STROLL

Glade Springs Village









Give your home the protection it deserves.

Tim Cyrus, Agent 824 Ritter Drive Beaver, WV 25813 Bus: 304-255-6917 Your home is where you make some of your best memories, and that's worth protecting. I'm here to help.

LET'S TALK TODAY.



State Farm Fire and Casualty Company, State Farm General Insurance Company, Bloomington, IL State Farm Florida Insurance Company, Winter Haven, FL; State Farm Lloyds, Richardson, TX



Amazing storage at an **Affordable Price**



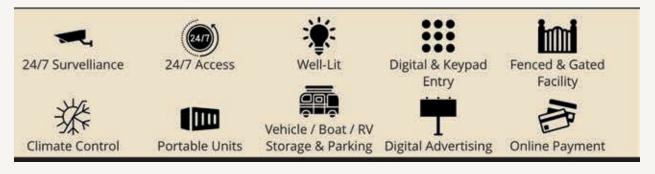






AVAILABLE NOW! 40 Units of 14 x 40s & 14 x 50s!

Additional Warehouse Space for You Business Owners!



NOW OPEN!

in Daniels (304) 419-3515 | aawva@yahoo.com









1708136

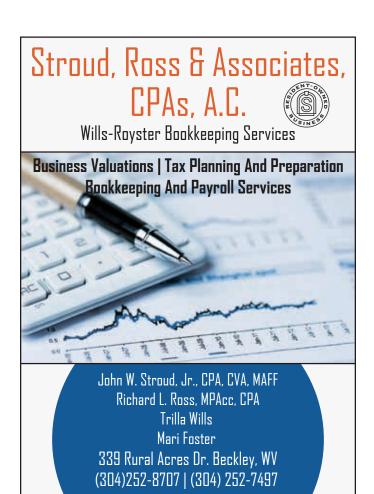


SCHOOLS

(304) 256-4633 Shady Spring Elementary Shady Spring Middle School (304) 256-4570 Shady Spring High School (304) 256-4642 Daniels Elementary School (304) 252-4087 St. Francis De Sales (304) 255-4535 Victory Baptist Academy (304) 256-4616 Beckley/Stratton Junior High Woodrow Wilson High School (304) 256-4646 (304) 207-0543 Kids of Harmony

CONTRIBUTORS-AT-LARGE

Special Thanks to Dr. John Walker, the Halseys, Cutter Boggs, the Shamblins, Phil Culicerto, Sara Frost and Craig Ramsey!



IMPORTANT PHONE NUMBERS

EMERGENCY

911 Emergency Fire, Ambulance, Police
(304) 253-8993 Beaver Volunteer Fire Dept.
(304) 256-6700 WV State Police – Raleigh County
(304) 255-9300 Raleigh County Sheriff's Dept.
(800) 222-1222 Poison Control Hotline
(304) 763-4385 Glade Springs Security

HOSPITAL AND EMERGENCY

(304) 252-4072 Raleigh General Hospital (304) 253-3860 Prompt Care

UTILITIES

(800) 956-4237 American Electric Power
(800) 422-2782 American Water Company
(304) 252-6051 Beckley Garbage Disposal
(800) 834-2070 Mountaineer Gas Company
(304) 255-1565 Shady Spring PSD – Water and Sewer

GLADE SPRINGS VILLAGE

 (304) 763-5382
 POA Office

 (304) 763-0828
 Membership

 (304) 763-2000
 The Resort at Glade Springs

 (304) 763-5000
 Glade Springs Real Estate

 (304) 763-0814
 Small Talk Café

 (304) 763-0817
 Bunkers

 (304) 763-2050
 Cobb Golf Shop

 (304) 763-3332
 Woodhaven and Stonehaven Golf Shop

 (304) 763-0877
 Spa and Salon Orange

GLADE living

DISCLAIMER: This publication is also known as *Glade Living*, is owned by The N2 Company, and is not affiliated with or sponsored by any club, developer, or homeowners association. Articles and advertisements in this publication and opinions expressed therein do not necessarily reflect the views of N2 but remain solely those of the author(s) or advertiser(s). The paid advertisements contained within this magazine are not endorsed or recommended by N2.

We're proud to showcase businesses that share our commitment to fostering local connections. When perusing our pages, keep an eye out for the "Local Sponsor" icon to identify articles highlighting these valuable partners. Please note that businesses profiled may have provided free products and / or services for the review.





COMING SOON NEW DANIELS CLINIC

ZACHARY HALSEY, DO | KIMBERLY BALLARD, DO ANGELA PENDLETON, DO | ELIZABETH NELSON, MD MEGHANN LONG, FNP

(304) 252-8555 218 LAKE DRIVE, DANIELS, WV WWW.ACCESSHEALTHWV.COM



SPONSOR INDEX

This section is here to give our readers easier access when searching for a trusted neighborhood partner to use. Get to know the businesses that make this magazine possible. Please support them in return and thank them if you get the chance!

ADVERTISE IN THIS PUBLICATION

Stroll Glade Springs Village **Bob Coburn-Area Director**

(304) 860-0099 bob.coburn@n2co.com

ACCOUNTANTS - CERTIFIED PUBLIC

Michele R. Davis, CPA

(304) 894-8812 2241 Ritter Dr.

Daniels, WV 25832

www.micheledaviscpa.com

ACCOUNTING/BUSINESS VALUATIONS/TAX PLNG

Stroud, Ross & Associates John W. Stroud, Jr., CPA, CVA

(304) 252-8707 339 Rural Acres Dr.

Beckley, WV 25801

AIR CONDITIONING / HEATING

Appalachian Heating

(304) 877-5566 www.appheat.com

Childers Enterprises

(800) 224-7017

www.childersenterprises.com

ALCOHOL, TOBACCO & FIREARMS

Tobacco Town & The Cigar Lodge

(304) 254-0500

www.tobaccotownwv.com

AMERICAN STORE & CAFE BOBS American Store & Cafe

(304) 763-7777

ANIMAL HOSPITAL

New River Animal Hospital (304) 466-0251

www.nrahpets.com

AUTO DEALER

Dutch Miller Kia

(304) 343-7700

dutchmillerkiaofcharleston.com

Sheets Chrysler Dodge Jeep Ram

(304) 252-4555 nobodybeatssheets.com

RANK

Pioneer Community Bank

(304) 254-8680

www.pioneercommunitybank.com

BANKING SERVICES

City National Bank

(304) 610-0683 www.bankatcity.com

United Bank

(252) 940-4918 bankwithunited.com

CHURCH

Glade Community Church

(304) 920-4312

www.gladecc.com

CLEANING | RESIDENTIAL & COMMERCIAL

Suddenly Spotless

(304) 772-6009

suddenlyspotless.net

CLEANING-RESIDENTIAL/ COMMERCIAL

T's Cleaning Service **Tammy Billeter**

(412) 608-5272

COMMERCIAL HEATING AND AIR CONDITIONING

Pennington Plumbing & Heating, Inc. **Eric Mahaffey**

(304) 252-7529

COMPUTER REPAIR

Compute One

Chase Cappellari (304) 250-4552

www.computeone.net

CONSULTING SERVICES

Compliance (681) 238-5732

compliancewv.com

DENTAL CARE

Liberty Dental Center

(681) 207-7063 www.libertydentalcenters.com

Shady Spring Dental Care

(304) 763-4665

www.shadyspringdentalcare.com

DOG GROOMER

Central Pup

(304) 444-0311 centralpupwv.com

DOG/PET TRAINING

Top Tier K9 - Southern WV

(304) 920-1915

toptierk9.com/southern-wv

EMPLOYER & EMPLOYEE RESOURCES

(304) 929-5996

ascend-hr.com

FINANCIAL ADVISOR

Edward Jones

(681) 254-0079

www.edwardjones.com/tracy-houck

FINANCIAL SERVICES / RETIREMENT PLANNING

Bill Kinder & Associates

(304) 250-0250

www.billkinder.com

FISHING & HUNTING SPECIALISTS PC Outdoors

> (304) 466-1444 facebook.com/Pcbaits/

FLOWERS/VEGETABLE PLANTS/PRODUCE

Shady Side Market

(304) 618-0052 Facebook-Shady Side Market

FURNITURE

Wells Home Furnishings

(304) 343-3600

www.wellshome.com

GARAGE DOORS SALES & SERVICES

Appalachian Garage Doors

(304) 255-7100

www.chiohd.com

GREENHOUSE

Casto's Greenhouses

(304) 465-5774 www.castosgreenhouses.com

GUTTERS

LeafFilter

National Sponsor

(833) 380-2581

LeafFilter.com/StrollBloom

HEALTH AND FITNESS

MD Formula

(773) 578-4036 mdformula.com

HEALTHCARE - PRIMARY CARE

AccessHealth

(304) 252-8555

www.accesshealthwv.com

HEATING & COOLING/ RESIDENT. & COMMERC.

Appalachian Heating Dan Akers

(304) 877-5566 www.appheat.com

Edward Jones

> edwardjones.com | Member SIPC

Make your financial future a priority. We can help.



Tracy M Houck, Financial Advisor

343 Prince St, Ste A, Beckley, WV 25801 681-254-0079

tracy.houck@edwardjones.com edwardiones.com/tracy-houck



Benjamin G Worley, Financial Advisor

343 Prince St, Ste A, Beckley, WV 25801 681-254-9995

benjamin.worley@edwardjones.com edwardjones.com/benjamin-worley

MKT-58940-A-A1 AECSPAD zuamese





CONTINUED →

HOME FURNISHINGS

Home Furniture And Mattress

(304) 252-4663

Facebook-Home Furniture and Mattress

HOSPITAL

Raleigh General Hospital

(304) 256-4100

www.raleighgeneral.com

INSURANCE - AUTO - HOME

Wickline Insurance Associates

(304) 252-1483

wicklineinsurance.com

INSURANCE - STATE FARM

Tim Cyrus - State Farm Insurance

(304) 255-6917

timcyrus.com

INSURANCE/AUTO/HOME/ COMMERCIAL/LIFE

Tara Miller Allstate Insurance

(304) 929-5433

agents.allstate.com/

tara-miller-beckley-wv.html

INTERIOR DESIGN SERVICES

Interior Motives

(304) 325-3122

interiormotivesbluefield.com

LANDSCAPE & HARDSCAPE. **DESIGN & BUILD**

Aspen Corporation

(304) 763-4573

www.aspen-golf.com www.aspen-landscaping.com

LAWN CARE & PEST CONTROL

Aspen Corporation

(304) 763-4573

www.aspen-golf.com www. aspen-landscaping.com

MEDICAL SPA/COSMETIC SURGERY Mountain State ENT & Healing

Springs Medical Spa

(304) 255-0330

www.cosmeticsurgerywv.com

ORTHOPEDIC SURGEON

West Virginia Orthopedic Trauma

(304) 410-0061 wvotonline.com

ORTHOTIC/PROSTHETIC

W.V. Orthotic & Prosthetic

(304) 256-8351

wvopc.com

PEDIATRICIAN

Rainbow Pediatrics

Dr. John Fernald

(304) 250-0150 www.rainbowpediatricswv.com

PEST CONTROL & LAWN CARE

Whitman Exterminating Company

(304) 253-3331

PHOTOGRAPHY

Karen Akers Photography

(304) 573-0516 www.karenakers

photography.zenfolio.com

PHYSICAL THERAPY

Performance Physical

Therapy & Rehabilitation

(304) 237-5585 www.performanceptwv.com

PRIVATE WEALTH

FINANCIAL ADVISOR Ameriprise Financial Ray Morton

(304) 253-8515

ameripriseadvisors.com/ raymond.j.morton

REAL ESTATE

Zaferatos Real Estate

(304) 929-0972

REALTOR **WV Mountaineer Real Estate**

Kenny Bryant

(304) 254-9898 www.kennybryant.com

REALTORS

Glade Springs Real Estate

(304) 763-5000 gladespringsrealestate.com

RESIDENTIAL & COMMERCIAL CLEANING

Bare Necessities Cleaning, LLC

(304) 553-8440

RESTAURANT

Pasquale's

(304) 255-5253 beckleyitalian.com

ROOFING CONTRACTOR

Frye Roofing, Inc.

(304) 327-5314

fryeroofing.com

SELF STORAGE

Advanced Storage

(304) 419-3515

advanced-storage-wv.com

STONE MASONRY

Vintage Stone (304) 466-3077

www.vintagestonewv.com

TREE SERVICES

Clay's Tree Service

Gary Clay

(304) 255-5636

www.claystreeandroofing.com

UROLOGY

Advanced Urology - Dr. L. Faith Payne

(304) 552-0521

raleighgeneral.com

UTILITY TRAILERS

Top Notch Trailers

Bethany Barber

(304) 923-9800 topnotchtrailerswv.com









Your Stroll Glade Springs Village Team



Area Director hoh.cohurn@n2nuh.com 304-860-0099



aemccall01@suddenlink.net









Photographer k4akers@gmail.com



WHITNEY CAPPELLARI



Ad Coordinator Keya.garg@n2pub.com



Resident Editor/Writer nkeatlev@vahoo.com

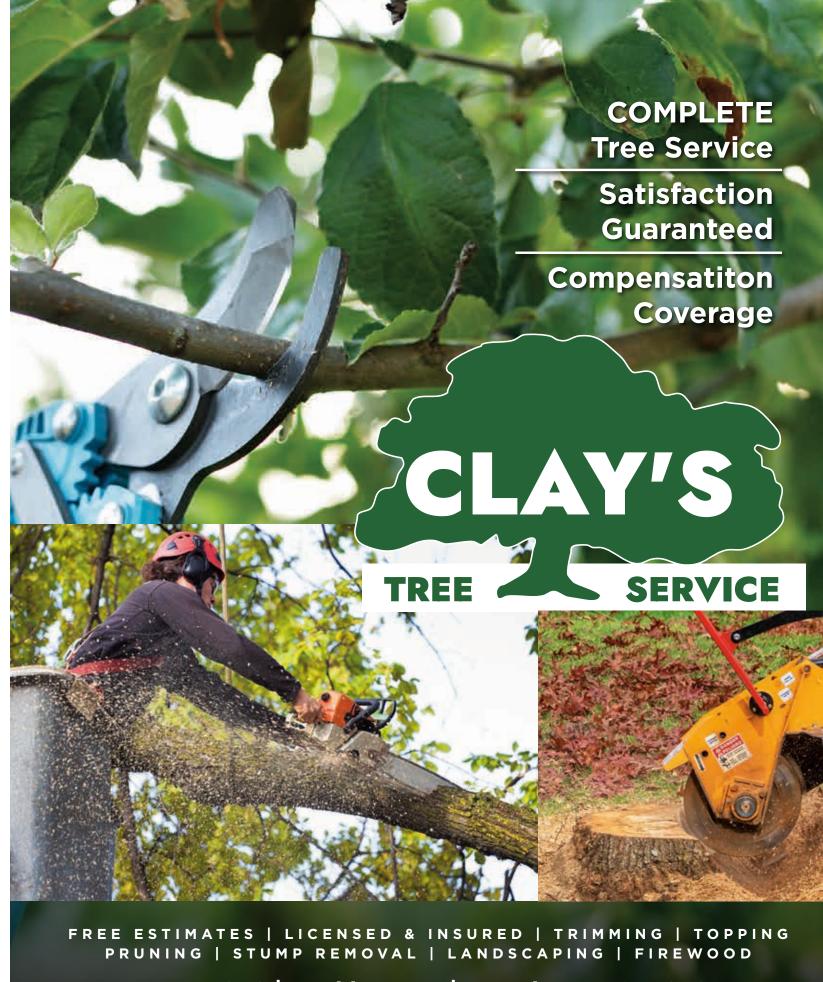


Adjustable bed bases

- Zero Gravity
- · Head and foot massage
- LED under-bed lighting Wireless remote
- Hand-crafted mattresses USB-A ports
- Made in the USA!

 - · Available in all sizes!
- · Height adjustable legs
- Power lumbar

Redefine your sleeping quality! An adjustable bed base will push your quality of sleep to a whole new level of elegance!



255-5636 | Beckley, WV | WV License 023659



Welcome to the wonderful month of April! The first full month of spring and hopefully warm weather, green grass and pretty flowers! After the winter we've had, I'm sure we will appreciate it even more this year!

April starts off with the infamous Fools' Day, so be on your guard for the pranksters in your circle of friends and family. If you can get past that safely, you'll have many days and events to look forward to - Arbor Day, the blessed holiday of Easter, and for you golf enthusiasts, The Masters highlight the April calendar.

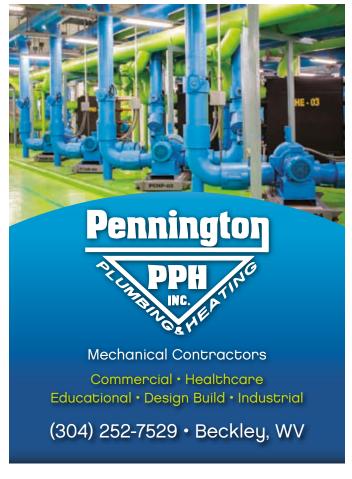
April is the unofficial start of spring cleaning and sprucing things up with flowers and plants. Keep in mind the Daisey and the Sweet Pea are the birth flowers of April. It's going to be great to experience the sights, sounds, and smells of this time of year.

Thank you as always for your support and enthusiasm for *Stroll Glade Springs Village*. We appreciate your referrals of local business partners who are so dedicated to serving us as well as the referrals of your friends and neighbors for our various features. We love to put smiles on residents faces and share your stories with the community!



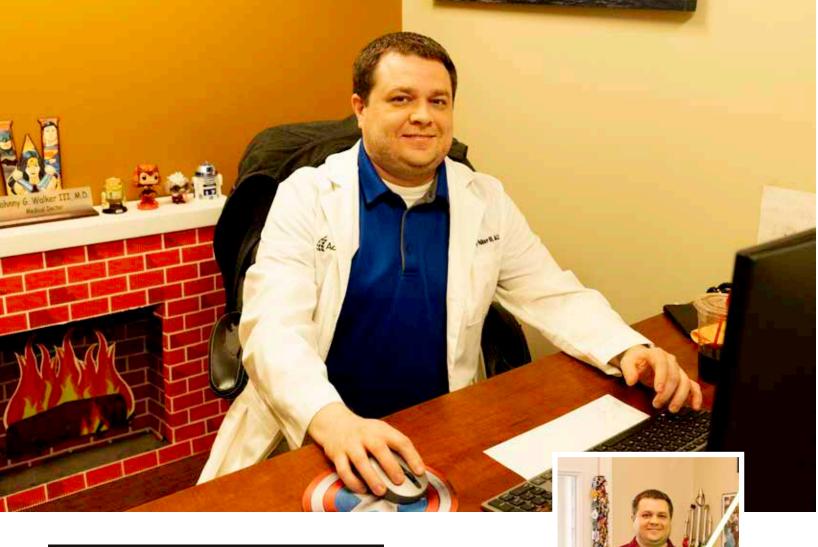






Stroll Glade Springs Village 13







When he's not jet-setting or working, you'll find Johnny at the movies or indulging in much needed down time at his home in Glade Springs. The ease of living here in Glade provides the backdrop for a perfect place to work and play. "There is

always something exciting happening at Glade," he said.

Dr. Walker decided to settle here because Glade is a "safe, comfortable place to live. It's quiet and easy to get outdoors," he explained.

And his favorite spot for a bite to eat? Small Talk Café, which he says is southern West Virginia's "hidden gem."

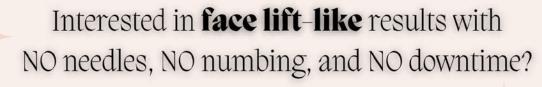
His interests aren't just food and travel, though, as Dr. Walker is invested in making his community a better place. When he's not working, you'll find him teaching Sunday School at the First Baptist Church in Beaver.

With a broad range of interests and a heart for rural West Virginia, there are so many reasons this neighbor is one to meet.

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



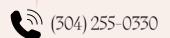




Let's talk about

triLift

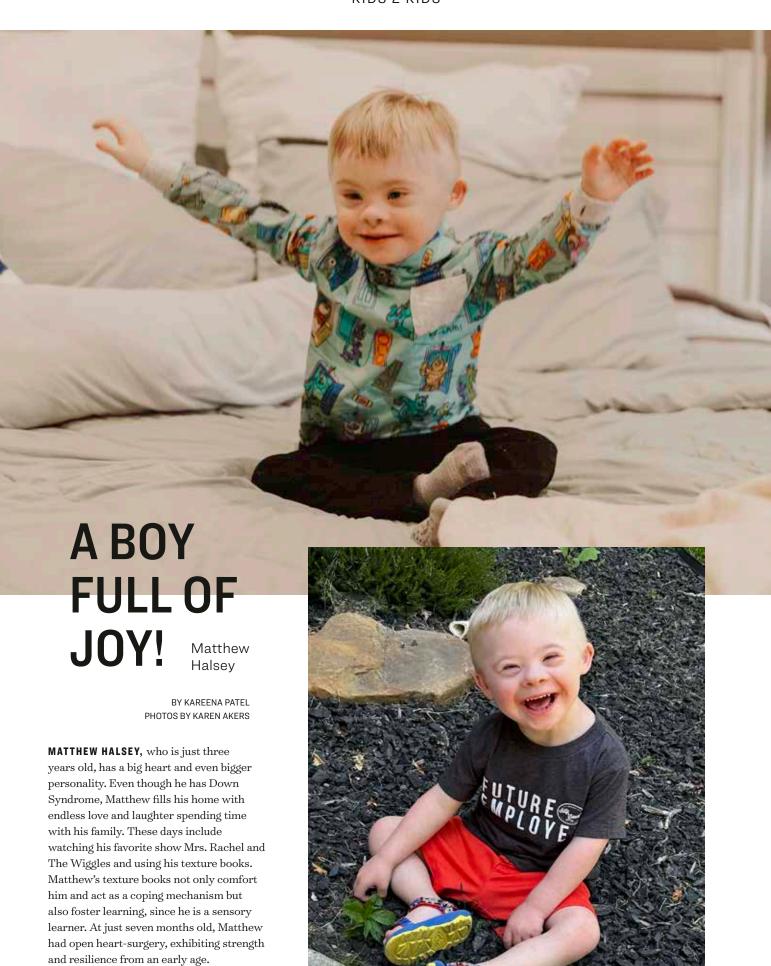
Instant volume. Instant results. Instant *L*ift. Schedule your FREE consult today!





Find us on Facebook & Instagram!

Stroll Glade Springs Village 17





Matthew and his family also love traveling and going on family trips, recently visiting the Great Wolf Lodge. However, when the family is not on an adventure, relatives frequently come to visit Matthew, spoiling him with attention. An important tradition the family partakes in is the Buddy Walk held in Charleston, where he celebrates the Down Syndrome Community with his friend Crew. Matthew also frequently

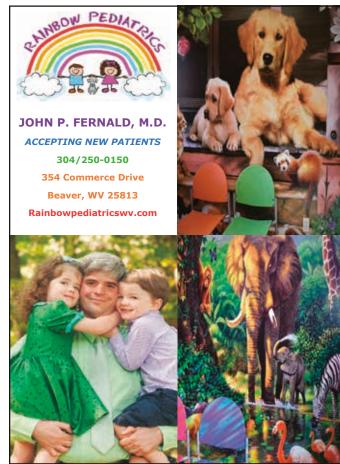
visits a close family friend, Saylor, who plays the guitar for him, which fills Matthew with excitement.

Matthew's favorite foods are pizza, chicken nuggets, and specifically McDonald's fries. He also has a deep connection to his pets Oreo, Spartacus, and Daisy. Daisy, who is a lab, can always be found near Matthew's side. Daisy has been around Matthew for his entire life, so their bond is especially close.

The Halseys celebrate World Down Syndrome every year to honor Matthew and spread awareness. They are incredibly proud and blessed to have Matthew as their son because of his kindness, laughter, and bright spirit which radiates. Whether he's spending time playing with friends, petting Daisy, or enjoying his favorite books, Matthew's joy is truly contagious; we can all learn from his positive attitude and personality.

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







CUTTER BOGGS

BY ED MCCALL • PHOTOS BY KAREN AKERS

Shady Spring freshman Cutter Boggs has grand aspirations for his athletic future. With his first season of varsity basketball winding down and a promising baseball season looming, the Farms resident maintains a quiet demeanor that masks a burning desire to succeed. As a member of the Tigers' hoop squad, the states' top ranked AAA basketball team, he is already on the road to reaching lofty heights. He has gotten quality varsity minutes on a team that is defending its 2024 state championship while averaging a double/double in the junior varsity games.

Shady head coach Ronnie Olson is effusive when discussing his 6'4" post player. "Cutter is one of most hard-nosed players we have. His natural ability and knack for rebounding is going to make him a force for our program for years. His blue-collar approach to the game and practice makes him a joy to coach."

Olsen says no matter the situation, positive or negative, "Cutter responds with the same attitude and phrase: 'Yes, sir." The Shady mentor, who has coached his share of winners and knows one when he sees one, summed it up this way. "I think that speaks volumes for his character and type of man he will become."





When his hardcourt season ends, and it is likely to end in Charleston at the state tournament, don't expect the lanky son of Katie and Chase Boggs to put his feet up and kick back. He'll be reaching for his bat, glove, and spikes and heading out to the Shady diamond where he will patrol centerfield for the Tigers. If you think that is an exaggeration, think again. I once watched the Tigers play a Friday night game. When I arrived early Saturday morning at the leisure center, there was Cutter and one of his best buds and teammate Eli Sexton working out. Enough said!

He throws righty but bats lefty. "Dad started me out hitting lefty," he recently confided. His dad, Chase, played college baseball at JMU, and wanted to give his first born every advantage. In fact, Cutter says when he has free time, he likes to spend it in the cage hitting. He thinks it contributes heavily to making him so comfortable at the plate.



CONTINUED ->



2286 RITTER DRIVE DANIELS, WV

If his dream of maybe someday playing for his favorite college team in either sport, the Vanderbilt Commodores, comes true, he would be even more thrilled than when he lands a big bass in one of Glade's many ponds and lakes. He's an avid fisherman who knows where all the big ones can be found.

Cutter intimated he's considering joining another of his best buds, Grant Winkler, on the SSHS golf team next fall. When I recently asked him to list some of his favorites, he responded with some interesting responses. Favorite basketball player: LeBron.

Favorite baseball player: Freddy Freeman. Favorite musician: rapper Rod Wave. Favorite fast food: Chipotle'. Favorite movie: The Sandlot.

Glade residents have a wonderful opportunity the next few years to watch a grounded, level-headed young man, work hard to make his athletic dreams come true while loving every minute of his journey. I know I'll be watching and rooting hard for a guy who isn't afraid to dream big.





We Groom ALL Breeds and Sizes



(304) 444-0311

Book online at centralpupwv.com

2801 Robert C. Byrd Drive | Beckley, WV 25801









Westfield Home and Auto

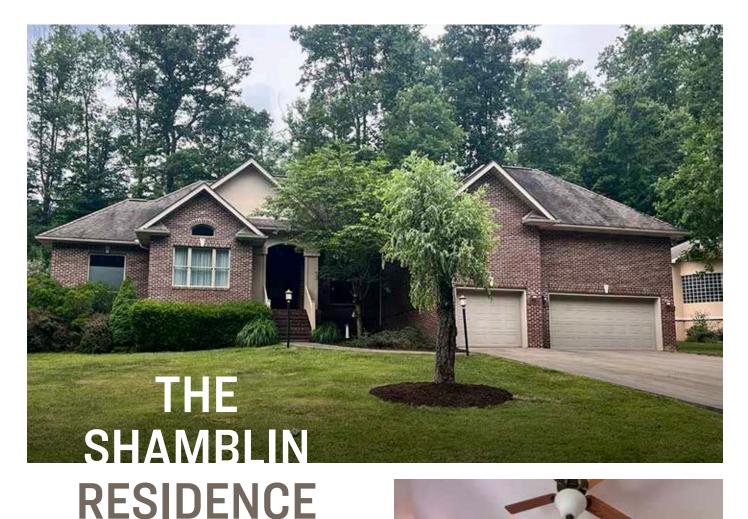
Enhanced Coverage Options | One Deductible | 96% Claims Satisfaction



304-252-1483 wicklineinsurance.com CASSOCIATES



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



BY JESSICA RUBIN • PHOTOS BY KAREN AKERS

Welcome to easy living on Barnstaple Drive. This 2,500 squarefoot brick home has comfort and convenience all wrapped in one.

Upon entering the home, the natural light captures your attention right away. Not to be outdone, however, by the detailed crown molding, which you'll find throughout. The living room has a fireplace with built-ins and a comfortable living space with





easy access to the kitchen and formal dining room. The space also opens up to the outside patio area, perfect for entertaining on those warm summer days.

With four bedrooms and two-and-a-half bathrooms, this home has the ease of one-level living with an open concept floor plan to boot. There are hardwood floors throughout, and the primary bedroom has his and her walk-in closets and a spacious bathroom, featuring a large walk-in shower.

The home also has a three-car garage, with customadded storage space above, featuring stairs that lead up from the garage to three separate rooms - a dream home for those looking for extra space.

Perhaps the most coveted feature of this home, though, is its convenient location within Glade Springs. It is close to both the gate and the amenities Glade has to offer, such as restaurants, golfing and the pool.

Upon publishing, this home was listed for sale with RazBerry & Estate Company.

Realtor: Kary England | Broker: Tim Berry | Contact: 304-573-8752

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



AROUND THE HOOD







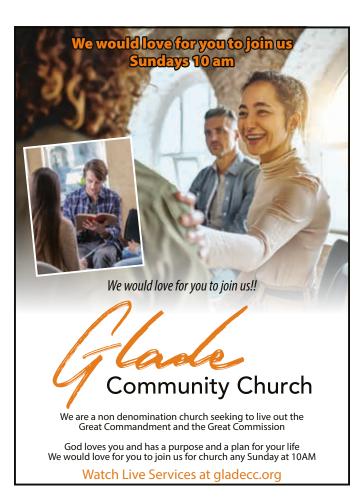














Nurturing Nellie

BY FARRAH MICEK

The Miniature Bulldog is a smaller version of the traditional Bulldog, originating from England in the 18th and early 19th centuries. Despite their compact size, their sturdy build gives them a strong and impressive appearance. These adorable dogs come in a variety of colors, including white, brown, and many other shades, with some sporting unique patches of different colors. Their short, smooth coats add to their appeal, making them look neat and well-groomed.

Miniature Bulldogs typically weigh between 20 and 45 pounds and stand about 12 to 16 inches tall. They are known for being friendly, affectionate, and loyal companions. Social by nature, they love being part of a family and thrive on human interaction. With their gentle and patient temperament, Miniature Bulldogs make wonderful family pets.

Sara Frost is the proud owner of Nellie, a charming Miniature Bulldog.



Sara welcomed Nellie into her home in November after getting her from a breeder in Richmond, Virginia, and has adored her ever since. At five months old, Nellie weighs 30 pounds and has a beautiful coat of white, gray, and tan fur. Her unique pink nose and striking eyes, one blue and one green, add to her irresistible charm. Sara lives on Hanworth Lane with her 13-year-old daughter, Kaylee, who also shares a deep love for Nellie. The family enjoys outdoor activities together, especially skiing at Snowshoe, Winterplace, and other destinations. When spending time with Nellie, they love going on walks, hiking, and playing in the snow.

Nellie is more than just a beloved pet. She is also a therapy dog in training. Sara, a mental health therapist who owns a private practice, is training Nellie to assist her patients during therapy sessions. Nellie's primary role is to provide comfort





and support to Saras clients during appointments, and so far, everyone who has met her has fallen in love with her sweet and gentle nature. In addition to her role as a therapy dog, Nellie has another exciting job. Alongside her friend Rocky, a French Bulldog, Nellie will soon become one of the official mascots of Brush Creek Holler Mountain Coaster, which is set to open this spring in Princeton. Sara is incredibly proud of Nellie's achievements.

When Nellie isn't working, she enjoys relaxing at home, napping in cozy spots, and playing with her toys. She also loves running around the house when she's feeling energetic. Nellie is a loving, kind, and playful dog who adores people and loves her work as a therapy dog.

Sara is incredibly grateful for Nellie and cherishes every moment they spend together. If you ever see Nellie out for a walk around Glade with her family, don't hesitate to stop and say hello!

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

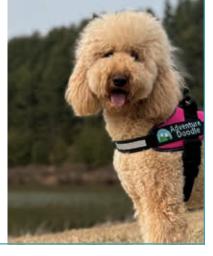


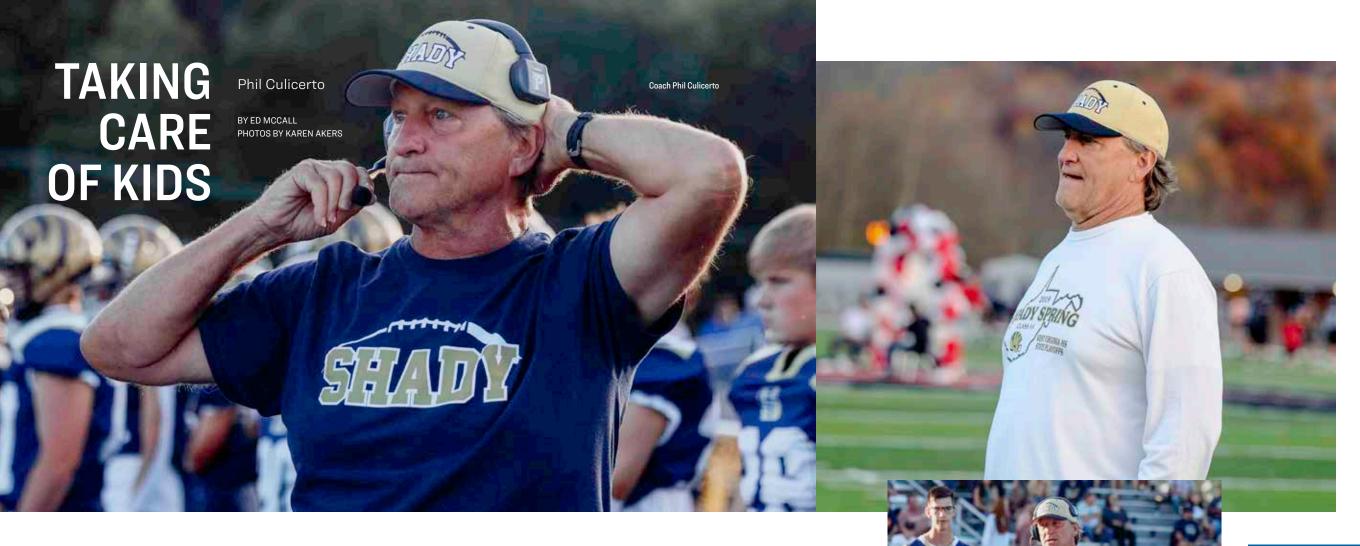


7295 Beech Run Road Nimitz, WV 25978 (304) 466-0251 nrahpets.com

Dr. Connie Hyler-Both • Dr. Sarah Koressel

- Wellness Care
- Senior Care
- Chinese Medicine
- Pharmacy
- Laser Therapy
- Surgery
- X-ray
- Dental
- Grooming
- Boarding
- Acupuncture
- Ultrasound





to Hampden Sydney College, where he served 12 years as an assistant and then three years as the head coach followed by a one-year stint coaching quarterbacks at Wingate University. When he headed into the scholastic ranks, he spent a year as an assistant at Charlotte Catholic before becoming the offensive coordinator at Weddington High School. His final stop in the Tar Heel state came at Vance, an allblack high school in inner-city Charlotte. He served as an assistant for the first four years before taking the reins as head coach for three years. In 2012 he decided it was time to come home and help little brother Vince at Shady.

Coach beamed recalling the relationships built there. "I still get birthday greetings on Facebook from my guys at Vance. We keep in touch. Nothing warms my heart more than hearing 'Love ya, Coach C.'" He had only 3 simple rules for his players: 1. Be good to your teachers. 2. No bad reports. 3. No fighting! At Vance Coach C started a "Gents Club" to help his kids become better citizens and thus

CONTINUED ->

fter spending over an hour recently on a snowy evening talking on a snowy evening canalog coaching with Glade resident Phil Culicerto, it became apparent that the old saying "Apples don't fall far from the tree" more than holds true in the case of the Culicerto family coaching tree. Sure, big wins and big disappointments, as well as memorable seasons and favorite players, were all topics of discussion, but reflecting on the time we spent retracing the current SSHS varsity football defensive coordinator's journey in coaching could be traced right back to his own roots, growing up as the son of Pete and Nancy Culicerto.

Coach (Pete) Culicerto, whom I still greet affectionately as "Mr. Flying Eagle," is the venerable former head football and track coach at Woodrow Wilson High School, where he coached both Vince (head Shady football coach) and Phil to become outstanding quarterbacks. His storied career is well documented. Suffice it to say his multiple state championships played a role in why Beckley was dubbed "The City of Champions."

When asked what the biggest coaching lesson he learned when growing up the son of such a successful coach, there was no hesitation. "Taking care of kids. Nurturing relationships." Examples of the philosophy he learned

from his father made up much of our chat that snowy evening and guided him throughout his coaching journey.

After his playing career at Virginia Tech ended, Phil spent a year as a graduate assistant at his alma mater. He then moved



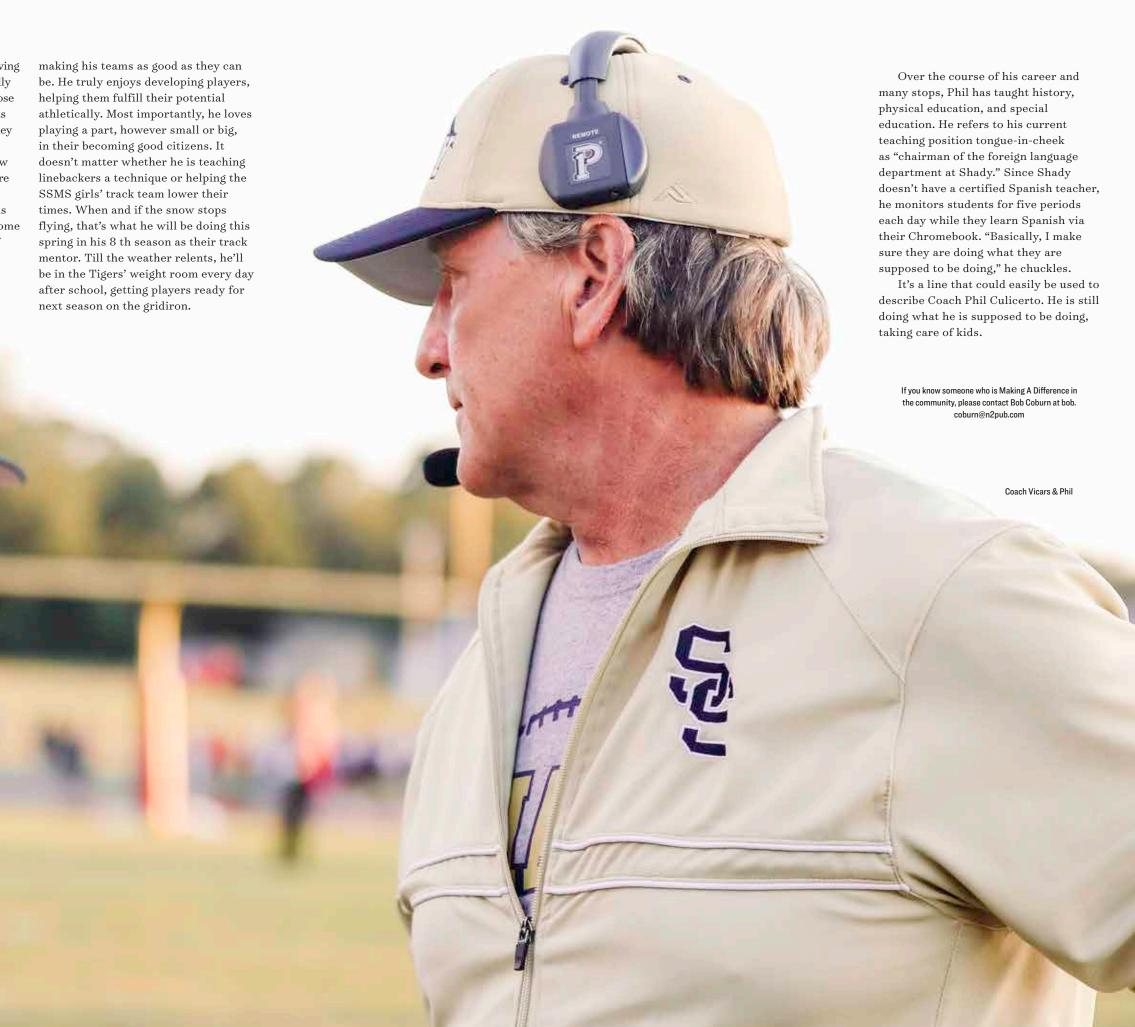




stay out of trouble. One of their projects each year was to serve meals at homeless shelters, and to make the endeavor a truly learning experience, he required that his players interact with the folks they served. They had to sit and listen to the stories of the less fortunate, hoping his players would learn from some of their mistakes.

Driving kids home after practice was another part of coaching that he learned from watching his dad, although he feels certain his dad felt somewhat safer driving kids home in Beckley than he did initially in Charlotte. Phil chuckles recalling those early test drives. "The kids sensed I was a little nervous, so after the first trip they reassured me that everything was cool. They had made sure that everyone knew which car belonged to Coach C to ensure that I had safe passage."

What keeps him coaching today is the same thing that drew him to become a coach. He relishes the challenge of



Decadent Billi Bi Soup!

SUBMITTED BY CRAIG RAMSEY

INGREDIENTS

- 4 Carrots
- 2 Sweet Onions
- 4 Leeks (White Stalks Only)
 - 4 Shallots
 - 1 Qt Heavy Cream
- 2 Tsp Chopped Thyme
- 1 Bunch Diced Chives
- 5 Lbs Cleaned Black Mussels
- 2 Oz Butter • 1 Bottle Dry White Wine
- 1 Pinch Cayenne Pepper Or White Pepper
- Kosher Salt To Taste
 - 2 Egg Yolks
- 1 French Bread Loaf









METHOD

1. ¼" dice Carrots, Onion, Celery, Leeks, & slice Shallots. Sweat vegetables in 2 oz. of Butter with a pinch of salt and thyme until tender. Reduce cream by half in a separate pot and reserve. Pour bottle of wine into vegetables and bring to simmer. Place mussels in cheese cloth lined colander. Place colander on simmering soup and place lid atop. Mussels can be removed once fully open, which typically takes approx. 5 minutes. Reduce temperature of soup to low.

2. Pick meat from shells once cool and reserve. Stir reduced cream into soup.

reserve. Stir reduced cream into soup. Place egg yolks in small bowl and temper with 2 ladles for soup while whisking. Whisk yolks/soup back into main soup pot. Slowly increase temperature until soup thickens slightly. Add all mussel meat to soup and season to your liking.

3. Ladle soup into bowls. Sprinkle with chives and serve with toasted French Bread for sopping (required)!

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





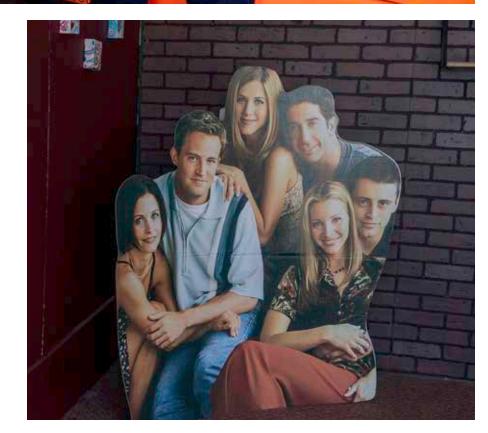
CENTRAI PUP BY BOB COBURN • PHOTOS BY KAREN AKERS

If you are familiar or a fan of the T.V. sitcom, Friends, the first thing you will notice about Central Pup is that their logo and name is patterned after the show's fictional coffee shop, Central Perk in N.Y.'s Greenwich Village. The sight was a hangout for the show's main characters, who often spent time there talking and catching up. Likewise, Central Pup is a hangout for the cool dogs in the area to enjoy a wonderful "spa day" in a safe, relaxed and friendly environment!

Ashleigh McGee & Bullet!

Owner Ashleigh McGee located the business to 2801 Robert C. Byrd Dr. in Beckley (the old Cheap Thrills location and formally Colony Drug next to CVS) 3 years ago from her home. She has operated the business for about 7 years.

"We love the Friends show and wanted to create a fun environment and experience where everyone can relate to each other." Says Ashleigh. "Hey, we're



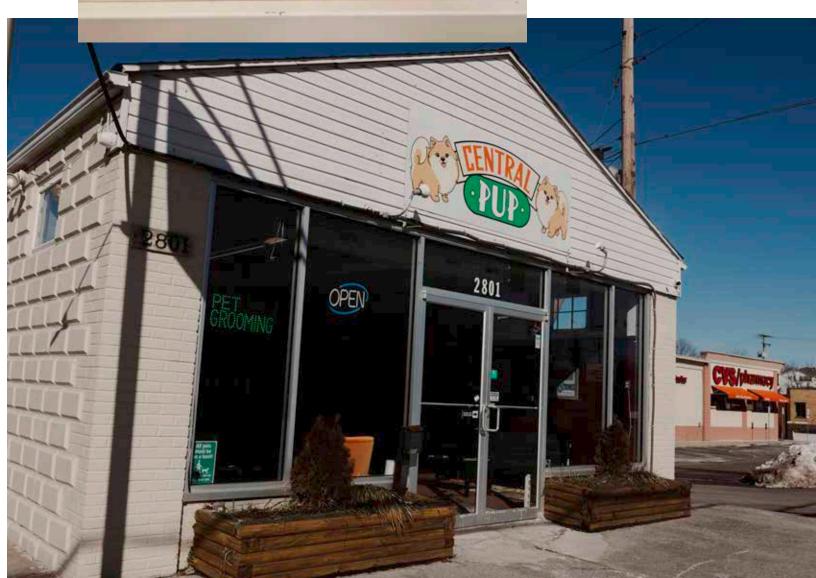


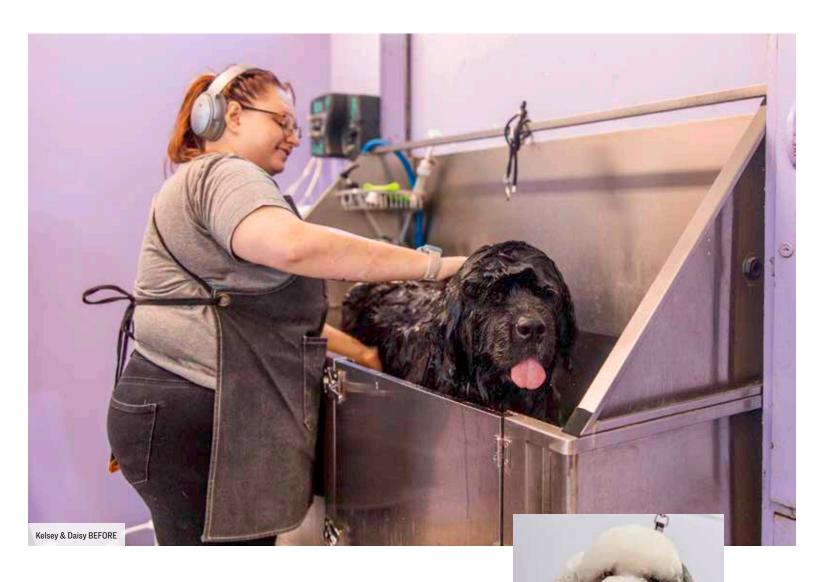
all in this spa day thing together so let's have a good time!" "My previous groomer experience was working for absentee owners who were all about money. We LOVE our dogs and our customers are very loyal to us. Most have been with us all seven years we've been in business. They see how much we care."

Central Pup grooms all dogs - young, old, big and small. They take care of dogs that have special needs and need extra care and they run cool special packages including 1st Groom Deluxe Package and Senior Day, my personal favorite. Other offerings include Blueberry Facials, Massages, De-Shedding Treatments and Medicated Baths.

Central Pup offers your fur babies a quality, luxurious day at the spa in a clean, calm and relaxing environment using only the highest quality products of shampoos and lotions. The three professional groomers have over 30 years of experience

CONTINUED →





and it shows in every way. Even scheduling strategically to have calm dogs groomed at different times than dogs that are more stressed with being groomed.

"We appreciate the support we have received from Glade Springs and Southern West Virginia over the years." Adds Ashleigh, "It's important to support small local business and we are proud to be a part of the small business community in Beckley."

- · Book Online today at centralpupwv.com
- If you have multiple dogs Call or Text (304) 444-0311
- Central Pup was voted 2024 Best Groomer in Southern W.V.
- Central Pup gives back to the community by grooming dogs from the local animal shelters which has led to the adoption of several dogs!
- Hours are Monday Friday 9am to 5pm Saturday 10am to 6pm Closed Sunday











Aspen offers full-service landscape services to residential and commercial customers throughout

www.aspen-landscaping.com





- · Design · Installation · Hardscape ·
- · Lawn Applications · Seeding · Aerification · Excavation · Drainage ·
 - · Lot Clearance · Maintenance ·

Locally owned, serving the area for over 40 years!



SPONSOR SPOTLIGHT



BY BOB COBURN • PHOTOS BY KAREN AKERS

Clay's Tree, Roofing and Rental Inc. is a family-owned local business that has been serving Southern West Virginia for over 30 years. Owner Gary Clay and his outstanding staff have the equipment and







experience to assist you in all of your tree service needs. And as we know in Glade Springs, we've got a lot of trees!

Services provided by Clay's include tree and stump removal, tree trimming and pruning, mulching and lot clearing and cleaning. Clay's also sell firewood for your heating and barbeque needs!

Another division of Clay's Tree, Roofing and Rental Inc. offers roof replacement and repair as well as decking for your outdoor enjoyment.

Clay's has 6 well trained employees with experience who get the job done in a safe and efficient manner. "We have the best equipment and our employees are well trained with safety in mind. We know our people's strengths and assign the work accordingly on a particular job. And we are fully insured which can

CONTINUED →

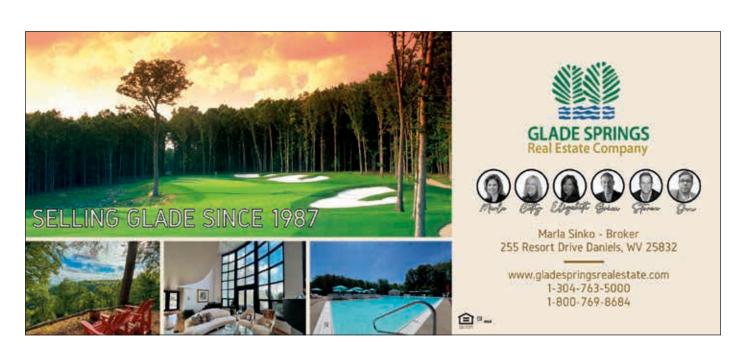




be somewhat rare in our industry." Says Gary. "Pruning and trimming are very important and is underdone in some areas. Especially fruit trees which need attention annually. A little bit each year along with some spraying after the prune goes a long way in the health of the trees."

This winter has been particularly harsh and spring clean up is

right around the corner! Give the professionals at Clay's Tree, Roofing and Rental Inc. a call at (304) 255-5636 to schedule a free estimate for all things tree and more!







Ask About Our Free Indoor Air Quality and Air Duct Cleaning Consultation!

APPALACHIAN Heating

"The BIG Name in Comfort" Since 1948

304.877.5566 www.appheat.com

© 2922 Leroox Industries inc. Leavox Dealers are independently award and operated businesses.





SPRING DETOX

(But Make It Gentle)

As winter melts away, our bodies innately crave a reset—one that feels intuitive, nourishing and aligned with the season. In nature, springtime is not about deprivation or scarcity but about renewal, gentle awakening and supporting the body's natural rhythms. As warm weather arrives, skip the restrictive cleanses and focus on colorful, hydrating foods, mindful movement and graceful shifts that help your system do what it was designed to do.

BY SHAUNA OSBORNE, NATIONAL EDITOR

Welcoming new patients



Nationally recognized as a Urology Center of Excellence for both men and women Urolift Center of Excellence Interstim Center of Excellence

Specializes in:

- Medical and surgical management of stone disease including tubeless minimally invasive percutaneous techniques
- Medical and surgical management of bladder incontinence and overactive bladder symptoms
 - Medical and surgical management of urologic cancer

"The Daddy Makeover"

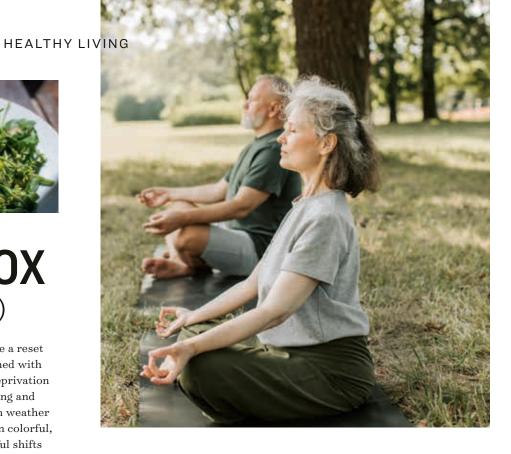
 Medical and surgical management of prostate disease, including The Urolift minimally invasive prostate procedure, requiring no catheter and home the same day.

Medical and surgical management of erectile dysfunction

1717 Harper Rd. Third Floor. Suite A Beckley, WV 2580

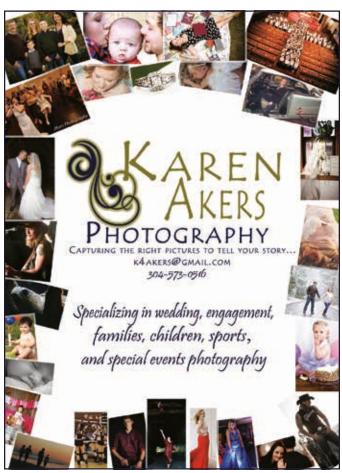
Monday - Friday 8 am - 4:30 pm





- 1. Start your morning with hydration. One of the easiest ways to refresh your system is to start the day with warm lemon water. This simple ritual helps kickstart digestion, replenishes hydration after a night's rest and delivers a healthy dose of vitamin C to brighten both skin and energy levels. Add a pinch of high-quality, mineral-rich sea salt to support electrolyte balance for an extra boost.
- **2. Support your liver naturally.** The liver is the body's powerhouse when it comes to detoxification. Nourish it with foods that enhance its natural function. Bitter greens like dandelion, mustard and arugula stimulate digestion, while cruciferous vegetables such as broccoli, Brussels sprouts and cauliflower contain glucosinolates that support liver enzyme activity.
- 3. Move and breathe for circulation. Lymphatic flow is essential for clearing waste from the body, and movement, such as gentle morning stretches or a brisk walk outside, helps keep it flowing. Deep (belly) breathing is another powerful tool, promoting detoxification while regulating stress hormones and enhancing circulation, according to the Mayo Clinic. By increasing oxygen flow and nutrient delivery to cells, deep breathing can boost energy, strengthen the immune system and support digestion by gently massaging internal organs with each breath.
- **4. Eat with the season.** Springtime offers an abundance of naturally purifying foods. Asparagus supports kidney function, citrus fruits provide potent antioxidants, and fresh herbs like parsley and cilantro help flush out superfluous heavy metals. Prioritizing seasonal produce and whole foods gives the body the nutrients it needs to cleanse itself no extreme measures required.









STONE PROS VintageStoneWV.com (304) 466-3077

WASH, RINSE, REFRESH

Your washer and dryer work hard return the favor by giving them the care they need to stay fresh and efficient.

BY SHAUNA OSBORNE, NATIONAL EDITOR

SPRING IS HERE – the perfect time to spruce up the spaces we rely on daily, and your laundry room is no exception. A little maintenance goes a long way in keeping your washer and dryer performing well, extending their lifespan and preventing costly repairs. Here's how to give your laundry room a seasonal reset.

1. Deep clean the washer.

Start by scrubbing the removable parts — like the bleach and fabric softener wells — with a detail brush or old toothbrush. Pay extra attention to gaskets and seals, especially on front-loading machines, where grime can build up. To tackle the inside, run a hot, full cycle with a cup of white vinegar or use a commercial washing machine cleaner to eliminate soap scum, mold and lingering odors.

2. Clear the dryer's lint trap and vent.

A clogged vent system is a fire risk: The U.S. Fire Administration reports that uncleaned dryers are a leading cause of house fires. Remove, soak and scrub the lint trap, and don't forget to vacuum around the back of the dryer. Clear the vent pipe, checking for any lint or dust buildup. Regularly vacuuming the area behind and underneath the dryer helps prevent dust accumulation.

3. Inspect for wear and tear.

Take a moment to check out gaskets, hoses and exhaust vents for signs of wear, mildew or buildup. Look inside the dryer for loose threads or debris, and wipe away any residue with an all-purpose cleaner and a cloth. Finish by wiping down knobs, dials and buttons to keep them looking and working their best.

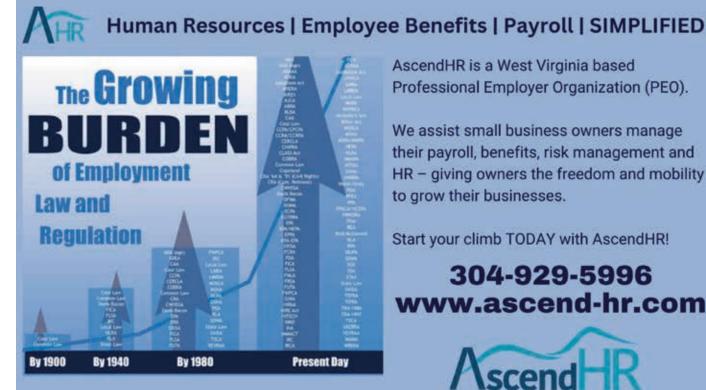
4. Make it a habit.

Regular upkeep keeps your appliances running smoothly. Aim to run a cleaning cycle in your washer once a month and vacuum the dryer's exhaust system after big laundry days. Small, consistent efforts will extend the life of your machines — and keep your laundry room fresh.





JUSTIN FAIRCHILD, BROKER



AscendHR is a West Virginia based Professional Employer Organization (PEO).

We assist small business owners manage their payroll, benefits, risk management and HR - giving owners the freedom and mobility to grow their businesses.

Start your climb TODAY with AscendHR!

304-929-5996 www.ascend-hr.com





THE FUTURE OF FINANCE IS EMBEDDED

As embedded finance continues to grow, the way we bank, borrow and invest will evolve alongside it.

BY SHAUNA OSBORNE, NATIONAL EDITOR

This integration offers unprecedented convenience — reducing friction, increasing accessibility and even helping businesses build customer loyalty.

FINANCE, BUILT INTO YOUR EVERYDAY LIFE

What if managing your money felt as natural as scrolling through your favorite app? That's the promise of embedded finance, a rapidly growing trend integrating financial services — like payments, lending and investing — directly into the digital experiences we already use daily. Whether splitting a purchase into easy payments at checkout or earning instant rewards by paying through an app, embedded finance is changing how we interact with money.

From rideshare drivers using in-app checking accounts to consumers opting to buy now, pay later (BNPL) at their favorite online stores, financial tools are now built into everyday transactions. Digital wallets, embedded banking and investment opportunities are no longer standalone services but seamlessly woven into e-commerce, fintech and even social media platforms. This integration offers unprecedented convenience — reducing friction, increasing accessibility and even helping businesses build customer loyalty.

THE BENEFITS — AND THE RISKS

For consumers, the benefits are clear: faster transactions, streamlined access to financial tools and more personalized options tailored to their spending habits. Want to earn cashback by using a retailer's embedded payment system? Prefer to invest your spare change directly from your banking app? The choices are expanding rapidly. But while embedded finance makes managing money effortless, it's essential to stay mindful of potential pitfalls.

Security and privacy should remain top concerns, as embedded finance relies on data sharing between platforms. Consumers should also be wary of overspending: BNPL options and one-click purchases can make it easier to accumulate debt without realizing it. As this financial revolution unfolds, understanding how these tools work — and using them strategically — will be key to reaping their benefits without unintended consequences.







resident

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.

ACCOUNTING/ **BUSINESS VALUATIONS/**

> **TAX PLANNING** Tax Relief, LLC John W. Stroud. Jr., CPA, CVA

(304) 252-8707 www.facebook.comm/ taxreliefbeckley

AUTOMOBILE DEALER

Sheets Chrysler Dodge Jeep Ram **Brandon Sheets**

(304) 252-4555 nobodybeatssheets.com

> **Sheets Chrysler** Dodge Jeep Ram **Dennis Sheets** (304) 252-4555

nobodybeatssheets.com

BANKING

United Bank Zack Statler

(304) 256-7262 bankwithunited.com

BANKING SERVICES

City National Bank Tom Dixon (304) 255-7204

bank@city.com

CIGARS, CRAFT BEER, WINE

Tobacco Town & The Cigar Lodge Chase Boggs (304) 254-0500

www.tohaccotownwv.com

COMMERCIAL HEATING

Pennington Plumbing & Heating, Inc. Eric Mahaffey

linkedin.com/in/ericmahaffey-30816795

COMMUNITY FOUNDATIONS

Beckley Area Foundation Dena Cushman (304) 253-3806

CUSTOM CERAKOTING

bafwv.org

Foley Defense Dan Foley (304) 894-8950

www.foleydefense.com

DENTAL CARE

Drs. Childress & Willis **Family Dentistry** Steve Childress II (304) 255-0439

beckleydentist.com

Liberty Dental Center Dr. Patrick Jarrell (681) 207-7063

libertydentalcenters.com

Shady Spring Dental Care Ben and Kristie Hiener (304) 763-4665 www.shadyspring

dentalcare.com

& AIR CONDITIONING

(304) 252-7529

Kindergarten Konnections, LLC **Chessie Collins**

(304) 228-3212 facebook.com/charles. collins.351

FINANCIAL ADVISOR

Edward Jones Tracy Houck (304) 254-0079 tracy.houck@

edwardjones.com

FURNITURE & MATTRESS Home Furniture & Mattress Gary McGuire

(304) 252-4663 Garymcguirehomefurniture

> GUNS/AMMO/ ACCESSORIES

Revolution Tactical Dan Foley (304) 894-8950

revolutiontactical.com

HAIR SALON Salon Slav Dan Foley (681) 207-7529

salonslay.com

DERMATOLOGY

Surgery Center

(304) 252-2673

dascwv.com

EDUCATION

Dermatology & Associates Healthsmart Natural Product Stores Dr. Nelson Velazguez Randy & Shelli Mullins

> (304) 254-4501 healthsmartwv.com

HEALTH PRODUCTS

HEATING & COOLING

Appalachian Heating Dan Akers, Daniel Akers (304) 877-5566

Childers Enterprises

www.appheat.com

Gregg Childers

(800) 224-7017 www.childersenterprises.com

INSURANCE

Tara Miller Allstate Insurance Tara Miller

(304) 929-5433 agents.allstate.com

INTERIOR DESIGN PROFESSIONAL

Home & Heart Interiors, LLC Calisha Atanga

(304) 207-0350 homeheartinteriors.com

IT SOLUTIONS/ **COMPUTER REPAIR** Compute One

Chase Cappellari (304) 250-4552 www.computeone.net LANDSCAPE DESIGN

Aspen Corporation Donnie and Ronnie Adkins

(304) 763-4573 www.aspen-landscaping.com

LANDSCAPING

Aspen Corporation Donnie and Ronnie Adkins

(304) 763-4573 www.aspen-landscaping.com

> LAWN CARE & PEST CONTROL

Aspen Corporation Donnie and Ronnie Adkins

(304) 763-4573 www.aspen-landscaping.com

LAWN CARE/ LANDSCAPING/PRESSURE WASHING/SNOW REMOVAL

> **Quick Services, LLC Alex Quick**

(304) 952-0604 www.quickserviceswv.com

MEDICAL SPA/ COSMETIC SURGERY

Mountain State E.N.T. & **Healing Springs Medical Spa** Dr. James Paine

(304) 255-2724

www.cosmeticsurgerywv.com

MEDICAL WEIGHT LOSS & **BIO IDENTICAL HORMONE** InShape WV

James Ellis, ANP-BC

(681) 238-5258 inshapewv.com

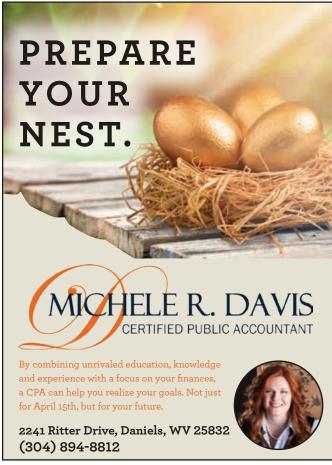


PRE-ORDER DELIVERY SERVICE!

\$25 Minimum 2 Days Per Week

CALL (304) 846-3360! Starting April 1st!

Daniels,WV 25832 | Find us on 2199 Ritter Dr.





CONTINUED →

MUSIC TEACHER FOR ELDERLY AND BEGINNERS

Pacita C. Salon NCTM
Piano

(304) 673-0272 pacitasalon@gmail.com

NUTRITION & WELLNESS

Gayle Griffith, RN, BSN
Certified Nutrition &
Wellness Consultant

(856) 305-8467 lindedin.com/in/gaylegriffith-55185796

ONCOLOGY

Carl Larson Cancer Center Rajiv Khanna, MD (304) 253-6060

carsonlawsoncancercenter

ORAL & MAXILLOFACIAL SURGEONS

Reynolds Oral & Maxillofacial Kris Reynolds (304) 250-1214

www.reynoldsoms.com

ORTHODONTICS
Foley Orthodontics
Dr. Dan Foley

(304) 255-0549 theperfectsmile.com

ORTHOPEDIC SURGEON

West Virginia
Orthopedic Trauma
Dr. John Tabit D.O.
(304) 410-0061
wvotonline.com

PEDIATRICIAN

Pediatric Care Unlimited, Inc.
Ted Solari, MD FAAP

(304) 252-9227 www.facebook.com/ pediatriccareunlimited

Rainbow Pediatrics
John Fernald

(304) 250-0150 www.rainbow pediatricswv.com PET, WORKING DOG AND PEOPLE TRAINING

Top Tier K9
Dawn Bowles

(850) 909-2409 toptierk9.com

PHYSICAL THERAPY

Performance Physical Therapy & Rehabilitation Angie and James Beaver (304) 237-5585

www.performanceptwv.com

PODIATRIST FOOT & ANKLE
Beckley Foot & Ankle Clinic

Scott W. Berneburg, DPM (304) 253-9895 beckleyfootandankle.com

POWER EQUIPMENT

Mountain State Equipment Gary Thompson (304) 253-7306

www.mountainstate equipment.com PRIVATE WEALTH
FINANCIAL ADVISOR

Ameriprise Financial Ray Morton Ray Morton

(304) 253-8515 ameripriseadvisors.com/ raymond.j.morton

REALTOR

WV Mountaineer Real Estate Kenny Bryant

> (304) 640-4100 www.kennybryant.com

> > REALTORS

Glade Springs Real Estate Co., LLC Marla and Jon Sinko

(304) 763-5000 www.gladesprings realestate.com

Zaferatos Real Estate Justin & Amy Fairchild (304) 575-9690

zafwv.com

RETIREMENT PLANNING

Bill Kinder & Associates
Bill Kinder

(304) 250-0250 www.billkinder.com

SPEECH PATHOLOGY

LinguaCare & Associates
Vickie Pullins

(304) 542-3544 www.linguacare.com

TECHNOLOGY SERVICES

Solutions, LLC
Daniel Rubin

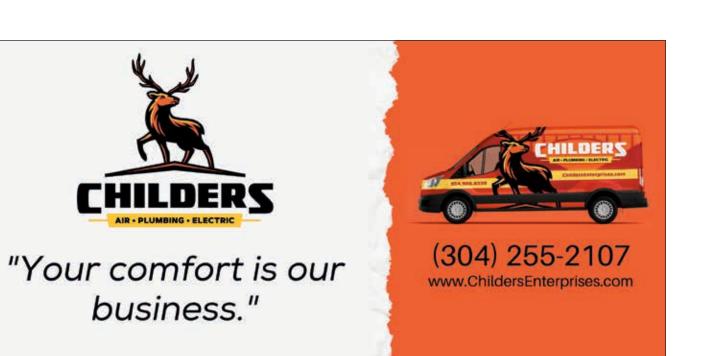
(304) 573-0634 www.wvsolutionsllc.com

TRAILERS

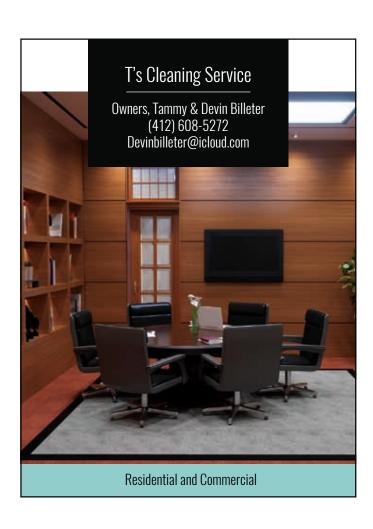
Top Notch Trailers

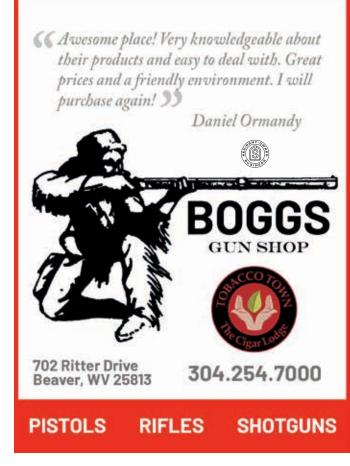
Jonathan & Bethany Barber

(304) 923-9800 facebook.com/ topnotchtrailersalesllc/









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 Glade Springs Real Estate. 255 Resort Dr. Daniels, WV (304) 763-5000 Marla Sinko - Broker.

Address	Neighborhood	List Price	Sale Price	Sold Date	Beds	Baths	SqFt	Pp Sq Ft
204 Rothfield Circle	Woodhaven	\$439,000	\$439,000	08/22/24	3	2.5	2,200	\$199.55
201 Dogwood Court	Old Glade	\$275,000	\$275,000	08/22/24	3	3	2,666	\$103.15
330 Chapelwood Drive	Woodhaven	\$429,900	\$429,900	08/29/24	3	2	2,260	\$190.22
126 Highlands Lane	Stonehaven	\$525,000	\$525,000	08/30/24	4	3.5	2,754	\$190.63
138 Thistle Glen	Stonehaven	\$529,000	\$500,000	09/18/24	4	3	3,038	\$164.58
155 William Place	Stonehaven	\$559,900	\$595,000	10/11/24	4	3.5	3,636	\$163.64
747 Edward Drive	Stonehaven	\$549,000	\$545,000	10/15/24	3	3.5	2,500	\$218.00
101 Holly Court	Old Glade	\$520,000	\$520,000	10/15/24	3	3.5	3,138	\$165.71
111 Greenbrier Road	Old Glade	\$649,000	\$639,500	10/21/24	3	3.5	3,679	\$173.82
882 Club Circle	Old Glade	\$172,000	\$172,000	10/28/24	1	1	916	\$187.77
271 Lakeside Drive	Stonehaven	\$569,000	\$547,000	11/01/24	5	4.5	5,163	\$105.95
340 Royal Oaks Dr.	Stonehaven	\$647,000	\$575,000	11/14/24	6	5	5,757	\$99.88
117 St. Andrew Lane	Woodhaven	\$569,900	\$555,000	11/15/24	4	4	3,474	\$159.76
104 Falcon Place	Stonehaven	\$374,000	\$370,000	11/20/24	4	3	2,250	\$164.44
219 Club Circle	Old Glade	\$365,000	\$365,000	12/03/24	3	3	1,673	\$218.17
128 March Chapel Lane	Stonehaven	\$364,000	\$337,500	12/12/24	3	2	2,073	\$162.81
119 Barnstaple Drive	Stonehaven	\$409,000	\$403,000	01/17/25	3	2.5	2,360	\$170.76
330 Chapelwood Drive	GladeSprings	\$429,900	\$429,900	08/29/24	3	2	2,260	Att-2 Car
104 Blueberry Place	Old Glade	\$474,000	\$474,000	02/10/25	3	3.5	2,701	\$175.49

PHYSICIANS MORTGAGE

AT CITY, WE OFFER SPECIAL LOAN PRODUCTS **JUST FOR PHYSICIANS.**

- 100% financing on loans up to \$800,000
- 95% financing on loans from \$800,001 to \$1 million
- Additional fixed-rate loan options available with a 5% down payment
- Personalized service delivered to your home or office







Scan the code for more information or to apply, or visit bankatcity.com/mortgages







9151 Currency St. Irving, TX 75063

A Publication for the Residents of Glade Springs Village

Developed by an orthopedic surgeon, Premium Joint Hydration is scientifically formulated to target joint discomfort and stiffness. Our unique formula hydrates and supports your joints, helping you *move freely and feel your best!*



Why Choose Us?

- High Quality and Clinically
 - Proven Ingredients
- Trusted by customers for REAL results
 - 100% Drug-free

Visit our website at mdformula.com to CLAIM your FREE 2-Month Trial TODAY! Code: Giveaway

QUESTIONS?

Contact us at info@mdformula.com mdformula.com







Dejai Gray

I am pleasantly surprised by the significant improvement in how I feel after using joint hydration. I didn't expect it to be effective, but I decided to try it, and I've experienced excellent outcomes.





Wow! I was taking osteoflex for forever until I discovered this about 5 months ago. It's definitely worth it! I've been telling everyone about it, feels like it changed my life!



Len Jackson

Joint Supplement I've taken this product for about 5 months and I can feel a difference in my body. I am not hurting as much after I exercise or golf.





After 15 years as a practicing orthopedic surgeon, I have seen just about every type of joint pain imaginable. I developed this product for my patients as a risk-free supplement that can be taken to improve joint function. So if you simply want to be proactive in maintaining joint function, Joint Hydration is made for you!

