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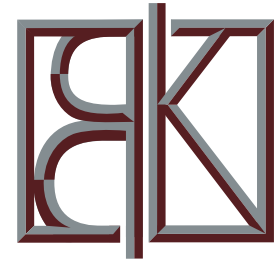


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# NOVEMBER HONORING OUR VETERANS

Welcome to the November 2022 issue of *Stroll Glade Springs Village* and, with it, the observance of Veterans Day on Friday the 11th. Formally and sometimes presently known as Armistice Day, we honor our military men and women who served and are serving. We thank them for providing us the freedom we enjoy. We have many military veterans in our community and some that are still active. Please seek them out on this special day and thank them for all they do and have done.

November is also known for elections, Indian Summer, Thanksgiving (we have a lot to be thankful for!), Hanukkah and the first Sunday of Advent. You may also be interested or amused to know that Nov. 9 is National Scrapple Day. My mother was a farm girl. I get it. The rest of my family does not!

We hope you are enjoying your community publication and the recent changes that have come along with *Stroll* — higher quality, better layout, easier-to-read fonts and higher resolution, to name a few. We welcome your referrals of residents for features and quality businesses for sponsors as always. Please consider our sponsors first for your family's needs. They care and are ready to serve.

Have a wonderful November!

Bob Coburn  
304-860-0099  
bob.coburn@n2co.com



## Operation Christmas Child Season is Here!

The Glade Springs community has been supporting Operation Christmas Child (OCC) for several years now. Once again, you are asked to consider filling a shoebox as a tangible expression of God's love and to let children know they are not forgotten.

**HOW:** Preprinted OCC shoeboxes with instructions inside are available at Glade Community Church or by contacting Pat Macak (954-647-3810), a year-round volunteer for the SE WV Area Team. You may use regular shoeboxes you have at home. OCC plastic containers can also be purchased at Hobby Lobby.

You decide the gender and age (2-4, 5-9, 11-14). Fill shoeboxes with school supplies, hygiene items and one or two quality toys or items of clothing. A photo of you and/or note adds a personal touch.

Remember, your shoeboxes will be given to children throughout the world, many of whom have never received a gift before.



**WHERE:** Drop off your shoeboxes at Glade Community Church or to Pat Macak, 439 Club Circle (look for an orange container outside her garage). Shoeboxes collected at these two locations will be delivered to OCC Drop-Off Centers located in Beckley and Ghent.

**WHEN:** DEADLINE FOR DROPPING OFF THE SHOEBOXES IS SUNDAY, NOV. 13.

If you would like more information or have any questions, please feel free to text or call Pat Macak at 954-647-3810.

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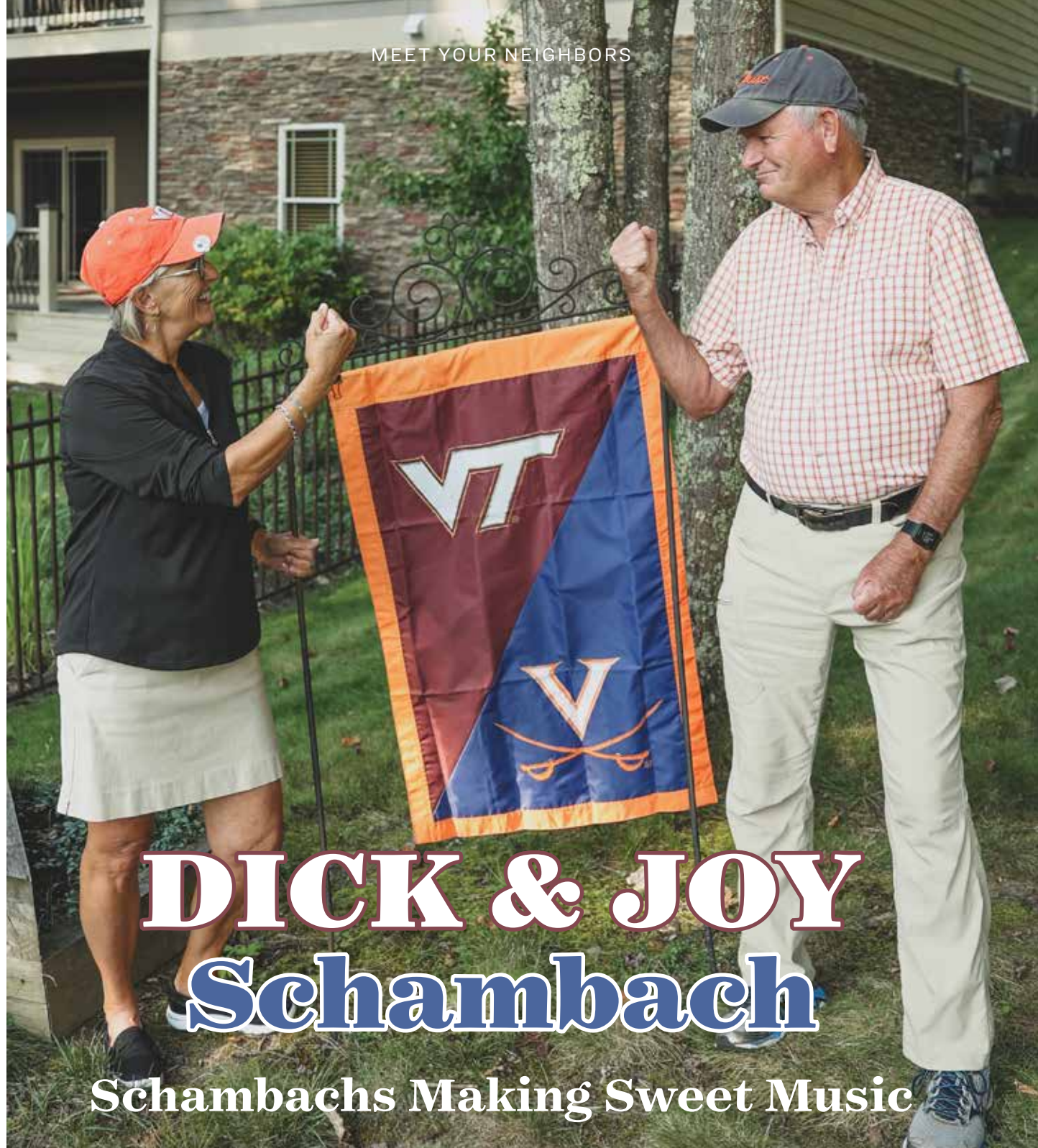
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# DICK & JOY Schambach

## Schambachs Making Sweet Music

BY ED MCCALL  
PHOTOS BY KAREN AKERS

Ever since their first meeting at a casual brunch arranged by mutual friends in their Blacksburg home, music lovers Dick and Joy Schambach have been making sweet music together. The music has been playing for 15 years now but started on their first official date with the “sweetest” of gestures, Joy recalls. “We agreed to meet at Mill Mountain Coffee Shop. I was already seated inside when I saw him pull up. He got out of his car and walked to

the door of the shop, where he stopped suddenly, turned and returned to his vehicle, and I thought, ‘Oh, gosh, I’m going to get stood up on the first date!’”

Nothing could have been farther from the truth. Dick, an avid UVA fan, returned to his car, reached inside and replaced his Cavalier cap with a Virginia Tech hat before joining her for a cup of coffee. She laughs now, saying he captured her Hokie heart right then and there. They

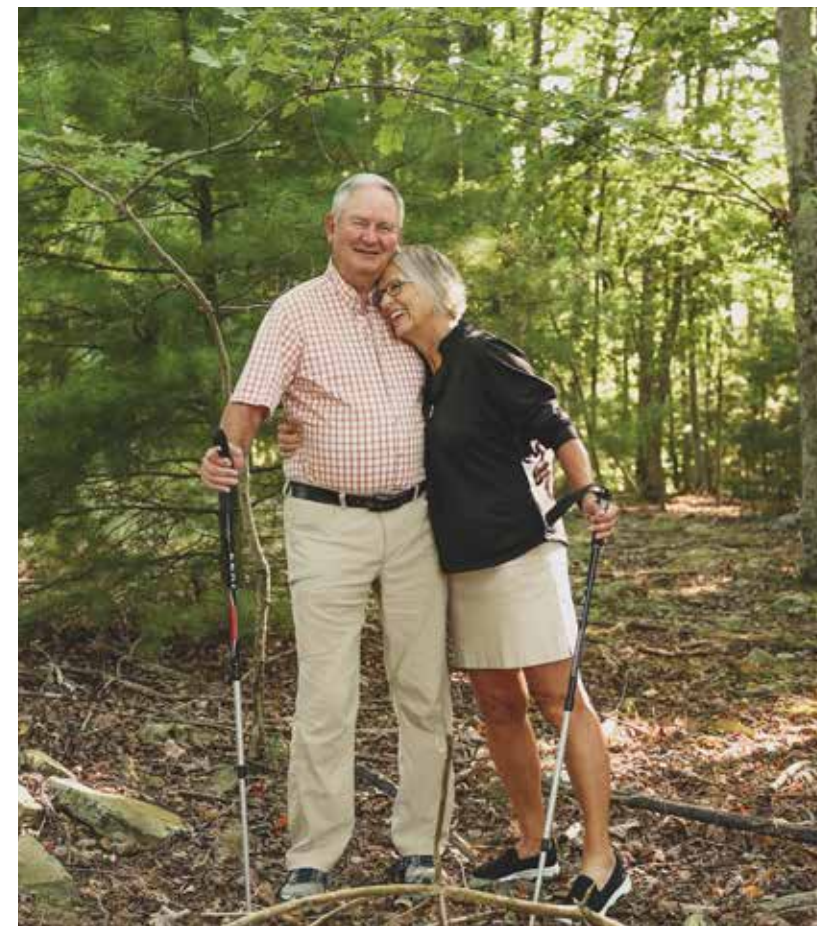
dated for five years, as Dick continued to practice dentistry in Saltville, VA, while Joy maintained her lifelong dedication to teaching first graders near her hometown of Covington.

Their long-distance courtship was made easier when they made a trip to Glade Springs, a shorter drive from both their homes. They fell in love with the place and the people, an affection that continues today. They purchased a home on Oak Lane for their weekend getaways, and they would rise early on Monday mornings for the commute back to their work lives. When it became harder and harder to say goodbye on those Monday mornings and they wished to spend all their days together, they wanted Pastor Gene, founder of Glade Community Church, to do the nuptials, but his sudden passing prevented it. Joy’s pastor back home stepped into the void and performed the outdoor ceremony at one of Joy’s college friend’s farms just outside Buena Vista. The bucolic setting was the perfect place for two simultaneous celebrations: Joy’s retirement from teaching and forever connecting the two music lovers.

Dick planned the honeymoon but kept the destination (Charleston, SC) a secret from Joy. On the drive down, he would periodically hand her an envelope with a clue, 12 in all. To this day, Joy tells her boys, “If you want to win a girl’s heart, buy a box of envelopes.” They stayed at the romantic Elliot House downtown, and their trip was highlighted by great cuisine and excellent sightseeing, including Dick’s encounter with a ghost one evening after dinner at The Husk restaurant.

Both have two grown sons from previous marriages, with four grandchildren among them, the most recent a little girl (finally!). Dick’s youngest lives and works in Spain, and the Schambachs have made two trips to visit. They travel extensively, having experienced Italy, Greece and Ecuador, in addition to the Iberian Peninsula. They love to hike the many mountain trails near Glade and are constantly in search of their next musical experience, having just recently made their almost annual excursion to Bristol for the Rhythm and Roots Festival. Other favorite music trips have been to Floyd for the Arts and Crafts Festival, the Carter Family Fold and local venues like Chuck Mathena and Mountain Stage. They also support local events and the Beckley Concert Association.

When the West Virginia weather gets a little too crisp, they pack their golf clubs and head south to St. Marys, GA, the second oldest city in the U.S. When it is almost time to head north again, they begin their “barge tour.” Dick says, “Because St. Marys is a perfect place to break up a long trip to Florida for their snow-bird friends, we return the favor by ‘barging in’ on many of them before heading back to Glade.” The 2022 senior club champion of the POA courses assures anyone who might read this that they “never stay more than three days!”



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They love their time away but are always happy to get back to the mountains, where they enjoy all that Glade has to offer, especially the vistas from their beautiful home overlooking hole 12 of Stonehaven. Anyone who has made a birdie on that hole has probably shared the experience with the Schambachs. Joy salutes the fete by sounding their blowhorn from their deck. Bogeys? Not so celebratory. They elicit an "oink" from the bogey pig. Off in the distance are the waters of Lake Chatham, where Joy and Dick are often seen paddling in their canoe or kayaks.

Rest assured, whether they are hiking around Glades wooded campus, socializing over dinner with friends or playing ping pong or foosball in their basement game room, these two transplanted Virginians will be making sweet music together.

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



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# CLYDE GEORGE

California kid is an aspiring baller!

BY ED MCCALL • PHOTOS BY KAREN AKERS

Clyde George has a basketball hoop in his driveway, and he's been using it this summer to get ready for the upcoming Raleigh County Elementary School basketball season. He recently made the Shady Spring Elementary School team after tryouts and is thrilled that he will get to show his skills this fall in the league begun by Woodrow's legendary head coach, Dave Barksdale, and continued today by Coach Ron Kidd of WWHS and Ronnie Olsen of SSSH.

Both coaches view the league as essential to their feeder systems that will produce the next generation of basketball players at their respective schools.

Clyde moved to West Virginia from California with his mom, Amy; sisters, Emma (2 years old) and Nora (6 years old); and stepdad, Alex, a former Woodrow soccer star, Beckley native and proprietor of Georges' Taps and Italian Grill and the next-door bar A Quarter Short in Beaver. He comes by his

athletic genes honestly. Mom was a figure skater back in California, where she also ran track and played basketball and golf all four years of high school.

When he isn't on the court, Clyde likes watching his favorite player, Kyrie Irving, and even has a pair of his shoes! Clyde thinks ballhandling, especially his dribbling skills, are the strength of his game. At one point, he hoped he could meet one of his heroes, Kobe Bryant. Although that cannot happen now, Clyde says his dream of one day lacing them up in the NBA would be awesome.

The well-spoken 9-year-old loves reading. He has all the Harry Potter books and enjoyed reading *Diary of a Wimpy Kid* and says his favorite subjects in school are math and writing. Among his favorite Glade activities are the special kids' nights at the Leisure Center, going to the pool and hanging with his pals Tatum and Kensley. His other besties are Ralph and Brody, a couple of pooches who keep an eye on him while he is working on his jump shot in the driveway.

When it comes to snacks, Clyde is a little prejudiced. "I love the tacos at A Quarter Short," he says. Around the house, he is a big help to his mom and often looks after Emma. One thing is certain: When he takes the court this fall, he'll have his own team of cheerleaders rooting him on. Grandmother Lisa, Mom and his two sisters will make plenty of noise rooting on West Virginia's California kid.

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




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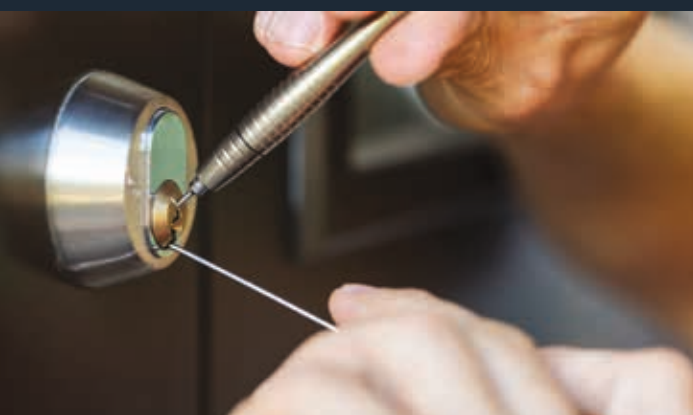
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Wes Duncan and Adam Perry

# WES DUNCAN SPARTAN RACER

BY ED MCCALL • PHOTOS BY KAREN AKERS

At the confluence of competition and good health (fitness), you will find Wes Duncan standing proudly, perhaps bent over, looking a bit winded, even post-race a little ragged, but ultimately happy and unbowed. Duncan recently completed his second Spartan Race at The Summit, competing in the super division that calls for all participants to conquer 6 miles of challenges over a course whose elevation rises and falls 2,200 feet through the rugged West Virginia countryside.

How he got there is another story altogether. Once an outstanding basketball player and now avid golfer suffering from a bad back, Duncan sought relief first through medicine. Doctors at the WVU Spine Center told him he needed to avoid high-impact sports (basketball) and if he intended to continue to golf that he would have to get fit

and strengthen his core. He joined a small group of hard workers training under the watchful eye of Matt Morris. While getting fit, he lost 22 pounds, but after a while, the workouts became stale. As a group, they decided to try a Spartan Race, knowing that the competition would stir their juices and keep workouts fresh. In 2018, after a year of training, he completed his first Spartan Race at The Summit. Recently he completed his second one.

“It’s the hardest athletic event I’ve ever attempted,” he says. “Nothing else is even close. It’s downright painful.” Duncan admits he wasn’t as well trained this time around and had to pace himself at times. He also recruited golf buddy Adam Perry, who had been competing in marathons and triathlons recently, to go along as a teammate since his



previous training buddies said this year’s event didn’t fit their schedules. Why, one might wonder, would he then subject himself to such trials and tribulation? Duncan confesses that every so often, he must feed his own competitive nature and that it was a good opportunity to set a good example while sharing the experience with his daughter, Breiel, who has done four Spartan kids races at The Summit. Duncan sheepishly admits his own suffering would also be a way of limiting the “smack talk” around the breakfast table.

The 25 obstacles are a combination of endurance and strength and cardiovascular health. Among the most challenging were the log carry (50 pounds) over 200 yards through a waist-deep lake, the bell ringer (a rope pull/climb), carrying an awkward 50-pound ball across rugged, sloped terrain. Others that pushed him to the point of dizziness or the brink of quitting were a side-hill bucket (50 pounds) of rocks carry and a hill climb with a 60-pound bag of wet sand. Failure to finish any of the obstacles and participants face a penalty. Turns out they are more like a punishment; for example, 30 burpees.

Sound like fun? Duncan says it has its rewards. “There is a brotherhood among the competitors. People you don’t know will stop and help you or offer encouragement when they see you struggling. You also hear some swearing out there, people talking to buckets of rocks, saying stuff like ‘You won’t beat me, you stupid ...’” Funny when you look back on it, he says. Not so funny at the time.

All in all, he says the competition leaves him feeling good about himself, knowing that he has the grit to sustain through the tough times that life is sure to bring because he has pushed himself physically and mentally to the brink of exhaustion without giving up. He also relishes the time shared with his daughter and

knows that not quitting sets the right example. His future might hold another Spartan Race later this fall in Charlotte with some of his State Farm cohorts. Till then, he will continue to train, covering 2 miles four times each week. Best of all, his fitness regimen has allowed him to continue to play golf.

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

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HOME OF THE MONTH

# THE SHAH RESIDENCE

Lake drive luxury

BY BOB COBURN



The story behind this magnificent home is as good as the home itself. Dr. Rajnikant and Hina Shah built the residence in 2004, raising two daughters and a son and making many wonderful memories along the way. Dr. Shah passed away four years ago, leaving a legacy as a wonderful surgeon, father and friend.

In the mid-'70s, Dr. Shah and his seven sisters immigrated to the U.S. from his native East Africa and away from the terror of military dictator Idi Amin. This move eventually led to medical school and residency at Duke University and on to Beckley ARH Hospital to further his surgical training.

"Dad rented a mobile home in Lanark for a year when first coming to Beckley," explains son Rikin, who is a health care consultant in Washington, D.C., and here in Southern West Virginia. "Back in those days, there were dorms on the grounds of the hospital for resident docs also." Dr. and

Mrs. Shah went on to live at Stanaford Acres and Woodcrest before building in Glade.

The Shahs leaned heavily on Dr. Shah's brother-in-law, who was a contractor in England. This unique perspective put this Mediterranean-style home on the cutting edge and way ahead of its time. Boasting 15 rooms with six bedrooms and four and a half baths, this extraordinary design is almost 6,000 square feet. It has a timeless feel and many unique features.

Metal handrails and banisters crafted by a German blacksmith who lived in Daniels set the tone, as well as vaulted ceilings, custom faux painting, electric and gas appliances and induction heating. The master bath has fiber optic lighting, as well as a Laminar ceiling bath filler! If that's not enough, the kitchen has a "pasta sink" that allows you to do all of your pasta cooking in one spot. Imagine the lack of dirty dishes!

The residence has a three-car attached garage and sits on 1.6 acres with the Cobb course back nine in view.

"Beckley has a special place in all of our hearts," says Rikin. "We have strong roots in the area that Dad built." Dr. Shah had five offices in So. W.V. at one time during his practice while the coal boom was going on. "I met a lady years ago who asked me about my Shah last name and, as it turned out, dDd had saved her father's life after being almost completely severed in a coal mining accident. Every Thanksgiving, the family gathers around the dinner table and

is grateful to Dr. Shah for saving the life of Shorty Harrah." One of the many wonderful stories and experiences that have been shared in this great home.

\*\*\*\* At the time of this writing, this home is for sale. Contact Mountaineer Real Estate, 1406 Harper Road, Beckley, WV, 304-640-4100. Kenny Bryant-Broker of Record.

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

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PHOTOS BY BETTY CALLENDER & KAREN AKERS



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# THE WRIGHT THREE

## Meet Jacobi, Jude & Josie!

BY BOB COBURN



Jacki and Jack Wright are dog/animal lovers! The evidence is in clear existence with their three hounds, Jacobi, Jude and Josie. They provide lots of love and joy, and, as Jacki says, “We are so happy to have them and give them a life.” And full of life they are!

Jacobi is the elder statesman at 14 years old. He is a terrier/beagle mix and was adopted by the Wrights at age 2 while living in Wisconsin. Jacobi is partial to Jacki and is the emotional support dog during tough times and the stress that life throws your way. He loves to go hiking, camping and go for golf cart rides!

Jude, named after the Beatles hit “Hey Jude,” is the middle dog and was adopted six years ago after he was left at the doorstep of one of Jack’s co-workers. He is the character of the family. He barks at the ground to the confusion of the neighborhood deer and sits at the end of the driveway in the hope of barking at passing people and neighbors. He loves people and is a beagle/basset mix.

Last but certainly not least is the newest member of the pack, named Josie. Jacki followed Josie on Operation Underdog’s Facebook page for a period of time and rescued her in August. She was going to be euthanized in South Carolina due to her arthritis. “There are worse things than a little arthritis,” says Jacki. Isn’t that the truth!

Josie is Jack’s shadow and will cry at the door when he leaves and basically follows him everywhere. “She is the OTHER woman,” jokes Jacki. She has also inspired the Wrights to purchase another camper after years of being camper-less. “Now we can take all three when we go instead of boarding them. It works out great.”

So, if you are on Royal Oaks, look for a beagle/basset named Jude to greet you with a friendly bark! You’ll know you are at the Wright residence, and he’ll introduce you to Josie and Jacobi.

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



Jude, Jacobi and Josie!



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## LAURIE SAMMONS CHILD ADVOCACY

BY NANCY KEATLEY  
PHOTOS BY KAREN AKERS

This feature in *Stroll*, called “Making a Difference,” has touched on many important topics and introduced many concerned and dedicated citizens in our area. This month’s subject is one of those people who truly gets involved, especially in the lives of children.

Laurie Robinson Sammons is an author, educator and national consultant who trains teachers and administrators in “best practice” instruction in schools across the globe. Laurie spent 21 years in the classroom in North Dakota, five years as a curriculum specialist and adjunct professor of education, and has spent the last 15 years as a consultant. She and her husband, Hank, a retired orthodontist, live eight months of the year in Estero, FL, and from June to October, they are in their home in Glade Springs on Chatham Lake. She says, “We love living in this peaceful gem we call home in the summer months.” They enjoy playing golf with friends and taking part in other community events. They both feel that the people here are friendly and inviting.

Working in many countries, Laurie found that teaching educators looks the same wherever you are, and so does attending to the needs of children. Laurie says, “The student population that never left my heart, nor my consciousness, was high-risk students of abuse.” She tries to reach that very audience who live a life of sexual abuse, exploitation and human trafficking in her recent book, *One Story, Many Voices*. Laurie recently shared some of this information at the Glade Community Church, mainly because of the book’s connection to the mission and vision of local organization Just For Kids. She passionately says, “Our society is being hit by poisonous arrows today.



Anytime we can rally around advocacy groups like JFK, we should support them in any way that we can.”

Laurie goes on to say that we all need to be first responders for those whose voices have been muted from their experiences due to fear and shame. Teachers need to be alert to the signs of unprocessed trauma — signs like blank stares, bullying, inappropriate acting out and social distancing so family secrets are not found out. Here she mentions a past advocacy program called “Stranger Danger,” reminding kids to be wary of strangers. That program did not work because 96% of abuse does not come from strangers but from someone known to the abused. These perpetrators groom their subjects, earning their trust and getting to know them. She mentions five basic signs of grooming that, to a trained eye, are easy to identify. First, their target is vulnerable and

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accessible, alone, emotional, needy and displaying low self-esteem. Secondly, they build a relationship and establish trust with the target, sometimes in person but often on social media. Next comes the role of filling a personal need, making the target dependent on them by buying gifts, alcohol or drugs, or just befriending them. At the next stage of “grooming,” they begin to isolate the target from friends and family so they can take full control,

and then the abuse begins. Laurie mentions that, according to the National Center on Missing and Exploited Children, during the COVID-19 experience (2019-2021), domestic violence and sexual abuse increased 125%!

Lest we become totally disillusioned, Laurie says there is a message of hope, but we can't deny the issues or stand back and do nothing. It's the oft heard “If you see something, say something,” or, as



Laurie quotes Dr. Maya Angelou, “To know better is to do better.” She lists some pertinent facts:

- One in four females and one in 13 males have been victims.
- The common thread is vulnerability and accessibility.
- Females between 12 and 34 are most often the targets, but some have been victimized as young as age 3.
- Human trafficking is a \$150-billion business.
- The most targeted age is 14.

Laurie says she is often asked why she wants to write these terrible stories that victims tell her. Her answer comes within the words of a beautiful quote by Gibran: “Let us be so connected to one another that when one weeps, the other tastes salt.” She says, “If not you and I, then who? Our children need us — they are crying out for attention to be valued and loved. We must be first responders to love and defend our next generation.” A compelling Harvard study says that all it takes for a traumatized human to come through his or her circumstances is one solid adult in his or her life.

Laurie Sammons' book *One Story, Many Voices* is available on Amazon, at the “Next Chapter” in Lewisburg and by reaching out to Laurie by email: [Laurie7robinson@gmail.com](mailto:Laurie7robinson@gmail.com).

Another resource is Christy'sCause.com. Ms. Sammons is also available if a book club, church or group is interested in reading and discussing her book.

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



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RESIDENT RECIPE

# Chicken Salad

SUBMITTED BY CINDY COBURN

**INGREDIENTS:**

- 2 large cans chicken breast
- 1 8 oz. package cream cheese (softened)
- ½ sweet onion, diced
- 2-3 stalks celery, diced
- About ½ cup mayo, or more to your desired consistency
- 2 tbsp lemon juice
- Salt/pepper to taste

**DIRECTIONS:**

Drain chicken.

Place diced onion and celery in a bowl; add chicken and break up any large pieces.

Add cream cheese and start to combine with a spoon; work until cream cheese is smooth.

Add mayo, lemon juice and salt/pepper. (You can add grapes or nuts if desired.)

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



Noah and Tiffany Kapp



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already take care of employees’ pre-report details, including all the paperwork, safety training and drug testing.

As their name implies, Compliance is all about providing expert guidance to companies regarding their employee benefits, workers’ compensation, and steering them safely through the myriad of state and federal regulations governing those areas.

Tiffany and husband Noah (company vice president) manage more than one enterprise together. They are also raising 8-year-old Liza and 4-year-old Lane. Both are students at St. Francis, where Noah volunteers as the basketball coach. The native of Northern Virginia holds an MBA from Liberty University and will soon complete his second master’s from Liberty in marketing and advertising. Noah is president of the Woodcrest POA and serves on the Zoning and Appeals for the city of Beckley and numerous other boards.

His wife and business partner is equally engaged in her hometown community. The Woodrow Wilson and Florida Institute of Technology graduate competed in this year’s Dancing With The Stars fundraiser for the United Way of Southern WV. She is also getting ready to assume the gavel as the next chairwoman of the Raleigh County Area Chamber of Commerce board of directors. She also serves as secretary for the FLTA board of directors and volunteers regularly at Carpenter’s Corner.

A wise man once told me that there were three kinds of people in this world: people who watch things happen, people who make things happen and people who say, “What the heck just happened?” It’s obvious which category the Kapps fall into. This power couple stays busy making things happen for their clients, their family, and their community.



# YEAR-END GIVING

As the year comes to a close, it is the perfect time to think about year-end giving. Particularly in the aftermath of a years-long pandemic, we can help those in need — necessary every year but now crucial for many nonprofits struggling to balance increased demand and decreased support — and, meanwhile, save on taxes. Year-end giving is a win-win!

BY SHAUNA OSBORNE

## SUPPORT NONPROFIT ORGANIZATIONS

Charities and nonprofit organizations often rely solely on donations to fund their missions. Interestingly, according to Charity Navigator, half of all nonprofits in the U.S. receive the bulk of their funding during the last quarter of the year. Make the final months of the year count through giving; resolve to champion whatever cause is near and dear to your heart.

When you do, be sure to keep a record of your donation. Taxpayers must have a bank record or some sort of written receipt from the charity, which has the organization's name, date and amount of the contribution. Other acceptable records include bank statements, credit card statements or canceled checks.

## DONATE CLOTHING AND HOUSEHOLD ITEMS

Do you have gently worn clothes or functional household appliances, furniture, furnishings or electronics that you no



longer use and could benefit someone else? Why not donate them? If your charitable donation is worth \$250 or more, be sure to include a receipt (or written acknowledgment) from the charity, with a description of the items.

Don't let this holiday season pass you by without giving to those less fortunate. After all, 'tis the season to be **generous!** Doing so will help others and help yourself when April 15 rolls around.

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# Healthy Fall & Winter

BY SHAUNA OSBORNE

# PRODUCE GUIDE



**SWEET POTATOES** Whether in shades of warm orange or brilliant purple, sweet potatoes are perhaps the healthiest type of potatoes. This fantastic fall vegetable has anti-cancer, anti-diabetic and anti-inflammatory properties and is packed with vitamins A, C, B6 and B5, plus potassium.

**BRUSSELS SPROUTS** Whether roasted with balsamic or chopped up in a salad, these tasty little babies are a far cry from the overcooked versions of Brussels sprouts from our childhood nightmares. On top of being delicious when baked, sautéed and even raw, they bring to the table high levels of fiber, vitamins C and K and phytochemicals, which help protect against stomach, lung, breast, bladder and prostate cancers.

**CAULIFLOWER** Thanks to its neutral flavor and versatility, cauliflower has become ubiquitous in recipes and grocery store aisles as a healthier substitute for rice and potatoes. This is for a good reason: Cauliflower is a superfood rich in fiber, antioxidants and choline — an essential nutrient that protects our cells and DNA.

Judging by social media, one magical piece of produce is on our minds each year when autumn hits: *pumpkin*. Pumpkin coffee, pumpkin spice, pumpkin pie — pumpkin everything! While that delightful gourd may offer health benefits galore (like high levels of fiber, vitamin A and antioxidants) and a warm, fuzzy fall feeling, these other seasonal staples also deserve the spotlight on their nutritional rewards.



**APPLES** Among the most popular fruits in the world, the deliciousness factor of apples is uncontested — but their health benefits aren't too shabby, either. From tart to sweet, apples have been shown to help reduce the risk of cancer, cardiovascular disease and asthma, being rich in polyphenols, a group of molecules that fights free radicals in the body.

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# HARVEY AESTHETICS & WELLNESS

BY JENNIFER FARLEY FRITZ WITH BOB COBURN

**W**ant to have more energy, look younger and generally live a more healthy life?

Your friends and neighbors at Harvey Aesthetics & Wellness want to help you! This modern medical spa located in the Plaza Mall in Beckley, WV has expanded to provide an array of new services and has added a new wing to their facility. “It has always been our mission to bring innovative technology and treatments to southern West Virginia,” says Spa Manager and Lead Esthetician, Abby Honaker. “We specialize in non-invasive treatments that bring our clients amazing results.”

Founded in 2020 by Dr. Greg Harvey, Harvey Aesthetics & Wellness is the area’s exclusive provider of Vampire® PRF (Platelet-Rich Fibrin) treatments including facials, facelifts and hair restoration. These treatments stimulate stem cells that produce collagen and elastin in the skin. Overall, PRF works to foster growth factors that help rejuvenate skin and increase blood flow. In addition to all of these benefits, PRF treatments pose very low risk.

Recently added to the medical spa’s menu is customized IV Nutrition Therapy. Treatments are administered in a safe and comfortable environment by our trained medical professionals. Regimens include: Skin Brightening,



Natural Defense, The Executive, Glutathione and many more. IV Nutrition Therapy can help you feel more energy, boost your natural immunities, rejuvenate your skin from within, and increase mental clarity.

Non-invasive BBL (Brazilian Butt Lift) treatments can also be found in the new wing at Harvey’s Aesthetics & Wellness. Their advanced techniques use vacuum therapy, electromagnetic sculpting with RF and a proprietary blend of plumping and firming serum. This process helps to subtly enhance, shape and lift the buttocks. Clients will see results within just a few treatments.

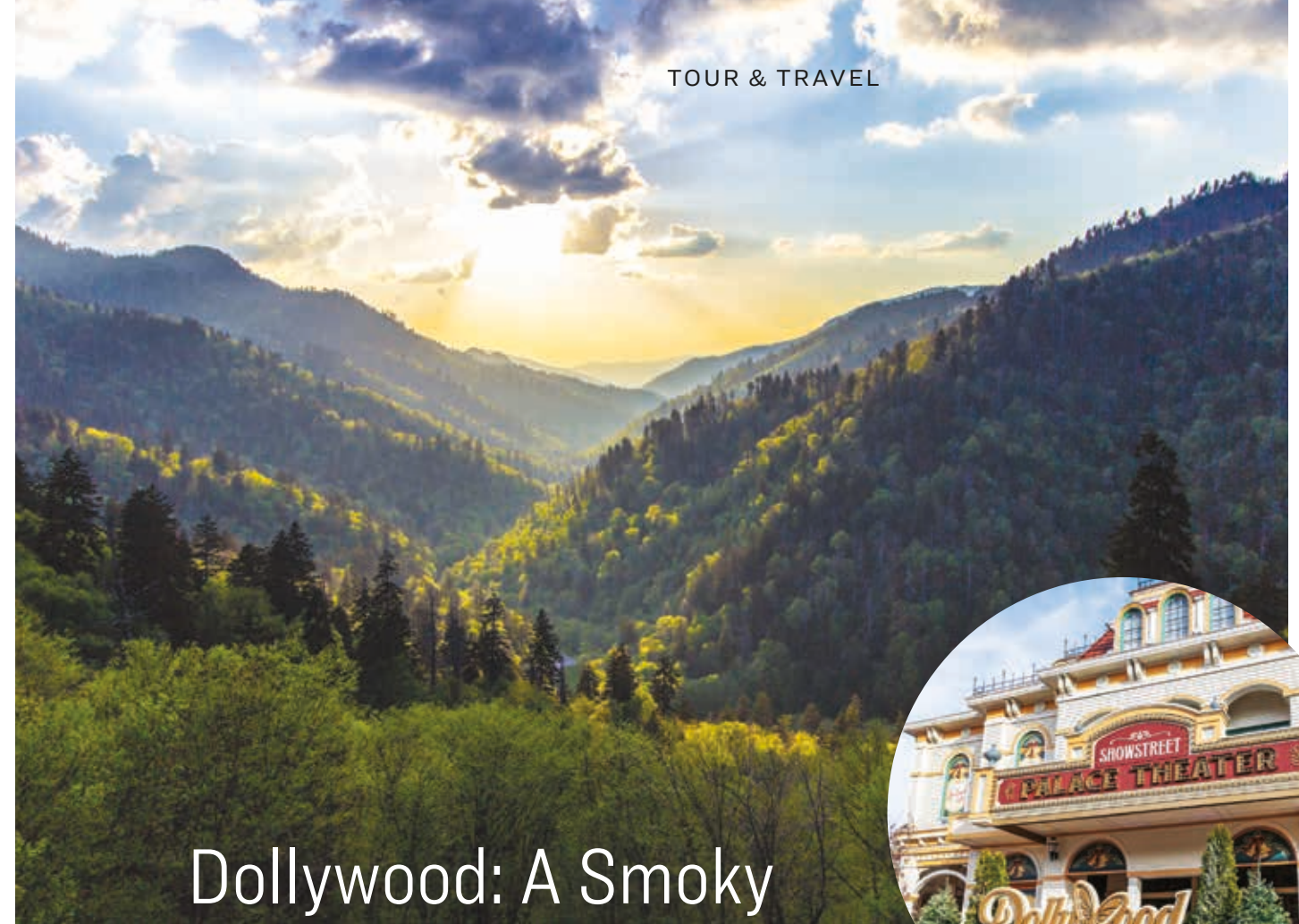
Also on the menu are PDO (Polydioxanone) lifting & smoothing threads, which afford clients a highly effective, non-invasive alternative

to procedures like facelifts. Botox, Dysport, Juvederm, Restylane and virtually any other cosmetic injectables are available, as well.

Quality skincare products are important to skin health. Harvey Aesthetics & Wellness has created a signature line of medical-grade products, and these products are consistent customer favorites. The Harvey Aesthetics & Wellness skincare line offers a variety of solutions for all skin types, and is available in the spa alongside Eminence Organics, Jane Iredale and Hush & Hush products.

“We developed our tagline: ‘Modern Luxury for Everyone,’ because that’s what we want to offer. Dr. Harvey and our team strive to bring new, innovative products and services to our hometown, and we want to make them attainable for everyone,” said Honaker.

To schedule a consultation or find more information on services, membership packages and special offers, you can visit [harveyaesthetics.com](http://harveyaesthetics.com) or call (304) 527-8887.



## Dollywood: A Smoky Mountain Paradise

BY SHAUNA OSBORNE

Imagine your family arrives at a theme park for a day of fall fun. You’re greeted by twangy notes of bluegrass music floating across the parking lot. Towering pumpkin sculptures and whimsical, spooky scenes welcome you to the Harvest Festival. You hear children (and adults!) whooping and laughing from nearby rides. Your mouth waters as the lip-smacking aromas of barbecue, apples and sugary carnival foods waft by. All around you, everything — every glowing lamppost, every warmly smiling employee, every cheerful leaf falling from the trees — seems to say: **Welcome to Dollywood! We’re glad you’re here.**

Dollywood, formerly known as “Silver Dollar City,” was established as a theme park in 1986 by mountain music queen Dolly Parton. It is nestled in the gateway of the Great Smoky Mountains and hosts nearly 3 million visitors annually.

### WHY VISIT?

**For thrill-seekers:** Roller coaster fans, rejoice — Dollywood is home to nine unique, award-winning coasters sure to have you screaming for more! Don’t miss Lightning Rod (the world’s fastest wooden coaster) or steel-winged Wild Eagle for maximum thrills. My personal favorite is the park’s very first coaster, the indoor Blazing Fury. Along with the coasters, check out rip-roaring water rides like Daredevil Falls, a mining-themed log flume ride with a 60-foot plunge!

**For the littles:** Two high-energy sections of the park are devoted to our youngest friends. Carnavalesque County Fair presents familiar, beloved rides, like the bumper cars and the Scrambler, and classic midway games; the nostalgic Village Carousel is close by. Fantastical Wildwood Grove is a toddler paradise, with a splash pad,

indoor playground and themed, age-appropriate rides.

**For music lovers:** Every season brings a new soundtrack to Dolly’s mountain wonderland, including shows by well-known names in country, bluegrass and gospel music. Between the park’s eight theaters, at least two live music or dance shows are performed at any given hour, and all are family-friendly, heart-warming and air-conditioned!

If you’re ready for more, Dolly’s 35-acre water park, Splash Country, is just next door, offering splashy, sun-drenched fun for every age from May to September. Dollywood’s DreamMore Resort & Spa sits just across the street, with gorgeous accommodations, regionally inspired cuisine, an on-site spa and much more. Dolly’s empire truly has something for everyone!







## Holiday Home Preparation

The air is crisp, the leaves are changing, and the holidays are just around the corner! The cheerful months of November and December always fly by, but a little advance cleaning and organizing can help keep holiday entertaining worries at bay. Here are a few home-preparation tips to make your space fresh, festive and ready to entertain!

BY SHAUNA OSBORNE

### PREP APPLIANCES.

Prepare appliances for the holiday cooking overload with a thorough cleaning and inspection.

- Check the temperature reading with an oven thermometer to ensure accuracy.
- Remove all food residue and build-up in the washtub, drain and around the door of the dishwasher.
- Sharpen kitchen knives.
- Clean out refrigerator and freezer, checking for blocked air vents.
- Replace worn flapper valves on toilets (and don't forget to provide plenty of extra toilet paper and a plunger)!

### ORGANIZE LIVING SPACES.

Focus on beautifying areas guests will see most, like the front porch, entryway, kitchen, living room and bathrooms. Stash away easily decluttered items, which gives the illusion of clean space (even if it isn't).

### SAFEGUARD YOUR HOME.

Here, an ounce of prevention prevents a pound of cure.

- Always keep windows and doors locked.
- Don't advertise big-ticket gifts by putting boxes outside the home.
- Lock away all medications, firearms and household chemicals.
- Never leave open flames unattended.
- Utilize light timers to regulate electricity usage for decorations.

### STOCK UP ON ESSENTIALS.

A few days before having houseguests, inquire about favorite snacks and drinks, and stock up on those items, as well as coffee, tea, creamer/sugar and simple breakfast items, like cereal, milk, juice, fruit and granola bars. Stock up on essentials like paper towels, tissue, toilet paper, hand soap and toothpaste to have on hand.

## 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
393 Hawks Chase Lane	GladeSprings	\$519,000	\$500,000	07/29/22	3	3	3,084	Att-3 Car	1.5 Story
228 Boarstall Lane	GladeSprings	\$372,000	\$372,000	06/24/22	3	3	2,100	Att-2 Car	Ranch
275 Highlands Lane	GladeSprings	\$849,900	\$800,000	09/15/22	4	3	4,000	Att-3 Car	2 Story
417 Club Circle	GladeSprings	\$349,000	\$328,750	06/24/22	3	3	1,888	Att-2 Car	Condo/Townhouse
320 Royal Oaks Drive	GladeSprings	\$450,000	\$430,500	06/28/22	5	3	3,227	Att-2 Car	Ranch
101 Deer Path Lane	GladeSprings	\$539,000	\$535,500	06/29/22	3	3	3,421	Att-3+ Car	Ranch
150 Flint Ridge Lane	GladeSprings	\$795,000	\$725,000	09/08/22	3	2	4,782	Att-2 Car	Contemporary
151 Dogwood Ct.	GladeSprings	\$279,000	\$275,000	06/29/22	3	3	2,612	Att-2 Car	Condo/Townhouse
745 Forest Haven Drive	GladeSprings	\$465,900	\$465,900	06/30/22	3	2	2,800	Att-3 Car	Raised Ranch
117 Ludlow Lane	GladeSprings	\$398,000	\$398,000	06/30/22	4	2	3,024	Att-2 Car	Ranch
138 Thistle Glen Lane	GladeSprings	\$459,900	\$455,000	08/05/22	4	3	3,038	Att-2 Car	1.5 Story
141 Long Drive	GladeSprings	\$329,000	\$305,000	08/30/22	4	3	3,372	Att-2 Car	Condo/Townhouse
330 Chaplewood Drive	GladeSprings	\$399,900	\$375,000	08/29/22	3	2	2,200	Att-2 Car	1.5 Story
302 Dogwood Ct.	GladeSprings	\$239,999	\$225,000	08/24/22	4	3	2,163	Att-2 Car	Contemporary
221 Barnstaple Drive	GladeSprings	\$419,000	\$419,000	08/22/22	3	3	2,800	Att-3 Car	Mid Entry
1200 Edward Drive	GladeSprings	\$619,000	\$605,000	08/22/22	4	3	3,463	Att-3 Car	1.5 Story
312 Edward Drive	GladeSprings	\$365,000	\$337,000	07/07/22	3	2	2,230	Att-2 Car	Ranch
187 Glen Orchard Way	GladeSprings	\$349,000	\$349,000	07/08/22	4	3	2,193	Att-2 Car	1.5 Story
135 William Place	GladeSprings	\$519,900	\$507,000	08/19/22	4	3	2,600	Att-2 Car	1.5 Story

## PREPARE YOUR NEST.



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# resident business guide

This is a current list of business owners and professionals from our neighborhood. It is an opportunity to network, qualify, and potentially build a business relationship with other successful individuals who also live here. To be included in the Resident Business Guide, email your name, business name, phone number, and email address to [bob.coburn@n2pub.com](mailto:bob.coburn@n2pub.com).

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