored to support and recognize these individuals and their benevolent contribution to our community. Especially neighbors like Dena, who are truly making a difference.



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



Peanut Butter Pie

SUBMITTED BY
DONNA MILLER

INGREDIENTS

- 1 (8 oz) package cream cheese, softened
- 1/2 cup creamy peanut butter
- 1/2 cup confectioners' sugar
- 1 (16 oz) container frozen whipped topping, thawed, divided
- 1 (9 inch) prepared graham cracker crust
- 15 miniature chocolate-covered peanut butter cups (such as Reese's) unwrapped

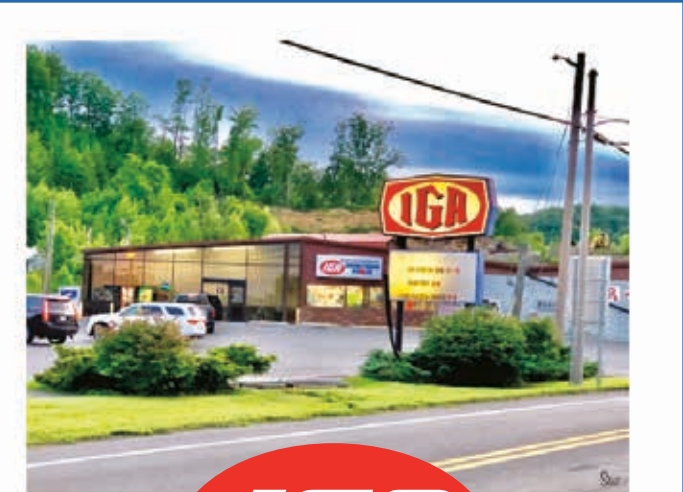
DIRECTIONS

Mix cream cheese, peanut butter, and confectioners' sugar together until smooth. Fold in 1/2 of the whipped topping, then spoon the mixture into the graham cracker crust.

Spread remaining whipped topping over the peanut butter mixture and garnish with peanut butter cups. Chill at least two hours or overnight before serving.



If you have a great recipe you would like to share please contact
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BY BOB COBURN



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West Virginia Mountaineer Real Estate is owned and brokered by Kenny Bryant, Broker of Record. With 32 years of experience in the industry, Kenny has trained and managed over 50 agents, many of whom end up in the top ranking echelon of the Raleigh County Board of Realtors. Four agents currently reside in Glade Springs, including Kenny, Angelina Cross, Donna Miller and Jan Poszich.

For the year 2022 West Virginia Mountaineer Real Estate was the #1 company of the board in sales out of 38 companies. Kenny states, "I am a very hands on Broker and attribute our



competitive advantage to the training, mentoring and ongoing support of my associates at my agency." Kenny has been appointed to the land commissioner list for Raleigh County and is utilized the the Raleigh County Family Law system regularly to assist in real estate matters.

Kenny says "I tell my agents (and clients) that I am available until 11 pm 7 days per week. Recently I was tested by a client coming to town to look at properties and the night before arrival I got a call at 10:55 pm on a Sunday night. The first thing the caller said was "you just cost me a \$10 bet with my wife that you would not answer the phone".

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Mackenzie Brogan | Owner

KENZIE'S KAKES & COFFEE

Full service sweets! BY BOB COBURN • PHOTOS BY KAREN AKERS



In store items are available for delivery with Door Dash and there are retail items on hand such as shirts, coffee, candles for cakes and cards for your celebratory occasion! There is also a party room available to rent.

Kenzie's is a pro at making your event extra special like vendor shows, teacher appreciation events and of course, weddings. They are experts in custom cakes and cupcakes.

If you have a sweet tooth, enjoy good coffee and other specialty drinks then Kenzie's Kakes & Coffee is the place for you! Starting in 2020 in the School of Harmony building, Kenzie's has expanded and is now located at 496 Ritter Dr. in Beaver.

Daughter MacKenzie Brogan (owner) and Mother Jeanie Bowman operate this delicious establishment and you can see the love that goes into their work each day from 7:00 am - 6:00 Monday to Friday and 7:00 am to 3:00 pm on Saturday.

MacKenzie started baking in mom's kitchen in 2012 after a homeschool cake decorating class.

"I had been praying for confirmation that this was the path God wanted us to take," says MacKenzie. She launched into the store front in 2020. "Then two weeks later, COVID hit! Well, I know He wouldn't have allowed me to take the step and let me fall!" And fall they haven't!

Kenzie's offers a wide variety of premium coffees from Glade Creek Coffee Roasters as well as specialty drinks such as lemonades, milkshakes, smoothies, matcha, teas, cold brew and espresso. The wonderful treats include cupcakes, pies, cakes, sweet treats, pie cups, cinnamon rolls, oreo balls and cheesecakes that come in slices or whole. OH MY!

Stop by Kenzie's Kakes & Coffee today to try out the fantastic goodies or plan your next special event with them in mind! They can be reached at (304)890-7229 or check them out at kenzieskakes.com

"I LOVE Kenzie's Kakes! Top drawer and very talented ladies. They put their heart and soul into everything they make. Delicious! Highly recommend."
- Resident, Regina Fairchild

"We REALLY like them! Their cakes and other desserts have always been delicious and very creative. Great service.....very responsive and friendly. We've enjoyed seeing them grow and prosper. We think they really stand out against the competition."
- Residents, Scott and Karen Berneburg



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From Boom to Bust: How to Prepare for a Shallow Recession

With careful planning
and prudent financial
management, you can
weather the storm of a
potential recession.

BY SHAUNA OSBORNE, NATIONAL EDITOR

As the global economy continues to navigate through extraordinary times, economists and finance experts are closely monitoring the possibility of a shallow recession on the horizon. While a recession is often associated with financial turmoil and widespread unemployment, a shallow recession is defined as an economic downturn less severe than a traditional recession and may only impact certain sectors of the economy. Despite this, individuals should contemplate now how to prepare for these potential economic changes.

DIVERSIFY INCOME STREAMS

Consider finding new ways to earn money, whether through a side hustle, a part-time job, or starting your own business. With job security virtually nonexistent in many sectors, working

more jobs means more job security. Creating additional revenue streams can help mitigate the impact of a potential reduction in or loss of your primary income.

INVEST IN YOURSELF

Take advantage of any downtime to invest in your skills and education. Consider professional development opportunities through your employer or via continuing education or certification programs to enhance your knowledge and increase your marketability. Make sure your résumé is updated and impeccable.

FOCUS ON FINANCES

Take a close look at your finances and identify areas where you can cut back on expenses. Ask yourself where you can be creative, agile and adaptable

with your fiscal choices. Develop an intentional spending plan and stick to it, trying not to carry a credit card balance, if possible. An emergency fund of six months will help you face potential financial hardships.

BE RESILIENT

It's imperative to maintain a positive attitude during difficult economic times. Surround yourself with supportive friends and family, and stay focused on what you are seeking to accomplish with your life choices and financial goals. Remember, this season will soon ebb and flow into a new one.

*It's imperative to maintain
a positive attitude during
difficult economic times.*



Low Impact, High Rewards

Whether you're looking to improve your posture, reduce stress, or enhance your overall fitness, Pilates, yoga and swimming all provide a safe, effective and enjoyable workout.

BY SHAUNA OSBORNE, NATIONAL EDITOR




In a world where our busy schedules keep us on the move, it's no surprise that low-impact exercise has become a popular way to stay active and improve our well-being. These workouts are typically gentler on the body, making them suitable for people of all ages and fitness levels. Yoga, Pilates and swimming are three popular forms of low-impact exercise that offer a range of physical and mental benefits.

YOGA
Tools: Yoga can be performed effectively with just a mat and your body weight. Optional gear includes blocks, straps and bolsters.
Key physical benefits: Yoga boosts flexibility, core strength, balance and cardiovascular health.
Key mental benefits: Yoga supports stress management, mindfulness, improved mood and quality sleep.
Ideal for: From restorative / gentle yoga to heated power yoga, there's a yoga practice for every body.

SWIMMING
Tools: While the only requirement for swimming is access to a body of water, having supportive swimwear and goggles makes for a more comfortable and efficient swim.
Key physical benefits: Swimming improves cardiovascular health, flexibility, range of motion, endurance and lung capacity.
Key mental benefits: Swimming supports weight loss, stress and anxiety reduction, and increased mental well-being and sleep quality.
Ideal for: Swimming benefits all ages, particularly people with joint pain or injury and athletes looking to cross-train.

PILATES
Tools: Pilates can be practiced at home with just a Pilates mat and socks, but more advanced practitioners may incorporate balls, bands, weights and a trapeze table or Pilates Reformer.
Key physical benefits: Pilates increases core strength, stability, mobility and alignment.
Key mental benefits: Pilates can reduce stress and improve concentration, self-esteem and body awareness.
Ideal for: Pilates is suitable for a broad range of people, especially those seeking to alleviate chronic pain, recover from injury, and enhance athletic performance.

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FARMERS MARKET MUST-HAVES

1 / Large tote bags or basket

Bringing your own bags or basket helps you carry your purchases and reduces plastic waste.

2 / A cooler or insulated bag

If you plan to purchase perishable items like meat or cheese, a cooler or insulated bag can help keep them fresh until you get home.

3 / Cash (small bills and change)

Many farmers markets prefer cash transactions, and having exact change means vendors won't have to take time to make change.

4 / Water

Don't forget to bring water to stay hydrated and energized while you shop, especially during hot and humid summer months.

HOME MATTERS

Bringing the Farmers Market Home

The farmers market is a great place to find unique and locally sourced items for your home. The next time you visit your local market, keep your eyes peeled for these hidden gems.

BY SHAUNA OSBORNE, NATIONAL EDITOR

The farmers market is a great place to find delicious local produce, but most markets are also a treasure trove of rare and interesting items that can add charm and character to your home. From artisanal soaps and candles to handcrafted pottery, there's no shortage of delightful finds that can enhance your living space.

Fresh flowers and herbs One of the easiest ways to brighten your home is with a fresh bouquet or a fragrant herb plant. Many farmers markets offer a wide variety of locally grown flowers, and herbs like basil, mint and lavender look beautiful and add a lovely scent to your abode.

Artisanal soaps and candles Homemade soaps and candles can add a touch of indulgence to your daily routine. Look for vendors who use natural ingredients like essential oils and botanicals to create exceptional aromas and textures.

Handmade pottery and ceramics Imagine sipping your morning coffee from a beautifully crafted ceramic mug or serving a fresh salad in a one-of-a-kind pottery bowl. These unique pieces of dishware can take your dining experience from ordinary to extraordinary.

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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.

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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 West Virginia 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
208 Dogwood Ct.	GladeSprings	\$230,000	\$230,000	04/03/23	4	3	2,652	Att-2 Car	Condo/Townhouse
131 Avignon Way	GladeSprings	\$519,000	\$500,000	07/29/22	3	3	3,084	Att-3 Car	1.5 Story
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
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
133 Oak Lane Villa	GladeSprings	\$299,500	\$295,000	04/17/23	3	2	2,033	Att-2 Car	Cape Cod
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
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
179 Winston Place	GladeSprings	\$1,299,900	\$1,120,000	12/01/22	6	4	6,240	Att-3 Car	2 Story
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

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