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Strolling into SEPTEMBER!

Welcome to September! The ninth month of the year with nine letters in its name. The only month with the same number of letters as their number on the calendar year. And the month containing the most letters.

Other interesting tidbits about September are that it's the home of the harvest moon, Labor Day and the first day of fall! There are more pop and classic songs with "September" in the title than any other month. "September" by Earth, Wind & Fire, "September Song" by Frank Sinatra, "September Morn" by Neal Diamond, and "September When I First Met You" by Barry White, to name a few.

September welcomes football season at all levels, with sweaters, campfires and beautiful fall leaves. A wonderful time of year, especially here in Southern West Virginia.

While we are on the welcome wagon, we want to welcome new *Stroll Glade Springs Village* sponsors Beckley Blend, Fathom Realty with David and Cyndie Chinn, and Advanced

Urology's Dr. Faith Payne! We appreciate their commitment to our community for high-quality products and service, as well as our other 70-plus sponsors who support us with their professional dedication. They make our lives easier, and we appreciate all they do for us!

Have a great September! Let us know how we can serve you better with our monthly publication. We appreciate you!



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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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DATE	COURSE(S)	EVENT	CHAIRMAN
Saturday, Aug. 13, 2022	SH	POA Club Championship	Dave Ramella
Sunday, Aug. 14, 2022	WH	POA Club Championship	Dave Ramella
Friday, Aug. 26, 2022	WH	Friday's at WH (formerly Nine & Dine) 4 p.m. Shotgun	
Thursday, Sept. 15, 2022	SH	GSWGA Invitational 9 a.m. Shotgun (Tentative)	Pat Slack and Linda Stroud
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			
Friday, Aug. 19, 2022	WH	Just for Kids Charity 1 p.m. SG	Rick and Stoya Lay
Saturday/Sunday, Aug. 20-21, 2022	SH/WH	Amateur Golf Tour SH 1 p.m. TT Aug. 20 WH 11 a.m. TT Aug. 21	Justin Keaton
Tuesday, Sept. 21, 2022	SH (RS)	OMEGA	Traci Nelson
Friday, Oct. 7, 2022	WH	WVU Tech- Ed Robinson 1 p.m. SG	Paul Mattox



meet your neighbors

By Nancy Keatley | Photos by Karen Akers



find yourself.” Of course, the obvious thing was her piano and songwriting. She says, “I wrote to help others, but helped myself.” She won a Grammy for her songwriting in 2011 and became a voting member of the Recording Academy.

In 2016, she made the move to Los Angeles and became active in several organizations, including the Panorama City Chamber of Commerce, where she served as vice president, and BizFed, which worked to oversee projects affecting commerce, trade, economic growth, transportation and safety in the state. Shane says her most memorable meeting

Marianne
JERVIS
Songwriting Shane!

One of Glade Springs’ newest neighbors has a very interesting past, most notably being a Grammy-winning recording artist. Marianne Jervis is professionally known as Songwriting Shane.

Shane, who is originally from New Jersey and was already writing music, became part of an organization of actors and composers whose National Project Director was Bob Leone. In that same class was Stefani Germanotta, who later came to be known as Lady GaGa and was managed by Leone. Shane says that Leone kept saying, “Marianne Theresa Jervis, that name will never make it,” so he started calling her Shane. Because the movie *Shane* was a Western, she added the cowboy hat, and thus her persona was born.

She says she eventually got tired of the corruption and wasn’t making any money, so she went to work for the Department of Corrections. In that position, she was one of the responders to the towers after 9/11. She recalled that experience and says she thought she saw an angel on one of the towers.

When offered some vacation time in 2004, Shane says she suddenly remembered a postcard from REALTOR® Brandon Mead saying, “Come visit Glade Springs.” She headed south on I 81, having no idea where she was going but was suddenly amazed at how beautiful everything was. During that visit, she bought a lot, not sure if or when she would ever use it.

Shane says that during that time, being a woman in law enforcement was not easy, so she went to a therapist who suggested that she “get a hobby and



during that time was with then-Senator Kamala Harris, while both were working to promote world peace and freedom.

At the beginning of 2022, she decided that living in LA wasn’t necessary for her songwriting, so she called Glade Springs about buying a house. Fortunately, the REALTORS® found what she wanted, and in March, she moved into her home on Loganberry Circle. Shane is working on her latest album called *Freedom* and says she knows how important it is to use your God-given talents to inspire others.

It didn’t take long for the Glade Community Church to discover her talent, and she now plays the keyboard at Sunday services. Shane says she loves her home and her life at Glade Springs because “I can open my window and play my piano without disturbing my neighbors.”



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



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THE Brooks

Margaret and Madison

T W I N S SEEING DOUBLE ON HAWKSWORTH!

There is a chance when visitors make the turn-around on the cul-de-sac at the end of Hawkesworth Lane, they might experience some double-vision. You see, there are two sets of twins living there, Madison and Margaret Brooks and twin fawns born to their mama doe earlier this spring. The two four-legged twins frolic about the nearby woods and lawns under several sets of watchful eyes, those of their skittish mom and their fellow twins across the way who enjoy watching their antics.

The Brooks girls, fresh from a five-week vacation with relatives in Florida, are eagerly looking forward to going into the third grade this fall at Shady Spring Elementary School, but they will not be in the same classroom. That is by design. Madison, who loves math, spelling, and reading, will be in Ms. Testerman's class, while Margaret, who prefers art and science, will be in Ms.

Daniel's room. During their early years, the twins developed their own language to communicate with one another. By separating them in the early grades, their English language skills took off.

Both love school and are avid readers. A couple of their most recent favorites include *The Cat in the Hat* and the Junie B. Jones series. When one finds a book she enjoys, she is quick to share it with her sister. Both enjoy streaming shows like *Shimmer and Shine* and *Odd Bods* on their iPads, and Margaret gets ideas for her sketches and paintings from her iPad, and they enjoy games like *Broken Bones* and



RoBlocks on their pads. The girls enjoy off-roading in their mom's jeep, and both gals have been taking ballet for two years at Rhythms of Grace.

In keeping with the theme of twos on Hawkesworth, the girls have two best buddies: a pair of eleven-year-old chihuahuas, Hailey (also part Jack Russell) and Leah. Hailey is the barker and enjoys soccer on the lawn with the girls. Leah prefers playing alone with her squeaky lizard toy. Both canines have been known to bed down at night with one of the sisters. Each girl has her own bedroom, complete with a bedspread with their nickname embroidered boldly (Maggie and Maddie) and decorated with an assortment of stuffed animals ranging from unicorns to elephants to dinosaurs to pandas.

The girls have amazingly healthy appetites thanks to their mom Amy. They prefer fresh fruits or veggie snacks to junk food, and their favorite entrees are pasta dishes, especially mom's spaghetti. When they do venture out for a fast-food meal, they prefer something healthy but tasty from Chick-fil-A. Margaret is a chicken sandwich gal, while Madison loves the nuggets. Both say waffle fries are the best.

If your next Sunday drive or evening cruise on your golf cart finds you seeing double on Hawkesworth Lane, don't stop and rub your eyes. It wasn't anything you drank or ate. You aren't hallucinating. You just entered the Land of Twins: Margaret and Madison, their fawn friends, and Chihuahua pals, Hailey and Leah. Stop and say "hello." They're all quite friendly!



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



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athlete of the month

By Ed McCall | Photos by Karen Akers

JONAH BALL

GOAL-ORIENTED

As Jonah Ball navigates his way through the basketball and academic program at Charleston Catholic High School, the part-time Glade resident is clearly defining his basketball and educational goals. Though he has set his sights high, the lanky sophomore is working hard to turn his dreams into reality with plenty of support from his family. Dad Shawn and mom Angela are currently maintaining three residences: the house on Old Farm that is up for sale, the family farm located completely on the other side of Beckley, and the apartment that father and son share in Charleston, where they will be joined by little sister Adele who will be starting her first year at CCHS as an eighth grader this fall. Big sister Laken is heading into her senior year at Transylvania University in Lexington, Kentucky, where she is a stalwart on the women's basketball team while finishing her degree in accounting with an eye toward law school.

Having maintained a 4.0 average since the eighth grade, Jonah appreciates the opportunities afforded him at Catholic. "The teachers there are really encouraging, and my parents have high expectations as well," he says. "Last year, I took AP world history, and this coming year I'm doubling up in math, taking Algebra II and geometry. Ms. Pile is the best math teacher I've ever had. She has inspired me to really challenge myself." His goal is to be college ready both academically and on the court.

Last season he played a full quarter of JV ball each game night which left him available to come off the bench for four quarters of varsity action. At 6'2", he has a game versatile enough that he can play any position on the floor except the 5 (post). That versatility got him plenty of minutes, and even though he



was a bit nervous early in the season, by year's end, he was comfortable against some tough competition. "Our nemesis, state champion Poca, Roane County, and Buffalo make up our sectional," he says with a degree of disappointment at not making states this past year, "but we have almost everyone back and should challenge for a state title in 2023." The Irish are proving themselves this summer by playing in a tough summer league in the capital city with a win over South Charleston and a close loss to GW.

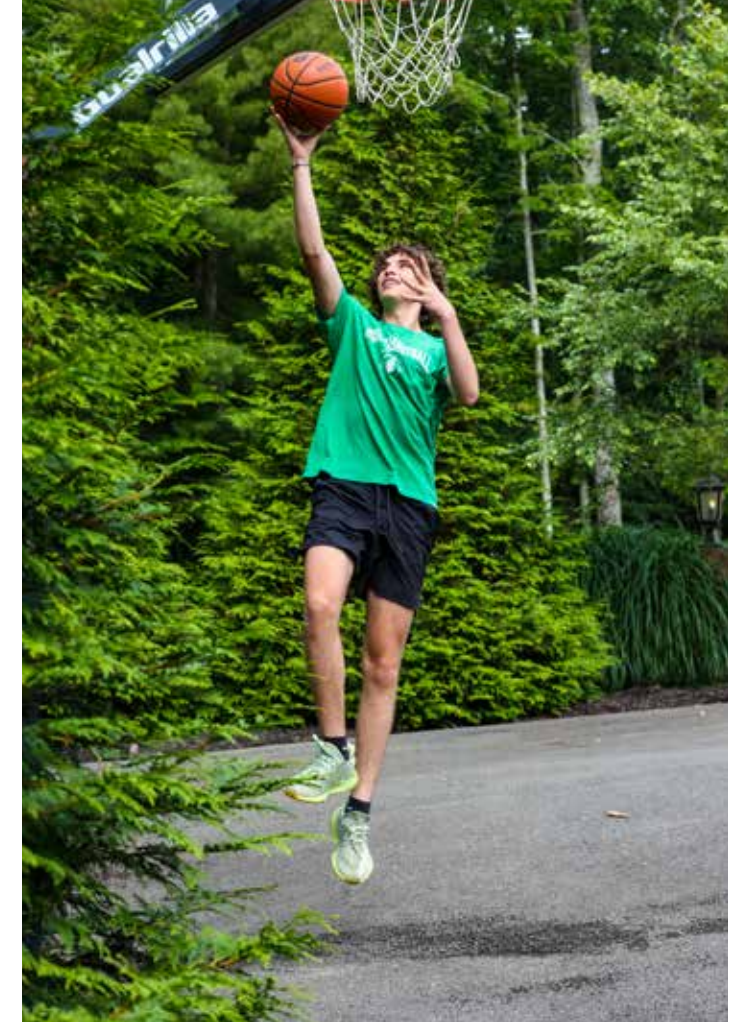
His immediate basketball goals include moving into the starting line-up this year while averaging in double figures, becoming a better defender, using his ball-handling strengths to dish out a least seven assists per game, and, in the process, leading the green and white to a state title. Long term, he dreams of being good enough to get an offer to play hoops in college and to be mentioned in any discussions about player of the year by the time he graduates. Those are not wishful thoughts. Jonah is doing the work to make his goals a reality.

He's put in time with former Marshall and UC head coach Greg White getting his court skills in order. "Coach has also helped me with my goal setting and the mental side of the game as well," he says confidently, "and a good friend of my dad's (a WVSP captain) is training me in the weight room." Jonah says he approaches lifting as "a sport inside a sport."

When Jonah Ball talks basketball, he does so passionately, and the sacrifices his family is making combined with his own sweat equity ensure that success will find this goal-oriented young man. I can't wait to watch!



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

By Ed McCall | Photos by Karen Akers



Both areas are well-appointed with Lori's tasteful décor. Downstairs are two more bedrooms, one with a private bath. Located between the two is Perry's mancave with multiple recliners, large screen tv, and his massive music collection of CDs, vinyl, cassettes, and musical instruments that reflect his musical tastes. The bottom floor walkout overlooks the lake from a ground-level porch and yard that leads down to the water. It is where the couple keeps an eye on the eagles that often soar above Chatham and take in the beautiful sunsets their lakeside living offers.

the Daniel residence LAKESIDE LIVING

Lori and Perry Daniel came to Glade almost 19 years ago, and Perry readily admits the motivation behind the move was spelled G-O-L-F. During those early years, their residence on Wells Lane allowed their easy commutes to their work. Perry, then a Raleigh County educator and Lori, who still works for the IRS at the federal building downtown, took full advantage of Glade's many amenities. One of their favorites was kayaking and fishing on Lake Chatham.

How they ended up spending the last five years in their beautiful hillside home overlooking the lake is a bit serendipitous. Soon after, a friend encouraged them to buy one of several lots then available on Chatham; Perry was getting his car serviced at Walmart when he picked up a magazine featuring lakeside living. When his car was ready, he promptly drove home and announced

to Lori, "We ought to build this house." The rest is, as they say, "history."

A large, natural limestone rock greets guests turning into their sweeping concrete drive that leads to a double-doored garage. The gray stonework on the front of the home matches that same boulder, creating

an inviting entry, and is locally produced just down Route 3 in Jumping Branch. Flying WV logos cut into the stone under a front window and above the great room fireplace announce the couple's loyalty to the Mountaineers. A variety of materials, arched openings over the garage doors, and a metal accent roof are eyecatcher details.



Inside, the main level includes a great room and study that meets Lori's needs since she has been working from home a lot since the pandemic. Other details include coffered ceilings along with an open kitchen with an island and featured stainless appliances. Nearby is a dining nook that simplifies entertaining. Also on the main floor is the main bedroom, which features twin walk-in closets and a bay window sitting area.

Outdoor living space is abundant, with a screened porch off the dining room and an oversized skylit, covered porch on the rear.



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

around the hood

Photos by Betty Calendar and Karen Akers

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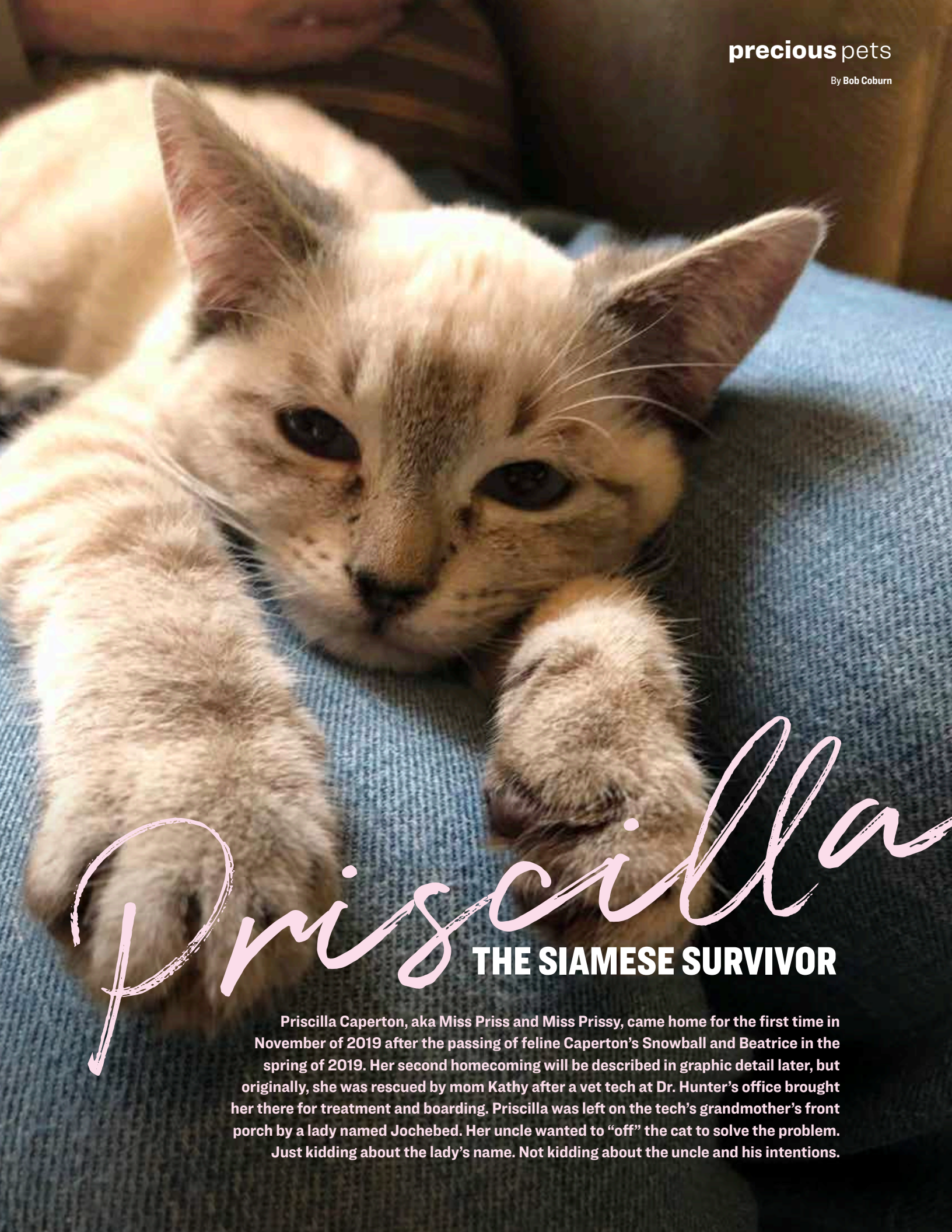
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Priscilla

THE SIAMESE SURVIVOR

Priscilla Caperton, aka Miss Priss and Miss Prissy, came home for the first time in November of 2019 after the passing of feline Caperton's Snowball and Beatrice in the spring of 2019. Her second homecoming will be described in graphic detail later, but originally, she was rescued by mom Kathy after a vet tech at Dr. Hunter's office brought her there for treatment and boarding. Priscilla was left on the tech's grandmother's front porch by a lady named Jochebed. Her uncle wanted to "off" the cat to solve the problem. Just kidding about the lady's name. Not kidding about the uncle and his intentions.

Dr. Hunter called Kathy, suspecting she wanted another cat to complement the pet collection of canines Buddy and Auggie. He was correct! Kathy would stop by a couple of times a month to see Miss Prissy and eventually brought her home, much to the chagrin of daddy Hugh. Hugh thought the pet quota had been fulfilled and was not in favor until night one when M.P. crawled in bed and fell asleep clutching his finger. Game over.

Miss Prissy was adventurous and a hunter. She liked to go off campus and explore the property and stare down deer as well as visit next door with friend Diesel at Dr. Foley's. You had to keep an eye on her at all times.

Fast forward to early May of this year with Kathy and daughter Preston apartment shopping in North Carolina. Home alone, Hugh is putzing around the house outside late in the day when he notices the front door of his exclusive Mountain Laurel Road residence is unlocked and open like the parting of the Red Sea. Miss Prissy is nowhere to be found. *Shawshank* had been compromised.

Hugh walked around the house and woods about five times to no avail. At some point, he had to make the call you don't want to make and the call you don't want to hear. How do you word this conversation? How do you set it up? "Hey, honey...remember that *great* honeymoon we had in Paris? Weren't we there about a month or two?" "Hi baby... are you wearing that diamond-encrusted pendant I gave you for our anniversary?" "Then ease into the conversation with something like, "by the way, Miss Prissy went over to a friend's house for the evening. I've had a little trouble getting in touch with her, but I'm sure she's fine. Probably out at dinner." Tough conversation all the way around.

What ensued next and over the following 13 days was the biggest man/cat hunt since Ted Kaczynski and Jason Bourne. In fact, those searches paled in comparison and looked like hide-and-seek alongside *The Hunt for Miss Prissy*. The Farms residents, Phase I, and half of Nextdoor were on the lookout for the Priss. Clearly, she was off the grid.

Slowly, reports came into the Capertons with potential sightings. The Stones on Mt. Laurel, Brenda Meadows, and a lady at Lake Chatham all thought they saw M.P. but could not capture her or get a good enough look to be sure. Candlelit prayer vigils, including her toys, crate, food and flowers, were placed in strategic spots to draw her in, but no Priscilla day after day. Preston even spent a night walking the barn and fields at the Farm with a flashlight, revealing hundreds of eyes of rabbits and who knows what. Again, no Priss.



Lots of reasons to be pessimistic at this point and lose all hope of a happy ending. But low and behold, another sighting near the guard gate and several hours later, on day 13, a malnourished and dehydrated Miss Prissy showed up on the Caperton back porch!

"You could have knocked me over with a feather," says Kathy. "Lots of happy tears!" "She camped out sleeping for three days in the spare bedroom with a little food and water," adds Hugh. "She's not the adventurous type anymore and is happy to just hang around the house and look outside," Hugh says with a laugh.

So back to *Shawshank* it is for Miss Prissy. Parole *denied*. And everyone couldn't be happier!



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



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resident recipe

Submitted by Kristina Killen

White FISH

IN TOMATO BASIL WINE SAUCE



Sauce

- 2 Tbsp olive oil
- 1/2 tsp crushed red pepper flakes
- 3 large cloves garlic, minced
- 1 pint colored cherry tomatoes, sliced in half
- 1/4 cup dry white wine
- 1/2 cup fresh basil, chopped
- 2 Tbsp fresh lemon juice
- 1/2 tsp fresh lemon zest
- 1/2 tsp salt (taste for more if needed)
- 1/4 tsp fresh ground pepper

White fish (you can use any white fish such as mahi-mahi, cod, or halibut)

- 2 Tbsp olive oil
- 1 1/2 lbs white fish (4 thick fillets 6oz each)
- Salt and pepper

Sauce instructions (you can make this in advance if you want to and store it) Heat oil in a large sauté pan over med heat. Add crushed red pepper flakes and garlic and sauté for 1 minute or until garlic is fragrant. Add the cherry tomatoes

and cook, stirring occasionally, until they start to blister but still hold shape, about 9-10

minutes. Add in the white wine, stir, and bring mixture to a gentle simmer. Stir in the basil, lemon juice, lemon zest, salt, sugar, and pepper cook for 2 minutes. Transfer the sauce into a bowl and set aside until needed.

White fish instructions

Heat oil in sauté pan over med heat. Pat the cod dry with paper towels, then season both sides of fish with salt and pepper.

Place cod in the oil and cook until golden brown, about 3 minutes per side.

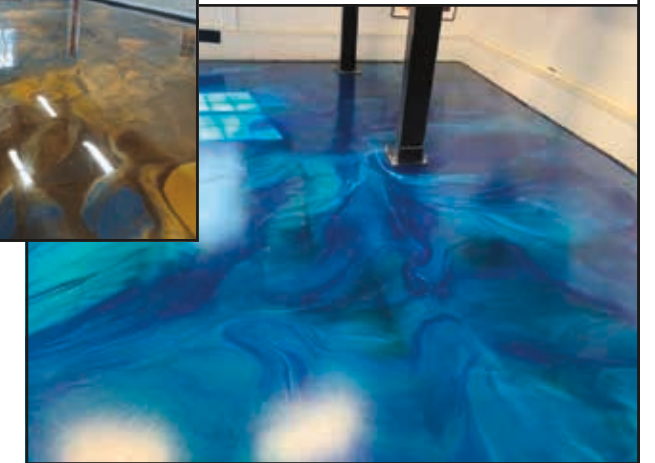
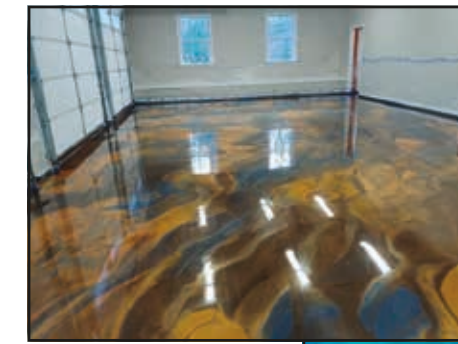
Pour the white wine tomato basil sauce over the cod (if you made this ahead of time, re-warm gently), let set for about 1-2 minutes with fish and serve.

You can serve this with rice, potatoes, or simply a salad. It is truly a simple, easy weeknight meal that tastes delicious!



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


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GLADE'S COLD CASE CREW

Whitney Cappellari, Ashley Hale, and Beth Keatley

What could come of three girlfriends bonded by a shared sense of curiosity, an interest in true crime, and at times a macabre sense of humor? If you are a fan of podcasts, you already know the answer. They take their mutual interests and energies and morph into the Cold Case Crew. They aren't "caped crusaders" out fighting crime, but they aren't that far removed from such a comparison as they delve into the many unsolved murders filling the archives of police departments throughout the Mountain State.

Whitney Cappellari, Ashley Hale, and Beth Keatley gather every two weeks to record their podcast as they re-examine all they have learned about some of West Virginia's most salacious and unresolved murders through their extensive research of newspaper

accounts, court records, and discussions with surviving family members and law enforcement. The three amigos do this in an entertaining format that their followers can listen to at their own convenience via Spotify or Apple Podcast using their iPhone, iPod, or laptop. All episodes are on file there and can be listened to in any order should followers have a specific case in which they are interested.

Keatley was inspired by friends in law enforcement who have expressed the need for more manpower to work on local cold cases. It is from this notion that the Cold Case Crew came into inception.

Thus far, they feel that they have made an impact, not just in entertaining their followers but in providing new



Whitney Cappellari: "My fave was probably Patricia Sue Richmond. We dug really deep on this, our first case, and got really invested. The most troubling...probably Rosina Fazio (1949) or Mad Butcher (1961-64) because so much time has passed and so have many of the witnesses. I'm looking forward to investigating Evelyn Shrewsbury (1974) because it occurred out at Flat Top, a place with which we are all familiar. Our preliminary research has really piqued my interest in this one."

From their comments, you can see these gals are passionate about finding answers to mysteries long since forgotten by the general public but still being asked by friends and loved ones of the victims.

hope of resolution for some of the surviving family members. Cappellari says it is very rewarding that some family who has refused to speak to mainstream media have opened up to them. "We are very careful not to say anything that is speculative or that would be upsetting to those who have been dealing with loss for years," she says. Keatley and Hale agree that they are proud that they have proven to be helpful to police who have re-opened some investigations as a result of the information CCC has provided.

I asked each of the girls about the cases they have examined thus far, which was their favorite and/or which was the most troubling. I also wanted to know which case they might be looking forward to exploring. Here are their responses:

Ashley Hale: "My favorite was our first one, Patricia Sue Richmond. We really dug hard on this one, and we continue to speak regularly with family members regarding this one. The most troubling for me is Cherice Gwinn Stevens. We spoke with numerous family and friends and learned there were so many sides to the story. She was a beautiful lady and well known around town. The initial investigation just seemed to stall, and we felt we were so close...like there was just one piece of information right under our noses that would have cracked the case. Very frustrating! I'm looking forward to the WVU coed murders and bringing Mared and Karen's story back to life."

Beth Keatley: "My favorite is Patricia Sue Brogan Richmond. It was our first one, and all three of us had some strange connection to her or someone in her family. We got to know members of both families well and feel like this one will eventually be solved. The most troubling case was that of Theresa Woods. So young when she was murdered, and her family is still struggling with closure. This one is probably the closest to being solved. All three of us had crazy nightmares about Theresa while working on her case. I'm looking forward to telling the Danny Casolaro story. So many conspiracy theories about this one. I've gone down the 'rabbit hole' trying to figure this one out! His death took place in Martinsburg, and that is where my parents were living when I was born."

Listen to one of their podcasts, and you will hear the passion, the compassion, and the desire they have to see justice served and peace brought to the many families and friends who have been affected by these unsolved murders here in our own mountains. Following their own investigative instincts, the Cold Case Crew continues to keep these tragic cases alive for law enforcement as well as for the families of victims still seeking closure.



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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One of Stroll's newest sponsors is certainly not new to the Beckley area. Melton Mortuary & Cremation Center was established in 1951 by Henry E. "Buster" Melton Jr. and his wife, Lillian. The Meltons were always present for services and worked very hard to provide families with what they wanted for their loved ones in Beckley and surrounding communities. Their son Henry III "H.E." came on board in the mid-'70s and ran the business until it was sold. Buster died in 1993, but Lillian still helped out at the funeral home until shortly before her death in 2012.

A constant figure at Melton's since 1976 has been funeral director and embalmer Bruce Blankenship. Bruce says serving

all these families has been "a rewarding experience," and he has made many friends through his work. He also mentions his simple philosophy, "you can purchase a funeral in lots of places, but you can't buy service." He believes that families should find the funeral experience to be affordable, whatever they want, and done with "service, service, service."

Licensee-in-Charge Jeannette Renee Duncan started at Melton's in September 2020. Originally from Sophia, Renee knew early in life that she wanted to be a funeral director, but lacking funds for college, she enlisted in



Renee Duncan, Bruce Blankenship, and Keith Bowling



Beth Keatley



Bruce Blankenship

the Army and served from 1998 to 2005. She then attended John A. Gupton College and graduated with a degree in Mortuary Science in 2006. She worked in Florida for several years before deciding to return home in late 2017. Renee says, "One of the greatest benefits to working at Melton's is that we are not a large corporation, so we can work within a family's budget while still giving them a beautiful, meaningful service." She also says that it is an honor to work alongside long-time funeral directors Bruce and Keith Bowling while being able to help people she has known all her life.

Handling the pre-need services at Melton's is Beckley native and Glade Springs resident Beth Keatley. A graduate of Concord University, Beth says that in addition to all the wonderful people she has been able to help, she has thoroughly enjoyed working with the entire staff. Beth further says, "Melton's is more like a family than a business, and most of the families I take care of have been using our funeral home for many years because of the level of service and care they receive."

As with any business, it takes many employees to keep things running smoothly. All those names can be found on the website, but Bruce mentions how important they all are. He says nothing would get done without Mary Voloski-Webb and her assistant, Brittany Sturgill. He further mentions embalmer Keith Bowling, crematorium licensee-in-charge Roscoe Collins, funeral director assistants Raymond Bumgarner, Lloyd Williams, and James Johnson, as well as hairdresser Lou Wills. They also have several young people training to become funeral directors.

A motto Bruce came up with many years ago seems to still exemplify Melton Mortuary - "Where friendship and service go hand in hand."

financial fitness

By Elizabeth McCabe and Shauna Osborne

Simple Tips to Teach Children How to Save

Do your children see you pay with plastic? Do they truly understand the value of a dollar and what it means to save? Sooner or later, kids realize money doesn't grow on trees. Why not get your kids started on the right foot financially by teaching them about the green stuff? Small steps today can lay the foundation for a solid financial future.

USE A CLEAR JAR TO SAVE DOLLARS AND COINS

Looking to teach your children about how saving is important? Start with a clear jar to save dollars and coins, whether putting in spare change or even their monthly allowance. Pass on piggy banks. Children can't see how much money is in their bank.

LET THEM EARN THEIR OWN FUNDS

Allowing children to earn and save money, as a regular allowance or as payment for specific tasks completed, provides them with the opportunity to learn how to use it, offering important lessons about the value of hard work.

OPEN A SAVINGS ACCOUNT

Take a trip to a brick-and-mortar bank and open a savings account for your child. One of the best ways to teach children, especially teens, to save is to put your money where your mouth is. Match their contributions to savings. If they contribute \$10,



then you contribute \$10. Building a savings account at a young age is one way to lay the foundation for future financial stability.

MAKE SAVINGS GOALS

Do your children have certain items they want to purchase? Encourage savings goals. Goals should be specific and attainable. Purchasing their favorite toy or game can motivate children and teens to save. If they have a specific purchase in mind, help them break down their goal into manageable steps.

In closing, remember to allow kids room to take risks along the way, using their missteps as teachable moments. Learning to save today is important for a child's financial future. After all, "A penny saved is a penny earned."

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healthy living

By Sue Kidd and Shauna Osborne



LIVING & LOVING THE MEDITERRANEAN DIET

Goodbye, unhealthy habits, and hello to making redeeming nutritional choices. According to U.S. News and World Report's team of expert panelists, the Mediterranean diet is the top diet for Americans in terms of health benefits, ease, and weight-loss potential. Let's delve more into the details of this nourishing diet.

The Mediterranean diet pyramid is an excellent place to start. The pyramid features fruits, vegetables, whole grains, beans, nuts, legumes and seeds, herbs and spices, and olive oil as the foundational elements upon which every meal should be built. Beyond those key ingredients, fish and seafood should be consumed at least twice weekly and poultry, eggs, cheese, and yogurt in moderation. Save sweets, white rice and pasta, butter, and red meat for special occasions. Feel free to enjoy a glass or two of quality red wine daily, as long as

your doctor is on board; moderate wine drinking can increase longevity and reduce the risk of cardiovascular disease.

Most importantly, the Mediterranean diet is about more than just food; it's a lifestyle, a mindset shift. Beyond healthy eating, it encourages people to be more active every day and to enjoy food to its fullest in the company of friends and family. Taking time to savor meals allows you to appreciate your food and its flavors and origins deeply and tune in to the body's fullness cues.

With noteworthy health benefits like increased lifespan, improved brain function, decreased risk of obesity, heart disease, and diabetes, lower blood pressure and LDL cholesterol, and better fertility — not to mention, more flavorful and satisfying meals — adopting Mediterranean diet principles can offer quite a payoff!

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To Nuke or Not to Nuke: Microwave Matters

My home has been microwave-free for over 15 years ... a shock to some visitors who are accustomed to this commonplace kitchen convenience. It started accidentally, when we moved into a house that didn't come with one, and although we cook multiple times daily, we've found the counter space more valuable than the appliance over the years. For some, the ease and simplicity of microwave cooking are incredibly appealing; worries about lost nutrients and radiation keep others away. So, to nuke or not to nuke? That is the question.

Currently, over 90% of U.S. homes have a microwave, deeming it a safe, effective, and highly convenient cooking method. The appeal is obvious: Microwaves heat food much more quickly and efficiently than other

methods — while consuming less energy (and not heating up the entire kitchen in the process!). Microwaves work via radiation by “jiggling” fats, sugars, and water molecules in food so vigorously that they collide, producing a lot of heat very rapidly. Quicker heating with less liquid means foods retain more nutrients, too. Also, compared to old-fashioned sink or fridge thawing, the microwave's speedy “defrost” function is the clear winner.

On the other hand, some home chefs have legitimate concerns about this ubiquitous kitchen tool. While science now bears out that the electromagnetic radiation emitted by microwaves is not harmful — provided your appliance is in safe, working condition — the way in which they are calibrated to heat food (quickly and

all over rather than slowly and from the inside out) can lead to issues with uneven heating. Since microwaves concentrate on heating water molecules (and protein, fat, and starch molecules heat much more slowly), foods cooked in them warm disproportionately, introducing the potential for burns ... and food poisoning. Food must reach a consistent temperature of 165 F throughout to kill off all harmful bacteria, which is harder to accomplish through microwave cooking.

To be on the safe side, experts agree it's a good idea to keep your face at least 1 foot from the microwave while working, avoid using plastics in the microwave, and use the microwave as a tool for reheating rather than cooking as often as possible. With these precautions in mind, happy cooking!

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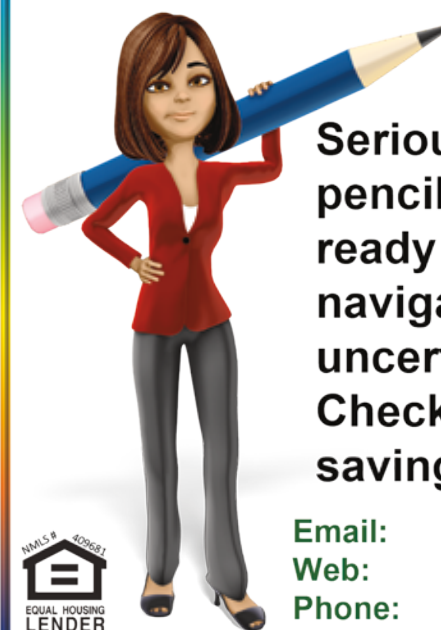


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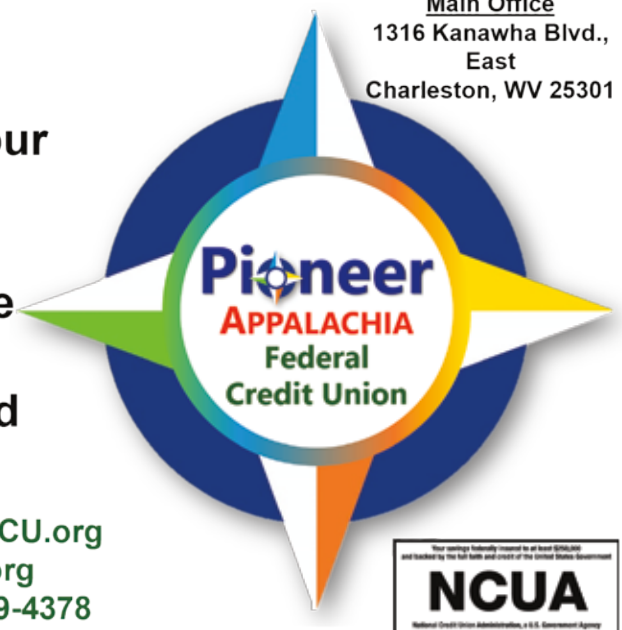


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This is your neighborhood Real Estate Resource page. This information can be useful when trying to compare property values or for just keeping a pulse on the real estate market in our area. For questions regarding the properties listed, or about real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


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611 Club Circle	GladeSprings	\$625,000	\$550,000	06/24/22	5	4	3,600	3 Car	2 Story
128 March Chapel Lane	GladeSprings	\$349,900	\$335,000	03/25/02	3	2	2,151	Att-2 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
419 Club Circle	GladeSprings	\$259,000	\$259,000	04/04/22	4	3	2,138	Att-1 Car	Ranch
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
1028 Lake Drive	GladeSprings	\$1,399,900	\$1,100,000	02/04/22	4	4	4,620	Att-3+ Car	Ranch



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