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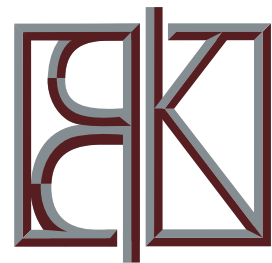


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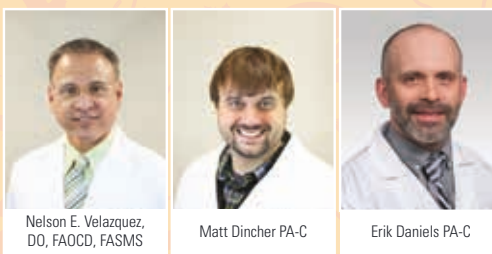


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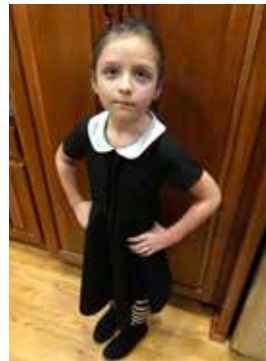


Welcome to the October issue of *Stroll Glade Springs Village*! Although we hate to see the end of summer, we're excited for the many wonderful things that fall in Southern West Virginia has to offer. Beautiful leaves, comfortable and cooler temps and, of course, football!

October is maybe best known for Halloween, and we do it up big in Glade Springs! I'm convinced people from all over the state are on Hawthorn Lane Halloween evening! It's quite a hoot, and the residents do a GREAT JOB! Personally, we'll have trouble topping our Addams Family get-ups from last year. Grace's idea. She was "in character" for sure and is already brainstorming for this year. I'm scared already!

All things pumpkin will start taking over soon: carvings, beverages, pies and muffins, to name a few. And the best part ... picking pumpkins from the patch! Always a fun tradition here in the area.

We hope you have a wonderful October and are grateful to you for sharing your lives with the community. We are equally grateful to the



outstanding local businesses who sponsor *Stroll Glade Springs Village*. They are committed to enhancing our quality of life in Glade Springs. Thanks in advance for your recommendations of neighbors for features and local quality businesses.

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DAM SOCIAL


Monthly Dam Socials will begin Wednesday, April 6, at 5:30 p.m. All residents of Glade Springs are welcome to attend. The socials are held in the parking lot at Lake Chatham near the dam, hence the name.

The socials will continue the first Wednesday of every month through October, beginning at 6 p.m. and lasting as long as people stay.

It's always BYOB (bring your own beverage or boat) and BYOC (bring your own chair). Snacks to share are always welcome.

The Dam Socials are a great way to catch up with neighbors as well as a way to get acquainted with new friends. It's casual and fun. It's not uncommon for people to bring their pontoon boats over and give rides around Lake Chatham. Kayaks and pets are also welcome.

Looking forward to seeing everyone at the lake! Questions? Contact John or Betty Callender.

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Friday, Sept. 30, 2022	WH	Friday's at WH (formerly Nine & Dine) 4 p.m. Shotgun	
Sunday, Oct. 2, 2022	WH	End of Season Celebration 1 p.m. SG	
Monday, Oct. 31, 2022	WH	Woodhaven Closes	
OUTSIDE EVENTS			
Tuesday, Sept. 21, 2022	SH (RS)	OMEGA	Traci Nelson
Friday, Oct. 7, 2022	WH	WVU Tech- Ed Robinson 1 p.m. SG	Paul Mattox



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Ria, Divya, Ram and Ganesh!

When I first heard the story of Drs. Divya and Ganesh Rajan/Asaithambi and their two children, Ram and Ria, I immediately conjured visions of perhaps Robert Frost's most famous and most quoted poem, "The Road Not Taken." Only in reverse! Divya and Ganesh's paths converged, not in a "yellow wood" as Frost pondered, but in medical school in Ganesh's native India, where they first met as young medical students, and "it has made all the difference," as only America's most revered poet laureate would wax. The two specialists have worked hard to keep their lives intertwined, which, because of their diverse medical training and expertise, could have taken them down very different paths.

"Upon graduation from medical school," Divya related, "we came to the states to do our residencies in internal medicine and searched for a hospital that would accept us both." After getting married in Pittsburgh, the couple did their joint residencies at Saint Joseph's Hospital in Paterson, NJ, and that was where Ram was born. Soon they had to make a difficult decision. Divya, who was raised in Cumberland, MD, the daughter of an esteemed psychiatrist, and Ganesh, who had never been out of his native India until Divya brought him to America, decided their schedules were so demanding that the best thing for their

firstborn would be to entrust her parents with the task (which they loved) of caring for Ram until they could finish their training.

Meanwhile, they still had to complete their specialties: Divya in nephrology and Ganesh in cardiology. Their good fortune continued because Saint Joseph's offered both programs, allowing them once again the convenience of remaining together in one place. Then the task of finding a place to raise their family that would allow them to apply their specialties in the same hospital came to the fore. Enter Beckley ARH and John Sinko.

"We came to West Virginia, fell in love with ARH, which just happened to have an opening for both of us, and when John showed us Glade Springs, we were sold," she recalled. In 2010, they moved into a home on Barnstaple just off the fairway of hole number five. Daughter Ria came along two years later, and in 2016, they moved to



The Farms and into their beautiful contemporary home situated between the Sinkos and the Salons. With beautiful views of the surrounding forest, a backyard pool and enough garage space to house Ganesh's treasured car collection, they could not be happier. And, to make things even better, her parents also moved to Glade in 2021 and are just a stone's throw away on Hickory Court should they require a babysitter or should Ram and Ria have a craving for some of their grandmother's delicious Indian cuisine.

Fifteen-year-old Ram attends Woodrow Wilson High School, where he was chosen president of the sophomore class and is heading up the Wetlands Project on the Woodrow campus, the fundraising for which has already topped \$40,000. Their goal is to raise \$100,000 for the project. These young student activists have already received government grants, as well as grants from ARH and the Raleigh County Board of Education. The process has already given Ram great experience in how government and nonprofits function, so much so that he envisions a possible career in politics. He served as a page in the state legislature last winter and anchored the Woodrow boys' tennis team as their one seed and led them to the state tournament. He is looking forward to the challenge of AP courses in the coming school year. The well-spoken athlete and school leader is also a musician, having studied piano for 10 years. Ram says, "I get my athleticism from my father, who played cricket, tennis and basketball in India."

Little sister Ria has followed in her brother's footsteps and attends St. Francis, where she will be in Ms. Susan's fifth-grade class this fall. Her favorite

subject is social studies, but she indicates she would like "to become a kidney specialist, just like my mom." The bubbly and articulate Ria has been taking piano for four years and attributes her musicality to her mother, who plays the violin. She is also a tennis player and loves to swim. When she works up an appetite, she goes for the hot dogs at Small Talk when she can't get her hands on any of Nana's chicken curry.



Currently, Divya serves as the chief of medical staff at Raleigh General Hospital, and Ganesh is chairman of medicine at RGH. It is obvious that their two apples didn't fall far from their trees. Both youngsters have a zest for life and have set some

lofty goals for their futures and are working hard to turn those dreams into reality, just as their parents did when their paths converged many years before.



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





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LILY WILLSON

A BUSY 9-YEAR-OLD!

Lily and Cora!

At the time of this writing, school was about to be back in session, but that only meant one thing for busy, active Lily Willson. She says, "I love school, but I'm sad to have to start getting up earlier." This personable 9-year-old, a rising fourth grader at St. Francis De Sales School in Beckley, seems to always be involved in some activity.

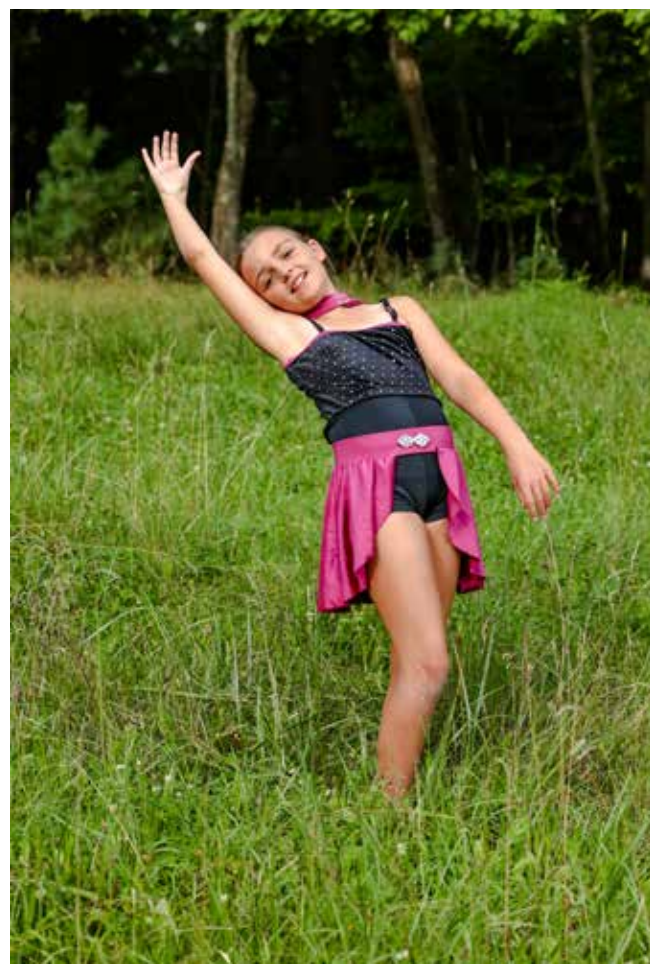
Lily lives on Barnstaple Drive with her mom, Rhonda; dad, Brian; and brothers, Jonah (16) and Josh (12). Just listening to her talking about her activities is exhausting but seems perfectly normal for her. She plays soccer, takes dancing, takes piano lessons, belongs to 4-H, skis and is learning to play golf!

Lily says she has been playing soccer for about four years. Soccer became an interest because her brother Josh, a seventh grader, was already playing and now plays travel soccer. Her favorite positions are defender and goalie. Her older brother Jonah is captain of the golf team at Woodrow Wilson, so she

started going out with him and her dad and now goes to the First Tee once a week to work on her game.

She has also been taking dancing for about four years at Beckley Dance Theatre School, where she takes tap, ballet, street styles and jazz and will perform in *The Nutcracker* for the second time this winter.

Lily's skiing started at about age 4 or 5, and she says she loves to go to snowshoe and ski with her dad and brothers. Her mom, Rhonda, says, "I stay inside and read a book." Lily started piano lessons about a year ago, so that is a fairly new activity. She joined 4-H because both brothers were already involved. She attended 4-H



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

camp this past summer and loved it because "I got to meet new friends and loved the activities."

Rhonda says that Lily loves to make crafts, many with her best friend, Jayden Dy. One year she made Christmas gifts, each according to their personality, for everyone in her class at school. She loves to cook, making waffles, brownies and treats for her family and their 5-year-old

Lily's active lifestyle probably comes naturally since the entire family stays busy. Her dad, Brian, is a certified registered nurse anesthetist (CRNA) at Raleigh General Hospital and her mom, Rhonda, is senior director for Thirty-One Gifts and is head of the PTO at St. Francis. They all attend Faith Community Church. Lily truly seems to enjoy staying busy and says she loves living at Glade Springs.

German shorthair, Cora. She also loves Marvel and Disney movies.

Another thing Lily loves is traveling with the family. This summer, they went to Wet & Wild water park in Greensboro and Kiawah Island. Another favorite is Great Wolf Lodge in Charlotte. She loves any big water slides.

At school, she loves art and mentioned enjoying building things in Karen Akers' technology class. When asked her favorite things to do at Glade Springs, she talked about campfires, the pool, the playground, riding around in the golf cart, and pastries and coffee at Small Talk. She wants to be a nurse anesthetist when she grows up or work with animals.



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Champions Janie Webber, Laurie Finley, Judy Street and Karen Rainey!

Ladies Golf Champions!

GLADE LADIES CAPTURE FIRST INTRASTATE TITLE!

Four teams from Glade Springs recently competed in the WVGA WV Intrastate Team Matches at Edgewood Country Club in Sissonville, WV, and two of them brought home trophies. Feeling right at home at Edgewood, a George Cobb design, the team of Judy Street, Janie Webber, Laurie Finley and Captain Karen Rainey brought home the prestigious Maggie Drennen Trophy in the modified four-ball format, where two teammates play with two others from teams from across the state. The two best scores from each team of four are recorded for each hole. It was the first championship for a Glade team in this competition.

Another Glade team consisting of Mary Cavendish, Lori Vargo, Shelia Maynor and Captain Pat Slack won the division five low net championship. Other Glade teams that competed successfully were Mary Fullbright, Claytina Shepherd, Debra Scott and Captain Jan Allen, as well as the team of Kim Mann, Anna Kinker, Laurie Sammons and Captain Linda Stroud.

Two members of the championship foursome, Karen Rainey and Janie Webber, came full circle. When Rainey first came on the team, Webber was the captain. Now, 14 competitions later, the roles were reversed. "Janie was a wonderful captain, and I give her full credit for bringing me into the world of competitive golf



Captain Karen Rainey



Judy Street



Janie Webber



Laurie Finley

at the state level through this event," Rainey says gratefully. "She helped me deal with the pressure and anxiousness that we all feel when we golf in competitions. She helped me realize it wasn't just about the scorecard. It was about meeting other wonderful people from all around our state and sharing the golf experience with them. I've made so many lasting friendships through competitions like these. Janie introduced me to Caroline Ramsey and Betty Brandon, great golfers and even better human beings. Betty taught me how to play Berry Hills."

"The student has become the teacher," says Webber, who was playing in her 20th intrastate match. "Karen did such a wonderful job as captain. She showed us a video/podcast that helped us all to relax and enjoy ourselves and find a way to play our best golf. She's just so positive." Webber indicated that the best thing about this event is that its format allows one to focus on team success rather than on individual success. "If you have a bad hole, you can put it behind you because a teammate will pick you up."

In talking with many of the participants, it became clear that participation in this event allowed everyone to come home winners. Among the sentiments expressed, most were about the great camaraderie among all the competitors and especially among the Glade teams. Others pointed out that playing in these events not only introduces one to golfers from around the state but also to the many great golf venues in our mountains. Perhaps Captain Rainey summed it up best: "It's really about sharing the highs and lows of golf, the long game of friendship and just doing life with people." Isn't that how real champions think?

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home of the month

By Nancy Keatley | Photos by Karen Akers



THE ROBERTS RESIDENCE

When Sara and Curtis Roberts were dating, they bought the lot at 129 Hansworth Lane as a Christmas present to each other. The house which they built on that property is this month's "Home of the Month." Sara was already living at Glade Springs when they met, and since they both considered it family-oriented, it was the perfect place to build, not only for themselves but for daughter Kaylee, age 10.



When they decided to build, Curtis sold his house in Richmond and started buying materials and storing them, so, with much of what they needed already on hand, the house was completed in about six months. He says they started with some ideas from a house that Sara liked on the gorge and with their builder, Robbie Callaway, and his son, R.J, they soon found a working plan. Curtis says they had a very good working relationship with Callaway Builders and that he "enjoyed every piece of building this house." Originally from Ashland, VA, Curtis is a manufacturer's sales representative for cabinets and hardware, so there was no question that he would be involved in the process.

The first view of the house shows a 90-degree angle with the two-car garage on the right and the porch and entryway directly in front, providing privacy at the entrance. The house has an open living/kitchen area, but they made several changes based on that house that Sara liked. In the plan, the fireplace was in the back corner, which eliminated two windows looking onto the back porch and yard.

They relocated it to the middle of the wall, and Sara added bookshelves on each side. They also lowered the ceiling in the kitchen, giving a better look to the cabinets and



peninsula. The well-equipped kitchen also features a butler's pantry.

On the right of the entryway is Sara's office, which in the original plans was a dining room. A graduate of Southwestern College, Santa Fe, NM, she is a licensed psychotherapist who works from home. When asked why a college so far away from her home in Cincinnati, she said not only for the school's reputation in her chosen field but "because of skiing." Sara had been a ski racer for many years and continued on her college team.

Continuing down the hallway to the right is the master bedroom, large bath

and walk-in closet. More changes here included replacing the tub with a walk-in shower and adding a make-up counter for Sara. Above the garage is the office/playroom, which also serves as home to Biscuit the bunny, who Sara says is "a little girl's best friend." In addition to Biscuit, they also have Matilda, a 6-month-old Bull Terrier.

Back on the other side of the house are the guest room, bath and Kaylee's room. It is immediately obvious that she is artistic and a skier like her parents, and, of course, there are pictures of Biscuit the bunny.

Another change they made was the roof on the cozy back porch, which had been an A-frame and is now a shed roof. From here, they can sit and enjoy the wooded backyard and the men's number eight tee on Stonehaven. It is obvious that all their plans and changes have come together in a warm, comfortable family home.



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

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Biscuit! Biscuit's Mom (aka Karen), Nicolas and Brooke!



Quiet, please. Biscuit at work!

BISCUIT

A NEW LEASH ON LIFE!

Stroll Glade Springs Village sat down recently with Biscuit, the 13-year-old Chihuahua/Feist mix and Berneburg household member on Glen Hue Lane. She is as engaging as she is cute!

Stroll Glade Springs Village: So how did you get your name, Biscuit?

Biscuit: My sister, Brooke, and brother, Nicolas, named me after the children's book *Biscuit*. Nicolas had a little more to do with it, I believe, but I really can't remember. It's been a while. I suppose that makes me somewhat of a celebrity, don't you think? At least, that's the way I roll.

SGSV: I can see that. How did you come to be a member of the Berneburg family?

Biscuit: My dad, Scott, rescued me from the pound when I was 8 weeks old. Brooke and Nicolas got the ball rolling on all of this and wanted to see some other puppies at the shelter. But after they were exposed to my cuteness, sweetness, calm demeanor and effervescent personality, they couldn't walk away. Sort of gave me a new leash on life! Hey, you should use that in the article!

SGSV: Great idea, Biscuit!

Biscuit: Dad and I have the same birthday, so we have a big celebration every year. Can't believe I'm 13. I forget how old he is.

SGSV: That's pretty cool. What are some of your favorite things to do?

Biscuit: I'm an avid walker. I'm slowing down a little, but I can make these little legs really move. I like to walk past the Lillys and the Lawsons because the kids come out yelling "BIIIISSSSCUUUUHTTTTT!" Makes me feel pretty



Biscuit and Daddy (Dr. Scott Berneburg)

special. Also, my mom, Karen, is known as Biscuit's Mom. That's her real name.

SGSV: Funny! What other things do you like to do?

Biscuit: I like the sun and to lay in the sun. I lay out back and watch all the bad golf being played. Some of these people should buy a boat, if you know what I mean. Yikes!

SGSV: I'll pass that along. To myself and the others. Anything else?

Biscuit: Oh, yes, lots of stuff. I'm sort of a hoarder and like to hide my bones and other people's stuff under the bed. Like dad's sunglasses. Anything I can carry. They're on to me now so they know where to look, but it's still fun. I also like to eat. I have what you might call a mature palate. In addition to my normal dog food, I enjoy shrimp, steak, mahi, spaghetti and corn. In moderation, of course.

SGSV: Of course. Any other interests?

Biscuit: Well, I go to dad's office three days a week. Don't know much about podiatry, but I enjoy going along. I'm sort of the therapy dog for the kids.

SGSV: That's awesome.

What are some of the things you don't like?

Biscuit: As you can tell, I speak pretty good English. Based on conversation and what they're wearing, I can tell when Mom and Dad are going out and if I'm along for the ride or not. I'm also not big on other dogs. I once picked a fight with some big dogs at one of Nicolas' dirtbike races. Dad had to save them from me. I did have a crush on a dog named Peanut at the kennel. I had recently seen the movie *Mission Impossible*, and I tried to climb up a 4-foot chain link fence to go visit. I got in trouble for that.



Biscuit with Slade and Sloane Lawson!

SGSV: I bet you did! Is there anything else you want our readers to know about you, Biscuit?

Biscuit: Yes. I have an Instagram account. "Little Boo." It helps me stay connected and build my brand. And I want everyone to know I love my family and friends and feel very blessed every day of my life!

SGSV: Thanks for your time, Biscuit. You're one special doggie!



Hayes Lilly and Biscuit!



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



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Ingredients and Directions

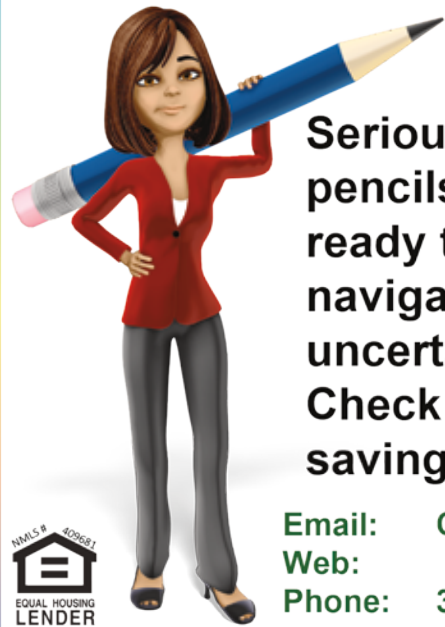
- 2 lbs ground beef
- 2 lbs Gunnoes hot sausage
- 2-16 oz medium-thick and chunky salsa
- 2-12 oz mild picante salsa
- 2-16 oz Velveeta Mexican cheese

1. Brown ground beef and sausage. Drain.
2. Mix salsa and picante and Velveeta in crock pot until cheese is melted.
3. Add beef and sausage to crock pot. Stir. Cook till hot. Serve hot with Tostito Scoops.

*If preferred, use hot-thick and chunky salsa and hot picante.

**For smaller quantity, just cut the recipe in half.

This is an easy recipe to prepare for tailgating.

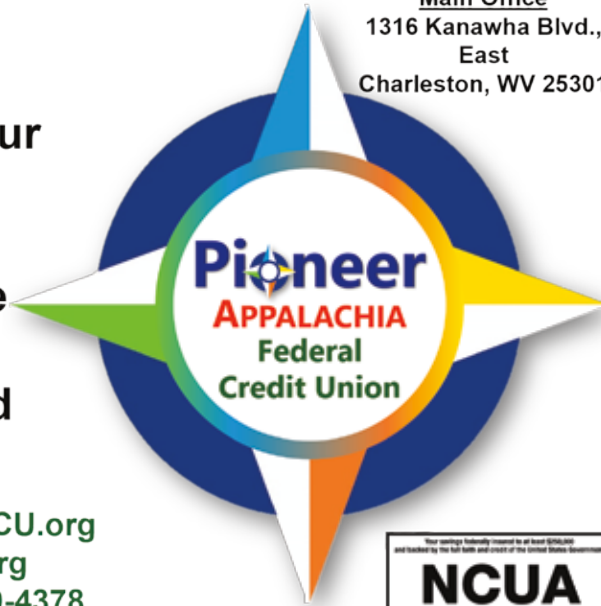


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making a difference

By Ed McCall | Photos by Karen Akers



Empty BOWLS

Empty Bowls is a program designed to help fight hunger in America that has grown into a country-wide movement since it began in 1990 in Michigan when a high school art teacher had her students craft bowls to be used in a fundraiser/soup dinner to feed the hungry. The idea initially was that after the event, participants got to keep their empty bowls as a reminder that many less fortunate only have enough to eat each day to fill the bowl once.

Locally the Empty Bowls program has been taken up by the Beckley Quota Club, working in conjunction with the Beckley Youth Museum and the Beckley Area Foundation. Initially, Willie Mae Skelton got the Beckley branch of the Quota Club involved after attending her grandson's fundraiser for a deaf community in North Carolina. Rebecca Beckett, a local artist and educator, had worked with an Empty Bowl event in Huntington, so



Dena Cushman, Karen Reed and Leslie Baker



she headed up the early bowl making using the kiln at the youth museum. Leslie Baker, director of the youth museum, obtained a grant for supplies from the Beckley Area Foundation. Beckett got other area art teachers involved, and the mission to aid the hungry grew locally. Beckett has since passed the torch to Wyoming East Art Teacher Norma Acord-Combs. The city of Beckley, through the YM, has been very supportive.

Past QC President and Treasurer Beth Jarrell is one of many local volunteers who continued the work to keep

Southern West Virginia food pantries stocked. "It is truly a community project now. The host for the event for the past few years has been The Place on the campus of the United Methodist Temple. Members of Woodrow Wilson's National Honor Society and volunteers from Brian's Safe House help with setting up, serving patrons and cleaning up after the event," she says proudly.

The Quota Club has now added a silent option and a raffle as part of the fundraising. "Last year, we raised \$20,000, and every penny was dispersed to help feed our residents," Jarrell said. "Businesses and churches have hosted bowl making, while many businesses and local artisans have donated to the auction and raffle. Soup vendors include Tamarack, Pasquale's, The Dish, Black Knight and Daniels' Vineyards. Panera furnishes bread while other local restaurants provide desserts.

A date for the 2023 Empty Bowls event has not yet been determined, but Jarrell and her cohorts

at the Quota Club are already working toward making it the most successful one yet. Jarrell says the project and the Quota Club can always use more volunteers and more help. Anyone interested should just reach out to her, and she will assist them in making a difference in their community and in the lives of their neighbors.



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“We try hard to enrich shareholder value by wholeheartedly investing in the communities we serve. Our designation as a Community Development Financial Institution allows us to take our mission of serving the community to another level.” According to the CDFI website, participating institutions and these funds represent a critical step in the transformation of businesses, lives, families and communities. Real change.

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Greg Shupe | Chief Executive Officer



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financial fitness

“SHOCKTOBER”: A SPOOKY MONTH FOR INVESTORS?

Just when you thought hair-raising ghosts and creepy crawlies were the biggest scares this month...

By Shauna Osborne



Welcome to October, one of the most feared months on the financial calendar. Why? Take a look back in history, for precedence:

• **The Bank Panic of October 1907.** This six-week financial panic led to multiple bank runs, widespread public distrust and heavy panic-selling at the exchange. Halted by a J.P. Morgan-led Wall Street conglomerate, the crisis led to the formation of the Federal Reserve System.

• **The Wall Street Crash of October 1929 (the Great Crash).** Described as a “bloodletting on an unprecedented scale,” a combination of low wages, rising debt, a

fraught agricultural sector and unfettered market speculation led to billions of dollars lost and many bankruptcies ... and, eventually, the Great Depression.

• **Stock market crash of October 1987 (Black Monday).** Known as the first contemporary global financial crisis, this chain reaction of market calamity sent international stock exchanges plummeting over several hours. The Dow Jones Industrial Average (DJIA) fell 23% on this unhappy day.

Experts point to several reasons for the so-called “October effect.” In general, summer months tend to be

low volatility, leading stockholders to become relaxed and less attentive to signs of its slowing. When the inevitable happens — and it typically happens in September/October — spooked investors make an exit all at once, upsetting the balance entirely. The following fall, the psychological impact of the previous year’s fallout plays out.

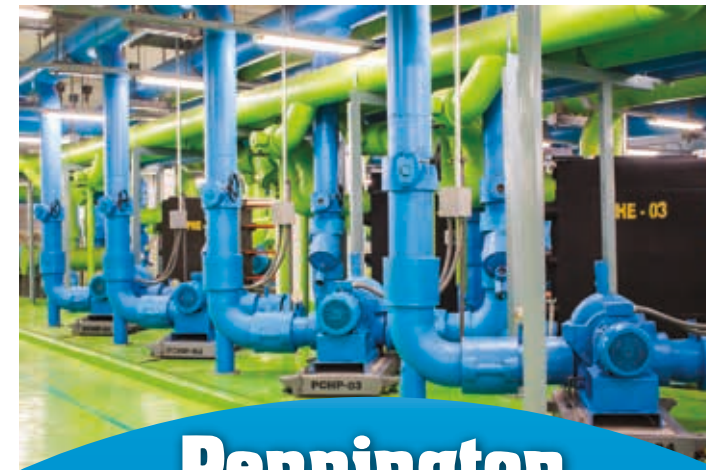
To break the cycle, market experts advise keeping a clear head as the leaves start to turn. Relying on your investing knowledge, experience and technical skill — rather than emotion — will help you navigate whatever the financial future holds.

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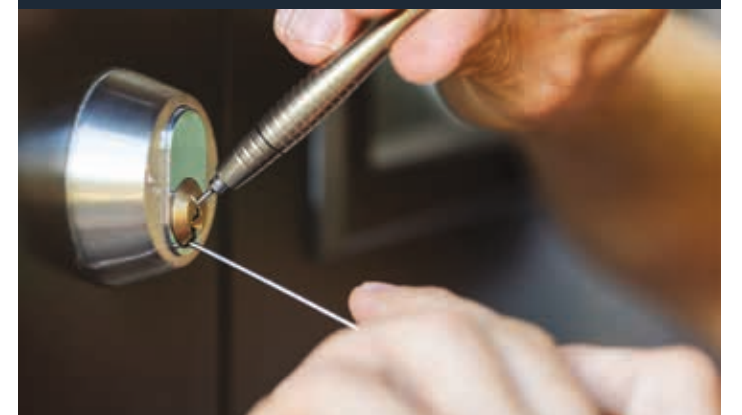
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ARE YOU GETTING ENOUGH PROTEIN?

By Sue Kidd and Shauna Osborne

Protein is an essential macronutrient for our bodies, serving to build and repair muscles and bones as well as comprise many of our major hormones, enzymes and antibodies. Unfortunately, many American adults may not be aware of how much protein they do or should consume daily. The current recommended dietary allowance (RDA) for protein is 0.8 grams/kg of body weight — or about 7 grams for every 20 pounds of body weight. That's at least 55 grams for a 150-pound moderately active adult. And that's just the *minimum!*

So, exactly how much protein should we be eating every day? For adults, nutrition studies suggest an average of 20 grams of protein per meal. However, older adults may need more due to increased anabolic resistance and decreased muscle protein synthesis (our bodies' ability to build and maintain lean muscle). Athletes and bodybuilders should aim for 25-30 grams of protein per meal.

What is the most beneficial time of day to consume protein? Since muscle protein synthesis only lasts four or five hours, we should distribute our consumption throughout the day. A recent study in the *Journal of Nutrition* found that muscle protein synthesis was 25% higher when protein was evenly distributed across meals instead of focused on a protein-heavy evening meal, even when total protein intake was the same. Do you want to feel more satiety with all meals? Increase your protein!

Protein is the powerhouse responsible for maintaining muscles, organs, blood, skin and hair, as well as transporting oxygen, fats, vitamins and minerals in our bodies; we don't want to come up short on this crucial macronutrient!

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Home Organization Tasks for Fall

Fall is upon us, and with it, this season brings *change*: changes in leaves, changes in temps, and changes in our routines and activities. We're busily (and maybe reluctantly) trading our sun-soaked summer days for sweater weather, hot cocoa and football games. As we transition to this coziest of seasons, let's take a look at **four fall organization tasks** that will prep your home for the chilly days!

By Shauna Osborne

1. SWAP OUT YOUR CLOSET

Time to trade those strappy sandals and tank tops for cozy sweaters, scarves and boots! Use this time to put your hands on each piece you own and ask yourself whether you've worn it in the last year and whether it still brings you pleasure. Donate items you're finished with to your favorite charity or consignment shop.

2. PACK UP THE PATIO

Pack away all outdoor kids' toys (wipe them down first!), outdoor cushions and pillows, umbrellas and hammocks. Cover your outdoor furniture with waterproof, heavy-duty material to protect it from the cold-weather elements.

3. ORGANIZE THE GARAGE

Start by pulling everything out into the driveway and cleaning the floor well. Next, get rid of anything you haven't used in two years, that you no longer want, or that is broken.

Then, organize what's left by use, such as tools and sporting equipment. Storage is key. Use hooks, pegboards and wall shelves to lay everything out in a way that makes sense for your family.

4. PRIME THE KITCHEN FOR THE HOLIDAYS

For many of us, the kitchen is the heart of the home, and many of our fondest holiday memories revolve around time spent cooking and eating with family and friends. Now is a great time to organize and swap out seasonal appliances and linens; move the dishes you'll use most, such as mugs, roasting pans and casserole dishes, to convenient locations. Take the time to replace any expired, essential spices.

While these tasks may seem overwhelming at first, remember, the sooner you get them done, the more time there will be to sit back with some apple cider or a hot toddy and enjoy the season with those you love.

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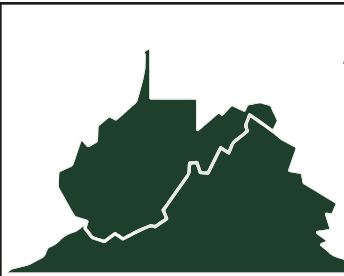
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REAL ESTATE RESOURCE

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)254-9898 Kenny Bryant-Broker of Record.

Address	Neighborhood	List Price	Sale Price	Sold Date	Beds	Baths	SqFt	Parking	Comments
611 Club Circle	GladeSprings	\$625,000	\$550,000	06/24/22	5	4	3,600	3 Car	2 Story
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
617 Club Circle	GladeSprings	\$485,000	\$450,000	04/18/22	4	3	3,900	Att-3 Car	1.5 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
102 Mountain Laurel Rd.	GladeSprings	\$889,000	\$875,000	04/25/22	5	4	5,000	Att-2 Car	1.5 Story
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
884 Club Circle	GladeSprings	\$161,000	\$161,000	04/22/22	1	1	916	None	Condo/Townhouse
215 Highlands Lane	GladeSprings	\$389,000	\$389,000	04/27/22	3	2	2,200	Att-2 Car	1.5 Story
882 Club Circle	GladeSprings	\$149,900	\$142,000	04/08/22	1	1	916	None	Condo/Townhouse
159 Dogwood Ct.	GladeSprings	\$235,000	\$215,000	05/12/22	4	3	2,500	Att-2 Car	Condo/Townhouse
804 Club Circle	GladeSprings	\$699,900	\$635,000	05/20/22	4	3	5,900	Att-2 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

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resident business guide

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