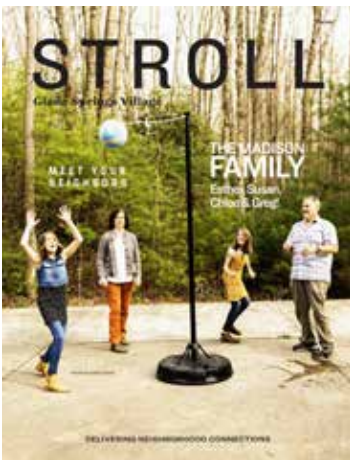
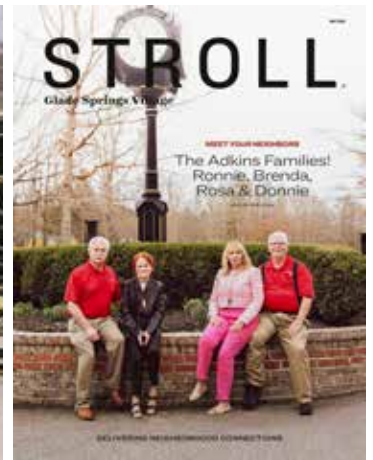
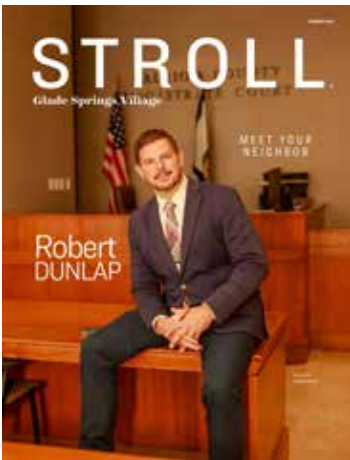


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# HAPPY NEW YEAR!

2024 year in review!

**WELCOME TO 2025** and our annual Year in Review issue where we celebrate once more our wonderful families, kids, athletes, pets, events and recipes of 2024!


Thanks to all of you who participated in 2024 and we look forward to featuring YOU and your family in the coming year! Our content is driven by recommendations from your friends and neighbors so please


keep them coming and thank you for your prior recommendations!

Thank you also for your recommendations of trusted local businesses who provide amazing products and services to our community. We appreciate their loyalty to our residents and thank them for making our lives easier.


Happy New Year from your team at *Stroll Glade Springs Village!*








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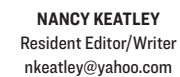
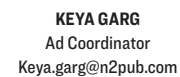
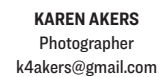
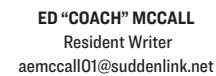
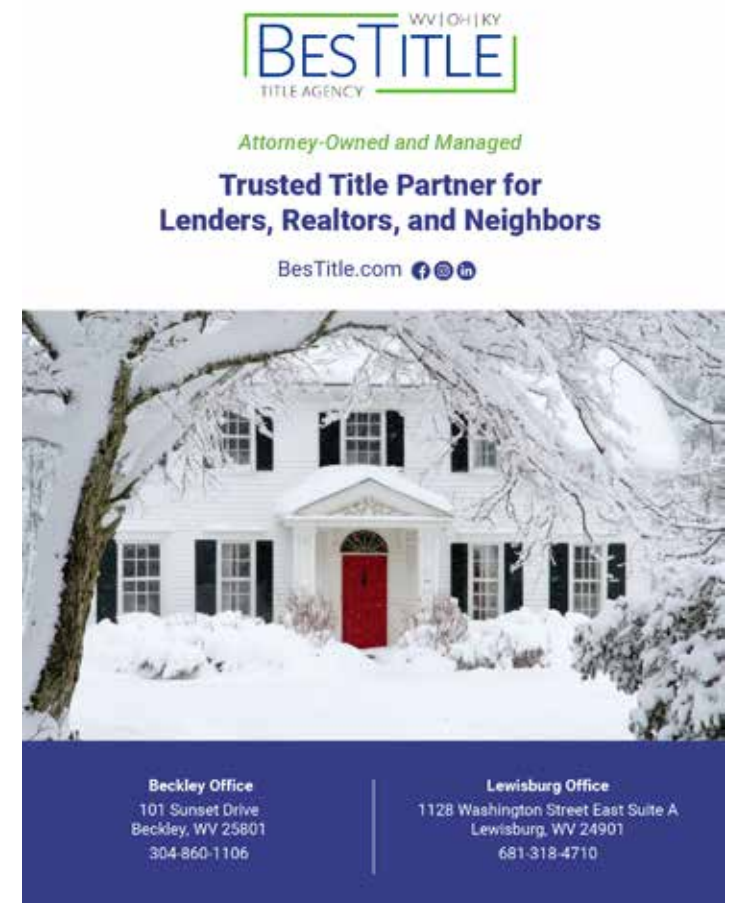


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# NEIGHBORS

IN REVIEW! PHOTOS BY KAREN AKERS



The Thompsons



The Wicklines

The Millers



The Rainey's



Robert Dunlap

**NEIGHBOR**

- \* a person living near or next door to the speaker or person referred to:
- \* a person or place in relation to others near or next to it.
- \* any person in need of one's help or kindness. "love thy neighbor as thyself"

Good neighbors are people who are respectful, kind, and helpful. They help build a sense of community. They are mindful, trusting, and understanding. They are there when we need them.

We are blessed with an overabundance of good neighbors in Glade and we love sharing their families and stories with our community. Here's to our 2024 neighbors!

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

Happy New Year!

2025

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Farrah Micek



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Natalie Wickline



6th Grade Glade Buddies



Raphael Mendoza



Jake Shamblin

# KIDS OF 2024!

PHOTOS BY KAREN AKERS

Our children are a gift from God. An unbelievable special connection exists for the rest of our lives. They mean everything to us and we love them unconditionally. They have immeasurable worth.

Let's take a look back of our great Glade Kids of 24 as we look forward to featuring many more in 25!



Jonah Cappellari



The Fabor Girls



Kaylee



Branson Miller

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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Lauren Mahaffey



Josie Cross

# 24 Athletic Achievers!

PHOTOS BY KAREN AKERS

**ATHLETE**  
a person who is proficient in sports or other forms of physical exercise. “he had the broad-shouldered build of a natural athlete”

I know what you’re thinking. Fear not! We love to celebrate ALL of our athletes of all ages regardless of their athletic prowess. Especially our kids and how they grow and perform in their respective sports.

Growing up playing sports teaches us how to win, how to lose, and how to get better. It teaches us how to be a good teammate. Lessons learned for a lifetime.

We celebrate our 2024 athletes and can’t wait for our 2025 features!



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Andrea Flohr



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Chloe Honaker



Glade Bowlers



Fallon Lilly



Ben & Bob Watson



Steven Gray



David Hegele

If you know of or have an athlete in the family please contact  
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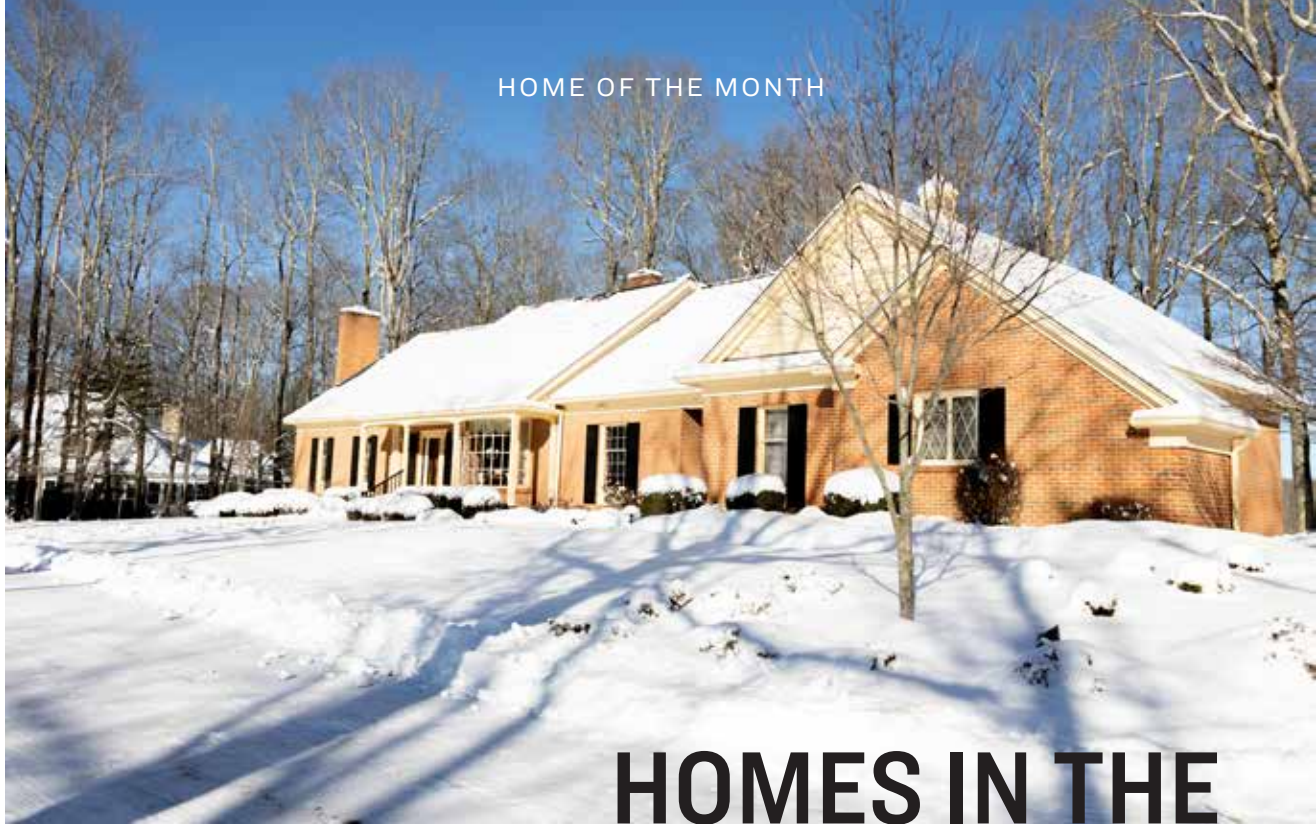
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HOME OF THE MONTH

# HOMES IN THE HOOD IN 24!

Jim Songer Residence



Karina Kwiatkowski & Richard Roberts Home

PHOTOS BY KAREN AKERS

## HOME

\* the place where one lives permanently, especially as a member of a family or household. \* relating to the place where one lives

We have so many great homes in Glade Springs we never have to worry about running out of content for this feature. Homes of all shapes and sizes that promote pride of ownership and great people and families who reside there. Once more we celebrate our Homes of the Month from last year and look forward to sharing your residence in the coming year!



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# HOOD HAPPENINGS IN 24!

PHOTOS BY KAREN AKERS

We are a FUN place to live! We have so many cool events to attend every month and are so very blessed to have a community that is always excited to get together and spend time with each other! Let the 2024 smiles tell the story.....



## Glade Community Church

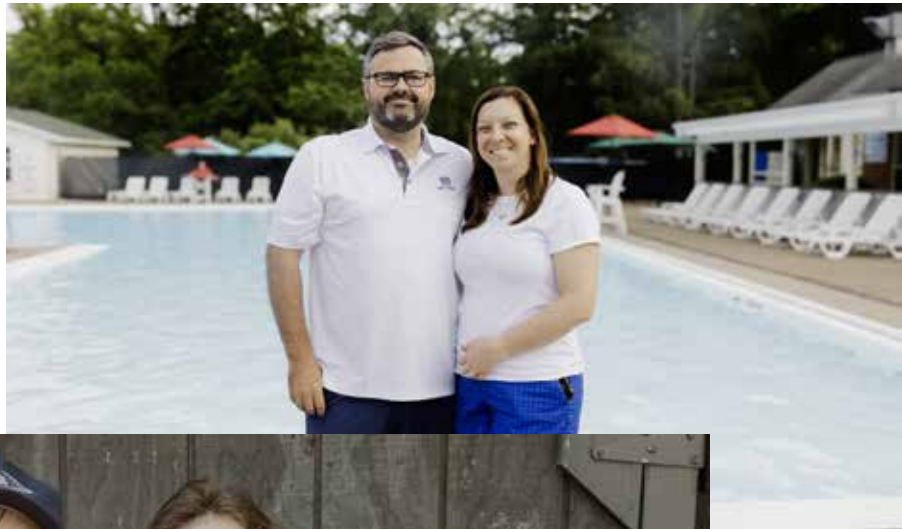
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# Our 4 Legged Babies in Review!

Pets can improve our lives in many ways, including mental health, physical health, a sense of purpose, social interaction, children's health, and companionship!

Pets can also help people with Alzheimer's or dementia by proving positive non-verbal communication and decreasing anxiety, agitation, and anger. Pretty impressive.

Interacting with animals has been shown to decrease levels of cortisol (a stress-related hormone) and lower blood pressure.

I almost don't know a Glade resident who doesn't own a pet family member. And THAT is truly what they are!

Thanks for sharing your Precious Pets in 24! We can't wait to introduce the 2025 rascals!



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# OUR 2024 DIFFERENCE MAKERS

PHOTOS BY KAREN AKERS

Making a difference is doing something that is important. To do something that helps people or makes the world a better place. To do so has a significant effect on a person or situation. They make it all BETTER because of their good actions.

We are so very blessed to have so many Difference Makers living in our community. We thank them once again for who they are and how they do it!

We can't wait to share our humble contributors of 2025!



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Baby Back Ribs by Bob Coburn

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Tuna Cutlets by Najma Faheem

# The Great Dishes of 24!

Family and neighborhood gatherings center around good food and signify a way to connect, build relationships, celebrate special occasions, share memories and foster a sense of belonging through the act of eating together. These gatherings often include dishes that are meaningful or nostalgic, representing cultural heritage or family traditions; it's more than just nourishment, it's a tool for strengthening bonds.

Thank you for sharing some of your favorite recipes last year and we cannot wait to see what 2025 has to offer!



Seafood Pasta Italiano by Shane Jervis



Caldereta by Dr. Ciriaco Mendoza



Cacio E Pepe w/ Garlic Shrimp by David Higinbotham



Shrimp & Grits by Kristina Killen



Boneless Leg of Lamb by Kathy Caperton

If you have a great recipe you would like to share please contact  
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Stuffed Peppers by Ron & Sue Halley



Steak Au Poivre w/ Wolfgang Puck Potatoes by David Dorman

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# Karen Akers Photography

Capturing  
life's stories

BY BOB COBURN WITH  
KAREN AKERS  
PHOTOS BY KAREN AKERS



Karen Akers believes that photography is an art form that has evolved significantly over the years, especially with the rise of digital technology. She loves how nearly everyone carries a camera in their pocket—thanks to smartphones—which means they can capture moments at any time. However, she emphasizes the importance of hiring a professional photographer for life events; these are the moments you want to cherish for decades. For Karen, each image tells a story, and



this storytelling aspect helps her stand out among the many photographers in Southern West Virginia.

With over 25 years of experience, Karen is a dedicated photographer who specializes in various types of photography, including sports, family, events, weddings, engagements, and scenic portraits. She believes that images have the power to convey deep emotions and narratives. For her, photography transcends mere picture-taking; it is about capturing the essence of a moment. Her passion began when she was just six years old, and it has only grown since then.

In her practice, Karen highlights the importance of storytelling through photographs. Each session is customized to meet her clients' needs, allowing them to express their preferences regarding poses, editing styles, and locations. This collaborative approach ensures that the final images resonate on a personal level. For instance, Karen strives to capture

candid moments, such as the intimate glance between a bride and groom or the fleeting smile of a newborn. These often-overlooked moments hold great sentimental value and authentically reflect the emotions of the occasion.

Karen uses high-quality equipment, including the Canon 6D mirrorless camera, and enhances her images using software like Adobe Lightroom and Photoshop. While she is skilled in advanced editing techniques, her editing style tends to favor naturalism, ensuring that the images remain true to life. This approach helps maintain the authenticity of the moments she captures.

Karen provides both studio and outdoor photography. Each presents unique challenges that Karen finds both rewarding and inspiring. The varying conditions of natural light, flash, studio lighting, venue specific lighting, and weather make each shoot distinct. These challenges encourage her creativity, pushing her to discover new ways to capture stunning images.



Always open to innovation, she continuously seeks to improve her skills and embrace new techniques.

Beyond her professional work, Karen actively volunteers to capture non-profit events and sports in her community. She often donates sessions for fundraisers or special causes and provides free photography services for high school seniors who may not be able to afford professional portraits. For Karen, giving back to the community is a way to share the talents she believes she has been blessed with by God.

Karen views photography as a powerful medium that transcends cultural barriers and documents significant life events. It offers her the opportunity to express her clients' stories and preserve their cherished memories, making her work not just a profession, but a heartfelt contribution to the lives of those she photographs. For more information about Karen Akers Photography please contact [k4akers@gmail.com](mailto:k4akers@gmail.com) or text 304-573-0516.





# One Hour to Zen

With these intentional methods, you'll soon see and feel the difference in a more organized home, as each simplified space creates room for greater ease and focus — a true reward for taking the time to let go.

BY SHAUNA OSBORNE,  
NATIONAL EDITOR



There's something profoundly refreshing about letting go of what no longer serves us, especially within the spaces we call home. Decluttering is more than simply a chore; it's a way to clear both our physical environment and mental state. As we organize and streamline our surroundings, we often find greater calm and clarity, with each small area cleared yielding a sense of accomplishment and relief.

### Micro-Decluttering for Manageable Progress

One effective way to tackle this process is through micro-decluttering. Micro-decluttering brings simplicity into focus. This approach breaks down the often-overwhelming task into daily, manageable actions. Focus on one small area each day, such as a single drawer or shelf, and complete that space before moving on. This method offers the satisfaction of visible progress without overwhelming yourself in the process.

### The One-Hour Rule for Routine Success

For those seeking a more structured approach, the "One-Hour Reset" offers a focused way to address clutter without feeling swamped. Set aside one hour daily to declutter a specific area of your home, such as your living room bookshelves or bathroom cabinets. The key is to set a timer and focus on what you can accomplish in that time — cleaning one area thoroughly or completing smaller tasks across a few spaces. This method helps make decluttering part of your domestic rhythm, allowing you to make headway without burnout.

### Setting Boundaries to Simplify

Finally, create simple rules to guide your decluttering decisions. For example, if you haven't used an item in over a year, let it go, or limit each category — such as dishes or books — to a set number and pare down accordingly. To keep essential but annoying items like paper clips and pens from cluttering your home, designate a specific spot for each category — like a dish for paper clips or a holder for pens — and ensure everyone in the household knows these boundaries to avoid sabotaging your efforts.

### TOP FIVE ITEMS TO DECLUTTER RIGHT NOW

Ready to start decluttering but not sure where to begin? These five items are the perfect place to start!

- 1/ Expired spices and pantry items
- 2/ Old magazines and junk mail
- 3/ Unused bathroom products
- 4/ Outgrown or unworn clothing
- 5/ Broken or duplicate kitchen gadgets

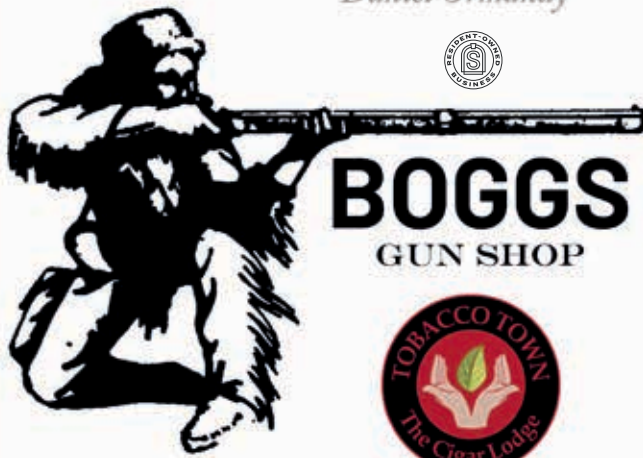
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# A FEAST FOR THE SENSES

Bringing these simple practices to each meal can help you start the year with a restored sense of nourishment, grounding you in gratitude with every bite.

BY SHAUNA OSBORNE, NATIONAL EDITOR

As we open the door to a new year, embracing mindful eating offers a pathway to connect with food more intentionally and harmoniously. Rooted in the principles of mindfulness — paying purposeful, nonjudgmental attention to the present moment — this practice invites us to slow down, savor every bite, and foster gratitude for the journey our food has taken to reach our table. Inspired by Jon Kabat-Zinn’s pioneering work in mindfulness-based stress reduction, mindful eating helps us create a space for awareness and appreciation in our daily meals.

Mindful eating isn’t about strict rules or restrictions — it’s about noticing the textures, colors, aromas and flavors that bring each meal to life. This deeper connection helps us make purposeful choices that satisfy our hunger and wellness goals while releasing stress around mealtime.

### THE TRANSFORMATIVE BENEFITS

Approaching food with awareness can elevate our entire eating experience. Savoring each bite helps us recognize fullness, reducing the tendency to overeat and leaving us more satisfied. By tuning into our senses, we naturally slow down, allowing our body to signal when it’s genuinely nourished. This mindful approach can also reduce food waste through intentional portioning, benefiting our health and the planet.

### HOW TO BEGIN

Integrating mindful eating practices is a simple but powerful way to nurture your relationship with food. Here’s how to start, according to Harvard Health:

- 1. Awaken the senses:** Begin the meal by noting the food’s vibrant colors, inviting aromas and varied textures. Experience each flavor fully, noticing how every bite makes you feel.
- 2. Unplug and reconnect:** Step away from screens and other distractions to immerse yourself in the moment, strengthening your connection to the act of nourishing yourself.
- 3. Pace yourself:** Take smaller bites, chew thoroughly, and pause for appreciation throughout the meal. Eating slowly enables us to feel naturally satisfied and gives us time to reflect on our true hunger.
- 4. Express gratitude:** Reflect on the path your food has taken — from the soil to your table — and the many hands involved in its journey.

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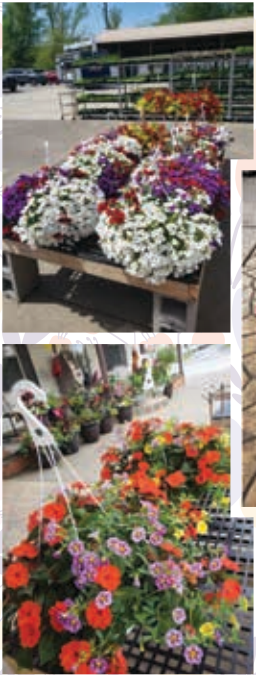
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Address	Neighborhood	List Price	Sale Price	Sold Date	Beds	Baths	SqFt	Parking	Comments
235 Royal Oaks Drive	GladeSprings	\$407,000	\$407,000	07/25/24	3	2	2,248	Att-2 Car	Ranch
342 Barnstaple Drive	GladeSprings	\$549,000	\$540,000	08/02/24	3	3	3,200	Att-2 Car	1.5 Story
245 Rothfield Circle	GladeSprings	\$439,000	\$439,000	08/22/24	3	2	3,150	Att-2 Car	1.5 Story
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

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.

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