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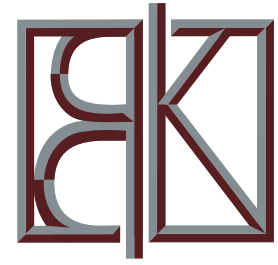
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MARCH 2023!

Welcome to the March 2023 issue of *Stroll Glade Springs Village*! We are excited to usher in the month of spring (20th), daylight saving time (12th), St. Patrick's Day (17th) and, of course, basketball madness!

March has a whole host of other "days" celebrating various groups, events, causes and foods. Let's take a look at the lineup!

March 1 is National Peanut Butter Lovers Day. The 2nd is Dr. Seuss's birthday. The 4th is Employee Appreciation Day. The 6th is National Dentist's Day. The 7th is National Cereal Day, and the 8th is

International Women's Day. (I thought that was EVERY day?)

Moving on to the 9th, we have National Meatball Day. The 12th is Plant a Flower Day. St. Patrick's Day is on the 17th, and the 19th is National Poultry Day, locally known as Richard Jarrell Day.

And we round out the month with National Cocktail Day on the 24th, Respect Your Cat Day on the 28th, and National Mom and Pop Business Owner's Day!

I can't think of a better way to thank the over 70 sponsors of *Stroll Glade Springs Village* than by using their products and services during

March! You can find them by industry in the Sponsor's Index here in the beginning of the magazine.

Thank you once again for your support of our monthly publication. We appreciate you sharing your lives with the community and us, and we wish you the best March ever!



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2023 GSVPOA GOLF CALENDAR



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

Events and dates are subject to change

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

GSVPOA TRAIL PASSES & MORE!

BY MATT FELBER

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

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

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

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


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

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Brooke, Karen, Scott and Nicolas Berneburg

NOT A STRAIGHT SHOT, BUT THEY HIT THE BULLSEYE!

BY ED MCCALL • PHOTOS BY KAREN AKERS

Scott and Karen Berneburg did not have a direct route to the nest they have made at 113 Glenhue Lane, but for all the twists, turns and challenges they endured to get there, they are happier than they have ever been. Call it karma, good fortune or a reliance on their own faiths; each believed that good things were in store if they just remained patient, persevered and kept their hearts available.

While the overused and often inappropriate phrase “soul mates” may apply here, I will opt for my own description of this couple’s relationship. When love and friendship collide with similar interests, sensibilities, tastes and, most importantly, values, you have a shared and fully appreciated life.

They describe their initial impressions of one another quite differently. Scott says he thought she had a “sweet spirit.” Karen simply says, “I thought he was cute,” and laughs when she recalls one of their conversations in passing. She used to jog on Greenbrier Street where Scott lived and often walked his dog. “A neighbor’s dog nearly bit me one day, so I felt compelled to warn Scott, who was headed in that direction with his beloved Biscuit.” That chance encounter opened the floodgates ever



so slowly to all that has happened since: courtship, marriage, shared family, extensive travel experiences and advancing careers.

Scott is a podiatrist practicing locally. Karen is a full professor (psychology) at NRCTC and trains other educators across the nation on how to teach online classes.

During their two-year courtship and in the two years since tying the knot, the couple have enjoyed many travel experiences. Some were designed specially to include Scott’s two children, Nicolas and Brooke. They took the “red-eye” bus tour to New York City, cramming a week of tourist attractions into 12 hours before crawling back onto the bus for the return home. One Christmas, they decided to set up a trip to visit the Mall of America in Minneapolis. Beforehand, they boxed clues for the kids to open Christmas morning to see if they could guess where they were flying out to the next day. During the trip, the kids were each given money to buy what they wanted for Christmas and enjoy America’s largest mall. Karen claims, “We walked 30 miles in the mall according to my Fitbit.” Other trips with the kids include Naples, Pigeon Forge, The Biltmore, Yellowstone (although Brooke missed this one while on a mission trip to South Dakota), Las Vegas (and the Grand Canyon) and Miami. Scott, a native of Pittsburgh, loves the family trips that involve the Steelers, Penguins and Pirate games.

Other adventures have included excursions to Primland Resort for Karen’s 50th birthday, San Francisco (and Napa Valley), St. Augustine, Top Golf in Charlotte and the Jolo Winery, where Scott “popped the question” in the gazebo. Quite a romantic scene, as both recalled wistfully. “The other guests said it reminded them of a scene from the television show *The Bachelor*.” Both like to think of all their travel experiences as gifts in the form of making memories.

At home in Glade, they love sharing time with friends, golfing, walking, working out, hiking nearby trails and cooking together. This grounded couple appreciate each other and their journeys to find the life they now share. It wasn’t a straight shot, but boy, did they ever hit the bullseye.



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



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LIAM HIENER

BY NANCY KEATLEY
PHOTOS BY KAREN AKERS

When Kristie and Ben Hiener's oldest was born, there was an immediate sign that this child was going to be anything but ordinary. Liam was born at 12:34 on March 2, 2010, which makes his birthday 12343210! Kristie says he was pointing out the letters on blocks before 9 months and was reading at age 3. When he started kindergarten, the teacher began with a fourth-grade book.

Liam is now a seventh grader at Shady Middle School and, according to Mom, reading is his "superpower." He loves the library and probably reads 20-40 books per month. On his nightstand at the moment was a book on Greek mythology and a couple in *The Boxcar Children* series. He started the *Harry Potter*

series in first grade and had read them all by fifth grade. As part of the Accelerated Reading program in fifth grade, he was the school leader, having read 250 books!

Liam also excels in math and, at graduation from elementary school, he was presented the Wayne Keaton Leadership Award. In sixth grade, he and his partner, Grant Winkler, won first place in the state Social Studies Awards. He likes art, which he says, "I'm getting better at," and his favorite teacher is Christa Fama, the band teacher.

With Liam, life is not all reading and studying — he ran track last year and this year played soccer. He plays alto sax in the band, is now learning the trumpet and also plays piano. He loves basketball, especially the Mountaineers and the NBA Milwaukee Bucks.



Liam lives on Old Farm Road with his mom and dad, who are both graduates of WVU Dental School and work at Shady Spring Dental Care. His sister, Lila, is 9 and his brother, Luke, is 6. Two other members of the family are Simba, a Goldendoodle and Elsa, a Bernedoodle. Liam enjoys playing basketball with his friends, Grant and Mason Cook, and golfs with his dad, who played college golf at Glenville State. He says he wants to ski "if the weather will cooperate." The family attends Bible Baptist, and Kristie says, "Our faith is a big part of our lives." They love to travel and have been to Disney several times — of course, Liam says, "My favorite is Universal." At the time of this writing, they were going to Washington, D.C., for Harry Potter: A Forbidden Forest Experience.

Liam is a bright young man who seems to enjoy all aspects of life and remembers to have a little fun along the way.



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



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AUDREY JUSTICE

Glade runner

BY ED MCCALL • PHOTOS BY KAREN AKERS

The next outstanding Glade runner might be on the horizon. Audrey Justice is following in the footsteps of several other successful Glade Springs runners like Miles and Ali Kominsky and, more recently, Charlotte McGinnis. All have made names for themselves as harriers. Glade residents have seen them on training runs in many Glade neighborhoods. Miles is still chasing his collegiate dreams, running for the Davidson Wildcats. Sister Ali, who works in the publishing business in Dallas, Texas, is a member of an avid running club in the Lonestar State. More recently, Charlotte signed to continue her running career at Concord University.



Audrey is the 13-year-old daughter of Glade residents Barrett and Gina Justice and is completing her eighth-grade year at SSMS, where she competes on the cross-country and track teams. Having taken up running in the sixth grade, Audrey says that being a runner helped her survive the *COVID-19 school experience*. “Cross-country gave me a social outlet that other students didn’t have during remote learning,” she revealed. “We trained outdoors at Little Beaver State Park, and I looked forward to getting out of the house and doing something with my friends.”

The work paid off because this past season, she posted her personal best (12:50/3K) in a meet at Mineral Wells. She also garnered a fourth-place finish in the Raleigh County Cross Country Championships while helping her team capture the championship. She often trains under the watchful eye of Matt McGinnis with his daughter Gwynn. The two will reunite next year as varsity runners at SSSH, where McGinnis is a freshman.



In track, Audrey competes in the 3,200-meter, 1,600-meter and 4-by-800-meter relay, where she says her stamina is her greatest asset. She has set lofty goals for her high school career. She wants to qualify for states in both sports.

She is an avid reader and enjoys learning. Her favorite reads are anything from the *Harry Potter* series, with *The Chamber of Secrets* her fave. Recently she placed fourth at Raleigh County Math Field Day but says her favorite subject is history, giving her teacher, Mr. Harvey, credit for making it so interesting.

Audrey admits she is a bit of a “Daddy’s girl,” but her skills aren’t limited to speeding up and down hills or around a track. She has become accomplished in the kitchen as well. Her baking specialties are chocolate cakes and chocolate pumpkin muffins. Main course triumphs include spaghetti and fettuccine Alfredo.

Downtime for her means playing with dog Louie, a chocolate labradoodle, while listening to some tunes from Taylor Swift or Harry Styles. The next fleet-footed Glade runner is looking forward to attending a Swift concert in Pittsburgh in the near future.

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

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ALAN GREENSTEIN & FAMILY

BY WHITNEY CAPPELLARI • PHOTOS BY DAVID CHINN

Off the 13th hole of the renowned Cobb Course, at 1309 Lake Drive, sits BALEWOOD, one of the crown jewel properties of Glade Springs. Its name is a nod to the first initial of each of current owner Alan Greenstein's immediate family (Blanca, Alan, Leah and Elliot). Spanning 14,592 square feet, the impressive estate boasts uninterrupted views of the gorge, as well as a myriad of amenities, including a 2,200-square-foot guest house, movie theater and six-car garage.

Originally constructed in 1978, this seven-bedroom, nine-bath home sits on 4 acres of land in the Glade Springs Resort. The property itself has hosted its share of locally historical

residents, with the original owner being Coal Executive Zan Campbell. The property then changed hands in 2002 after Jack Whitaker, winner of the \$380 million Powerball lottery, purchased the home from Campbell for his family. Whitaker updated the property, including the construction of the residence guest house. But perhaps the most interesting new addition was the acquisition of a two-story, gold-plated genie lamp that he purchased off of rapper 50 Cent for his daughter, Ginger.

The quality of the property's craftsmanship is unmatched. Wood detailing, wainscoting, custom-etched marble and vaulted ceilings are just a few of the luxuries you can come to expect from this stately home. Did I mention the master bedroom alone is 900 square feet and has a private sauna?

Current owner Greenstein acquired the property in 2014 after visiting West Virginia with

his family and falling in love with the area. Though a resident of Florida, Greenstein himself has roots in Durban, South Africa. In the years since their arrival in West Virginia, the family has enjoyed the many amenities Glade Springs has to offer, especially its three golf courses. But when you live in a property like Balewood, you don't need to travel far to be entertained. Aside from the panoramic landscape views, Greenstein cites the movie theater as one of his favorite amenities of the home. But there is more: a billiard room, solarium, arcade room with a bowling alley, private bar and a 3,000-square-foot balcony overlooking the gorge all provide hours of entertainment without having to step foot off

property. The residence truly is the ideal backdrop for any social gathering.

In late 2022, Greenstein began efforts to update and modernize the home yet still maintain the estate's elegant charm. So what can you come to expect from the new BALEWOOD? New hardwood floors throughout the home, three newly remodeled bathrooms and fresh paint to liven up the space. With all that BALEWOOD has to offer, it has rightfully cemented its status as one of Glade's Premier Properties.

At the time of this writing, this property is for sale. Please contact Altruist Realty Group, David and Cyndie Chinn, 304-575-0838. David E. Chinn Jr., broker of record. 122 Appalachian Drive, Beckley, WV.



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Oreo and Coco

FRENCHIES!

Oreo & Coco BY BOB COBURN

Can just hear David Frei, the longtime voice of the Westminster dog show, saying, “the French bulldog, Bouledogue Francais, first appeared in the mid-19th century in Paris as a result of cross-breeding toy bulldogs. The dogs were highly fashionable then and sought after by society ladies, fashion designers, writers and artists. They first arrived at Westminster in 1896 and are known for their ears, muscular build and wrinkled, loose coat.”

Enough of David’s history lesson. Let’s talk about Oreo and Coco! They are female 2-year-olds and residents of the Rivera family. They are as different as night and day as their names might suggest but are true to their breed in that they are affectionate, playful and athletic! They are great companions and love people, especially brother Evan, who uses them as his alarm clock!

They joined the family on Sept. 20 of 2020 from Aryborne French Bulldogs and fit right in! They are inside dogs, but Oreo loves it out of doors and is a bit of an escape artist. She runs to the neighbor’s door to see what’s going on



Marissa and Oreo



when she breaks out of dodge or chase an occasional dog who is also on the loose. Coca prefers the indoors but will talk to the golfers on Stonehaven No. 6 and help them with their putting.

Coco is the clown of the family and loves to play with her toys. Oreo is lazy at times and likes to bask in the glory of her comfortable surroundings. They both love napping in Mommy Angela’s lap and put themselves to sleep at 10 p.m. sharp every night! They also love to ride in the golf cart! Who doesn’t?

They are both competitive over table food and like everything the family makes. Yes, there is sibling rivalry here and a little family jealousy from time to time.

One thing is certain: Oreo and Coco are dearly loved by the Riveras, and vice versa!

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



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RICHARD & BETH JARRELL

Jarrells making a difference by staying connected

BY ED MCCALL • PHOTOS BY KAREN AKERS

Beckley's "first family of poultry" admits they asked for it; in fact, they're glad they did. The "it" being that almost any time anyone in our area looks to supplement a fundraising project, sooner or later, they find their way to the door at Chick-fil-A. Most leave with, at the very least, directions on how to find the assistance they are seeking.

When Richard Jarrell and wife Beth made the move back to their hometown as franchise owners, part of their mission was to not only become successful business owners but to share that success with the area and people who helped them be successful. Richard calls it "staying connected." Even if they are unable to directly impact someone's efforts, hooking them up with agencies, organizations and other individuals who may be able to provide assistance often proves more important.

Richard gained that skill the hard way. He rolled up his sleeves and got involved, having sat on many boards, including those at the Raleigh County Armory and the United Way of Southern WV, where he also served a year as campaign chair. Beth has been a long-time member of Beckley's Quota Club, having served as president and treasurer, and continues serving as an important cog in the group's Empty Bowls campaign. Richard also served on the Raleigh County Board of Education, but he says one particular volunteer experience helped more than any other to put him in touch with his community and its needs. His time as a grant reader for the Beckley Area Foundation, one of the area's most benevolent philanthropic organizations, opened his eyes to the many needs in their community but also to the many organizations and agencies whose missions are to meet those needs.

The list of endeavors the Jarrells have assisted ranges from golf tournaments, basketball tournaments*, school spirit nights, elementary school trips, child advocate organizations, church projects, proms for special needs children, YMCA functions and fundraisers, and the list goes on and on. Extending a helping hand to their own employees in their pursuit of post-secondary education is perhaps

their favorite. Each year their own Chick-fil-A team members are awarded over \$50,000 in scholarships and tuition assistance.

Richard traces his desire to help back to his own youth. Growing up the son of a disabled miner, he still appreciates those who reached out a helping hand to a young person with limited opportunities. "The Georges (Alex, Larry and Zan), Murray and Gloria Shiff (Meadows Lumber Co.) and the YMCA were instrumental in giving me an opportunity to get an education and succeed in life." The Jarrells are grateful for those who have helped them and are just as grateful for the opportunities they now have to pay it forward.

Chick-fil-A sponsors the boys' and girls' state basketball tournaments in Charleston as well as the YMCA's Biddy-Buddy Tournament. The state tournament sponsorships were no small feat because the Jarrells had to convince all the other West Virginia Chick-fil-A owners that such a mission would be great for them as well as the student-athletes, WVSSAC and fans.



If you know someone who is making a difference in the community, please contact Bob Coburn at bob.coburn@n2pub.com.

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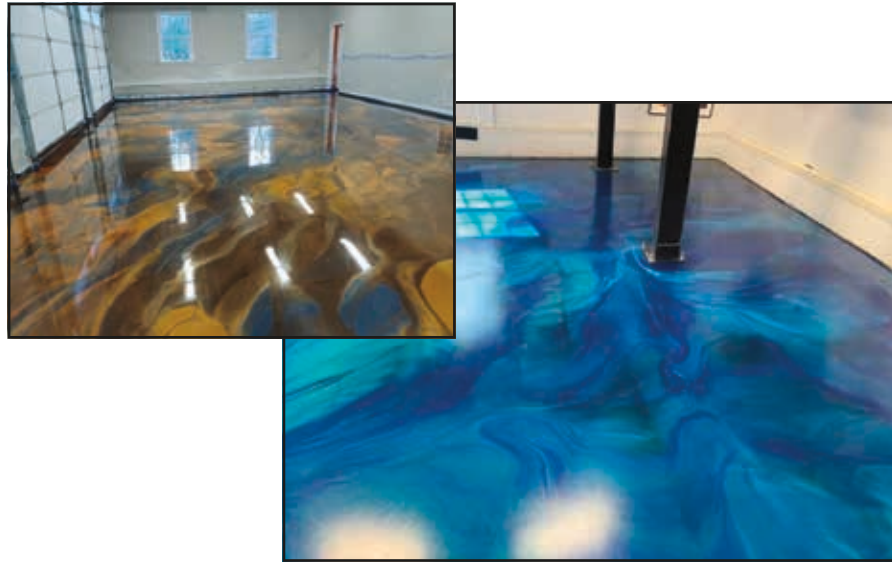
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BREAD PUDDING!

SUBMITTED BY KENNY BRYANT

INGREDIENTS

- Bread, cut into 1- to 2-inch chunks
- 2 sticks butter
- 1-2 tbsp cinnamon
- 1 cup golden raisins
- 16 eggs
- 1 quart heavy cream
- 3 tbsp vanilla
- 18 oz sugar (monk fruit)

DIRECTIONS

Cut enough old Italian or any thick bread into 1- to 2-inch chunks to fill 2 (9-by-13) pans. Broil bread on 2 sides until dark golden brown. Put in the pan

and spread out evenly. Melt butter and pour evenly over bread. Sprinkle with cinnamon. Sprinkle with ½ of raisins. Mix eggs, cream, sugar (monk fruit) and vanilla with an electric mixer until frothy (3-5 minutes). Pour into the pan evenly over the bread. Sprinkle remaining raisins over top. Set another 9-by-13 pan or a cookie sheet on top of bread pan with weight to force bread down into mixture and let soak for at least 10 minutes. Bake at 325 F for 60 minutes. Serve warm or room temperature with whipped cream or vanilla or rum sauce.

HISTORY

Bread pudding has the most plebeian of origins, but it now shows up on the dessert menus of upscale restaurants.

Food historians trace the history of bread pudding to the early 11th and 12th centuries, as frugal cooks looked for ways to use stale, leftover bread instead of letting it go to waste. In 13th century England, bread pudding was known as “poor man’s pudding,” as it was a popular dish with the lower classes.

While bread pudding is still a way to use up leftover bread, it has gained a reputation as a comfort food and is a featured item in trendy establishments, having shed its humble roots.

Basically, the dish is made by layering bits of bread and any add-ins in a dish and pouring a custard sauce over before baking. The possibilities for the dish are endless because cooks can vary the type of bread and any ingredients they choose to add.

WHAT IS MONK FRUIT?

Monk fruit has been grown in southern China for hundreds of years. It’s small, melon-like fruit and gets its name from the Buddhist monks who originally grew it centuries ago.

Monk fruit is also known as Swingle fruit (*Siraitia grosvenorii*) or lo han guo. It’s from the same food family as gourds, like pumpkin and melon. It’s been used for medical purposes in eastern countries to treat intestinal problems and the common cold. Its use as a sweetener is fairly new.



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

Wild and Wonderful Elderberries



Did you know elderberries have been linked to positive health outcomes such as lower cholesterol and improved vision, skin and heart health?

BY SHAUNA OSBORNE

Elderberry is one of the world's most commonly used medicinal plants, for holistic wellness and symptom relief.

The month of March generally ushers in both the lingering conclusion of cold and flu season and the onset of springtime allergy season. Fortunately, we can turn to the elderberry, one of the world's most commonly used medicinal plants, for holistic wellness and symptom relief. Nutritious elderberry berries and flowers come from *Sambucus nigra*, a medicinal plant native to Europe and grown worldwide with long-established antibacterial and antiviral properties. Elderberry is generally consumed through syrups (raw elderberry syrup is the most potent preparation), lozenges, gummies, juices, jams and teas.

While scientific research on elderberries is ongoing, botanical experts believe this plant shows promise in several areas of wellness, namely:

NUTRITIONAL CONTENT

Elderberries are rich in vitamins and minerals, low in calories and high in dietary fiber and antioxidants (particularly phenolic acids, anthocyanins and flavanols). Elderberries are also chock-full of vitamin C, containing 6 to 35 grams per 100 grams of fruit, which accounts for up to 60% of our recommended daily intake.

IMPACT ON COLD AND FLU SYMPTOMS

Elderberry has high bioflavonoid levels and has been shown to reduce the severity and duration of the flu, decrease pain and sinus inflammation, and reduce symptoms of upper respiratory infections. This beneficial plant remedy slows the replication of viruses, reducing the severity of symptoms and lessening recovery time.

When available, elderberry products made locally — with local berries and local honey — are preferable, particularly when it comes to springtime allergies, as these products will contain allergens native to the region, believed to help desensitize the system and lessen allergy symptoms. As always, please consult your trusted health care professional before taking any new supplement.

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BY SHAUNA OSBORNE

I grew up in a Southern family with roots deep in the soil. My grandparents grew anything at all you'd want to eat right there in our back gardens, though my grandmother's favorite plants to meddle with were, by far, her houseplants. That love spilled over to my mother and her sisters and, eventually, to me. Though my collection may look a little different than hers, we both recognize(d) the endless benefits of having useful, versatile and visually engaging plants in the home, such as those on the list below.



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Peace Lily

In addition to its gorgeous white "flowers" in the summer, the stunning peace lily is a master of air pollutant removal, working hard to absorb and break down toxic compounds throughout your home. Sometimes called "closet plants," peace lilies are perfect for rooms that don't get much natural light.



Snake Plant

This low-maintenance plant is a popular choice for small apartments and bedrooms, working while you sleep to convert carbon dioxide to oxygen. Snake plants purify by removing toxins from the air, absorbing them through their leaves.



Aloe Vera

This plant has been used for thousands of years as a natural remedy to ease irritated skin. The clear, gel-like substance found inside the plant's leaves can be used to soothe and heal burns and even cold sores when applied directly to the skin.



Boston Fern

With its lush green foliage, the Boston fern helps to rid the home of harmful toxins and is the ideal houseplant for locales with humidity problems, as it is considered a natural humidifier, benefiting those who suffer from dry skin, noses or throats.

GOOD CREDIT HABITS

March is National Credit Education Month and is an ideal time to educate yourself and others on the intricacies of credit scores.

BY SHAUNA OSBORNE



We look forward to the month of March for many reasons: Sports fans anticipate March Madness, outdoor lovers hail the coming of spring, and all carousers revel in St. Patrick's Day. A lesser-known, perhaps equally important March event is National Credit Education Month, the perfect time to educate yourself and others on the intricacies of credit, including types of credit and how to build or repair credit.

The latest data from LendingTree indicates that nearly 40% of Americans don't know their credit score, which leads to the first and most important way to observe National Credit

Education Month: Check your credit score. Nearly every major purchase an adult will make — mortgages, car loans — is in some way impacted by their credit score, and many utility companies and landlords now use credit data to make crucial decisions about consumers. Make it a habit to check your credit score.

Next, study your credit report comprehensively. Familiarize yourself with the major factors that contribute to credit scores: the amount of debt carried, the age of debt, whether payments are made on time, and the number of loans a consumer has. Check

your report for inaccuracies, including accounts you don't recognize or balances you thought were paid off, and report any errors right away. Sign up for a free credit monitoring program, such as Credit Karma or Credit Sesame, to help you control your data.

One last — and critical — way to observe National Credit Education Month is to pass along your knowledge to the next generation of consumers. It's never too early to start sharing financial wisdom with children and grandchildren, especially when it comes to prudent credit card usage and building good credit.

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REAL ESTATE RESOURCE

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

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

Address	Neighborhood	List Price	Sale Price	Sold Date	Beds	Baths	SqFt	Parking	Comments
103 Woodland Drive	GladeSprings	\$139,900	\$139,900	09/16/22	1	1	916	None	Condo/Townhouse
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
275 Highlands Lane	GladeSprings	\$849,900	\$800,000	09/15/22	4	3	4,000	Att-3 Car	2 Story
132 Oliver Place	GladeSprings	\$799,900	\$735,000	09/22/22	4	3	3,542	Att-2 Car	Cape Cod
208 Sherwood Lane	GladeSprings	\$639,000	\$600,000	10/03/22	5	4	4,400	Att-2 Car	1.5 Story
702 Club Circle	GladeSprings	\$479,000	\$450,000	10/28/22	3	2	2,300	Att-2 Car	2 Story
150 Flint Ridge Lane	GladeSprings	\$795,000	\$725,000	09/08/22	3	2	4,782	Att-2 Car	Contemporary
139 Thistle Glen Lane	GladeSprings	\$349,500	\$349,500	11/15/22	3	2	1,982	Att-2 Car	2 Story
106 Greenbrier Rd.	GladeSprings	\$349,900	\$259,000	12/14/22	5	3	3,424	Att-2 Car	2 Story
100 Hawthorn Lane	GladeSprings	\$335,000	\$300,000	12/22/22	4	2	1,800	Att-2 Car	2 Story
294 Barnstaple Drive	GladeSprings	\$525,000	\$500,000	01/05/23	2	2	2,700	Att-2 Car	1.5 Story
141 Long Drive	GladeSprings	\$329,000	\$305,000	08/30/22	4	3	3,372	Att-2 Car	Condo/Townhouse
330 Chaplewood Drive	GladeSprings	\$399,900	\$375,000	08/29/22	3	2	2,200	Att-2 Car	1.5 Story
302 Dogwood Ct.	GladeSprings	\$239,999	\$225,000	08/24/22	4	3	2,163	Att-2 Car	Contemporary
221 Barnstaple Drive	GladeSprings	\$419,000	\$419,000	08/22/22	3	3	2,800	Att-3 Car	Mid Entry
1200 Edward Drive	GladeSprings	\$619,000	\$605,000	08/22/22	4	3	3,463	Att-3 Car	1.5 Story
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
135 William Place	GladeSprings	\$519,900	\$507,000	08/19/22	4	3	2,600	Att-2 Car	1.5 Story

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resident business guide

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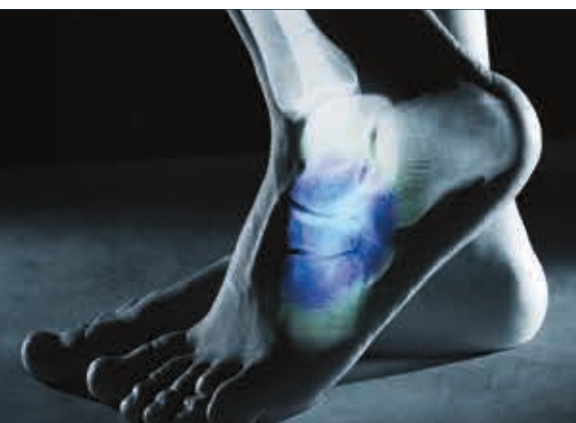
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