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We sure hope you are enjoying the Holiday Season and wish you the best New Year EVER in 2024! Welcome to the January 2024 issue of *Stroll Glade Springs Village* and THANK YOU for sharing your recommendations with us for features and sponsors! We have had a ball in 2023 sharing your lives with the community and look forward to telling your story in 24!

If you have a neighbor, athlete, kid, pet, recipe, someone who makes a difference, or a favorite business you would like to see featured in *Stroll* please reach out to me or one of our talented team members! Thank you again for your support and we wish you a very Happy and Safe New Year!







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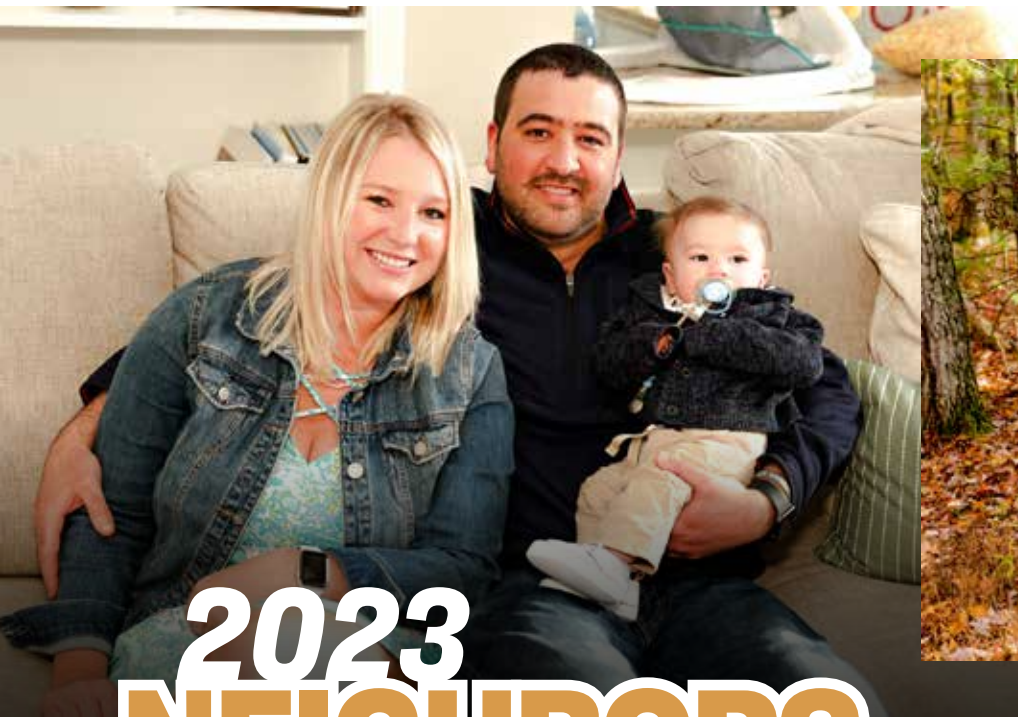
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Neigh-bor | naber | a person living near or next door to the speaker or person referred to. any person in need of one's help or kindness.

PHOTOS BY KAREN AKERS



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# KIDS OF 2023!

Children are a gift from the Lord; they are a reward from Him.  
Psalm 127:3

PHOTOS BY KAREN AKERS



Camden Johnson

Our children are an amazing blessing. They are a part of us and we love them unconditionally. They bring us indescribable joy as well and make our lives full. We have so many incredible children in our community who have made lifelong friends with each other through school, sports and the many activities that Glade has to offer. We are extremely fortunate to be able to raise them here in our beautiful and safe surroundings. Here's to our Kids of 23 and we look forward to our 2024 feature Kids!

Max Phillips



Lucy & Hannah Rubin

Maci Akers



Claire Willson



Lillian Sheets



Chibale Nelson



Daphney Masterson



Ella Fairchild



Haley Jo Hunt



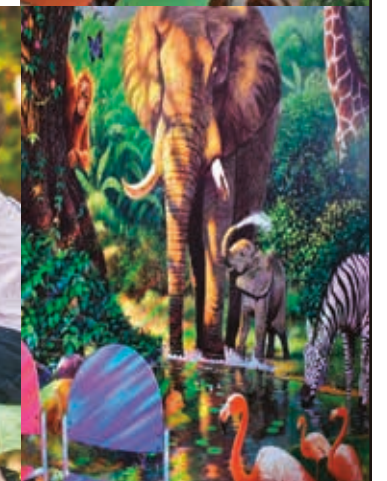
Liam Hiener

If you know a great kid or kids in the neighborhood please contact Bob Coburn at [bob.coburn@n2pub.com](mailto:bob.coburn@n2pub.com)

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Kael Ferguson



Park Winkler



Heather Hill



Dwight Smith



Mallie Lawson



Audrey Justice



Charlotte McGinnis



Bob Butsch



Luke Matthews



Pickleball Athletes



Gabe Matthews

If you know of or have an athlete in the family please contact Bob Coburn at [bob.coburn@m2pub.com](mailto:bob.coburn@m2pub.com)

# 2023 COMPETITORS!

PHOTOS BY KAREN AKERS

Being involved in athletics is a lifelong learning experience that teaches us patience, humility, leadership, listening skills, awareness and emotional intelligence. These invaluable lessons can be applied to all walks of life. We learn what it is to be a good teammate. We also learn how to have a good work ethic, sportsmanship and resilience. We have so many athletes of all ages who have learned and continue to learn these things. Some residents have even gone on to be professional athletes. Here are last year's competitors and we look forward to our 2024 teammates!

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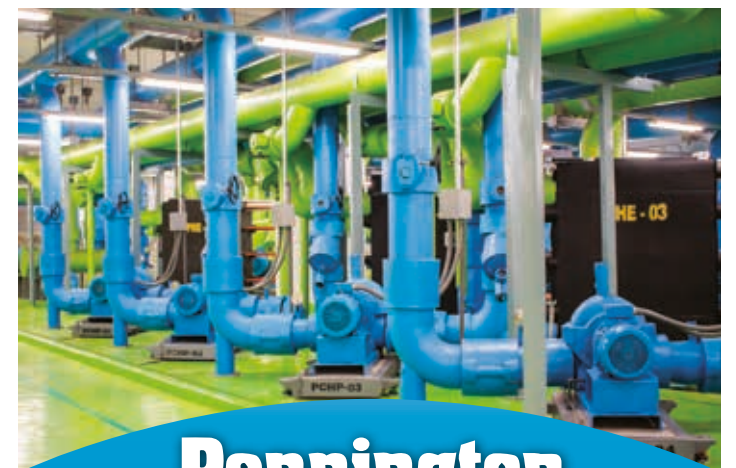
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PHOTOS BY KAREN AKERS

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# Hood Happenings in 23!

We have so much fun throughout the year that it's almost illegal. Here is a sample of the smiles and good times in our community in 2023!



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# Giving Back in 23!

Our Glade Springs Difference Makers fit the definition although we could challenge Mr. Hansen with the “ordinary” word. They have a heart for giving and are selfless with their time and energy to help others. They take initiative and ownership. They have great attitudes! They overcome!

Let’s celebrate our 23 Difference Makers once more and thank them for their contributions!

“ A Difference Maker is an ordinary person who accomplishes extraordinary things by creating positive change in his or her community. -RICK HANSEN ”



Betty Callender



Kids with a Heart for Animals



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If you know someone whos 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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Peanut Butter Pie by Donna Miller



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# Sharing Food in 2023!

Sharing meals is one of the best ways to build relationships, relieve stress, and celebrate our lives. Everyone has favorite dishes, recipes and go-to meals that they love whether they are new or have been in the family for a generation. We appreciate you sharing your food love with the neighborhood and look forward to sharing your favorite recipe in 2024!



Easy Fast Rising No-Knead Bread by Ingrid Lemme-Chalut



Kathy Caperton's Fall Fondant Potatoes



Dave Dorman's Steak Au Poivre



Smash Burgers by Bob Coburn



Kristina Killen's Greek Marinated Grilled Lamb Chops



Philly Cheese Steak Hoagie by Shane Jervis & Cindy Coburn

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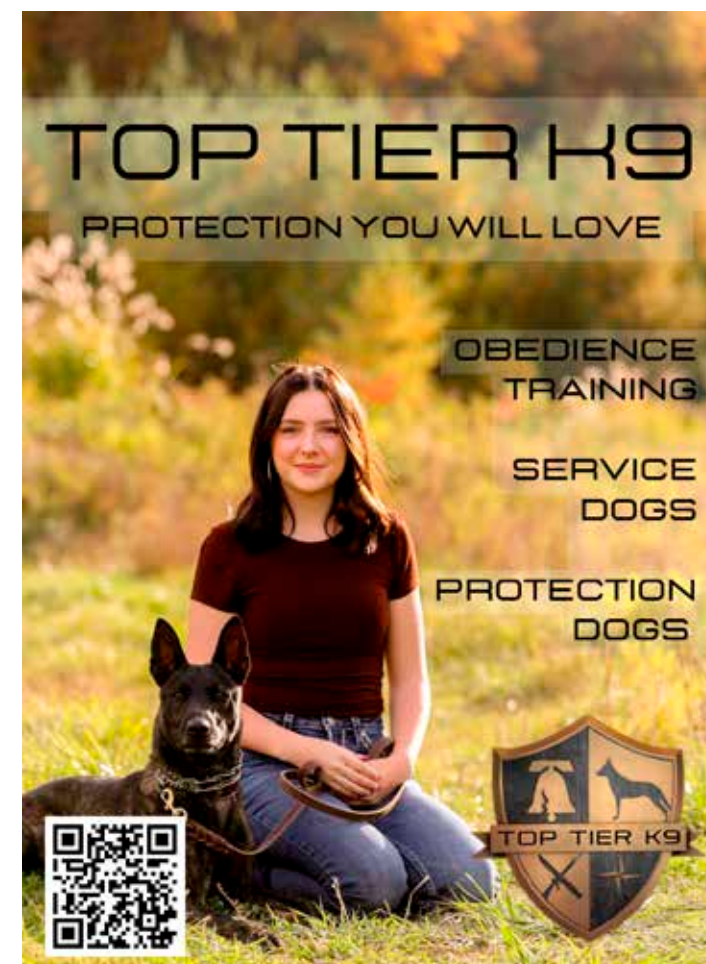


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Tim Micek, MD a respected local orthopedic surgeon, has dedicated himself to assisting patients through not only surgical intervention but also innovative non-surgical approaches. Dr. Micek, founder of MD Formula, is a board-certified orthopedic surgeon in our community. He and his wife Shakita, who is the CEO and President, operate MD Formula out of their love for assisting others in improving joint function, decreasing pain, and improving motion.

He acknowledges that surgery remains a viable option for addressing orthopedic conditions. However, Dr. Micek goes beyond conventional methods by introducing a breakthrough joint hydration supplement. This unique approach prioritizes helping individuals improve their mobility without resorting to surgery or prescription medications. The Joint Hydration Supplement is a daily oral supplement that empowers you to boost joint function, reduce pain, prevent arthritis, and improve overall motion. Joint Hydration is not a

drug, it is risk-free, and no prescription is needed. It is the only joint supplement in the world that has been developed by a practicing orthopedic surgeon that has hyaluronic acid (HA), glucosamine, and chondroitin as its main ingredients.

In June 2023, Dr. Micek, accompanied by his wife Shakita and daughter Farrah, made the heartwarming move to Glades Springs. Alongside them, two furry companions, Smokey (black lab) and Comet (Doberman), joined the journey. Tim is originally from Jamestown, NY, and his wife is from the southside of Chicago. Their relocation from Iowa to West Virginia was driven by Dr. Micek's new orthopedic position at

Appalachian Regional Hospital (ARH). This dynamic family brings a blend of experiences and warmth to their new home in Glade Springs.

Immersed in the vibrant Glade Springs community, the Micek family relishes exploring the diverse trails that West Virginia has to offer, fostering a love for hiking. The Micek's spend their Sunday serving the Lord at Faith Community Church. Their culinary adventures lead them to local gems like The Dish, Pies and Pints, Fruits of Labor, and Weathered Ground Brewery. Dr. Tim Micek, boasting a low single-digit handicap, indulges his passion for golf by playing all the courses at Glade Springs, unabashedly declaring Stone Haven as his personal favorite and the most

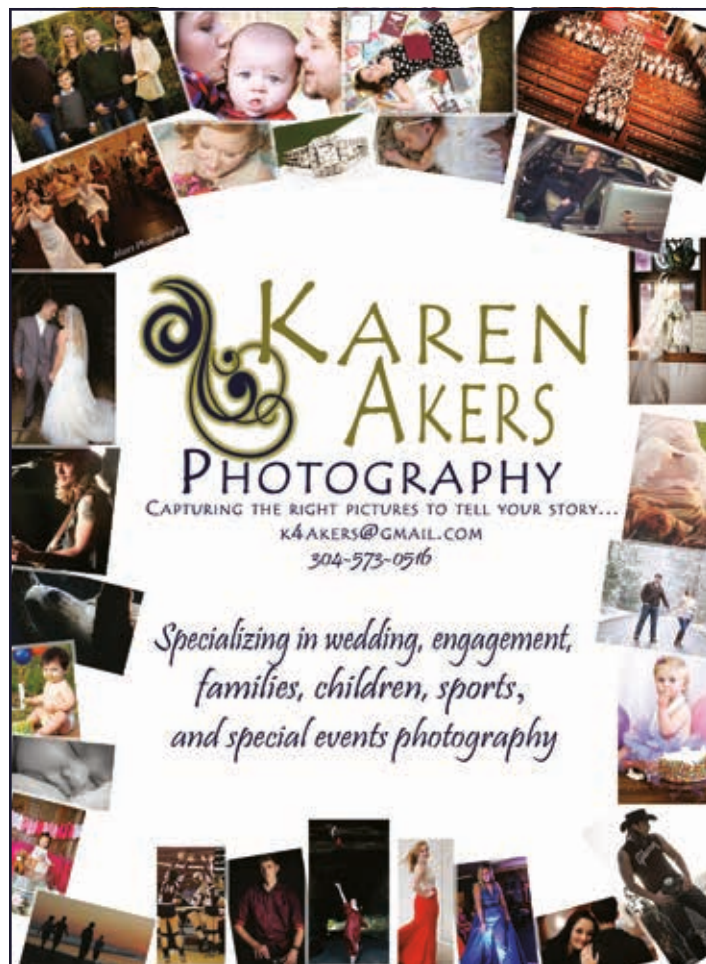
challenging—anticipating some friendly debate on this matter. Despite being far from family and friends, the Micek family has found solace in the warm hospitality and welcoming spirit of the Glade Springs community.

Shakita Micek, equipped with an undergraduate degree in Biology is on the verge of completing her Master's in Business Administration (MBA) with a specialization in Management. With aspirations for national and global distribution, MD Formula is gaining traction on popular social platforms such as Amazon, Instagram, Facebook, and TikTok, connecting with a diverse and expansive audience.

Motivated by a sincere commitment to enhancing local well-being, the Micek family is steadfastly devoted to providing our community with the finest joint supplement through MD Formula. Their feature in Stroll Magazine is an opportunity to engage with and extend support to our friends and neighbors in Glade Springs and the surrounding communities. The Micek's hope that the local community will commit to trying MD Formula out because they've observed that many individuals who incorporate MD Formula in their routine experience improvements in joint function and mobility.







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HOME MATTERS

## Let It Snow

Your windows become portals to a frosty wonderland with just a few simple materials and a touch of imagination.

BY SHAUNA OSBORNE, NATIONAL EDITOR



Gazing at a serene snowfall through our windowpanes is a comforting reminder of the cozy warmth of home. Recreate the delicate dance of snowflakes, drifting gently from the sky, with these easy homemade clings. Just as every flake is unique, each creation carries its own distinct charm.

### Materials:

- Snowflake templates (available free online)
- Puffy paint (any color)
- Wax paper or large freezer bag (with zipper cut off)
- Tape

### Instructions:

**1 /** Print snowflake templates online (or draw your own!). Place templates between wax paper or in freezer bag, securing with tape to prevent slippage.

**2 /** Trace the snowflake pattern with a generous amount of puffy paint (don't skimp here — too little paint can make peeling off the clings challenging!).

**3 /** Let snowflakes dry for 24 to 48 hours, then carefully peel off their protective surface. Press clings onto your windows and enjoy!

**4 /** Clings should stick easily due to the slight tackiness of the dried glue, but if they don't stick well, you can add a tiny bit of water to the back.

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# Mastering Emotional Spending

As the calendar resets, so do our opportunities for financial growth.

BY SHAUNA OSBORNE, NATIONAL EDITOR



## FINANCIAL FITNESS

A new year is a fresh beginning, an opportune time to reflect on our habits and set ourselves up for success in personal finance. Emotional spending, often colloquially known as “retail therapy,” is the act of making purchases based on one’s emotional state rather than out of necessity or rational decision-making. It transcends income levels and, if left unchecked, can lead to financial stress and instability. Recognizing common triggers and implementing better strategies can be the key to making more intentional economic choices in the year ahead.

### COMMON TRIGGERS

**Stress / Anxiety:** When faced with stress or anxiety, many of us seek comfort in material possessions. The act of buying something new can provide a temporary sense of relief or distraction from our troubles.

**Boredom:** Idle moments can sometimes lead to impulsive purchases. Online shopping platforms have made it easier than ever to make quick, unplanned purchases with just a few clicks.

**Happiness:** Emotional spending can also be triggered by positive emotions, such as excitement, joy or celebration. When people are feeling good, they may be more likely to splurge on themselves or others.

### INTENTIONAL STRATEGIES

**Create a budget (and stick to it):** Establishing a clear budget helps to set spending limits and prioritize necessities. Allocate a specific portion for discretionary spending and hold yourself accountable.

**Practice mindful consumption:** Before making a purchase, take a moment to ask yourself if it’s truly necessary. Consider if the item will add genuine value to your life or if it’s a fleeting emotional response.

**Implement a 24-hour rule:** For nonessential purchases, give yourself a 24-hour window before making the final decision, allowing time for rational reflection.

**Cultivate gratitude:** Focus on appreciating what you already have rather than constantly seeking new acquisitions.



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by Loretta Graziano Breuning
4. **Tiny Buddha's Gratitude Journal**  
by Lori Deschene
5. **365 Thank You**  
by John Kralik

## The Art of Gratitude

In a world bustling with demands and distractions, the practice of gratitude shines as a beacon of light, reminding us to appreciate life's simplest yet greatest gifts.

BY SHAUNA OSBORNE, NATIONAL EDITOR

Imagine a single practice so powerful that it could transform your mental landscape, elevate your emotional well-being and set you on a course for personal growth like never before. Enter the age-old art of gratitude — a deceptively simple yet astonishingly effective tool that has the potential to be your wellness game-changer for 2024. Mindfully acknowledging and appreciating the positives in our lives can have a profound impact on our mental and emotional health.

Psychologically, gratitude can enhance our sense of well-being, reduce stress levels and promote a more positive outlook on life. Physically, this practice can reduce inflammation, boost the immune system and improve sleep quality. It's also the glue that binds relationships, strengthening bonds and deepening connections.

By shifting our attention away from negativity and toward the good things in our lives, we can cultivate a mindset of abundance and contentment.

Best of all, incorporating gratitude into your daily routine doesn't require grand gestures or significant time commitments.

**Morning gratitude journal.** Write down three things you are grateful for before getting out of bed.

**Mindful little moments.** Pause during your day to soak in your surroundings. Notice the beauty in nature and appreciate small gestures of kindness around you.

**Thank-you notes.** Take time to write a handwritten note to someone who has done something kind for you.

**Meditation.** Sit quietly for a few minutes each day and focus on the good things.

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REAL ESTATE  
RESOURCE

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

Properties presented may not be listed by the office/agent providing this information. Source MLS. All information herein has not been verified and is not guaranteed. Supplied by West Virginia Mountaineer Real Estate, 1406 Harper Rd. Beckley, WV (304) 840-4100. Kenny Bryant-Broker of Record.

Address	Neighborhood	List Price	Sale Price	Sold Date	Beds	Baths	SqFt	Parking	Comments
1102 Lake Drive	GladeSprings	\$799,000	\$750,000	07/28/23	4	4	6,373	Att-3 Car	1.5 Story
294 Far Country Dr.	GladeSprings	\$484,900	\$460,000	09/22/23	3	3	2,436	Att-2 Car	2 Story
860 Club Circle	GladeSprings	\$164,500	\$160,000	08/25/23	1	1	804	None	Condo/Townhouse
809 Far Country Drive	GladeSprings	\$529,000	\$520,000	08/01/23	5	3	2,900	Att-2 Car	1.5 Story
104 Tudor Place	GladeSprings	\$550,000	\$535,000	09/05/23	5	3	3,284	Att-3 Car	Contemporary
105 Woodland Dr.	GladeSprings	\$169,000	\$166,000	09/26/23	1	1	934	None	Condo/Townhouse
745 Forest Haven Dr.	GladeSprings	\$480,000	\$475,401	09/27/23	3	2	2,568	Att-3 Car	1.5 Story
170 Long Drive	GladeSprings	\$289,000	\$290,000	09/18/23	3	3	1,719	Att-2 Car	Condo/Townhouse
175 Long Dr.	GladeSprings	\$289,000	\$299,000	09/29/23	3	3	1,719	Att-2 Car	Condo/Townhouse
156 Dogwood Ct.	GladeSprings	\$230,000	\$225,000	10/12/23	3	3	2,450	Att-2 Car	Condo/Townhouse
311 Club Circle	GladeSprings	\$409,000	\$409,000	10/30/23	3	2	1,913	Att-2 Car	Condo/Townhouse
137 Blackmore Lane	GladeSprings	\$679,000	\$670,000	11/06/23	4	3	4,667	Att-2 Car	Ranch
311 Far Country Drive	GladeSprings	\$579,900	\$560,000	11/06/23	4	4	3,750	Att-2 Car	1.5 Story
102 Pembroke Lane	GladeSprings	\$339,000	\$315,000	08/04/23	3	2	1,850	Att-2 Car	Ranch
881 Far Country Drive	GladeSprings	\$539,000	\$544,000	11/17/23	4	2	2,850	Att-2 Car	1.5 Story
144 Nelson Lane	GladeSprings	\$849,000	\$790,000	06/30/23	5	4	5,076	Att-2 Car	Contemporary
126 Long Drive	GladeSprings	\$309,000	\$309,000	07/07/23	4	3	2,650	Att-2 Car	Condo/Townhouse
117 Fox Pen Way	GladeSprings	\$425,000	\$425,000	07/14/23	4	3	2,200	Att-2 Car	1.5 Story
121 Votive Place	Glade Springs	\$329,000	\$338,000	08/17/23	3	2	1,729	Att-2 Car	1.5 Story
631 Club Circle	GladeSprings	\$565,000	\$565,000	08/17/23	4	3	3,161	Att-2 Car	Ranch

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