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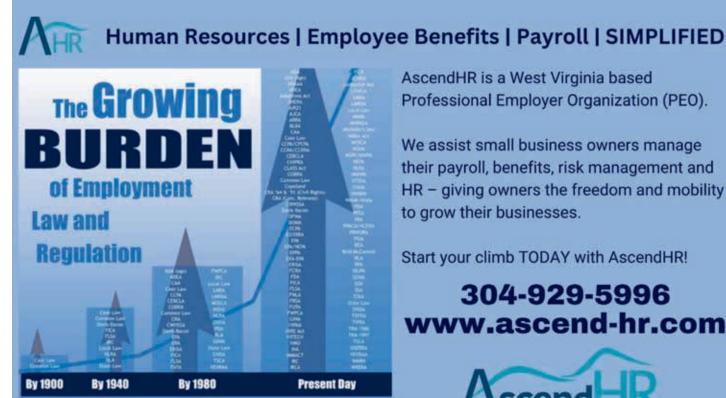




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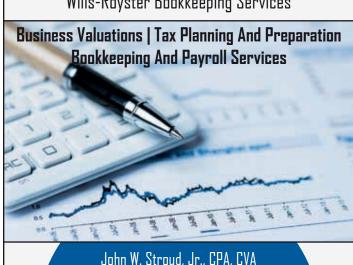
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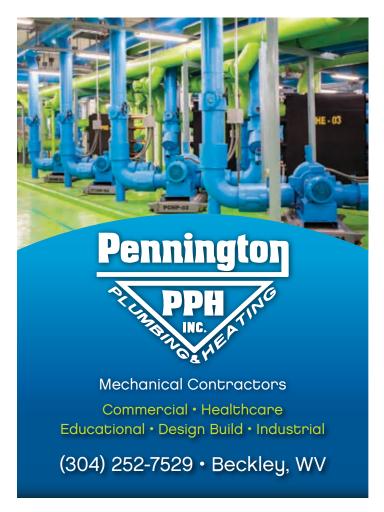
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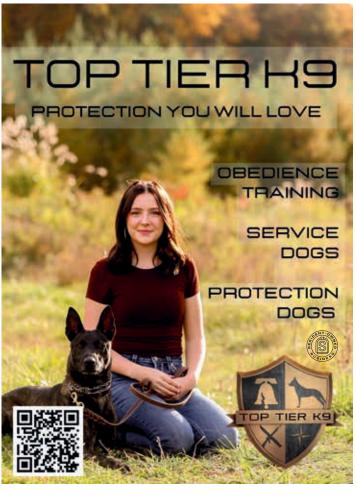
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is National S'mores Day and the 13th is International Left-Handers Day. I'm right-handed but eat left-handed. My mother used to tell me that was because the fork is on the left side of the plate and I couldn't be bothered with switching hands!

Rounding out the month is World Honeybee Day on the 20th and Kissand-Make-Up Day on the 25th. Hope for all of us.

We hope you have a spectacular August and thank you once again for your continued recommendations of your friends and neighbors for our various features as well as our preferred business partner sponsors. Please remember them and thank them for their support of our community!

Greetings Glade Springs Residents and welcome to the August issue of Stroll Glade Springs Village! It's been a warm summer so far providing lots of pool time and other favorite outdoor activities readily available in our great community! August 11th marks the end of the Dog Days of Summer so good news is coming for those of you that are not wild about the heat.

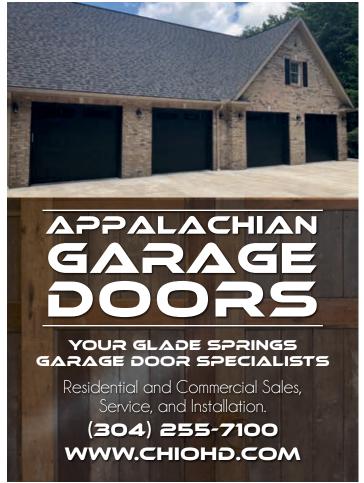
August is "Harvest Month" so enjoy those fresh summer vegetables and delicious fruit as long as they last. We will miss them for sure later in the year!

August also has several observance and fun days to recognize in addition to the end of Dog Days. The first week of August is International Clown Week (I'm not joking) and the 3rd is National Watermelon Day. The 10th











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Stroll Glade Springs Village 11



Join us at the parking lot by Chatham Lake and catch up with your neighbors. 6:00 PM (Weather Permitting) Feel free to bring a snack to share, but it is not required. Dam Socials are scheduled for the first Wednesday of each month from April through October. All residents are welcome. Contact Betty or John Callender for more information.







2024 GSVPOA Golf Calendar

- Friday, August 2, 2024 WH Mixed Group 5pm Shotgun
- · Saturday, August 10, 2024 SH POA Club Championship Tee Times
- Sunday, August 11, 2024 WH POA Club Championship Tee Times
 - Monday, August 12, 2024 WH Ladies 4pm Shotgun
 - Thursday, October 31, 2024 WH Woodhaven Closes

OUTSIDE EVENTS

- Saturday, July 20, 2024 SH (RS) WVGA Parent-Child w/Cobb 9am Shotgun
- Sunday, July 21, 2024 SH (RS) WVGA Parent-Child w/Cobb 9am Shotgun
 - Saturday, August 17, 2024 WH Mountain Youth 1pm Shotgun
 - Friday, August 23, 2024 WH Just for Kids Charity 1pm Shotgun
- Tuesday, August 27, 2024 SH (RS) VGA Regional w/Cobb 9am Shotgun
- Wednesday, August 28, 2024 SH (RS) VGA Regional w/Cobb 9am Shotgun
 - Friday, October 4, 2024 WH WVU Tech Alumni 1PM Shotgun
 - Sunday, October 6, 2024 WH WVGA Club Team 10am Shotgun

 Events and dates are subject to change



AERIFICATION DATES:

- Stonehaven
- 09/23-27/2024 Fall 2024
 - Woodhaven
- 09/17-21/2024 Fall 2024



Stroll Glade Springs Village 13



WICKLINES

GAME, SET, MATCH!

BY ED MCCALL • PHOTOS BY KAREN AKERS

When Larry Wickline asked his future wife Sally out for the first time, they had no idea that they had been classmates at WVU during their undergraduate days, having taken an insurance class together in Armstrong Hall. Larry, a Monroe County native, had moved to Sally's hometown of Man, WV, to take his first real employment post-graduation as an office manager for a local coal company. When he encountered the vivacious junior coed out for a jog while she was home for summer vacation, he invited her to play tennis. Neither can remember who won that initial contest, but I think it would be safe to declare game, set, and match!

Two sons (Larry II and Joe) and soon to be four grandchildren and 43 years of marriage would confirm that it was indeed an excellent pairing. After a 6-month courtship, they tied the knot and within a year had moved to Beckley to pursue an opportunity in insurance. Larry is the third generation in his family to work in insurance, as both his grandfather and father were insurance agents back in his home county. Larry II became the fourth generation when he purchased the agency begun by Larry and Sally (Wickline Insurance Associates) and Larry and Sally went on to found the agency he currently directs (Wickline Financial Insurance).

The couple currently reside at 623 Club Circle in a beautiful 2 story home that recently had a massive renovation to its kitchen, dining, and family room areas. Their shaded back deck allows Sally to exercise her green thumb with raised bed gardening where she cultivates tomatoes, cucumbers, squash, and other tasty treats. The family room and deck overlook the pond and green of Cobb's hole #5 and provide plenty of room for grandchildren to romp or just hangout and snack.



Their current home isn't their first foray into Glade Springs. They also resided on Lake Drive and at Dogwood Court. They have also lived at various times in two different neighborhoods in Beckley. Larry infers that having 5 different residences is more a tribute to Sally's natural bent for selling real estate than to their own nomadic tendencies.

Nevertheless, they love Glade Springs. Probably the first reason is proximity to grandkids. Larry II and wife Kathleen and their three offspring (Trey, Natalie, and Elizabeth) have a gorgeous home on Lake Chatham. Joe and wife Kristen live in Bridgeport and are expecting their first (Austin) any day now. Secondly, they love the quiet beauty and the many friends they have made here in Glade.







Sally enjoys mornings walking with her girlfriends, the morning pickleball group, and gardening. She is the current president of the Briarcliff Garden Club and recently completed a beautification project at the VA Hospital.

Larry loves playing pickleball with Glade's evening groups and is also an avid golfer who "doesn't really get to play enough." The last few years he has been returning to his musical roots, having played in a band back in the day. Now he is learning to play guitar as a finger picker and recently passed along one of his guitars to grandson Trey.

The Mountaineer football season ticket holders can be spotted traveling north quite often in the fall. Should you see them heading south, they are probably getting away to their condo at Myrtle Beach, often with grandkids in tow. Both Sally and Larry are fine with no tennis in their futures. Just having it in their past has proved good enough!

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ake Shamblin, age eighteen, is the son of Sandi and Greg Shamblin. He has four older siblings. Three of his siblings are his sisters and one is his brother. His family also consists of two lovable pets: Daisy, a Schnoodle, and Denver, a black and white cat. Jake likes to take Daisy on walks around Glade and spend some of his free time with his cat, Denver.

Jake recently completed his studies at Shady Spring High School, with math and science ranking as his favorite subjects. Although he has finished high school, he has chosen to further his education at Concord University. Jake has chosen Concord University because of the friendly environment and the delightful campus. Concord University is located in Athens, West Virginia, and is about forty-five minutes from Glade. Although he is looking forward to enrolling, he acknowledges that he will be leaving his hometown, and will hold a place in his heart for it as he will transition to college life. Jake is going to Concord University with a focus on obtaining a degree in business management. He is starting college in the fall. Jake is dedicated to his academic pursuits and is eager to embark on a new educational journey. During the summer, Jake works as a lifeguard at the Glade Springs pool. In his free time, he enjoys golfing at Glade's courses, with Stonehaven being



his favorite. Additionally, Jake participates in various extracurricular activities around Glade, such as fishing. He prefers Chatham Lake for its proximity but also enjoys fishing at Bluestone State Park.

Jake is also an avid soccer player, currently part of the Legacy AFC soccer team. He started playing soccer around the age of three and continues to enjoy it. Although his soccer team is currently on break,



SHADY

Stroll Glade Springs Village 19



they will resume play on August 7th. Jake credits his mother for inspiring his passion for soccer and boosting his confidence throughout his soccer career. While he primarily focused on soccer, he briefly played football as a kicker during his senior year in high school.

Jake's upcoming summer plans include lifeguarding at the Glade pool, golfing, fishing, and preparing for his transition to Concord University. Jake is a hardworking individual who thrives on learning new experiences.

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



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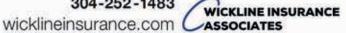


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BY ED MCCALL • PHOTOS BY KAREN AKERS

Steven Gray readily admits he is a golf nut. It is a condition he isn't trying to remedy; he just wants to be a better golf nut! "I've had the bug and played poorly for almost 20 years," he jokingly confessed recently,



"but this past year I decided to get serious and really try to get better." Anyone who has been bitten by the golf bug can readily identify.

After spending his early adult years working in law enforcement and as an engineer for CSX, he changed gears and shifted his career goals to selling and investing in real estate. That move brought him to Glade Springs where he resides at Dogwood Court and can take advantage of all the golf offered here. He played his first round of golf at the now defunct Beaver Creek Golf Club and developed a real appetite for the game playing with friends at Willow Wood Golf Club in Hinton when he was working there. "I still go back to play in 'The Freddie,' a big community event there that honors Fred Mock."

His decision to try and become a better player has forced him to look at his own game so he can address shortcomings and emphasize his strengths. "I'm a pretty good putter," he says humbly. "It isn't something I think about. I can just see the line and have pretty good judgment about pace." The confidence he has on the greens does not translate into other areas unfortunately.

"I think my fundamentals (stance, posture, grip, and ball position) are pretty solid, but I really need to work on my full swing and my chipping," he says wistfully. He has benefitted from golf trips with buddies and says that attending the Pinehurst Golf Academy helped him reinforce his desire to get better.

Although he is yet to make an ace, he has been witness to several great shots. "I saw Ashley Adkins make a hole-in-one on #12 Stonehaven, and I saw Justin Grogg make an albatross (double eagle) on #4 Woodhaven. Someday..." he sighs.

As to his own bag, Steven says he has the most confidence when swinging his 6 iron. That confidence wanes when he pulls out his driver though. Of the three courses here at Glade, Steven says his fave is The Cobb. "Standing on that first tee, I am so full of confidence and optimism," he laughs. Words spoken like a true carrier of the golf virus.





22 August 2024





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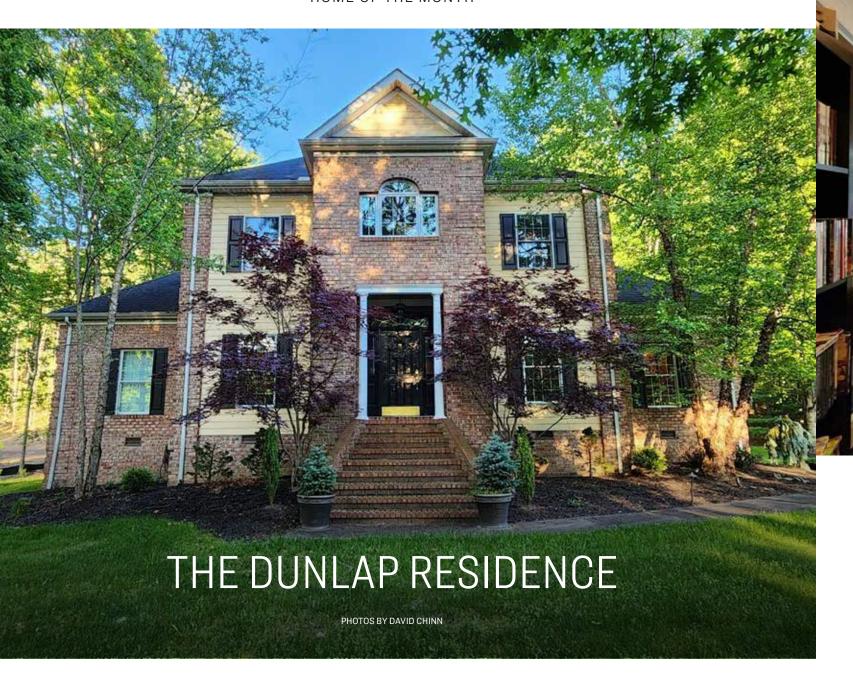


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This home also features a gas fireplace and a new humidity system to keep comfort levels perfect at all times. There is also a beautiful sunroom overlooking the backside of this one-acre lot and an attached two car garage.

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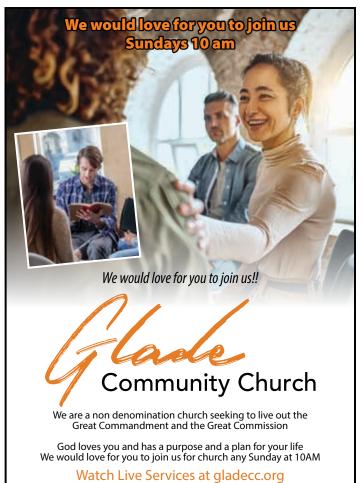












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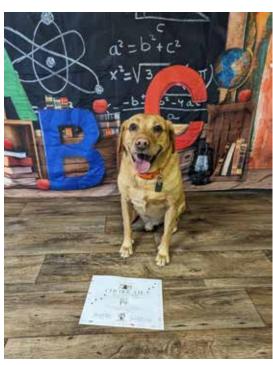
BY KAREENA PATEL



ete, who is a labrador mix, is the family dog of the Williams family on Club Circle. He is a rescue dog from the pound and is around five-six years old. When the Williams first visited him at the pound, they knew at first sight he would click well with the family and become the perfect addition to spread joy and laughter. Ever since then, a new-found happiness has circulated the household.

Pete's personality can be described as playful, goofy, chill at times, and affectionate, especially towards loved ones. Even though he has a bubbly personality around humans, he acts quite shy towards





other dogs. Pete has a sibling, Leo, who is a cat, and they occasionally can be found playing and entertaining one another. One thing Pete loves, besides his family, is attention; he loves to be petted, played with, and taken on walks around Club Circle. He doesn't care for fetching or running to get a ball, but instead loves tug-owar with sticks, which he regularly finds outside in our green Glade community.





A day in the life of Pete consists of him barking to wake everyone up to start an early day, demanding attention by lying in front of them wagging his tail, and going on family walks in the evening when it is cool. Pete's person is Rob Williams who he loves to spend time with. Usually you can find him in Mr. Williams' office just hanging out and keeping each other company.

When speaking to Adalynn Williams, she mentioned that Pete will usually join the family on vacations which creates core memories to reflect upon. She vividly recalls how Pete negatively reacts to water and prefers to stay on land, yet he fell out of the kayak and learned to swim.

Like many other dogs, Pete's favorite food is peanut butter, and he loves it out of his Kong toy when it is frozen. He doesn't care for much table food but finds his dog food delicious. So we all know what is on Pete's wishlist this year: a jar of peanut butter and a new XL sized Kong toy.

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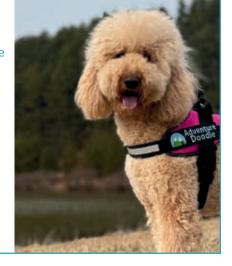


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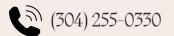
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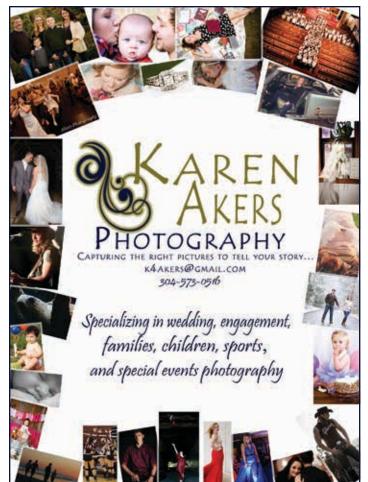
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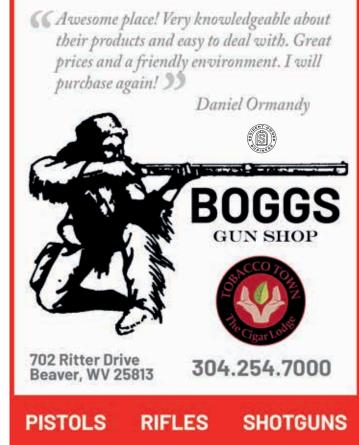
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Kristin Dixon

Making a difference.....
One student at a time

BY JESSICA RUBIN PHOTOS BY KAREN AKERS

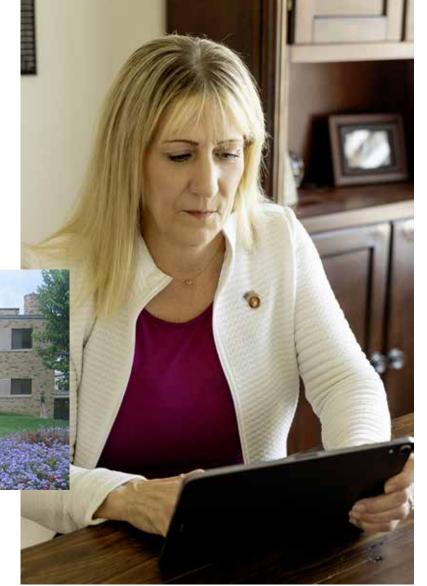
Being a teacher requires you to
wear many hats, and over the
course of her 35-year career,
Kristin Dixon has likely worn them
all. As a certified K-8 elementary
school teacher, she spent most
of her time in the public school system in Putnam
County. From kindergarten to the gifted program,
Kristin has done it all.

Now you'll find her in a specialized role at St. Francis de Sales in Beckley, a school many young people in Glade Springs call home. Kristin is their Title 1 reading and math teacher, working closely with students that need a little extra support in these areas. There are no grades in Title 1, Kristin explained. She feels this gives her an advantage in making a difference in the children's lives. She has the unique opportunity to provide an individualized experience. The pressure is off, and she can truly focus solely on the kids. "You have to make a real connection with them. If you can't be their biggest cheerleader, who can be," Kristin said.

Not only is she building self-esteem, she's also a safe space for these students, setting a foundation for them at an early age. Kristin feels the smaller setting of a private Catholic school also helps them have a positive educational experience.

Afterall, she knows firsthand what this type of setting can provide; Kristin went to Catholic school herself growing up as a student in Vermont, which was a big selling point in taking the position at St. Francis. "I just love the whole experience – the prayers, the pledge, everything they adhere to," she explained.

Kristin was inspired to become a teacher by her father, who was a professor at the University of Vermont and director of their environmental program. Now, she's the one who is inspiring others, wearing the many different hats required of her.







"You're a nurse, you're like a parent to them because sometimes we spend more time with them than their parents do. They need to know they're in a safe space, and when they come to school, we're here for them. We're not there for the paycheck."

No matter what subject she's teaching, Kristin's number one priority will always be the students. From their colorful stories to their jokes, that's what drives her and makes her look forward to going to work each day.

If you know someone whos is Making A Difference in the community, please contact Bob Coburn at bob.coburn@n2pub.com





like to add a sprig of rosemary. Turn several times until internal temperature reaches 125 degrees (medium rare). Remove from pan to rest.

Add another 1/4 stick butter to pan. When melted, add a shot of cognac and flambé. Once the flame is out, add a shot of heavy cream. Add more peppercorn. Whisk until it is dark brown. Take off stove and let sit while you plate the dish. Whisk the sauce again before adding to the plate.

WOLFGANG PUCK POTATOES

The secret to these wonderful mashed potatoes is using Yukon gold potatoes, Warm heavy cream and butter. Yukons provide for a more creamy smooth consistency.

Peel and cut potatoes and place into salted water and let set for 30 minutes. Boil them until they can be easily pierced with a knife. Strain and return to pot or mixing bowl. Heat heavy cream and butter until it is warm, not boiling. Beat potatoes with mixer and gradually add the warm creamy butter. I like to add chives. Mix until you are satisfied with the consistency. The longer you mix the thicker they will get.

I like asparagus with this dish. I prefer to sear them in butter and garlic to al dente.

PLATING

I prefer to serve the steak over the potatoes, with asparagus on top.

Bon appretit!

If you're looking for something to add to a great steak, au Poivre is probably my favorite to make and eat. It is pretty quick, easy and fun to cook.

Traditional Au Poivre is with a New York strip, but it also works well with a filet.

YOU WILL NEED:

- New York strip\Filet
- Cognac
- · Heavy cream
- Butter

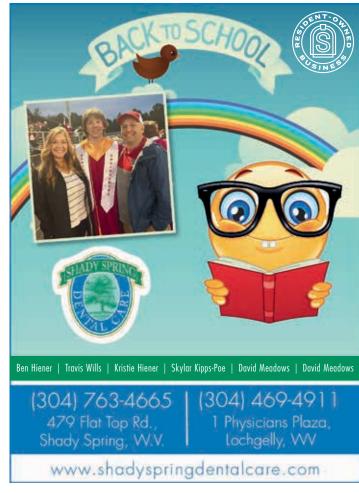
Steak should be room temperature. Season steak with light salt and generous peppercorn. Pat seasoning into steak. Add 1/4 stick butter in pan on medium heat, sear steak on both sides after first turn I







If you have a great recipe you would like to share please contact Bob Coburn at bob coburn@n2nub.com







- Salt
- · Corse peppercorn







TURNING BACK THE CLOCK on aging skin is a constant pursuit for many, and the beauty industry reflects this desire with a continual stream of innovations. Among the most talked-about breakthroughs are peptides, celebrated for their ability to speed healing and rejuvenate the skin. With so many skin care options available, it's natural to wonder if peptides are a legitimate anti-aging weapon or simply the latest marketing buzz.

What Are Peptides?

Peptides are tiny messengers composed of amino acids, the building blocks of proteins. Collagen, an essential protein, plays a crucial role in maintaining elasticity and plump, youthful skin. However, collagen production naturally declines with age, leading to wrinkles and a loss of skin firmness. This is where peptides come in. Certain peptides signal skin cells to ramp up collagen (and elastin) production. Some peptides even mimic the effects of natural substances like hyaluronic acid, which helps the skin retain moisture.

Why the Hype?

The world of skin care boasts a multitude of peptides, acting as messengers within the skin and influencing various cellular functions. Since peptides are readily absorbable, unlike other cosmetic superstars such as hyaluronic acid, they work at a deep level. Notably, they have been linked to improvements in the visible signs of aging, including a reduction in wrinkles and increased skin elasticity. Additionally, they possess antimicrobial properties, aiding in acne management. Peptides are a good alternative for those who can't tolerate harsh treatments like retinol, as they are gentle on the skin and do not cause sensitivity or irritation.

The Bottom Line

While research suggests peptides offer a promising avenue in dermatological care, a holistic approach remains key. Peptides function best when combined with other proven ingredients such as retinol, vitamin C and hyaluronic acid. Think of them as collaborators rather than individual warriors in the fight against visible signs of aging.





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DENTAL CARE

Smile today!

BY BOB COBURN • PHOTOS BY KAREN AKERS

Shady Spring Dental Care is a state of the art family dental facility located conveniently near Glade Springs at 479 Flat Top Rd. in Shady Spring. The practice is led by Dr. Ben Hiener and Dr. Travis Wills. Dr. Hiener came on board in 2006. Dr. Travis Wills joined the practice in 2016. Dr. Travis Wills thrived in his private dental practice in Fayette County, WV since 2002. Dr. Hiener and Dr. Wills are ably supported by 3 other dental professionals: Ben's Wife Dr. Kristie Hiener, Dr. Skylar Poe (a local product who grew up in Coal City, WV and attended

Independence High School), and Dr. David Meadows(a local product who attended Shady Spring High School and grew up on Pluto Rd).

The beautiful, newly remodeled facility is home to a holistic family dental practice which serves children, elderly patients and everyone in between. The practice offers dental services for the entire family including cleaning, prevention, restorative procedures, dental implants, cosmetic procedures, Invisalign, In-house 3D printed dentures, same day crowns and a strong periodontal maintenance program. Smile Today and "All on X" procedures are a way for patients to correct



years of neglect and teeth deterioration in as little as one treatment appointment. Shady Spring Dental Care offers free consultations for patients interested in these procedures.

The old adage of "no pain, no gain" is out the window at Shady Spring Dental Care. "We want our patients to be comfortable and pain free," says Dr. Hiener. "We offer Nitrous Oxide treatment and Oral Conscious Sedation which is very safe and helps people relax or even sleep through the procedure. Most patients don't remember anything about their treatment," Dr. Ben says with a smile!













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Patience & Timing

In Mahjong, players must wait for the right tiles to complete their hand, requiring patience and strategic timing. Similarly, in finance, waiting for the right investment opportunities without rushing decisions is crucial. Patience and careful timing enable better market analysis and decision-making.

Planning & Strategy

Successful Mahjong players plan their moves several steps ahead, anticipating possible outcomes and adjusting their strategy accordingly. Likewise, financial planning involves setting long-term goals, creating a budget and preparing for future expenses and investments. Just like in Mahjong, a well-thought-out strategy can lead to greater success.

Adaptability

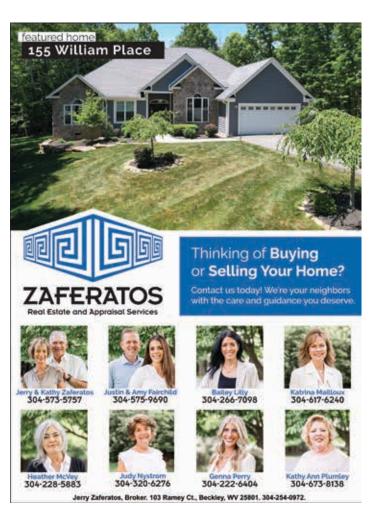
Mahjong often demands players adapt to changing circumstances, like drawing unexpected tiles or responding to opponents' moves.

Adaptability in finance means adjusting your financial plan based on market changes, economic shifts or personal life events.

Flexibility can mitigate risks and capitalize on new opportunities.

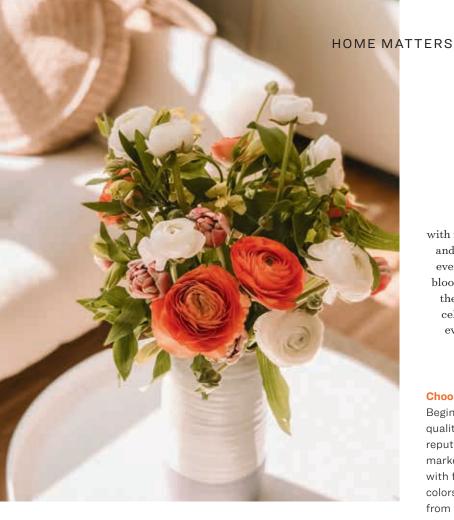
Risk Management

In Mahjong, players manage the risk of discarding tiles that could benefit opponents, balancing offensive and defensive play. Effective financial management similarly entails assessing risks, diversifying investments and making informed decisions to protect and grow wealth.









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Blossom Brilliance

What's more enchanting than adorning the home with fresh-cut late-summer flowers, their vibrant colors and delicate fragrances adding a touch of elegance to every space? For those who appreciate the beauty of blooms and seek to prolong their freshness, mastering the art of flower care is essential. Let's nurture and celebrate the beauty of nature's gifts, finding joy in every petal and leaf that graces our living spaces.

BY SHAUNA OSBORNE, NATIONAL EDITOR

Choose Quality Blooms

Begin by selecting highquality blooms from reputable florists or local markets. Look for flowers with firm stems, vibrant colors and petals free from blemishes or wilting. Quality flowers not only look better initially but also tend to last longer with proper care.

Trim and Hydrate

Upon bringing your flowers home, trim the stems to create a fresh surface for water absorption. Remove any foliage that would be submerged in water to prevent bacterial growth. Place the flowers in a clean vase filled with room-temperature water (add floral preservatives if included) to hydrate them effectively.

Change Water Regularly

To maintain freshness, change the water in the vase every two to three days or whenever it appears cloudy. Clean the vase thoroughly before refilling it with fresh water. This practice prevents

bacterial buildup and ensures optimal hydration for your blossoms.

Avoid Sunlight and Heat

Position your floral arrangement in a cool, shaded area away from direct sunlight, heating vents or drafts. Excessive heat can lead to premature wilting, while direct sunlight may accelerate petal fading and shorten blooms' lifespan.

Prune and Refresh

As your bouquet ages, promptly remove any wilted or spent blooms to encourage the remaining flowers to thrive. Trim the stems again every few days to maintain efficient water uptake.

Consider Professional Care

Explore professional flower care products, such as nutrient solutions or hydrating mists, to extend the longevity of your blooms. These specialized products can provide additional nutrients and hydration, enhancing your flowers' freshness and vibrancy.









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.

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206 Glen Garden Lane	GladeSprings	\$479,000	\$410,000	04/22/24	5	3	3,945	Att-2 Car	Ranch
423 Club Circle	GladeSprings	\$399,900	\$399,900	05/23/24	4	3	1,889	Att-1 Car	Condo/Townhouse
221 Barnstaple Drive	GladeSprings	\$400,000	\$400,000	06/13/24	3	3	2,835	Att-2 Car	Mid Entry
245 Club Circle	GladeSprings	\$225,000	\$225,000	12/21/23	2	2	1,369	Att-2 Car	Condo/Townhouse
145 Long Drive	GladeSprings	\$349,000	\$345,000	01/05/24	5	3	3,343	Att-2 Car	Condo/Townhouse
222 Glen Orchard Way	GladeSprings	\$375,000	\$350,000	02/08/24	3	2	2,128	Att-2 Car	Raised Ranch
319 Club Circle	GladeSprings	\$439,000	\$429,000	01/05/24	3	3	2,200	Att-1 Car	Condo/Townhouse
603 Club Circle	GladeSprings	\$450,000	\$435,000	03/04/24	3	3	2,678	Att-3 Car	Ranch
116 Glen Hue Lane	GladeSprings	\$439,000	\$400,000	04/03/24	4	3	2,120	Att-2 Car	Ranch
350 Glen Garden Lane	GladeSprings	\$397,000	\$387,000	04/18/24	3	2	2,162	Att-2 Car	Ranch
118 Burns Way	GladeSprings	\$550,000	\$550,000	03/22/24	4	3	3,800	Att-2 Car	Ranch
1021 Edward Drive	GladeSprings	\$425,000	\$425,000	04/30/24	3	2	2,425	Att-2 Car	Ranch
204 Winston Place	GladeSprings	\$664,000	\$629,000	01/10/24	5	4	3,390	Att-2 Car	2 Story
345 Barnstaple Drive	GladeSprings	\$359,000	\$349,500	11/17/23	3	2	2,185	Att-2 Car	Ranch
157 Woodland Drive	GladeSprings	\$195,000	\$195,000	05/01/24	2	2	1,124	None	Condo/Townhouse
411 Lake Drive	GladeSprings	\$599,000	\$575,000	05/23/24	4	3	4,000	Att-2 Car	Ranch
571 Barnstaple Drive	GladeSprings	\$494,000	\$468,500	06/14/24	4	2	3,756	Att-2 Car	2/Story
145 Votive Place	Glade Springs	\$445,000	\$425,000	01/12/24	3	2	2,300	Att-2 Car	1.5 Story
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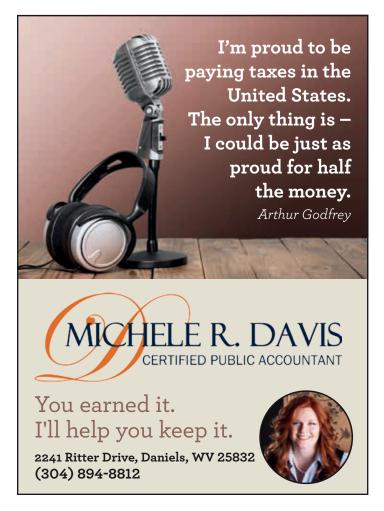
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