

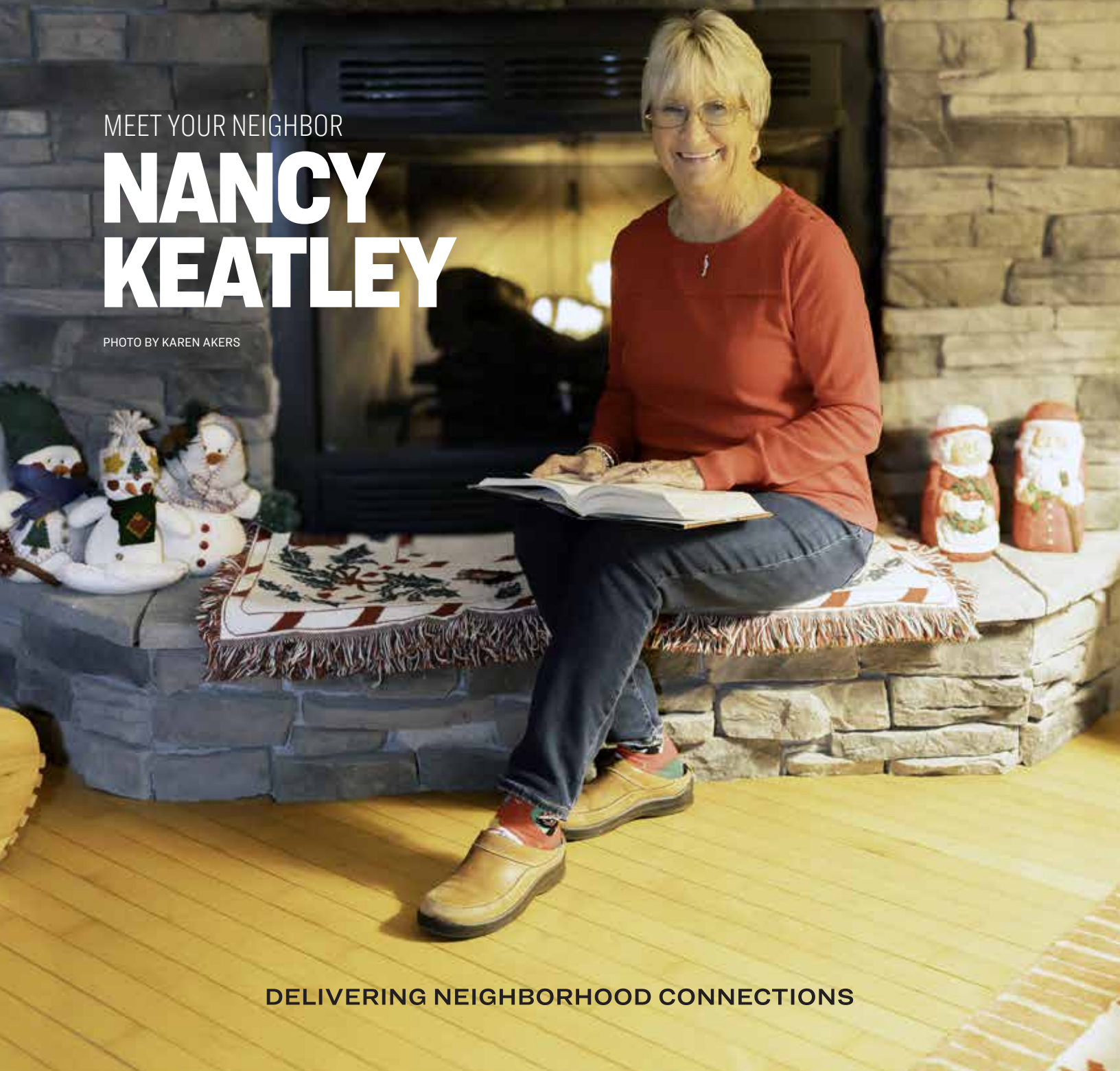
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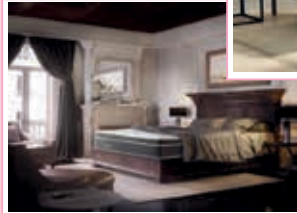


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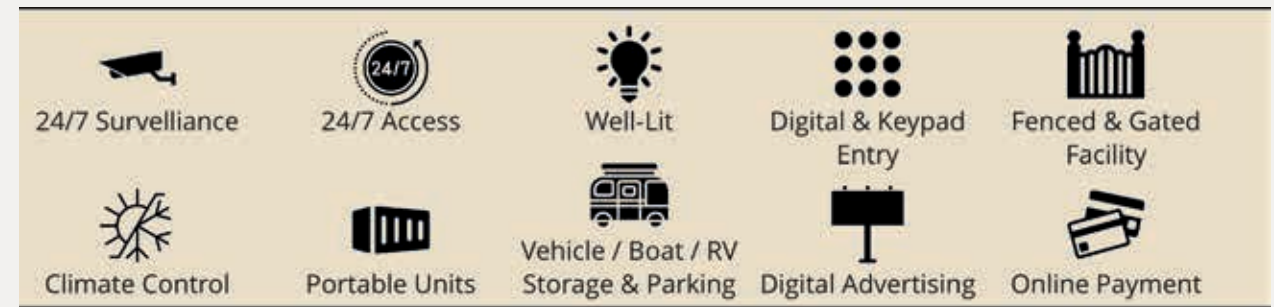


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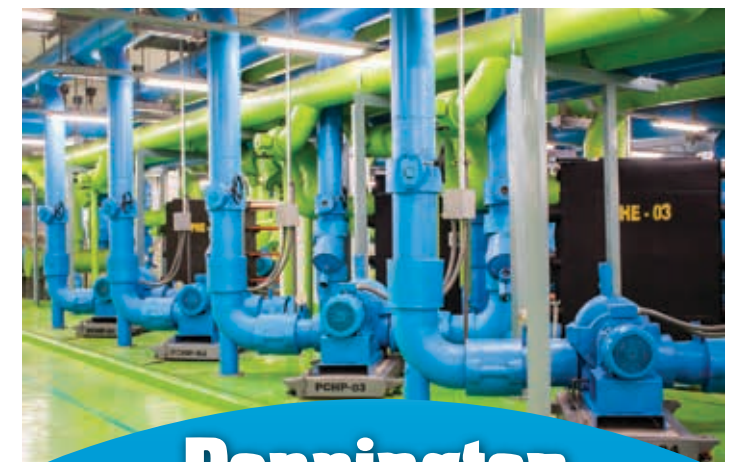
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# February 2025!



Welcome to the February 2025 issue of *Stroll Glade Springs Village* magazine! We are excited to bring you our fantastic features of your neighbors, kids, athletes, pets and other great content including our loyal local businesses who serve us so well!


February is the shortest month of the year and we hope it feels that way with the snow and cold going away as we look forward to spring in Southern W.V. But we have a lot of fun things to celebrate in February such as


Groundhog Day where Punxsutawney Phil does his best Jim Cantore impersonation trying to convince us his shadow or lack thereof has a bearing on the arrival of spring. For those like me who can't remember, if he doesn't see his shadow spring comes early. His agent has to be Jimmy Sexton!

Then there's the Super Bowl, Valentine's Day (don't forget!), President's Day and Mardi Gras. All reasons to celebrate with the friends and family!

We hope you enjoyed our Year in Review issue last month and we look forward to providing you with a quality publication all year as we celebrate and share the lives of our residents. Thank you for your referrals of your neighbors and trusted business partners along the way. We hope you have a wonderful February!


*Bob*






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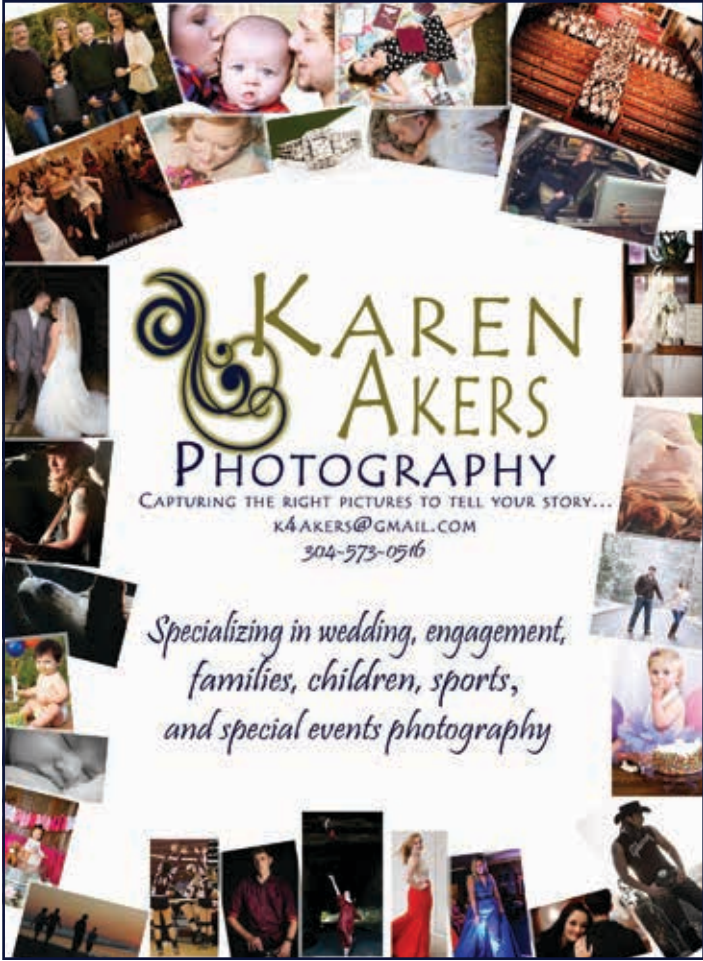


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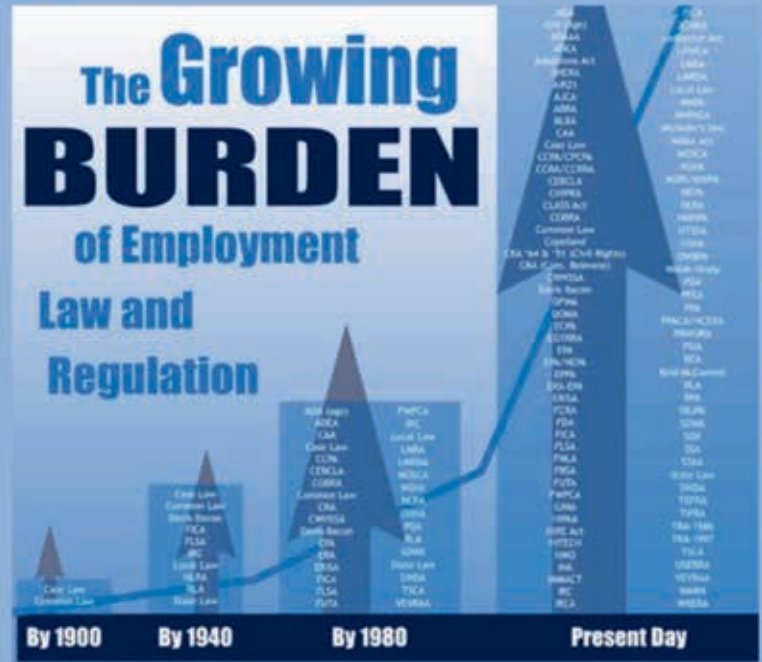
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# Nancy KEATLEY

BY JESSICA RUBIN  
PHOTOS BY KAREN AKERS

Nancy Keatley may be a familiar face to many of you in Glade Springs. Not only is she very active in our community, but she's also a member of the Stroll Magazine staff, as an editor. And once you get to know her, you'll know why she is a perfect fit for that position.

Nancy has a degree in Language Arts from WV Tech, as well as a master's degree in Speech Communication from WVU. After spending some time as a substitute teacher in the public school system, she spent seven years as an adjunct professor for WV Tech, which is where she truly found her passion for teaching. "I loved the kids, and I love English, mostly grammar," she said. Now, she has been using her talents for Stroll for the past eight years, first as a writer, now as an editor.

Nancy moved to Glade from Beckley in 2016, several years after her husband passed away, and loves the sense of community she has found here. An avid golfer, she loves that the sport is so accessible. She is also involved in a book club here and plays bridge with friends. Nancy also likes to spend



her time volunteering at various golf tournaments in both Florida and North Carolina. For the last 14 years, she's been doing shot link for the Arnold Palmer tournament in the sunshine state, where she spends the winter months. "That has been really fun to work these tournaments, to see the players up close. I particularly enjoyed volunteering for the PGA in Charlotte in 2017 and last year's US Open in Pinehurst." she said.

Golf isn't the only sport she enjoys, though. Nancy is also a huge Mountaineers fan and self-proclaimed "sports nut". "I have had football season tickets since the new stadium opened and follow the basketball team, as well as Duke basketball, where my son went to school," she said. Nancy has three children and four grandchildren, with a great-grandchild on the way. One of her daughters, Beth, also lives in Glade, which was another big draw for her to move here.

So, whether she is volunteering in the community or working on an article for Stroll, you will always find Nancy staying busy, which she says, keeps her young. Focused on family, friends, and fun, she is making the most of her home sweet home behind the gate.



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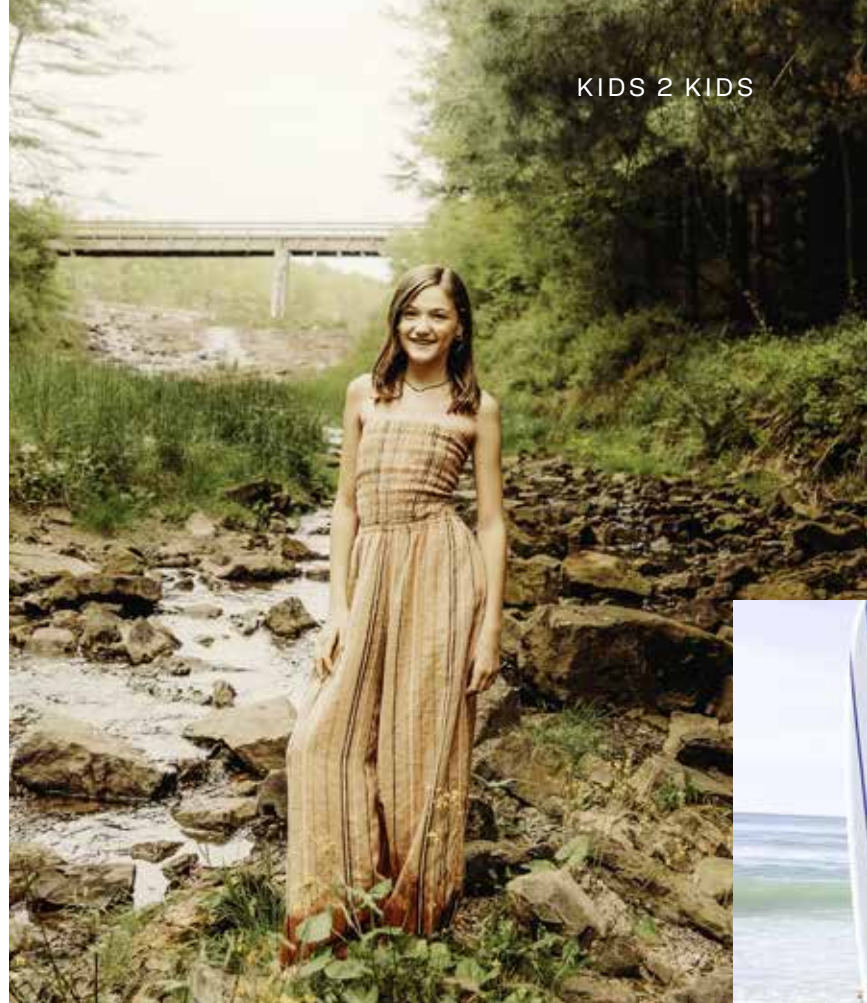
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# KAYLIN CORNETT

A special star

BY KAREENA PATEL  
PHOTOS BY KAREN AKERS



in science was evident when her project placed 3rd at the County Science Fair, an accomplishment she is ecstatic about. At home, Kaylin loves to write in her journal and cook. Whether it is whipping up dishes like chicken casserole or making her family breakfast, you can always find Kaylin in the kitchen.

Family is the center of Kaylin's world. She shares a close bond with her younger sister, Mia, who is 8 years old. Mia looks up to Kaylin as an inspirational role model, and will often boast about Kaylin's achievements and accomplishments. Along with her sister, Kaylin is devoted to her two dogs Gus and Gino. Gus, in particular, has a special place in her heart, and her love for animals inspires her to become a veterinarian one day.

When she's not busy excelling in school, playing volleyball, or exploring new hobbies, Kaylin loves to spend time with her family, friends, and pets. Whether it is watching movies, cooking family meals, or enjoying the outdoors, she cherishes her time with her loved ones. With her talents, dedication, and big heart, Kaylin is an inspiration to everyone around her and is destined to achieve great things in years ahead.

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Kaylin Cornett is a smart and adventurous fifth grader at Shady Spring Elementary School. Kaylin's life is filled with outstanding achievements and activities, making her a standout in her school and our community. She began playing volleyball in 3rd grade, starting out at St. Francis, but eventually transferred to Shady Spring Elementary her 5th grade year, continuing her love of volleyball. Now a member of Club Attack, a travel volleyball team, her dedication reflects her competitive spirit and determination. Beyond playing volleyball, Kaylin also likes to ski in the winter and surf in the warmer months. Recently, she has shown an interest in longboarding, which keeps her occupied when she is away from the courts.

Academics are just as important to Kaylin. She loves attending school and likes all the subjects taught but has a special passion for science and writing. Her enthusiasm



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## ATHLETE OF THE MONTH

# He Must be Butter, Cause He's on a Roll!

Asher Pugh

BY ED MCCALL  
PHOTOS BY KAREN AKERS



Cindi, Asher & Derick Pugh

**TEN-YEAR-OLD ASHER PUGH** is not butter, but he is on a roll. From his position behind the plate, he guided his Shady Little League baseball team to a 4<sup>th</sup> place finish in the state tourney this past summer. He followed that up this fall with a stellar football season, quarterbacking the Shady Spring youth football team to the championship of the Southern WV Youth Football League.

When he and his Shady Elementary cohorts traded their cleats for basketball sneakers, they racked up another title. This time it was first place in the Raleigh County Elementary Basketball Championships. Don't expect things to slow down for the fifth grader at Shady Elementary in the coming months. He's already got his fingers crossed that the cold weather we've had recently is going to result in the trails at Winterplace getting a good coating of snow. He is an ardent snowboarder and can't wait to jump on his board and hit the slopes. On the night I visited with Asher and his family, he had been preparing for the ski resort to open by sleigh riding on the hills of Stonehaven

hole #12 with his seven-year-old sister Oaklee. I sensed both had a need for speed!

Weekends this winter will not be spent sitting on the laurels of the aforementioned accomplishments in front of the warm fireplace at the Pugh family's new home on Edwards Drive. He and his dad, Derick

Pugh, who supports his son's athletic endeavors by serving as a coach for many of those teams, will be hitting the road for tournaments with the Shady Elite basketball team. They recently traveled to Kingsport, Tennessee, where they finished runners- up in the 11-team tournament

Asher hesitates when asked which sport is his favorite. "I guess basketball and football," he said recently. "I like playing quarterback, and I love hitting an open teammate with a pass in basketball." In football he loved handing the ball off to his buddy and tailback, Park Winkler. On the court one of his favorite things besides scoring is dropping dimes to his fellow big man, Grayson Walls. When he has time to just hang out with friends, he says they enjoy just "shooting some hoops," and he is thrilled that he and his parents recently moved from Grandview to Glade Springs. "Many of my buddies (teammates) live here. At our previous home, there wasn't anyone to play with, but here I'm surrounded by friends, and there is so much to do at Glade."

The effervescent Asher says math is his favorite subject in school but also hints that his favorite teacher might be his English language arts teacher, Ms. Wheeler. When he thinks back over the accomplishments he and his teammates have racked up since last summer, he puts the recent undefeated basketball season and county championship, a 36-10 win over Crescent, near the top, but his favorite came on the gridiron. "We beat the Southwest Bandits in the championship game. That felt really good because they had beaten us in the regular season," he recalled recently on a snowy evening surrounded by older brother Zack, mom Cindi, little sis Oaklee, and his dad. Only big sister Kaylee, a freshman softball player at WVU Tech was missing from the Pugh inner circle that often enjoys chilling together while watching a movie in the spacious family room.

This burgeoning young athlete intends to stay busy this winter with basketball and snowboarding until spring rolls around, and he picks up his bat and ball again-this time as a member of the Shady Middle School JV baseball team. Should Asher find himself even slightly bored this winter, he can take a few swings in the family's golf simulator while he waits for warmer weather to arrive. Then he can once again don the "tools of ignorance" and squat behind home plate.



If you know of or have an athlete in the family please contact  
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# Cozy on Far Country

The Jeff & Tina Grose residence

JESSICA RUBIN

If you think this cozy home on Far Country Drive looks like it's straight out of a magazine, that's because it is. Jeff and Tina Grose moved in a couple of months before Christmas in 2020 and their first Christmas tree in their new home was featured in the "Holiday Decor" issue from Cottages and Bungalows.

Tina has an eye for decorating, and what started as a hobby, has turned into quite the social media following. Her



Jeff, Teddy Bear, Annie Bell & Tina Grose

Instagram account, which features photos of their home, has 19,000 followers and counting.

"I feel so happy that I have been given an opportunity with certain brands and companies to style their products in our home. It's like playing house as an adult," she said.

Tina has been a stay-at-home mom most of her life, and since her children have flown the nest, decorating has been her creative outlet. "I really feel that I have been so lucky that I have been able to be a stay-at-home Mom my whole life, thanks to my amazing husband," she said.

Her favorite part of their 3,100 square foot home is that it's somewhat of an open concept when you first walk in, but the rooms are still mostly separate. All the décor has been hand-picked by Tina, and it truly has a homey, cottage-like feel.

"The decor in our home is basically mixing pieces that you love, whatever style, and putting them all together to create a space that feels like home," Tina said.

Jeff noted the floor to ceiling windows in the living room as one of his favorite features of the home. He said he loves the view, especially in the summertime.

Their home sits on Stonehaven #5, and not only does it have a large outdoor space, but you can also take in the views from their screened in porch, which is off the kitchen.

The study, however, is both Jeff and Tina's favorite room of the house. And if you see it, you'll know why. It's without a doubt the coziest room in the house. This is where they spend most of their time, especially in the winter months, by the fire or watching television.

With 3 bedrooms and 3 and a half baths, plus a bonus room, there is plenty of room for Jeff and Tina's three sons and their families to visit.

"I wanted this home to fill it up with family," Tina said.

And she has certainly filled it with a lot of love.

From their inviting demeanor to their hospitality, it is impossible not to feel right at home at the Grose's.



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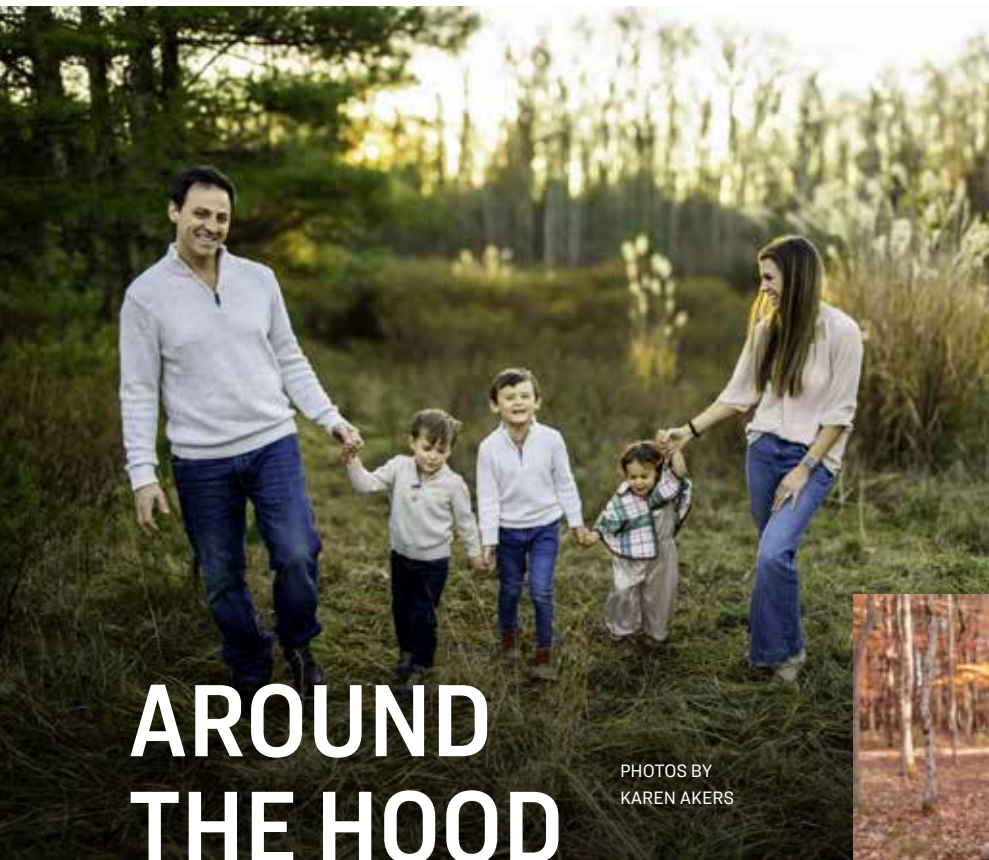
  
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take walks on occasion, walking around five miles at times. They also enjoy going down to Chatham Lake and trails around the area. Although, if Max isn't able to go on his adventures, he gets upset and will do anything to get Allen to come with him. Though Max enjoys these walks greatly, he sometimes gets carried away and wanders off. Allen is not worried since his friendly community knows Max, and also Max is well trained and comes back in a matter of short time. However, when Max isn't out and about and is home, he spends his time relaxing, but also eager for when Allen gets home to be let out. Max spends most of his time staring out of windows, keeping a lookout.

If you ever spot Max out and about in Glade, whether with his nose pressed against the car window, strolling along the trails, or taking in the sights and sounds of the neighborhood, don't hesitate to stop and say hello. Chances are, Max will greet you with the same spirited energy and friendly charm that make him such a beloved part of the community.

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# MAXIMUS KEY HEFNER

BY FARRAH MICEK

The Siberian Husky is a fun, loving, and adventurous dog easily recognized by it's thick double coat, triangular ears, and distinctive markings along their coat. Siberian Huskies originated in Russia, trained and bred to be strong, fast, and resilient dogs. In the early 1900's, people brought Huskies to Alaska for sled-dog racing. These powerful dogs stand at around 20- 24 inches, and weigh around 40-60 pounds. They also come in a variety of different colors, including black, gray, red, white, and many more.

Allen Hefner is the owner of Max, the lovable, adventurous Husky who has nonstop energy. Allen and Max currently live on the corner of Greenbrier Street, and it has always been Max's home. Allen got Max in Princeton, and he was quite fortunate since Max was the last of his litter! Max is a tall white Husky with beautiful white fur and striking green eyes. He is currently two years old, and Allen simply got him just to have a dog. His two kids, who are currently 21 and 23, sometimes come down to visit, and they enjoy every minute with Max around to have a good time with them.

Not only is Max known by his family, he is also known by friends and neighbors near him. You might see Max with his pink nose sticking out a window while driving around Glade with Allen. Apart from taking rides, Allen and Max



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# Carla Campbell

“Ms. C, you teachin’ me everthing I know!”

BY ED MCCALL • PHOTOS BY KAREN AKERS

Carla Campbell knows the value of having good mentors. Her own life journey has been a perfect example of just how important mentors and positive role models can be. When the Wyoming County native finished her undergraduate work at Concord there were no teaching jobs in the area, so she did the next best thing. She took a state-funded job mentoring young health professionals in Wyoming, McDowell, and Mingo counties. For 20 years as coordinator of the program she guided these health care newbies over the twists and turns of solving the riddles of rural health care amidst the poverty in southern West Virginia and loved every minute of it.

When the state cut funding for the program, she revisited her initial calling, renewed her teaching certificate, and landed a job in Oceana at Berlin McKinney Elementary School as a first-grade teacher. It had been two decades since her student-teaching experience, and initially she felt overwhelmed. “Luckily,” she recalls thankfully, “I had a wonderful support system that first year. My mom, also a first-grade teacher in Wyoming County, and my cousin, Angie Bowles, who also taught first grade at Berlin McKinney, bolstered me when I needed it most. The two of them coached me hard and gave me the support and the confidence to meet the needs of my room full of first graders.”

She laughs now at how stressful those early years were. “I was not only new to the classroom, but I had begun work



Carla & John Campbell

on my masters. I literally had to go on blood pressure medicine that first year!” Without her two mentors she is convinced she would not have made it. It wasn’t long before she moved to Mullens Elementary where her mom had taught.

Now in her 13th year of teaching, she says the job of educating kids is still demanding and just as stressful as those early days, she is just more experienced and better equipped to handle it. In the beginning my classroom was self-contained...which meant she taught every subject and all day long without a break. She’s been at Shady Elementary for 10 years now and gets to teach her favorite subject, English Language Arts most of the day to her third graders.

Now considered a veteran educator, Carla Campbell still gets great satisfaction from her work. “It’s about building relationships with the children, and there’s nothing like watching the excitement when a student gets it. When that light bulb goes on!” and with that her voice tails off, trembles a bit, and even though her eyes get a little misty, a huge smile comes across her face. What she really tries to teach is kindness and self-esteem. She wants her classroom to be a place where kids feel safe and loved, since so many these days come from homes where that is not the case. “The average person has no idea the profound effect that opioids

have had on children, our schools, and how teachers teach today,” she cautions. “Right here in Shady. People have no idea, but it is profound.”

Carla Campbell is the first to admit that any success she has had as an educator isn’t just because of her own skills or hard work. Being part of a great team like she is on at Shady Elementary helps tremendously, but she gives credit elsewhere as well. Each day on her way to work she offers up a simple prayer and asks God to “give me the patience and the right words to help me reach my kids.” So far, He hasn’t let her down.

Today, just like when she faced the challenges of that first year at Berlin McKinney, she knows she is not alone. This difference maker knows that each day will be interesting and rewarding with its own set of challenges. Some days she feels victorious and may find herself almost skipping through the parking lot after school. Other days may leave her feeling a little deflated and fatigued on her way home. She knows that as a teacher she is working twice as hard these days for half the money that her job mentoring health professionals paid her for half the work and stress. Still, she soldiers on, buoyed by the difference she makes in the lives of her kids. Like recently when one of her young charges loudly, proudly, and gratefully proclaimed on the way to catch her bus one afternoon, “Ms. C, you teachin’ me everything I know!” Now that is a paycheck that can only be cashed in heaven.



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

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# CHICKEN DIVAN

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SUBMITTED BY CINDY COBURN

## INGREDIENTS

- 1 Bunch Cooked Fresh Broccoli
- 4 Skinless Chicken Cooked Chicken Breasts
  - 1 Stick Unsalted Butter
- 1 Can Cream of Mushroom Soup
  - 1 Cup Mayo
  - 1 Tsp Lemon Juice
- 1 Package Shredded Sharp Cheddar Cheese
  - 1 Cup Bread Crumps
  - Salt & Pepper



## DIRECTIONS

1. Fry Chicken Breast in butter. No need to brown.
2. Place Cooked Broccoli in a baking dish.
3. Add Cooked Chicken, Cream of Mushroom Soup, Mayo, Lemon Juice, Salt & Pepper.
4. Top with Cheddar Cheese, Bread Crumbs, and pats of Butter.
5. Bake at 350 degrees for 30 minutes. Check after 20.

*Enjoy!!!*

If you have a great recipe you would like to share please contact  
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# Love Nest

With these thoughtful touches, your guest room will transform from functional to fabulous, becoming a haven that feels just like a warm hug.

BY SHAUNA OSBORNE, NATIONAL EDITOR

Transforming your guest room into a sanctuary of comfort and care is one of the most loving gestures you can offer. By considering the details that create a welcoming, nurturing environment, you'll ensure your visitors feel truly at home. Here's how to design a space prioritizing rest, relaxation and appreciation.

**Sleep Like Royalty**

Start with the foundation of any great guest room: the bed. Choose soft, breathable sheets with a high thread count and a duvet or comforter that invites coziness. A mix of pillows in different shapes and sizes will accommodate guests' preferences. Layering textures with a plush throw or delicate quilt not only adds visual interest but enhances the comfort factor.

A supportive and comfortable mattress is key; if upgrading isn't possible, a topper can work wonders. After all, nothing says "I care" more than a good night's sleep.

**Personalize the Stay**

Little details make a big difference. Set the tone for a warm and thoughtful stay with small, personalized touches. A handwritten welcome note or fresh flowers by the bedside are simple but meaningful ways to make your visitor feel special.

Consider adding a stack of books or magazines, or leave a local guide so they can explore your area with ease. A bedside carafe of water and a few sweet treats — think artisanal chocolates — will make them feel pampered from the moment they arrive.

**No Need Left Behind**

Think beyond comfort and provide practical amenities to make your guests' stay effortless. A small but crucial detail is a charging station or power strip beside the bed. Create a mini essentials station stocked with toiletries, an extra toothbrush and even a phone charger — saving them from awkwardly asking for forgotten items.

Don't forget storage! Offering a designated place for clothes or luggage makes the room feel more organized and welcoming. A rack or bench at the foot of the bed helps them keep their things tidy, adding an effortless sense of order to the space.

**Set the Mood**

Create the right vibe with soft, ambient lighting. Table lamps or wall sconces with adjustable settings allow guests to customize their ideal experience. A soft area rug will ground the space, providing warmth underfoot and soundproofing for a quiet, peaceful room.



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# LOVE WORTH INVESTING IN

These vows aren't just about finances; they're about building a partnership that is both secure and soulful. When you consider financial planning an act of love, you set the stage for a marriage that thrives.

BY SHAUNA OSBORNE, NATIONAL EDITOR

## FINANCIAL FITNESS

### VOW 1: "I promise to be transparent."

Open communication about financial histories is key to starting fresh. Share your complete picture with your partner, including debts, savings, credit scores and obligations like child support or alimony. This honest conversation fosters trust and ensures there are no surprises down the road.

### VOW 2: "I promise to align our goals."

Before merging finances, discuss your shared aspirations. Are you saving for a dream home, planning early retirement, or focusing on supporting children through college? Setting clear savings and investment goals together helps harmonize your vision for the future and prevents potential conflicts.

### VOW 3: "I promise to honor the past."

For those remarrying after loss, finding balance between honoring past commitments and embracing new ones can be challenging. Discussing topics like inheritance plans or sentimental assets with compassion ensures both partners feel respected. Whether preserving a legacy or integrating new traditions, this vow acknowledges that love grows when both the past and present are cherished.

### VOW 4: "I promise to plan for the unexpected."

Life is unpredictable, but preparation can ease its uncertainties. Create a plan for managing joint expenses, debt repayment and emergencies. Establishing an updated will, discussing health care directives, and revisiting life insurance policies provide peace of mind for you and your family.



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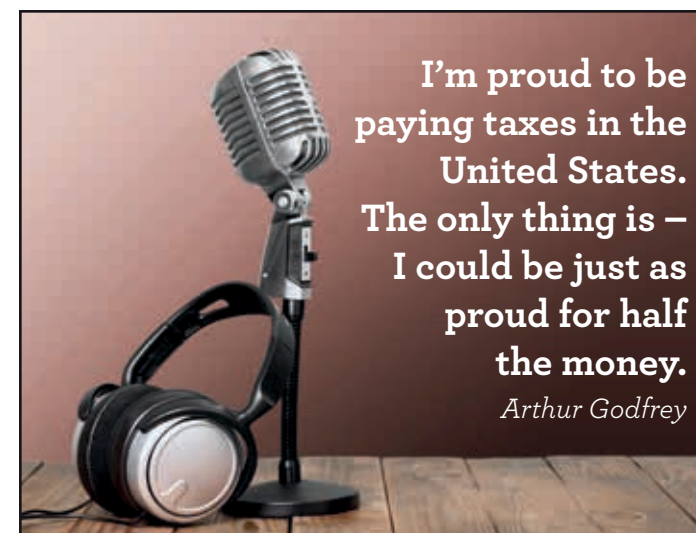


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## Stretch Your Body, Strengthen Your Bond

Partner stretching is a gentle reminder to slow down, stay present and nurture your bond while honoring your body's need for movement.

BY SHAUNA OSBORNE, NATIONAL EDITOR



Partner stretching is more than just a way to improve flexibility — it's a practice that deepens connection while nurturing your body. This shared ritual invites you to pause, tune into each other, and create space for both movement and mindfulness. Whether paired with your partner, a close friend or a family member, these stretches blend wellness with togetherness, leaving you feeling aligned in more ways than one.

### MOVES TO CONNECT

**Seated Forward Fold:** Sit facing your partner with legs extended in a “V” shape. Press the soles of your feet together and hold hands. Gently pull each other forward, alternating to give and receive the stretch. This posture opens the hamstrings and lower back while cultivating trust.

**Back-to-Back Twist:** Sit back-to-back with legs crossed. Reach your right hand to your partner's left knee and your left hand to their right knee. Twist gently, releasing tension in the spine and shoulders. After a few breaths, switch sides for balance.

**Assisted Shoulder Opener:** Stand facing each other and hold hands. Lean back slightly, extending your arms and feeling the stretch across your shoulders and upper back. This move helps release tightness built up from stress or screen time.

### ELEVATE THE EXPERIENCE

Transform this simple practice into a mini retreat by creating an inviting space. Lay down soft rugs or yoga mats, dim the lights, and add candles or essential oils for ambiance. Keep water on hand to stay hydrated. Play quiet, meditative music to deepen the relaxation. Most importantly, focus on breathing together — inhaling and exhaling in harmony enhances both the physical benefits and emotional connection.

### BERRY BLISS

After your stretch, replenish your energy with this delicious, hydrating smoothie.

- 1 cup unsweetened almond or oat milk
- 1 cup frozen mixed berries
- 1 frozen banana
- 1 tbsp chia seeds
- 1 tsp honey, optional

Blend all ingredients until smooth, pour into two glasses, and enjoy together!



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# resident business guide

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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 West Virginian Mountaineer Real Estate, 1405 Harper Rd. Beckley, WV (304) 640-4100. Kenny Bryant-Broker of Record.

Address	Neighborhood	List Price	Sale Price	Sold Date	Beds	Baths	SqFt	Parking	Comments
104 Falcon Place	GladeSprings	\$374,000	\$370,000	11/20/24	4	3	2,250	Att-2 Car	1.5 Story
219 Club Circle	GladeSprings	\$365,000	\$365,000	12/03/24	3	3	1,673	None	Condo/Townhouse
128 March Chapel Lane	GladeSprings	\$364,000	\$337,500	12/12/24	3	2	2,073	Att-2 Car	Ranch
138 Thistle Glen Lane	GladeSprings	\$529,000	\$500,000	09/18/24	4	3	3,038	Att-2 Car	1.5 Story
201 Dogwood Court	GladeSprings	\$275,000	\$275,000	08/22/24	3	3	2,666	Att-2 Car	Condo/Townhouse
155 William Place	GladeSprings	\$559,900	\$595,000	10/11/24	4	3	3,636	Att-2 Car	1.5 Story
747 Edward Drive	GladeSprings	\$549,000	\$545,000	10/15/24	3	3	2,500	Att-2 Car	Ranch
111 Greenbrier Road	GladeSprings	\$649,000	\$639,500	10/21/24	3	3	3,679	Att-2 Car	1/5 Story
882 Club Circle	GladeSprings	\$172,000	\$172,000	10/28/24	1	1	916	None	Condo/Townhouse
271 Lakeside Drive	GladeSprings	\$569,000	\$547,000	11/01/24	5	4	5,163	Att-3 Car	Log Home
192 St. Elizabeth Lane	GladeSprings	\$589,000	\$565,000	08/05/24	3	4	3,480	Att-2 Car	Raised Ranch
651 Edward Drive	GladeSprings	\$850,000	\$850,000	08/05/24	4	3	3,939	Att-2 Car	1.5 Story
213 Glen Garden Lane	GladeSprings	\$359,000	\$355,000	08/12/24	3	2	2,047	Att-2 Car	Ranch
340 Royal Oaks Dr.	GladeSprings	\$647,000	\$575,000	11/14/24	6	5	5,757	Att-3 Car	Modular
519 Edward Drive	GladeSprings	\$537,500	\$537,500	08/13/24	3	3	2,500	Att-2 Car	1.5 Story
330 Chapelwood Drive	GladeSprings	\$429,900	\$429,900	08/29/24	3	2	2,260	Att-2 Car	1.5 Story
126 Highlands Lane	GladeSprings	\$525,000	\$525,000	08/30/24	4	3	2,754	Att-2 Car	Ranch
101 Holly Court	GladeSprings	\$520,000	\$520,000	10/15/24	3	3	3,138	Att-2 Car	1.5 Story
117 St. Andrew Lane	Glade Springs	\$569,900	\$555,000	11/15/24	4	4	3,474	Att-2 Car	Ranch
109 Hickory Court	GladeSprings	\$399,000	\$395,000	07/19/24	3	2	2,161	Att-2 Car	Ranch



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I have had two spine surgeries before the age of 40. As a result, I have numbness, pain, an ankle drop, decreased flexibility, and joint pain. After about a month of taking the supplement, I feel that I am having more comfortable days. I've been advised that more results may occur after a few months of constant use. Can't wait to feel and see increased improvements! Thank you!



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