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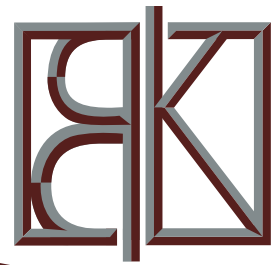
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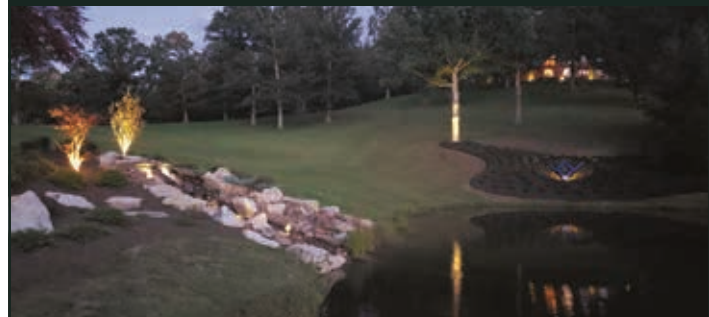
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JUNE 2023!

Thanks for Strolling into June and the beginning of our 6th year in print! We are looking forward to summer and all it has to offer here in Glade Springs including golf, the pool, cookouts, pickle ball, tennis and many other outdoor activities for all members of the family! We are very blessed to live here in any season.

Next month we will be honoring our high school and college graduates. We look forward to sharing their success with the community as we do each year!

Please email me with a picture and their information if you haven't already.

Thanks as always to our dedicated sponsors who provide excellent products and services to improve our quality of life. There is a complete listing in the Sponsor Index to make your decision easy when you have a need.

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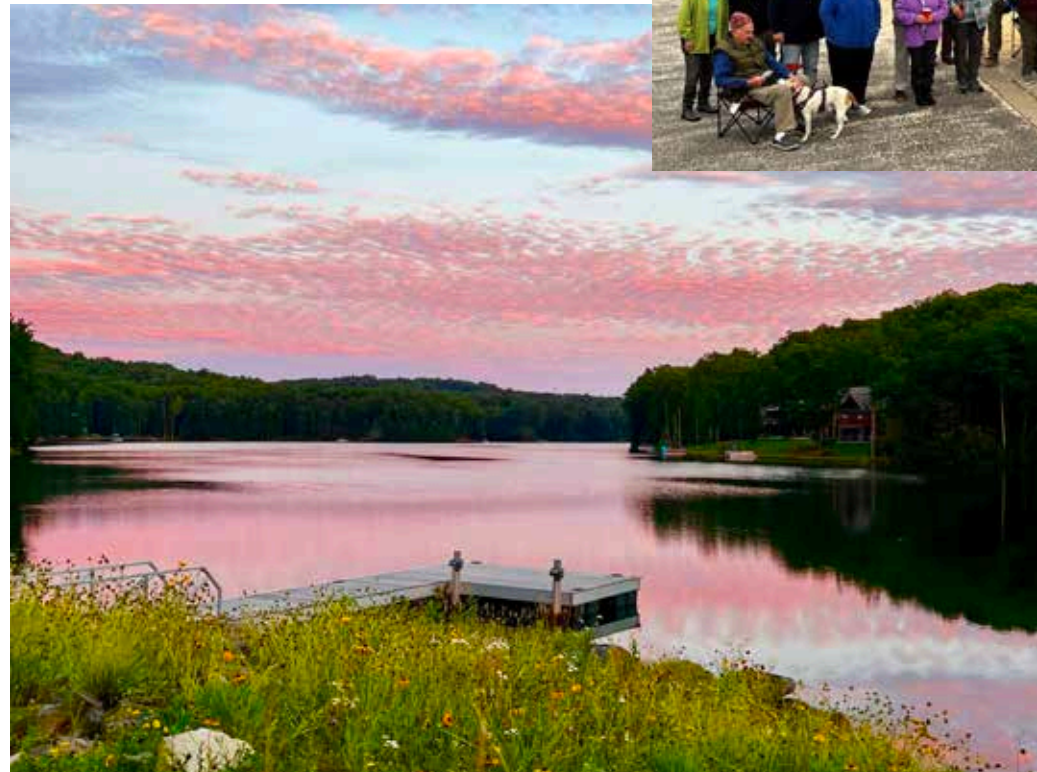
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The ever popular Dam Socials will begin in April and continue through October. The First Dam Social will be held on Wednesday, April 5 @ 5 PM. Join us at the parking lot by Chatham Lake and catch up with your neighbors. Feel free to bring a snack to 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, June 3, 2023	WH	12 Hole mixed-up scramble 4pm Shotgun Start	TBA
Monday, June 12, 2023	WH	Ladies 4 pm Shotgun/Clinic at 3 pm	TBA
Thursday, June 22, 2023	SH	GSWGA Invitational 9am Shotgun	Anna Kinker
Friday June 16	WH	Friday's at WH 5pm Shotgun	TBA
Saturday, July 8, 2023	SH	Member-Member Tee Times	John Callender/ Clayton Terry
Sunday, July 9, 2023	WH	Member-Member Tee Times	John Callender/ Clayton Terry
Friday July 14	WH	Friday's at WH 5pm Shotgun	TBA
Saturday, August 12, 2023	SH	POA Club Championship	Pat Sterrett/ Bob Coburn/Jan Allen
Sunday, August 13, 2023	WH	POA Club Championship	Pat Sterrett/ Bob Coburn/Jan Allen
Friday August ?	WH	Friday's at WH 4pm Shotgun	TBA
Friday September ?	WH	Friday's at WH 4pm Shotgun	TBA
Monday, October 31, 2022	WH	Woodhaven Closes	

OUTSIDE EVENTS

Friday, June 2, 2023	WH	Young Life RC Classic - 1pm SG	Logan Brown
Tuesday, June 6, 2023	SH (RS)	Bunkers Open/Chamber of Commerce 10am SG??	RESORT
Friday, June 9, 2023	WH	Crimestoppers 10am SG	TBD
TBD	SH (RS)	Mountain State Classic w/Cobb	Mike Mays/Ryan Neal
TBD	WH	Federal Corrections 9AM SG	TBD
Friday, July 21, 2023	SH	WVGA AM Tour 9am SG	WVGA
Saturday/Sunday July 22-23, 2023	SH (RS)	WVGA Parent-Child w/Cobb	WVGA
Friday, August 18, 2023	WH	Just for Kids Charity - 1pm SG	Marcy Nolan/ Rick and Stoya Lay
Saturday/Sunday August 19-20, 2022	SH/WH	Am Golf Tour---SH 1pm TT 08/20 WH-10am TT 08/21	Justin Keaton
TBD	WH	WVU Tech- Ed Robinson 1PM SG	Paul Mattox

AERIFICATION DATES:

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

Events and dates are subject to change



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BY WHITNEY CAPPELLARI | PHOTOS BY KAREN AKERS

THE SHEETS FAMILY

For the Sheets Family, owners of Sheets Chrysler Dodge Jeep Ram of Beckley, the automotive industry is a family affair, one that spans two (2) generations. Dennis and Cindy Sheets of 1028 Lake Drive, have lived in Glade Springs for around a year this coming June. The family, who hailed from Bluefield, WV by way of Tazewell, Virginia, made the move in order to be closer to the family business.

Dennis, is no stranger to the Beckley area, being the Owner and Dealer Principal of Sheets Automotive Group located on Auto Plaza Drive. He has worked in the Beckley area now for 28 years. He has been in the automotive industry since the age of fourteen (14). In true entrepreneur spirit, Dennis worked his way up from washing vehicles at Ramey's in Tazewell, to selling vehicles at age nineteen (19), to ultimately becoming the General Manager of eight (8) automotive lots. He made his exit from Ramey Motors in 2004 when he and his wife, Cindy, purchased Oak Hill Chrysler Dodge in Oak Hill, WV. In 2010, the family expanded operations acquiring the Beckley Chrysler, Dodge, Jeep and Ram Franchises,



and consolidated locations to Beckley where the Sheets Automotive Group remains to this day. Since that time, business has thrived and in 2016 TIME Magazine named Dennis "Dealer of the Year for West Virginia."

In addition to his work at the dealership, Dennis also sits on many boards including: The Dealer Advisory Board for the West Virginia DMV, the Trust Community Advisory Board, as well as acting as the Vice Chairman of the Board for the West Virginia Dealers Association.

As for Cindy, she too, possesses quite the impressive entrepreneurial background. Straight out of Bluefield University, where she obtained a degree in Business, and then earned her MBA from Averett University in Danville,

VA, Cindy began working alongside her stepfather, William "Bill" Turner, who made a name for himself as one of the pioneers of cable and satellite television in Welch, WV. Since 1986, Turner had been marketing and selling satellite programming to the C-band satellite

industry. In 1989, Cindy joined the team, helping to facilitate the expansion of TurnerVision and developing a Call Center Operation to better serve its customers. In 1993, TurnerVision transferred operations to Bluewell from Welch and was the largest private employer in Mercer County, employing over four hundred (400) individuals. As technology evolved, so did TurnerVision's programming venture, linking up with Superstar/Netlink Group, LLC, a division of TV Guide. When a smaller dish was ultimately introduced in 1999, TurnerVision went on to form a marketing alliance with Echostar Communications Corporation (DISH Network), which converted its 1.4 million existing customers to the new DISH Network. The Bluefield call center was ultimately purchased by DISH Network, who still operates out of Mercer County to this day.

In 1997, Cindy helped create WISDOM Television and Radio, which focused on producing original content for the "mind, body and spirit." Distribution for WISDOM was primarily available through DISH Network and Comcast, though radio content was available on Sirius Satellite Radio. The company was ultimately purchased by Steve Case (founder of AOL) in 2005 and rebranded under the name Lime TV. Today, WISDOM now operates under the lifestyle brand GAIAM, with a good number of its original content still available for streaming.

But if you thought this family was all work and no play, you'd be sadly mistaken. The couple loves to travel, and has quite the impressive check list of places they have visited. From the heart of London and the British Isles to the Egyptian pyramids, the Sheets are always ready for adventure. When asked where their favorite destinations lay, Cindy cites the Hawaiian Island Kauai'i, while Dennis named the Cayman Islands, as one of his favorites (as a bonus, it's an easy trip at only 3 hours by plane).

The couple also have a twenty-seven (27) year old daughter, Haley, who is a 2017 graduate of Virginia Tech, where she earned a degree in Business. But much like her parents, Haley too, possesses the entrepreneur spirit. Following graduation, she joined the Sheets team, and works currently at the dealership in Beckley, alongside her father, mother, uncle, cousin and Goldendoodle, Murphy, who is also a fixture at the dealership.

Stateside, the family enjoys spending time outdoors; hiking and boating at Claytor Lake in Virginia, and relaxing on the beach in Pawleys Island, SC where they have second homes to enjoy spending time with friends and family. In 2020, Dennis took a trip to Las Vegas where he went Skydiving— an incredible experience that he would absolutely do again. They have also taken excursions including riding Harley Davidson's in the Arizona desert and taking side by sides down through the Grand Canyon.

So what's next for the family? They are currently enjoying their time at Glade and looking forward to the next big adventure.



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CHIBALE NELSON

says, “My experience in Portugal was very eye opening and introduced me to independent living, which will eventually prepare me for college.”

Chibale does online school through Connections Academy. He does school from eight to twelve and plays tennis from 2:15 to 6:30. At times, it’s hard for Chibale to balance school and tennis, but his strong work ethic allows him to succeed. Chibale’s goal is to play tennis for Stanford and has also considered the schools University of South Carolina, Ohio State, and University of Florida and Georgia, and he would love the opportunity to play pro tennis after college.

When asked about what he loves most about tennis, he said, “I love the competitiveness of the sport and fighting to win.” Chibale loves watching professional tennis players, as they inspire him to play tennis. What Chibale likes most about tennis is how hard it is to play, which motivates him to do his best. Chibale trains with the University of Indiana’s head coach, alongside other professional coaches.

In his free time, Chibale loves watching basketball. His favorite NBA team to watch is the Lakers. On weekends, Chibale can be found watching his favorite pro players, Carlos Alcaraz and Emma Raducanu to improve his game. Chibale’s weekends are usually spent playing in tournaments. His summer plans consist of training as much as possible, trying to play in the Kalamazoo tournament in Kalamazoo, Michigan in August and the Clay Court Tournament in Miami in July for boys’ sixteens. He would also like to focus on getting his ranking to top three hundred for boys’ sixteens.

Chibale’s greatest tennis achievements thus far are getting accepted into the Easter Bowl in Indian Wells California in March 2021, getting top two hundred in the country, becoming a four star recruit, and getting top one hundred in boys’ twelves in the country. He also received a partial sponsorship from Wilson in 2022. During this point in his tennis career, he feels like he’s playing well. He has had good results his last few tournaments, and his four hand and serve have grown incredibly. Chibale believes he is going to have to work a lot harder and focus on the mental side of his game to compete at an elite level. He wants to improve his footwork and body language to strengthen his game. Chibale’s goals for 2023 are to play in the last four Super National tournaments of the year at National Hardcourts, Winter Nationals, Eddie Her Internationals, and the Orange Bowl International Tournament, which are all national level one tournaments.



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

The life of an elite athlete

BY SOMALIA NELSON | PHOTOS BY KAREN AKERS

Fourteen year old Chibale Nelson has great dreams and a bright future ahead of him. Chibale is the son of Matthew and Elizabeth Nelson. His dad grew up playing tennis and had him on the tennis courts at a young age. He is very passionate about tennis and lives part time with his tennis coach in Columbia, South Carolina. Playing tennis for four hours a day, Chibale still manages to do well in school maintaining a 3.85 GPA.

At the age of eleven, Chibale made the decision to move out of West Virginia to further his tennis career because of the dearth of tennis in West Virginia. Chibale began playing tennis at age six with his coach Bud Vredevelde. He grew up playing tennis with his twin siblings Somalia and Kafele Nelson, age 17. Chibale has lived in Columbia for three years now and at the age of eleven, he trained in Portugal for three months. Chibale






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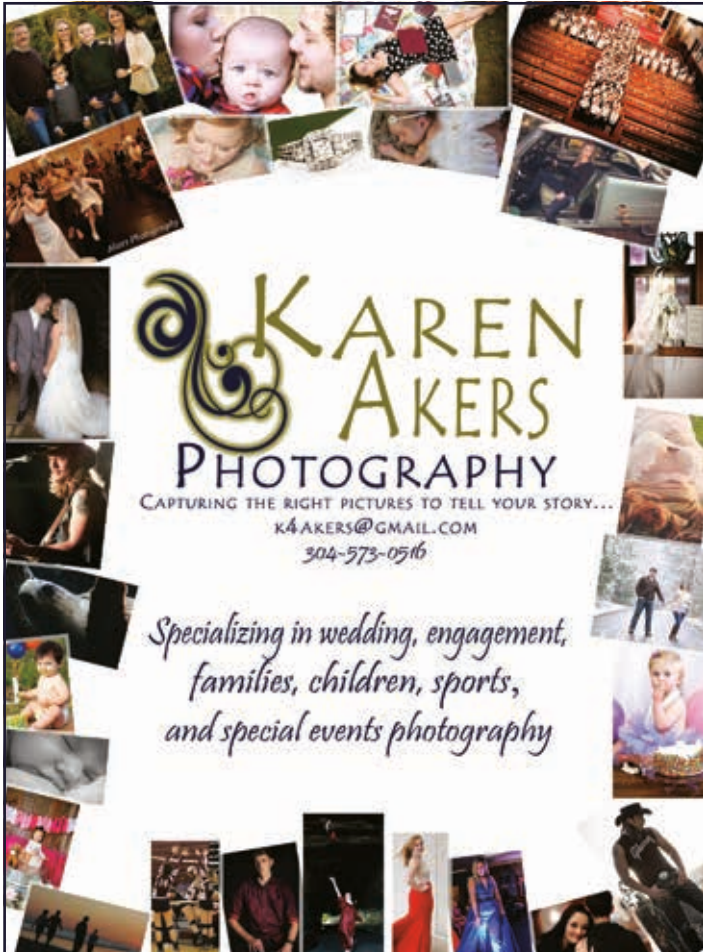


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LAKEN BALL

National champion!

BY ED MCCALL

Four years ago, I penned a story for this magazine (then **Glade Living**) about Laken Ball, who was about to finish her stellar basketball career at Woodrow Wilson and had just signed to take her game to Transylvania University in Lexington, Kentucky. Transy, as it is affectionately called by its students and alumni, is a division III school with outstanding academic offerings, which no doubt was attractive to the soon to graduate Flying Eagle with a goal of an accounting degree as a preliminary to law school, but it was the opportunity to continue playing basketball that really sent her packing to the first university founded in the Bluegrass state. Four years later she walks around campus with her feet barely touching the ground. Laken and her teammates recently captured the Division III Women's Basketball National Championship in Dallas, Texas, on the home court of the Dallas Mavericks before a national television audience.

My how things have changed, and yet remain the same. She is on track to graduate with her degree in accounting. The LSAT looms with law school afterwards (UK or WVU). But she still has an itch to scratch! The passion I spoke about in that initial story is still there, and winning a national championship has only fueled it. "I'm going to come back for my 5th year (covid)," she recently told me, excited to be able to indulge in her passion for one last time before moving on to a life where she will no doubt be a champion in whatever endeavors she undertakes.

Their path to an undefeated season and ultimately the first national championship in school history was not an easy one. The Pioneers had to fly to Connecticut to play Smith College in the semifinals a full two weeks before the final in Dallas. Their opponents had a one-

hour bus ride to the contest where they played in front 3,000 of their fans. Transy prevailed anyway 76-65. Laken battled foul trouble but contributed 13 points, 3 rebounds, and an assist. Prior to that semi victory they had beaten Milikin and then Ohio Northern to advance to the Elite 8. Laken racked up 16 pts and 4 rebounds against ONU. They next knocked off NYU 79-63 to set up the game with Smith.

The week in Dallas was a whirlwind, but one she will treasure. "Coach gave us some time off after the semis. Then we had a hard week of practice and film study, mostly working to beat their full court pressure. We played 5 vs 12 all week to get used to their press. In Dallas we got one day of practice on the Mavs court and then practiced at SMU." Their send off from Lexington included good wishes and inspiration from the mayor of Lexington, as well as several professors, and a cheering crowd.

One of the most memorable events was the all-team banquet with all the teams from all the divisions present. 2023 was only the second time the NCAA had held all three division championship games in the same location. Laken enjoyed meeting players from all the other teams and just getting into the arena before the big game was special. "We had to dress up because we had to walk the red carpet into the arena. It really drove the point home about how special this was." One of the perks of winning the DIII title was getting to hold the flag during the national anthem at the DI championship game between LSU and Iowa.

Many local fans were tuned into the game and got to see Laken ice the win with 2 free throws with time running out.

They also saw her photobomb her coach on national TV while she was being interviewed after the game.

"That whole celebration was just a blur! We were so excited. When we were about to get our pictures taken, I had to get cleaned up by our trainer. Both my knees were bleeding, and I couldn't tell you how that happened!"

"My biggest takeaway from that whole experience was how fulfilling it was to see so many fans watching women's basketball. It is wonderful to have been part of that growth in the game," she muses. Meanwhile her own game

has matured since her days running up and down local courts. "I shoot a lot more threes these days and just have a better understanding of how to play the game the right way. There is so much more detail at this level." She says all her teammates were the best players on their high school teams so naturally my game had to grow. "Coach Nabors (WWHS) gave me a great foundation. I owe him a lot," she said gratefully...still grounded and humble, even when walking on air after an undefeated season (33-0) and a national title!



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The Killmer Residence

BY WHITNEY CAPPELLARI | PHOTOS BY KAREN AKERS

Situated in the private “Farms” neighborhood of Glade Springs sits 111 Saddle Brook Lane, home of the Killmer Family; Scott, Lisa, Cameron, Carly and Casey. The family came to Beckley by way of Charleston in 1996 after Scott fell in love with the area while visiting. Though they originally settled in the Woodcrest neighborhood in Beckley, the family ultimately opted to move out to Glade Springs and build their dream home. The property, which sits on five (5) acres of land (2 lots), was custom built in 2005 by Glade Springs



Construction and builder Tim Murray for the family of five (5). It is divided among three (3) levels and boasts an open floor plan that is overflowing with natural light. Situated at the end of a cul de sac, this home is afforded optimal peacefulness and privacy.

The property itself is comprised of 6,500 square feet, including 5 bedrooms, each containing its own private bathroom. For this home, the beauty is evident not only in the craftsmanship of its construction but in the personalized details as well. Ricottilli Lumber, owned by Lisa’s father, Carlo, provided all the lumber for the residence’s cabinetry and flooring. Though cherry wood is primarily used throughout the home, maple was used in the construction of their son, Casey’s room. From the flooring of the residence, to the built in shelving and fireplace mantle, to the bar with sits on the property’s floor level, the beauty of the wood work is



palpable. Of note, the construction of a rounded turret which was erected in the master bedroom of the home, incorporates dozens of pieces of cherry wood and took over two (2) weeks to complete.


Each bedroom is oversized and personalized. In particular, Carly’s room was curated with the help of interior designer Pam Fox. This includes the design of a rounded window bench and custom shelving. But that’s not all— in 2018, the family began a series of updates to refresh the look of the home. The oversized master bathroom was first on the list, and consisted of the addition of ornate wooden beams which adorn its ceiling. This was made possible with the craftsmanship of Eric Moerschel, whom the family contracted to complete the project. Fresh paint has also been added to the entry level of the home to liven up the space. In 2021, the foyer was re-envisioned to include molding on its rounded entry wall. The custom work was completed by Drew Daniels and adds opulence to the grand ambiance of the home.

But you can’t discuss the home without making mention of the residence kitchen, which opens directly into the living room as part of the homes open floor plan. Custom cabinetry, an oversized island and double ovens



are just a few of the features that you can expect. Likewise, just off the kitchen sits an outdoor covered patio, notably one of the family’s favorite spaces where they like to enjoy dinner whenever weather permits. But aside from the patio, Scott cites the basement, yard and turret as his favorite amenities of the property while Lisa states that all the windows and natural lighting featured in the home are among her favorites. With all this property has to offer, it has to be difficult to choose just one!

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AROUND THE HOOD

PHOTOS BY KAREN AKERS



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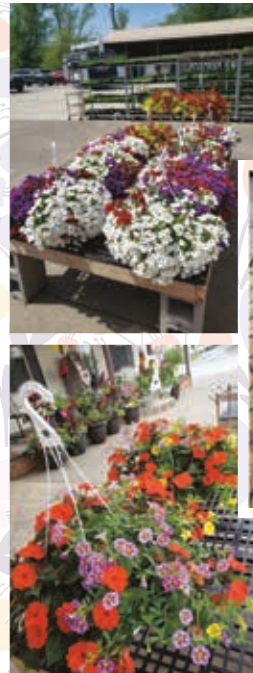
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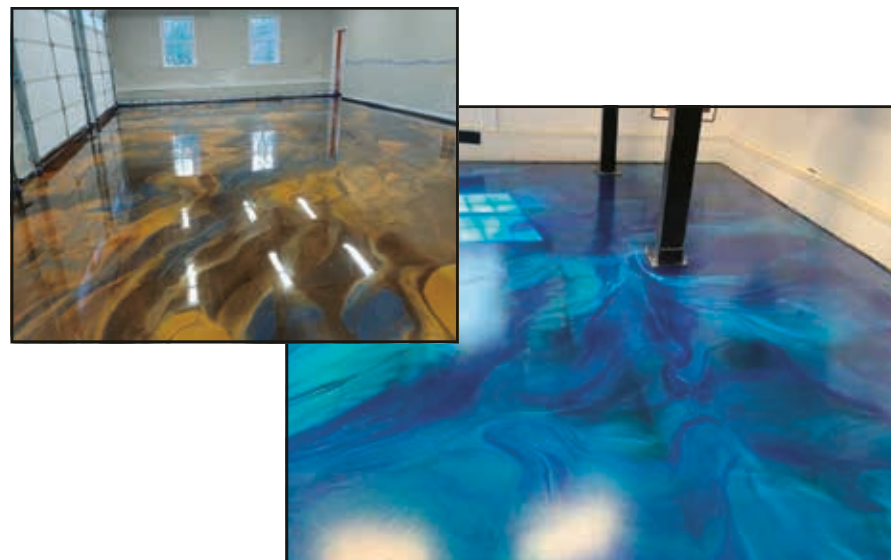
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A CONVERSATION WITH BOSCO THE THERAPY DOG

BY BOB COBURN

Stroll Glade Springs Village recently sat down with Bosco, a Bichon Frise from Pittsburgh, and son of Judy and Steve Mahoney. He's quite the character!

SGSV: So Bosco, how long have you lived in Glade Springs?
Bosco: My parents rescued me in Pittsburgh when I was 4 years old and we moved here when I was 11. I'm 16 now so we've been here about 5 years.

SGSV: Wow, you're good with numbers and a great memory for 16 years old!

Bosco: I'll take that as a compliment. I know I'm old but I still know what's goin on.

SGSV: No offense intended. You're retired I hear?
Bosco: Yes. I retired from being a therapy dog not long after we moved to Glade. COVID messed up my work and I had enough money saved so it seemed like it was time to stay home. I worked with kids who had handicaps and special needs for 5 or six years. It was very rewarding and I feel that I helped a lot of kids in Pittsburgh and here locally.

SGSV: That's awesome! Tell me about some of your experiences working with kids please.
Bosco: Sure. I was trained in obedience and to provide therapy. I primarily worked at The Pathfinder School in Bethel Park, Pa. near Pittsburgh. It's a great school that helps kids with autism and other disabilities. I would make them smile by dressing up and loving on them. I was a celebrity there really. When I walked in the kids would yell, "BOOSSSSSCCOOOOOO!" I really miss that.

SGSV: That's really terrific Bosco. Tell me more!
Bosco: Well, I once met a 14 year old who would barely give me the time of day and at the end of our relationship he would brush me and hug me and dress me up and talk to me! We were buddies for about 4 years. I have lots of stories like that!

SGSV: I bet! Great stuff! What else can you share?
Bosco: I worked with the kids at Burlington United Methodist Family Services when we moved here. It was a great experience also. Once a kid gave me a mohawk. That's how much he loved me!

SGSV: So cool! What do you like to do now that you're retired?
Bosco: I love golf cart rides! Sometimes we ride to the lake. I love kayak rides too. Not much for the water but I did dive in once when I saw another dog in the water. I think she was a lab. Apparently, they like that kind of thing. It's not for me but I like to ride over there and look at it. I also like to walk. Mom or Dad take me a couple times of day.

SGSV: Nice! What else?
Bosco: I LOVE my neighbors Lilly and Eliza. They are my sweet friends and they are so nice to me. I also love my bunny toy. I walk around crying when I can't find her. I like to cover her up with the dish towel when she's cold. OH, and I LOVE Pup-Peronis!

SGSV: Who doesn't? Well, this has been so enjoyable! Anything else you would like to share Bosco?
Bosco: I love my mommy and daddy. I'm sort of a mama's boy. Daddy named me after the chocolate syrup. I also love Mason. He's my grandson. Well, mommy and daddy's grandson. We grew up together. He's 11 now. And oh, I almost forgot, I LOVE chasing squirrels. Not sure what I would do if I caught one but it's a blast trying!

SGSV: Thanks for sharing your life with us Bosco. You're very special in lots of ways!



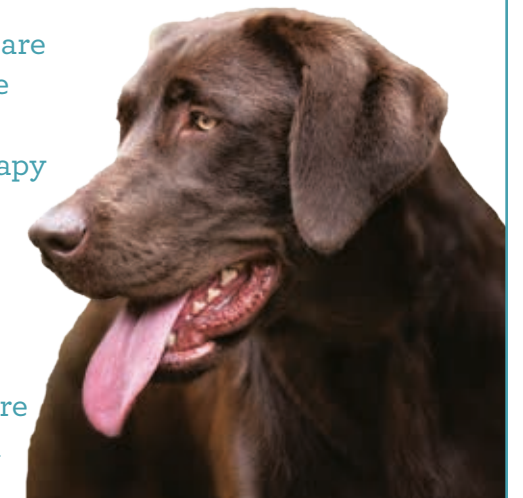
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Friends Of Coal Ladies Auxiliary Made Up of Giving Hearts

BY ED MCCALL

Regina Fairchild and her many associates in the Friends of Coal Ladies Auxiliary have giving hearts, and those hearts beat especially fast when they are immersed in one of their many service projects. “We’ve been around for years and will celebrate our 18th birthday August 7,” she said recently while in the middle of preparations for one of their biggest fund raisers of the year, the annual Friends of Coal Golf Tournament to be held on The Cobb Course on Friday, June 16th. All the proceeds from this year’s event benefit the FOCLA scholarship fund established through the Beckley Area Foundation with the goal being to provide even more financial aid to area graduates in the future. This past year FOCLA awarded \$20,000 in scholarships to 24 graduating seniors across eleven West Virginia counties. Applications can be made through any high schools’ guidance counselor.

This is their tenth year sponsoring the popular golf tournament. The first was held at the now defunct White Oak Golf Club in Oak Hill. Since that inaugural outing, all the courses at Glade Springs have hosted the Captain’s Choice event. This will be the third consecutive year the tourney has been staged on The Cobb. There will be a morning session and an afternoon session with lunch served from 11:00 until 12:15 for all participants.

FOC was founded nearly 30 years ago, the brainchild of Warren Hylton, who according to Fairchild, wanted the story known of how coal and the coal industry “touches everyone.”

Through their “Giving Hearts” program they work all year long through local school guidance counselors to assist displaced families who may have lost their homes due to fire or eviction. At Christmas they provide many area families with a two-weeks supply of food as well as 3 new toys for each child in the home. They also provide coats and clothing, pajamas, and new outfits for school aged children. GH looks especially to be helpful to deployed military families, which coincides with the work



Difference Maker Regina Fairchild



Initially that was also the mission of the Ladies Auxiliary: to teach prospective members how coal affects and has affected so many throughout southern WV and throughout the world. That is still part of the mission, but so is making the lives of so many in our communities better, through their Giving Hearts programs.

The Ladies Auxiliary got its start when she invited 100 ladies to a luncheon which she hosted in her home. “They were from all walks of life: bankers, realtors, educators, retailers, you name it, I invited them.” And they came and they were fed, not just a great lunch, but education as to how vital coal is and has been to all of them for generations. Most stayed and the organization hit the ground running.

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they do at the Beckley VA. As a result of members of the auxiliary volunteering to help with the Dream Tree at The Greenbrier, “Giving Hearts” gets access to many new toys which go to these distressed families. They also are aligned with the National Fraternal Order of Police which results in over 800 new toys each year to support this program.

The Ladies Auxiliary redecorated the 4th floor at the Beckley VA. Many of the vets who reside there permanently also worked in the coal industry, so they requested their floor have a coal mining theme. The ladies were only too happy to oblige. They also help fund the veterans’ daycare programming, and when they found out many of the vets wanted to engage in bread making, they were Johnny on the spot to provide the necessary materials for those activities. They also fund the monthly birthday celebrations that are held for veterans on the Beckley campus.

One of the auxiliary’s earliest initiatives was Coal in the Classroom. Currently this educational program is offered at St. Francis and St. Peter and Paul elementary schools (third grade) where it runs for 6 weeks, usually in the spring. Every student is provided with a workbook. The program is overseen by auxiliary members who are retired educators, and each week a special guest focuses on a topic ranging from how coal is mined underground to how surface mining is accomplished while keeping miners and the environment safe. There are lessons on coal washing, diamond formation, fossil formation, and how products made from coal touch all our lives. Intertwined with these lessons about the science of coal are lessons in spelling, math, history, geography, and geology. The program culminates each spring with a field trip to the Beckley Exhibition Coal Mine. Fairchild says she hopes they can get approved to offer the program in public schools in the future.

There the children enter the mine through the FOC loading dock, a now completely enclosed large foyer that was funded through coal company donations to a program headed by the Ladies Auxiliary. The total cost was just over \$100, 000 and now provides all visitors with an educational, safe, and clean entrance to the mine.

Another of their ongoing projects is maintaining a closet at several local schools (WWHS and Mabscott Elementary). The closets are full of clothing that school personnel can access for children whenever they see a need.



These busy ladies also run an online store whose proceeds fund their many projects. Shoppers can visit the Friends of Coal website and then click on **Shop**. There they will find products ranging from golf apparel and golf bags, jackets, BQ accessories, stainless steel trailer hitches, to luggage.

The next time you read about a Friends of Coal Ladies Auxiliary event, know that it is being staged by some hardworking ladies whose giving hearts are not working on their own behalf, but in service to others.

Anyone wishing to donate for any of the projects discussed here or who would like to join the cause can contact Regina Fairchild at the FOC website. All donations can be earmarked for specific projects.

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

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SUBMITTED BY KEN DUNLAP



In 1979, President Jimmy Carter signed into law a bill legalizing the home brewing of beer, making him an American homebrew hero, in spite of being a teetotaler. A group of Glade Springs residents has been taking advantage of this law and brewing their own beer for over fifteen years. Back then, craft beer was becoming popular, but southern West Virginia didn't have any craft breweries. Now we have seven craft breweries around Beckley less than an hour's drive away.

Our group brews beer on a five-gallon scale in our garages, and this gives us about two cases of beer. That's not a lot of beer for all the work when we divide it among the group, but we have a good time brewing. Charlie Papazian, the father of American home brewing, says about the home brewing process-- "Relax. Don't worry. Have a homebrew."

Beer is normally made from four ingredients: water, fermentable sugars, hops, and yeast. The sugars are extracted from malted barley with water and boiled with hops. The resulting mixture is then cooled to room temperature or lower. Yeast is added to ferment the sugars to alcohol and carbon dioxide. After fermentation is complete (normally a week to a few months, depending on the beer style), the beer is bottled with a small amount of added sugar. This sugar is fermented, giving the bottled beer its carbonation.

We have made a variety of ales and lagers over the years, including pilsners, Octoberfests, Kolschs, cream ales, pale ales, India Pale Ales (IPAs), brown ales, Irish red ales, barley wines, a Belgian triple, porters, and stouts.

EQUIPMENT AND INGREDIENTS

- 5 or 6 Gallon Pot
- Boiling Plate like you would use for a turkey fryer with propane hookup

- A Home Brewing Kit from a Premium Home Brewer such as NorthernBrewer.com
- Sugar
- Bottles
- 5 or 6 Gallon Plastic Bucket with Lid and Airlock
- Ice or Copper Cooling Coil

DIRECTIONS

1. Pour Malt Extract from your kit to the 5/6 gallon bucket with water according to directions with the Hops and boil for 1 hour
2. After an hour of boiling, cool the "Wort" as quickly as possible using a cooler with ice or a copper cooling coil
3. When the Wort has reached room temperature or below, pour into your 5/6 gallon plastic bucket
4. Add Brewers Yeast from Kit to start the fermentation process
5. Ferment for 1 week to several months depending upon the strength and style of beer you are brewing
6. Pour off the beer from the sediment
7. Add a small amount of sugar to carbonate the beer
8. You're ready for bottling!

Enjoy!!!

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



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SKY ABOVE, EARTH BELOW

Hiking is a near-perfect form of exercise, an adaptable total mind-body workout. Especially in warm weather, it's an optimal way to support our overall well-being, bond with others and commune with Mother Nature.

BY SHAUNA BRYANT, NATIONAL EDITOR



"I go to nature to be soothed and healed and to have my senses put in order."

—JOHN BURROUGHS

Fitness enthusiasts may not realize hiking offers many benefits of a typical cardio workout — with killer views to boot — burning an average of 500 calories per hour. Other physiological perks of this comprehensive workout include:

- **Improving cardiovascular health:** Even light hiking raises the heart rate, which leads to better aerobic fitness and endurance. Also, studies have shown that regular, moderate hikes can reduce blood sugar numbers, increase "good" cholesterol levels (which, in turn, lowers "bad" levels) and lower blood pressure, as hiking opens up arteries and takes stress off the heart.

- **Building and strengthening muscles and balance:** Since hiking often occurs on ever-changing terrain, hikers' core and leg muscles are constantly engaged, working to maintain and strengthen balance. Additionally, hiking improves our body's proprioception, the ability to sense its location, movements, and actions.

- **Promoting quality sleep:** Hiking increases our daytime body temperature by as much as two degrees. Thus, when hikers lay down to sleep at night, their bodies experience a more significant temperature drop, cooling down more efficiently for deep, restful sleep.

- **Building bone density:** High bone density is crucial for preventing bone breaks and reducing our risk of osteoporosis. Since hiking is a weight-bearing activity — even more so when carrying a pack — this pursuit actively strengthens bone tissue, especially in the legs and trunk.

Psychologically speaking, spending time in nature (especially combined with serotonin-boosting sunshine) combats symptoms of stress, depression and anxiety, allowing us to temporarily disconnect from the pressures of "real life." This sensory immersion also fosters inventive problem-solving and inspires gratitude for the beauty of the natural world. Make the most of the upcoming sunny summer days by taking a hike ... for your health!



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MARS BANK

Megan Legursky - Vice President, Mortgage Lending

BY MEGAN LEGURSKY WITH BOB COBURN

Mars may seem a long way from Beckley, but it was an important stop for a local home loan expert who has now come full circle.

Megan Legursky is a West Virginia native and grew up in Beckley. She graduated from Woodrow Wilson High School where she was involved in numerous extracurricular, community-based activities as well as playing volleyball and softball for the Flying Eagles. She attended college at Marshall University, graduating Summa Cum Laude with a bachelor's degree in Finance and minors in Marketing and Economics. During her summers in high school and college, she lifeguarded at Black Knight Country Club and gained financial workplace experience as an Intern for former State Treasurer John D. Perdue's office in Charleston.

In 2009, Megan married her high school sweetheart, Doug, who also grew up in Beckley and attended Marshall University. Doug's football career started with the Southwest Bandits and led to playing eight years in the National Football League, including two Super Bowls. They began their N.F.L. journey in Pittsburgh, where they started their family and spent six of Doug's eight seasons. Megan feels grateful to have experienced living in other N.F.L. cities - Buffalo, New York and San Diego, California - while maintaining a home base in Pittsburgh. Doug will be coaching at Park Jr. High this fall, sharing his football knowledge with young athletes. Megan and Doug have three children - Trip (10), Millie (8), and Tucker (5). They attend Stanaford Elementary and between sports, church, and seasonal camps keep the family very busy!

During her time in Pittsburgh, Megan followed in the footsteps of her mother, Nancy Kissinger, by diving into the banking world. Megan felt she wanted to use



Millie, Tucker & Trip!



her financial background to help people. She found that role as a mortgage lender with Mars Bank. Her mortgage team at Mars Bank has been voted the Pittsburgh area's top mortgage lender for the past nine consecutive years.

Megan's role with Mars Bank locally is to provide residential lending solutions for individuals and families. Whether you're a first-time home buyer, moving to a bigger home, downsizing, refinancing, buying an investment property or building new construction, Megan is here to help! Mars offers some of the most innovative loan products available to home buyers. First, a One-Close Construction loan which closes before any construction occurs and locks in the rate at the time of the application for the life of the loan. Interest-only is paid during the construction period and converts to principal and interest automatically after construction is complete. This One-Close approach avoids expensive closing costs of traditional, two close loans.

Secondly, Mars offers a Medical Professionals Program which allows eligible medical professionals up to 100% financing with no private mortgage insurance (PMI) premiums required. Closing for these loans are available up to 90 days prior to the start of a new job for the medical professional.

Megan looks forward to hearing from you! She is located at 101 Ramey Court Beckley, WV or call (304)222-1114. NMLS 1595272.

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SHADY SPRING PHARMACY

A study in service and perseverance

BY ED MCCALL | PHOTOS BY KAREN AKERS



Pharmacists Leslie Sisson & Amy Jamison

When pharmacists Leslie Sisson and Amy Jamison left Rite-Aid to start their own pharmacy in January of 2020, they did so hoping to use all the knowledge they had gained working for the giant chain pharmacy but with the freedom to serve their customers with a more caring, personal touch that just the sheer size of such a chain precluded. The goal was to become an integral part of the Shady and Glade communities while providing their neighbors a vital service. What they did not foresee (not that anyone did) was a pandemic and how it would affect the conduct of business or how it would curtail personal and social interactions.

It was not an ideal climate for launching a new enterprise, especially one they hoped would hinge on a “personal touch.” Covid took away all of that, but it could not take away the resolve of these two entrepreneurs. Instead of throwing up their hands, they doubled down and went to work informing the public of the services they could offer.

They reached out to former patients via phone calls, mass mailings, radio and TV commercials, and of course social media (Facebook). Once schools reopened, they advertised on school sports calendars, bingo fundraisers at local schools, and through announcements via the PA at football games. Signage at the store location adjacent to Perry Memorial United Methodist Church didn't hurt either. It



took a while and a healthier country, but their efforts have borne fruit, and Shady Spring Pharmacy has established itself as the “go to” pharmacy for those living along route 19 in this end of Raleigh County. The traffic on 19 is brutal at times and with the new Z-way construction soon to begin in earnest, Sisson thinks they are positioned perfectly. “It already is a lot more convenient to drive in our direction than all the way into town or even Beaver,” she noted.

The convenience of a drive through coupled with cost savings and competitive prices (their prices match those of Good Rx for anyone who isn't covered), veteran discounts, and that personal touch have created a winning formula for the pharmacy as well as their customers. “We often serve as an intermediary between our customers and their physicians,” Jamison said. “When they tell us a medication isn't working the way it should or if they are experiencing side effects, we contact the physician to find another therapy that will get the job done.” All of this can be done in the privacy of their consulting room, rather than over the counter in a public forum.

Being able to go that extra mile for their patients is not unusual at Shady Spring Pharmacy. “Patients know they can call us after store hours in an emergency, and we will take care of them,” Sisson states proudly. “If someone has trouble getting to the store to pick up a prescription, we will drop it off on our way home.”

Jamison laughs when recalling one such drop off. “Luckily, I was raised on a farm because when I was dropping off a rural customer's meds, I stepped up on the porch to knock on the door, I was besieged by every manner of critter: chickens, roosters, guineas. They had already gone to roost and raised quite a ruckus.”



In addition to fully stocked over the counter needs, customers also will find a gift shop with a “boutique vibe” that offers many interesting choices including Simply Southern clothing, shoes and comfy slip-ons, bags, and themed ball caps. There is a reason the store always smells so good. They have a complete stock of Candleberry and Swan Creek candles, scents, sprays, and tarts. The shop also offers Essential Oils to relax or energize you.

With a great selection of greeting cards, the shop has rescued many customers on their commute home who have forgotten an important date. They can save the day at SSP and pick up an appropriate card and thoughtful gift.

They carry books by local authors as well as local honey from Mountain State Bee Farm. Allergy sufferers know the value of local honey. Soothing wind chimes, garden and house flags, and welcome signs can add that perfect touch to a deck or outdoor area.

It is more than one would expect from a convenient, caring pharmacy, and it's right in our backyard at Shady Spring Pharmacy.

Store hours are normally Monday through Friday from 9:00 a.m. until 6:00 p.m. Saturdays from 9:00 a.m. until 1:00. They are closed on Sundays. Their website: shadyspringpharmacy.com and they can be found on [Facebook@shadyspringpharmacy](https://www.facebook.com/shadyspringpharmacy). You can reach your community pharmacy by calling 681-207-3822.



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BY ED MCCALL

My experiences this past February traveling across Florida visiting Glade friends and neighbors taught me something I hadn't considered prior. Glade hospitality travels, and it is just as friendly and welcoming in the Sunshine State as it is here in the Mountain State. I hope the following tale of how I came to spend 20 days traveling around Florida and putting over 2600 miles on my car while visiting several Glade residents and friends who relocate south to avoid chilly West Virginia winters. A bonus was that along my way I also got to see old college roommates and fraternity brothers, as well as a former student and successful Florida business owner.

Back in August I overheard a conversation between Kim Mann and some friends. Kim was wondering aloud what she and Brad (Kelley) would do with Charlie, their beloved English Springer Spaniel, while they would be traveling from their winter home in Hernando, Florida, to Puerto Vallarta, Mexico, for an extended vacation sometime in February. It didn't take me long to volunteer for the assignment of looking after Charlie, lying beside their pool, playing golf on the beautiful courses of Citrus Hill, and playing a little pickle ball. My thinking was it would be



The Lostetters



Sleepy Time Down South with Charlie!

a welcomed respite from these frosty West Virginia hills for both Cindy(wife) and me, while performing a rather simple task for friends who then could travel worry free.

It doesn't take new residents in Glade Springs long to realize just how special it is to live in our community. When we moved here in the winter of 2002, we knew no one. Zero! Zilch! Despite freezing temperatures and several inches of snow, we were in our home 24 hours when several neighbors came knocking to introduce themselves and deliver baked goods welcoming us to Hawthorn Lane, a street most residents recognize as "Halloween Central." Folks on Hawthorn happily treat 400 kids and their parents each fall with driveway campfires, food and drink, music, and a safe place for kids to enjoy trick or treating. It is a spirit not confined to our little section of Glade. It's universal.

Over two decades later we realize there are many beautiful places in West Virginia folks call home, but how lucky we were to have stumbled onto Glade Springs. The kicker though has turned out not to be the gorgeous surroundings, great golf, and all the fabulous amenities, it is the people that make Glade special. We have made great friends and met so many folks whose company we enjoy through activities and social events. Glade is full of people who still want to make a difference in their world and in the lives of their neighbors. Hospitality rules supreme in Glade Springs,

and on my recent sojourn I learned that spirit travels with Glade residents on their southern migrations.

I headed out on a frigid morning with little whisps of snow whipping across otherwise dry highways. My first stop was in Winston-Salem to visit an old high school teammate and retired teacher/coach who spent his entire career in North Carolina schools. Although he and his wife were in the middle of a complete remodel of their home and were camping out in their basement, the air mattress and cozy blanket they graciously provided gave us a chance to catch up and for me to break up my trek to warmer climes.

I left a frosty Carolina in my tailwinds the next morning and headed to Ormand Beach to reconnect with Chris and Beth Liester, former Glade residents who relocated to Florida to be near their grown children and growing grandchildren. Soon after arriving Chris, a big Marshall fan, and I watched the Herd pull off a big win, and then devoured pizza and salads while watching Huggie Bear's Mountaineers notch a B12 win. The next morning, we played 18 holes at his club, Halifax Plantation, before I headed off to Sanford, Florida, for a reunion with my old college roommate, frat brother, and fellow Rainelle Ranger, Ed Ames.

I was best man in Ed and Nancy's wedding a year out of college. Ed is head of purchasing for Orange County schools, the same position he held for almost two decades at WVU before he and wife Nancy, a cardiac intensive care RN, decided they'd had enough snow and headed south to the land of Disney. We had a great visit catching up. The highlight of our visit was a 7 mile hike up the St. John's River spotting many alligators and an assortment of multi-colored birds. That evening another old fraternity brother stopped by for some beverages and a soak in the jacuzzi while watching a gorgeous sunset.

The next morning, I was off to Hernando to take up residence with Charlie while Brad and Kim took off for Mexico. Upon arrival important tasks needed attending. Eighteen holes on their beautiful Sky View course was the first order of business. Brad gave me a golf cart tour of the neighborhood, fitness center, spa, pickle ball courts, restaurants, bars, and golf courses and schooled me on the house logistics before they were off to Tampa to catch their flight. Charlie took over my orientation at that point, and the rest was pure rest, relaxation, and giggles. Tracy and Janie Weber invited me for dinner one



The Tabits

evening, and Tracy took me out for a couple rounds of golf. There couldn't be a better, more loving host in Florida than Sir Charles. He showed me all his favorite haunts and the many territories he had marked. On our many treks he never failed to introduce me to all his squirrel and bird friends. I'm not sure how many miles we logged during our time together but when I arrived my sneakers had plenty of tread, and when I left, they barely had any.

When Cindy could not travel with me (she recently took a new position at the Beckley VA), our daughter Maclyn was able to escape from Animal Planet (she is the owner and head vet at Kanawha Valley Emergency Pet Hospital). She flew into Tampa and spent four days lying by the pool with Charlie and me. We binged watched 2 seasons of Ted Lasso late at night with Charlie sprawled across our laps.

When Charlie's parents returned, I set off for Venice and a rendezvous with Glade golf buddy George Tabit and wife Rhonda. We dined on the gulf at Sharkies and George gave me a tour of the shops and historical sites of old Venice, a quaint city with enough allure to make me want to return for a longer stay. The Tabits were longtime Fayette countians, and Rhonda graduated from the same high school (Richwood) as my wife, so as we conversed into the night, I was reminded of how many times we had walked the same paths.

A long drive east around the northern shore of Lake Okeechobee brought me to the doorstep of John and Pat Lostetter in Hobe Sound. I got to know their neighborhood quite well in the dark when I accompanied John and their pooch, Buster, on his nightly walk. During the day we took our own walk along

the quiet streets of Hobe Sound shaded from the sun by the foliage of tall Florida oaks and ever-present palm trees until we passed over the inland waterway and put our toes into the sands of the Atlantic. Later that evening we dined at Sailors' Return and hooked up with a dear friend, April Hope, from Meadow Bridge for drinks and some dancing. Pat has still got the moves! The next day we visited April again at her boutique in Stuart, April Daze, to pick up some gifts for the return home. Always a fashionista, the former Wildcat cheerleader has made her mark creating a distinctive shopping experience in downtown Stuart.

Everyone I visited made me feel welcome and went to great lengths to ensure that I got to experience their southern winter home from local cuisine to seeing the sights unique to their part of Florida. I was treated with the same hospitality I've been shown here in Glade, perhaps just made to feel a bit warmer by the Florida sunshine.

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TINY BATHROOM MAGIC

According to the online real estate marketplace Trulia, the two rooms that really sell homes are the kitchen and the main bath. A lack of square footage and storage in these home hot spots can generate understandable frustration, leaving these intimate spaces feeling cramped, uncomfortable, even gloomy. Here are some small yet mighty design changes that make the best of every inch for small bathrooms.

BY SHAUNA BRYANT, NATIONAL EDITOR

TIPS FOR TINY BATHROOM MAGIC:

Keep it light and bright.

Stick to airy and serene colors and materials, and increase natural light in the space by installing a skylight and using lightweight or sheer curtain fabrics that allow maximum light to enter.

Have fun with mirrors.

Bathroom mirrors can make a dramatic difference in how large a bathroom feels because of the way they manipulate light. Try hanging a mirror across from a window or from another mirror to inspire the illusion of endless square footage.

Lose the shower curtain.

Consider a frameless glass shower door to amplify light from interior fixtures and create more visual space.

Rethink that sink.

Pedestal, console and corner sinks open up floor area and present an attractive yet practical focal point in small bathrooms.

Make lights work for you.

The proper lighting makes all the difference in creating a bright, airy feel. Choose lighting options that maximize functionality and aesthetics, such as a backlit vanity, frosted strip lighting or recessed ceiling lights.

Embrace high-gloss paint.

Glossy paint increases the amount of light reflected in the room. Commit to a single wall color to make the space feel continuous, thus more expansive.

Your little bathroom may just become your new favorite space.



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resident business guide

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REAL ESTATE RESOURCE

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

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

Address	Neighborhood	List Price	Sale Price	Sold Date	Beds	Baths	SqFt	Parking	Comments
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
902 Club Circle	GladeSprings	\$389,500	\$389,500	11/30/22	3	2	2,083	Att-2 Car	2 Story
106 Edmund Lane	GladeSprings	\$490,000	\$490,000	04/06/23	3	3	2,716	Att-2 Car	Ranch
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
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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