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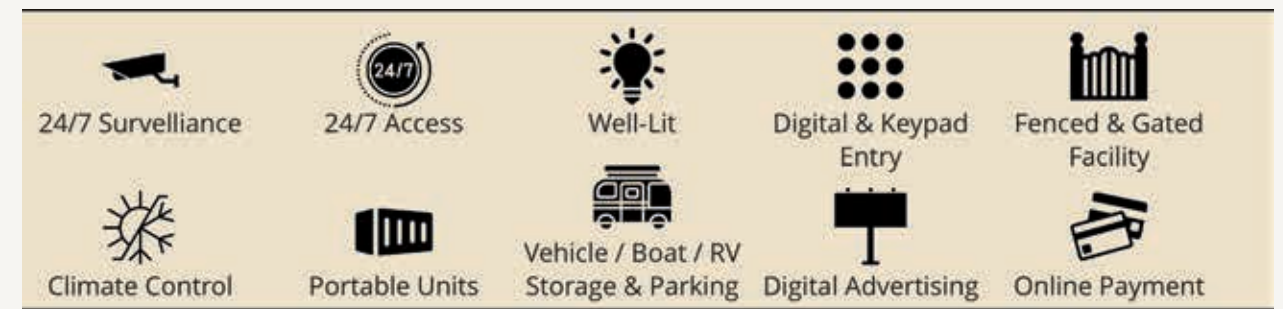


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Karen Berneburg, Ingrid Lemme-Chalut and
Brenda Meadows!

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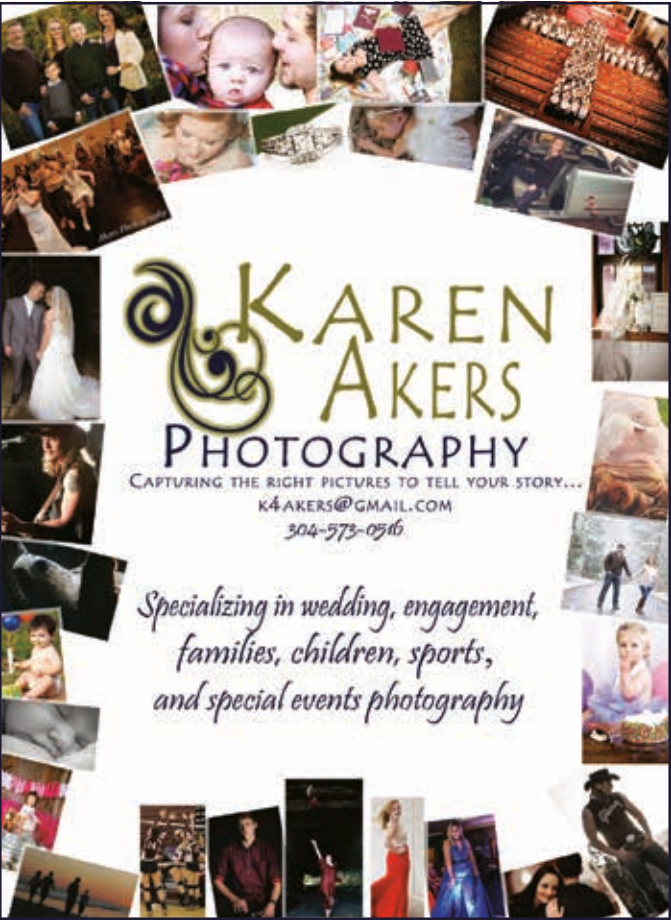


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Happy Independence Day!

BOB COBURN



Welcome to July, a month of summer, celebrations, and holidays! Speaking of celebrations, we celebrate our neighborhood high school and college graduates in this issue! We thank God for their achievements and the blessings they provide to us and so many others. We are excited to see them thrive in the next chapter and pray for God's guiding hand for their lives.

July is also highlighted by Independence Day and the beginning of the Dog Days of Summer. As cool as it has been as of this writing, we welcome summer warmth!

Thank you as always to our amazing preferred partners who support our community and we welcome



new partner, Seal-Tech owned locally by Michael Moore. They professionally provide commercial and residential driveway sealing as well as crack repair, pothole repair, concrete sealing and striping. Look for their ad in the Home Matters article!

We hope you have an amazing July in Glade Springs and thank you for your support of *Stroll Glade Springs Village* magazine. Your referrals of your family members and neighbors as well as local businesses are always appreciated and welcomed!

Bob




Bob Coburn is blessed to be the owner/publisher of *Stroll Glade Springs Village* and a performance/growth coach with the N2 Company. He is also blessed to be the husband of Cynthia Sims Coburn and proud father of Grace and step-dad to Gabriel and Laiken Griffith. Bob and Cindy have lived in Glade Springs since 2008.




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2025 GSVPOA GOLF CALENDAR

DATE	COURSE(S)	EVENT
Friday, June 6, 2025	WH	Mixed Group 5pm Shotgun
Monday, June 9, 2025	WH	Ladies 4pm Shotgun
Friday, June 27, 2025	WH	Mixed Group 5pm Shotgun
Monday, July 7, 2025	WH	Ladies 4pm Shotgun
Saturday, July 12, 2025	SH	Member-Member Shotgun
Sunday, July 13, 2025	WH	Member-Member Shotgun
Friday, August 1, 2025	WH	Mixed Group 5pm Shotgun
Saturday, August 9, 2025	SH	POA Club Championship Tee Times
Sunday, August 10, 2025	WH	POA Club Championship Tee Times
Monday, August 11, 2025	WH	Ladies 4pm Shotgun
Monday, September 8, 2025	WH	GSVPOA Ryder Cup 8:30 (Teetimes) -Contact Jack Spencer
Wednesday, September 10, 2025	SH	GSVPOA Ryder Cup 9:00am (Teetimes)
Friday, September 12, 2025	SH	Ryder Cup 10:00am (Teetimes)
Tuesday, September 16, 2025	SH	Ladies Invitational
Saturday, October 4, 2025	WH	Oktoberfest 10am Shotgun
Monday, October 6, 2025	SH	River States College Women's Tournament
Tuesday, October 7, 2025	SH	River States College Women's Tournament
Friday, October 31, 2025	WH	Woodhaven Closes

OUTSIDE EVENTS

Tuesday, June 3, 2025	SH	Bunker's Open w/Cobb
Tuesday, September 16, 2025	SH	GSVWGA Ladies Invitational
Saturday, July 19, 2025	SH (RS)	WVGA Parent-Child w/Cobb 9am Shotgun
Sunday, July 20, 2025	SH (RS)	WVGA Parent-Child w/Cobb 9am Shotgun
Friday, August 22, 2025	SH (RS)	Just for Kids Charity w/Cobb - 1pm Shotgun
Friday, August 29, 2025	WH	Glade Community Church Tournament 10am Shotgun
Thursday, September 25, 2025	SH/WH (RS)	TC Energy
Friday, September 26, 2025	WH	WVU Tech Alumni 1PM Shotgun

Events and dates are subject to change



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Woodhaven
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UPCOMING EVENTS AND IMPORTANT DATES FOR GSV

POA ACTIVITIES

Our POA Woodhaven Golf Course and The Haven are now open! Come out and see the work that our crew started in the Fall of 2024 to turn around the conditions at Woodhaven.

Our maintenance staff has worked hard throughout the off season with the help of JW Hamm and Keith Honaker.

While out at Woodhaven try one of our menu offerings at The Haven. We will have burgers, sandwiches, cold beer, wine and other options and specials throughout the golf season.



Member/Member July 12-13 and GSVPOA Club Championship August 9-10

August 1st Mixed 5pm Shotgun
(Friday's at The Haven Golf Event)

August 11 - Ladies 4pm Shotgun WH
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PLEASE SEE OUR 2025 GSVPOA GOLF CALENDAR FOR GOLF EVENT DATES AND INFORMATION
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Michelle Rotellini

Finding Her Place

WRITTEN BY JESSICA RUBIN, PHOTOS BY KAREN AKERS

I arrived at one of the businesses owned by Michelle, The Dish Cafe, and was immediately Greeted with a smile. Not only is her stature striking, but her enthusiasm is also contagious. “I want to transform our community into a place where people want to live,” she said, shortly after we sat down.

Michelle grew up in Beckley and is a face known to many, as a business owner and the President of the Beckley-Raleigh County Chamber of Commerce. It’s clear in the first five minutes of our conversation, she’s exactly where she’s supposed to be. “Part of my work at the Chamber is to take those unique assets that we have and really showcase them, so that when travelers are coming through or kids are considering what they’re going to do when they start their careers, they think ‘I’m going to stay here and contribute to this economy,’” she said.

From attending college in Charleston, South Carolina to working in the mountains of Pocahontas County at Snowshoe, Michelle



landed back in her hometown after starting a family. No longer in the heart of Beckley, but she settled close by in Glade Springs. “I have a lot of love for this area. I grew up here. I want to see it flourish; I want my kids to stay here. I don’t want to educate our kids and send them away,” she said. “I want them to say, ‘Hey, where I live is a really cool place’.”

In 2013, she opened The Dish with her aunts, Rosy Corley and Beverly Hall, as business partners. Michelle says she opened the restaurant to serve a need - providing fresh, homemade food made with locally sourced ingredients. “Food is foundational to placemaking,” she explained.

Placemaking is a term that came up a lot during our interview, the idea of highlighting the many reasons why you would not only want to visit here but put down roots.

Now, her three children, Bella, Dominic and Marco, all work in the family business and are taking on their mom’s mission to create a better future for our community. They’ve even expanded their Daniels location to another restaurant, Uptown Dish, in uptown Beckley. Truly a full circle moment.

Between running two successful restaurants and leading the chamber of commerce, it’s hard to believe Michelle has time for anything else. Believe it or not, she does. And how is her free time usually spent? You may already know – running.

If you live in Michelle’s neck of the woods, you’ve likely seen her early in the morning on her daily run, usually smiling and waving as she passes by. One of the many reasons she loves living in Glade– the space to run. “I think sometimes living at

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I have a lot of love for this area. I grew up here. I want to see it flourish; I want my kids to stay here. I don't want to educate our kids and send them away.



Glade, I have more of an understanding of how cool it really is here because of the people who I talk to who have relocated here from big cities that we sometimes dream about. We have so many residents who have left those places and come to Glade.”

Michelle not only loves living here now but has so many fond memories of raising her children in Glade Springs, a place they want to stay and build their own futures. She is a mom first and has passed on her business savvy and entrepreneurial spirit to her kids, who will no doubt carry on with her legacy. With a deep desire to showcase the unique assets of southern West Virginia, it is evident Michelle has found her place.

If you know of a great neighbor in the community that you would like to recommend, please contact Bob Coburn at bob.coburn@n2co.com



Karen Akers is a STEM educator at St. Francis De Sales School. She is a talented professional photographer with a keen eye for capturing the energy and emotion of clients and S.S.H.S. sports and events. Karen lives in Beaver with husband Mark. She is the proud mother of daughter Sarah, son Nick, and his wife Shasta, and a loving grandmother to Maci-and soon-to-be granddaughter Adley!



Jessica Rubin is a Glade Springs Resident and former evening anchor at WVNS 59News. She is the proud mother of two girls, Hannah and Lucy, and resides with her husband Daniel on Hawthorn Lane.

Ram Asaithambi - Growing Up Glade & Forging Opportunity!

WRITTEN BY ED MCCALL, PHOTOS BY KAREN AKERS



Ram Asaithambi came to Glade Springs as a 4-year-old with his parents, physicians Divya and Ganesh. Years later he was joined by little sister Ria. Soon he will leave Glade as one of the most accomplished scholars, leaders, and athletes to grace the campus at Woodrow Wilson High School and head to Duke University where he will continue his path of making a difference and shaping his world. Don't fret. He's not leaving for good. In fact, he proudly vows to return. "I fully intend to return to the community and state that has shaped me. I am a West Virginian, and I want to come back and make a difference."

While the idea for the title to this piece was suggested by his mother (she gives the Glade environment and its residents great credit for nurturing Ram), and don't mothers always know best? I must caution readers at this point to be wary of looking Ram directly in the eye as I did when he announced unabashedly his love for this place. Behind those dark brown eyes one will see a passion, albeit a zest, for learning, living, and for West Virginia that might sear the eyes of the unsuspecting. I would agree with mom that there was great nurturing, but the fire and desire behind Ram's achievements are innate, instilled from the parenting and home in which he grew up, the examples of successful living he has witnessed, and from his parent's native Indian culture.

I could fill the next few pages with the achievements of this young man, but if you read newspapers, watch tv, or keep track of happenings in Raleigh County on social media, you are already aware of many of his accomplishments. Like the award winning "Wetlands Project" just completed at WWHS that raised \$250K over 4 years to convert what was essentially a duck pond in front of the school into a wetland habitat complete with an outdoor classroom, boardwalks, and trails to be utilized by Woodrow students and teachers, especially science classes, and as an outdoor art studio, or simply as an area to appreciate nature.

Ram maxed out the Woodrow curriculum, completing 11 AP courses, finishing his high school academic career at the top of his class and as an AP Scholar with Distinction. As this piece is being written, he will be competing with his Flying Eagle teammates in the state tennis tournament in Charleston where he goes in as the #3 seed in boys singles and reigning regional champion and will also be a threat to win the doubles championship with his partner, Ethan Shepard, with whom he made it to the championship match in 2024. This year the pair have set their sites on bringing home the gold.

The articulate soon-to-be graduate says some of his fondest memories of high school were made on the tennis court. "Being able to represent my city and school well on the tennis court



is extremely rewarding." He also pays tribute to his favorite player, Rafael Nadal, when he plays by sporting a bandana and the same racquet as his tennis hero. He views sport in much the same way he views life and academics. "You've got to play to the end, and you have to figure out the problem in front of you (your opponent). It's really up to you and you alone! You forge your opportunities wherever you want them. That's just part of being a West Virginian."

Ram Asaithambi will continue the trek to his own future this fall at Duke, where he will begin work on his double major: bio-medical engineering and electrical and computer engineering. He will also minor in machine learning. He also plans to study German. All of this with an eye toward medical school and his goal of following his parents into medicine. He is fascinated with the future of artificial intelligence and how it will be used in the medical field, not to replace doctors, but as a tool to enhance doctors' ability to heal and understand what patients may be experiencing.

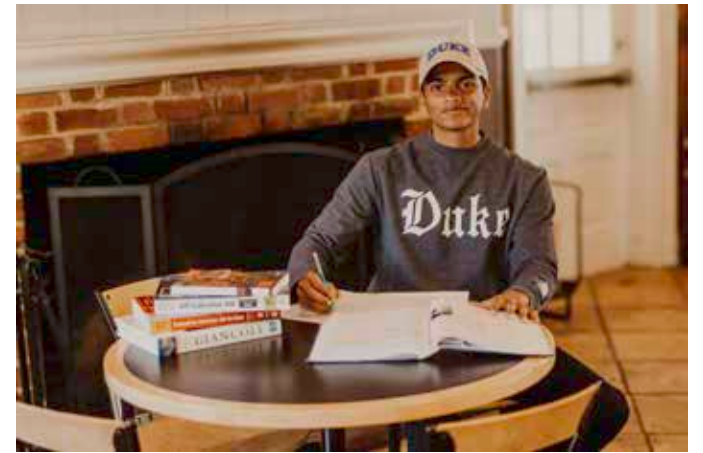
The choice of German as a second language was not a frivolous choice. Many medical devices/machines on the cutting edge of medicine today are engineered in Germany. Ram believes being able to speak the same language as the builders of these machines will give him and his patients an advantage when it comes to optimizing treatments.

As his high school days draw to a close, Ram says the relationships he developed at Woodrow with teachers, administrators, and his fellow students will be what he cherishes the most. There is no doubt that Duke is getting a good one who is determined to forge his own opportunities to their fullest potential!

If you have an great kid in the family please contact Bob Coburn at bob.coburn@n2co.com



Ed is a WVU grad who spent 40 years as a teacher, administrator and coach for basketball, football, golf, track, and wrestling. He spent 20 years on the WVGA Exec. Committee with 2 terms as President. He has worked for 26 years as a starter at the Greenbrier and announced for the PGA and LIV Tours. Ed has been a published author for over 35 years and is an avid golfer. A teller of tales with a gifted imagination, Ed lives with his wife Cindy of 50 years and has one daughter, Dr. Maclyn McCall.



"You've got to play to the end, and you have to figure out the problem in front of you (your opponent)."



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NOT SHORT ON TALENT! GABE SHORT

PHOTOS BY KAREN AKERS, WRITTEN BY ED MCCALL



Gabe Short loves basketball and has for as long as he can remember. The 6'1" freshman just completed his first year at Shady Spring High School where he played a key role in the Tigers' successful 2025 season. Even though the Tigers were ranked #1 most of the season and made it to the semifinals at the state tournament, the third generation hooper was not satisfied and is already working toward his goal of finishing the 2026 season hoisting a trophy after the final game at the Charleston Civic Center, a scenario that has become commonplace in recent years for the Shady program under Coach Ronnie Olsen.

That success is part of the reason the Edwards Drive resident brought his considerable game from Greater Beckley Christian, where he played middle school basketball for the Crusaders, to one of the dominant AAA programs in West Virginia. He is the third Short to play for a storied coach, and so



the adage that apples don't fall far from the tree certainly holds true for the Short family. Proud grandfather Pete, who lives on Barnstaple, played for legendary Oceana coach Paul Grier. Dad PJ also played at Oceana for the fiery Jim Hopkins before transferring to Logan to star for Coach Tim Murphy's Wildcats.

Once he got over the initial adjustments it takes to transition from middle school to varsity, Gabe was a steady contributor. "Everyone is as big and as fast as you are," he recalled recently. "Overall, I just had to adjust to the speed of the game at the varsity level." Adjust he did. In fact, his personal highlight of the year had a special sweetness to it because it came against his dad's old school, Logan. It was a big game near the end of the season as the Tigers were positioning themselves for another post-season run. With seconds ticking down at the end of the first half, Gabe



emerged from a scramble for a loose ball near mid-court and had the presence of mind to heave a desperation shot from half-court. The buzzer beater at the end of the half touched nothing but nylon and clearly gave Shady the momentum to turn a closely contested game into a rout in the second half.

When pressed, the humble shooter admits, "Yeah, that was pretty sweet!" But he isn't resting on those laurels. He's already back in the gym developing his all-around game. A typical day finds him reporting to his grandpa Pete's house after school for some strength and conditioning work. Then it's off to Bryce Radford's basketball academy to get up shots and work on specific things in his game that he wants to improve. The focus for now is on developing his ball-handling, 3-point shooting (adding speed and accuracy to his catch and shoot), and his mid-range game. "I really had to focus on defense this year. Early on my footwork was poor. I had to learn how to be a good on-ball defender," he says pulling no punches in his self-analysis. Radford is not only honing his game, but Gabe says he is almost like a big brother teaching him about more than basketball. Although he is looking forward to his next season, he says he will miss three graduating senior teammates, Khi Olson, Jalen Bailey, and Jack Williams. "Those guys became good friends and were great teammates."

When he looks into his crystal ball, Gabe predicts challenges for AAA supremacy will come from the likes of Nitro, Greenbrier East, Chapmanville, Ripley, and Herbert Hoover but feels Shady's young nucleus of himself, Eli Sexton, Cutter Boggs (both of whom our readers have read about recently), and an influx of middle school talent will steel Shady for the challenges ahead.

Gabe wants to eventually have an all-around game like his favorite player, Luka Doncic, but feels LeBron James might be the GOAT. Coincidentally, both perform for his favorite pro team, the Lakers. When pressed, he admits he also has a soft spot in his heart for the Timberwolves, but when it comes to college hoops his heart is totally Carolina blue.

It might sound like Gabe Short has a one-track mind, but it is only because he loves the game. Working at basketball for him just means having fun and living his dream. All of which he hopes, one day, will lead to fulfilling his long-term goal of playing at the next level. When that happens, none of his coaches, mentors, family, or this writer will be the least bit surprised because this focused young gun is not short on talent or work ethic.

If you have an athlete in the family please contact Bob Coburn at bob.coburn@n2co.com



Ed is a WVU grad who spent 40 years as a teacher, administrator and coach for basketball, football, golf, track, and wrestling. He spent 20 years on the WVGA Exec. Committee with 2 terms as President.

He has worked for 26 years as a starter at the Greenbrier and announced for the PGA and LIV Tours. Ed has been a published author for over 35 years and is an avid golfer. A teller of tales with a gifted imagination, Ed lives with his wife Cindy of 50 years and has one daughter, Dr. Maclyn McCall.

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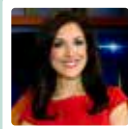
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The Pugh Residence!

WRITTEN BY JESSICA RUBIN,
PHOTOS BY KAREN AKERS



When I stepped into this month's featured home, my first reaction was, "wow". This estate on Lake Drive has style bursting at the seams, with character in every corner.



Featuring five bedrooms and four and a half baths, the sprawling 7,000 square foot brick home is mainly one level, with only one bedroom upstairs. Derick and Cindi Pugh have settled in nicely, along with their four children, Kaylee, Oaklee, Asher, and Zak.

The Pughs recently purchased the home from Mike and Julie Kominsky, who they credit for making the home what it is today. According to Derick, it was a turn-key purchase since they bought a lot of furniture in the sale. "Julie gave this house life, with her décor," he said.

And Julie's touch on this home left a mark forever, even down to the library, which still has the books the Kominsky's left for the new owners. The entry way is hand painted, and you'll notice crown molding here and throughout the home. Each room is truly unique, featuring wallpaper, pops of color, and interesting artwork.

The living room and family rooms both overlook the golf course, with floor to ceiling windows to showcase the view. The same views can also be enjoyed in the primary bedroom, which features a comfortable sitting area. Outside, the patio is ideal for entertaining and includes a dining area and hot tub.



A perfect fit for this family of six, the Pughs can't imagine being anywhere else. "It feels really homey," Cindi said. "Our kids are so happy here."

Not only is this home their dream come true, but they also love living in Glade Springs. "We like walking, riding bikes, taking golf cart rides," Cindi explained.

They initially moved here from Grandview last August, to a home on Edward Drive. When the opportunity arose to buy this home on Lake Drive, Derick and Cindi jumped at the chance, and luckily, everything fell into place. They have even changed their retirement plans since moving to Glade Springs. "We have a house at Oak Island, so we thought we'd be there, and that would be our base. But we want this to be where we retire," Cindi said.

Perfectly settled into their "forever" home, the Pughs are enjoying their new residence on Lake Drive and filling it with a lot love, and of course, family.

If you know of a great home in the neighborhood please contact Bob Coburn at bob.coburn@n2co.com

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Myles B. Greenway
Independence High School



Logan Pack
Shady Spring High School/Academy
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Dr. Rachel E. Mankins Price - M.D.
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Marshall University



Sarah Harris
Shady Spring High School



Vaughan York
Shady Spring High School



Jessica York
B.S. Criminal Justice,
West Virginia Tech



Nathan "Max" Adkins
Bachelor of Science,
Information Systems
W.V. Institute of Technology



Luke Matthews
Masters Business Administration
East Carolina University



Rafe Mendoza
University of Southern California
Marshall School of Business
Masters of Science in
Entrepreneurship & Innovation



Sophia Ramsey
Shady Spring High School



Branson Maverick Miller
Mount Hope Christian Academy



Salia Harris
Woodrow Wilson High School



Karli Workman
Bluefield State University, B.S.
Business Administration

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—NELSON MANDELA

If you have a graduate in the household and
missed this issue, please contact Bob Coburn
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Reagan & Bailey



Brenda Meadows is the owner of Bailey and Reagan, who are adorable Border Collies. Their appearance is very cute, with black and white fur that is very fluffy. Bailey and Reagan are 12 and 14 years old, and have lived a wonderful life and continue to! They live in the Farms in Glade and they enjoy it there tremendously. While at home, Bailey and Reagan's favorite thing to do is relax at the house. They mostly enjoy sitting out in the front yard, basking in the sun or just simply enjoying the outdoors.

Whenever Brenda is driving back toward her house, Bailey and Reagan instinctively know she is coming back, and Greet her once she is home. Not only is enjoying the outdoors a hobby the dogs have, they also enjoy their toys, specifically tennis balls.

While outside the house, Brenda takes them on rides in the car on occasion, driving around Glade and letting them enjoy the views. Also, to top it off, sometimes they enjoy the day at Spa Orange. Bailey and Reagan also go to the groomer once a month to keep them clean and pristine. They enjoy this very much and always love it when they are able to go.

To describe these lovable dogs some more, Border Collies are medium-sized, muscular, and energetic herding dogs. They once originated in the Scottish region. Known for their intelligence, obedience, and stamina, Border Collies were originally bred to herd sheep. Overall, these fantastic dogs are wonderful pets to have, and are easy to train and raise. Brenda got Bailey and Reagan from local shelters, and has continued to love and care for them deeply. She loves them very much and is very thankful they are in her life, and they are too! If you ever see Bailey and Reagan outside of their house and basking in the sun, make sure to stop by and say hello!

If you have a great pet in the family and would like to share, please contact Bob Coburn at bob.coburn@n2co.com



Farrah Micek is a very creative 14 year old in 8th grade at Shady Middle School. She loves reading, making art, listening to music, running track, and spending time with her two dogs. She's full of energy, very kind to others, and loves trying new things.



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Karen Berneburg

PHOTOS BY JOE CONNARD,
WRITTEN BY JESSICA RUBIN



Karen Greeted me at her home holding her dog, CoCo, who stayed with us for most of our conversation. She is modest and down to earth, despite being a woman in a powerful position to make a difference. And that's exactly what she's doing as a professor at New River Community and Technical College. "You don't have to come from a background from people who are all educated in your family," she said, on leading by example as a first-generation college student.

Karen has been teaching psychology classes at NRCTC since its inception, for more than 20 years. Previously she had a career in behavior management and provided counseling for abused children at FMRS. "I have more autonomy now to make a difference than I did before," she explained, referring to the hefty restrictions CPS places on mental health providers.

Karen studied at WVU for her undergraduate degree in psychology and completed two master's degrees, the first from Marshall University in psychology and the second from Capella University in Industrial Organizational Psychology.

In her current role as a professor at NRCTC, Karen is making a difference in the lives of her students by inspiring them to achieve whatever they're setting out to do. "We have



Karen & Dr. Scott Berneburg



a lot of first-generation college students, who are very unsure of the whole collegiate environment. I was the first one to go away to college in my family, so I can empathize with them," she said.

She currently teaches nine classes for around 200 students, including general psychology, lifespan human development, and psychology of women. Her favorite class to teach is general psychology, she says, because she gets to debunk a lot of myths about psychology. "Psychology is not all mental health. One of my master's degrees deals with psychology in the workplace, looking at employee motivation and psychological traits that fit certain jobs," she explained.

And Karen uses that exact concept to help guide her students when making big decisions about their chosen career path. "I try to keep up on things at the forefront to teach them," she said. "I teach them about their personality characteristics and how that connects to what might be a good career fit for you."

In addition to teaching, Karen serves as the Faculty Senate Chair and the faculty liaison to the state legislature, keeping up with the laws that could impact higher education. Next semester, however, she is stepping back from those positions to take a much-needed reprieve.

She'll still be in the classroom, though, inspiring students and of course, making a difference.

If you know of someone who is Making a Difference, please contact Bob Coburn at bob.coburn@n2co.com

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Ingrid's Cheesecake!

SUBMITTED BY INGRID LEMME-CHALUT

My mountain man's all-time favorite and as always, he had to grate the carrots!

Here's our go-to recipe for a Classic Carrot Cake with Lemon-Scented Cream Cheese Frosting-rich, moist, and made from scratch with love.

CAKE INGREDIENTS

- 2 cups unbleached all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/2 cup granulated sugar
- 1 stick (1/2 cup) unsalted butter, softened
- 1 teaspoon pure vanilla extract
- 4 large eggs, room temperature, separated
- 3 cups grated carrots (grated by the mountain man!)
- 1 cup walnuts, roughly chopped (baked, not toasted)
- 3-4 tablespoons whipped cream or half-and-half

FROSTING INGREDIENTS

- 1 (8 oz) package cream cheese, softened
- 1 stick (1/2 cup) butter, softened
- 1/2 teaspoon vanilla extract
- 1 cup confectioners' sugar
- Zest of 1 lemon
- Juice of 1/2 lemon

INSTRUCTIONS

For the Cake:

1. Preheat oven to 350°F. Butter a 10-inch round baking pan.
2. In a medium bowl, whisk together flour, baking powder, cinnamon, and salt.
3. In a large bowl, beat butter, sugar, and vanilla until light and fluffy. Add egg yolks one at a time, beating well after each.
4. In another bowl, beat egg whites until stiff peaks form.
5. Gently fold the dry ingredients into the butter mixture, alternating with the whipped cream.
6. Fold in the beaten egg whites until no streaks remain.
7. Stir in grated carrots and walnuts.
8. Pour into the prepared pan and bake for about 50 minutes, or until a toothpick inserted comes out with a few moist crumbs.
9. Cool completely on a wire rack.



For the Frosting:

1. Beat cream cheese, butter, and vanilla until smooth.
2. Gradually add confectioners' sugar and beat until light and fluffy.
3. Fold in lemon zest and juice to taste.

To Assemble:

1. Once the cake is completely cool, slice it horizontally into two layers.
2. Spread frosting between the layers and over the entire cake. Pro Tip: Don't overmix after adding the dry ingredients—and pull the cake from the oven while it's still slightly moist in the center for that perfect tender crumb.

Final Touches:

1. Chill the frosted cake for 20-30 minutes before slicing to help the frosting set.
2. Garnish with a sprinkle of lemon zest or a few walnut pieces, if desired.

Storage Tip:

Refrigerate leftovers in an airtight container for up to 4 days—if it lasts that long!

If you have a favorite family recipe you would like to share please contact Bob Coburn at bob.coburn@n2co.com



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Future-Proofing Your Care

As the cost of care rises, long-term care insurance can offer crucial financial protection — but it's not right for everyone. Here's what to consider before buying.

BY SHAUNA OSBORNE, NATIONAL EDITOR



It's easy to push off thinking about your health care needs later in life. But the reality is, as we age, many of us will require help with daily activities, and traditional health insurance doesn't cover this. Long-term care insurance (LTCI) can protect your savings, but the decision to buy coverage requires careful consideration.

What to know about LTCI

Long-term care refers to the services people need when they can no longer complete daily tasks due to a chronic illness, disability or cognitive condition like Alzheimer's. This type of care is typically not covered by regular health insurance or Medicare. Over 70% of people over age 65 will eventually require some form of long-term care, often for years. Without LTCI, many must deplete their savings or rely on Medicaid, which has strict asset limits.

What LTCI covers (and doesn't)

LTCI is designed to help cover the cost of daily living support when you can no longer perform at least two of the six activities of daily living: bathing, dressing, eating, toileting, transferring and continence care. It generally pays for services such as nursing homes, assisted living and skilled nursing care — but not for routine medical treatment, which is covered by standard health insurance.

Why timing matters

Timing is everything when purchasing LTCI. The sweet spot is typically between the mid-50s and mid-60s — a stage when many people are still healthy enough to qualify for coverage but not yet facing the higher premiums that come with age. Delaying too long can increase the risk of health issues, making securing a policy difficult or even impossible.

Tax breaks may apply

LTCI may also offer tax advantages. Premiums can qualify as medical expenses and may be deductible for those who itemize deductions. The allowable deduction increases with age; for example, in 2025, a 60-year-old could deduct up to \$1,790 in premiums, while someone over 70 could deduct up to \$5,880.

Making smart coverage decisions

Ultimately, the decision to purchase LTCI depends on individual economic, health and caregiving goals. For those concerned about the potential cost of long-term care, insurance can provide peace of mind and financial protection. However, limited savings or advancing age may make other options, such as Medicaid planning, more realistic.





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INTO THE TREES

Forest bathing isn't about hiking or breaking a sweat; it's about slowing down and letting the natural world recalibrate your nervous system.

BY SHAUNA OSBORNE,
NATIONAL EDITOR

Stepping into the hush of a sun-dappled forest, surrounded by birdsong and the scent of pine — it sounds like something out of a dream. But forest bathing, or shinrin-yoku, is a research-backed practice helping people slow down, feel better and reconnect with Mother Nature. Originating in Japan in the 1980s as a public health response to rising stress and burnout, forest bathing has gained global appeal as both a healing modality and a mindful ritual.

Backed by science

The benefits go far beyond mood. Dozens of peer-reviewed studies show that time spent in natural environments, especially forested ones, can lower cortisol levels, decrease heart rate and blood pressure, reduce anxiety and even enhance immune function by increasing natural killer cell activity. Researchers credit not just the calming sights and sounds of the forest but also exposure to phytoncides, essential oils released by trees that support immunity and well-being.

The art of presence

Forest bathing offers a low-tech antidote to digital fatigue. There's no need to track steps, chart progress or reach a destination. Instead, find a quiet patch of green and let yourself wander. Run your fingers along rough bark or velvety moss. Listen for the call of birds or the rustle of movement in the underbrush. The goal isn't mileage; it's immersion. Let your senses guide you and your attention settle wherever it naturally lingers.



Why it's catching on

Forest bathing resonates with a modern audience seeking tech-free time, improved mental health and more meaningful ways to unplug. With no special gear required and no goal beyond presence, the practice fits easily into busy lifestyles and a wide range of physical abilities. It's self-care — but quieter, and possibly with dirt under your nails.

A FOREST OF ONE'S OWN

You don't need a forest to practice forest bathing — it can be adapted to a park, garden or even your own backyard.

- Visit a local park or botanical garden (the greener, the better).
 - Pause often and breathe deeply.
 - Sit under a tree with your eyes closed.
- Add essential oils like cypress or cedar to your diffuser.
- Bring home a bundle of eucalyptus or pine.
- Stroll barefoot through grass or sand.*

*This practice, called “grounding,” involves making direct physical contact with the Earth's surface.

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READY, SET, GO (AWAY)

A little prep now ensures your biggest worry this summer vacation is whether you packed enough sunscreen.

BY SHAUNA OSBORNE, NATIONAL EDITOR

The bags are nearly packed, the itinerary's set — but before locking the front door, a few simple steps can help protect what's left behind. From lowering energy bills to preventing mishaps and break-ins, a well-prepped home makes it easier to truly unwind while away.

Tame the thermostat

Raise the thermostat a few degrees (around 85°F) while traveling to conserve energy without compromising indoor safety. If pets or houseplants are staying behind, adjust accordingly. Smart thermostats make this even easier, allowing temperature management from afar — and even restoring comfort before you walk back through the door.

Unplug and protect

Power down nonessential appliances like toasters, coffee makers and gaming consoles. Not only will this cut energy costs, but it will also reduce fire risk from electrical surges. Bonus: unplugged electronics aren't drawing phantom power while sitting idle.

Watch for water woes

A small leak can turn into a big problem fast. Check under sinks, around the water heater, and near appliance hookups to spot potential issues early. For longer trips, shutting off the home's main water supply offers added protection. Smart water sensors placed in key areas can send real-time alerts — and in some cases, trigger automatic shutoffs if a leak is detected.

Clear out and clean up

Toss perishables that won't survive the trip and wipe down shelves to avoid returning to mystery odors. Taking out the trash (and recycling and compost, if applicable) before departure is a small step that makes a big difference. Leave an open box of baking soda inside the fridge for added freshness.

Keep up appearances

Creating the illusion of occupancy helps deter break-ins. Pause deliveries or ask a neighbor to collect mail. Set lights on timers and leave some curtains open — just not all of them. Motion-sensor exterior lighting or smart doorbell cameras can further boost security and provide peace of mind with remote visibility.



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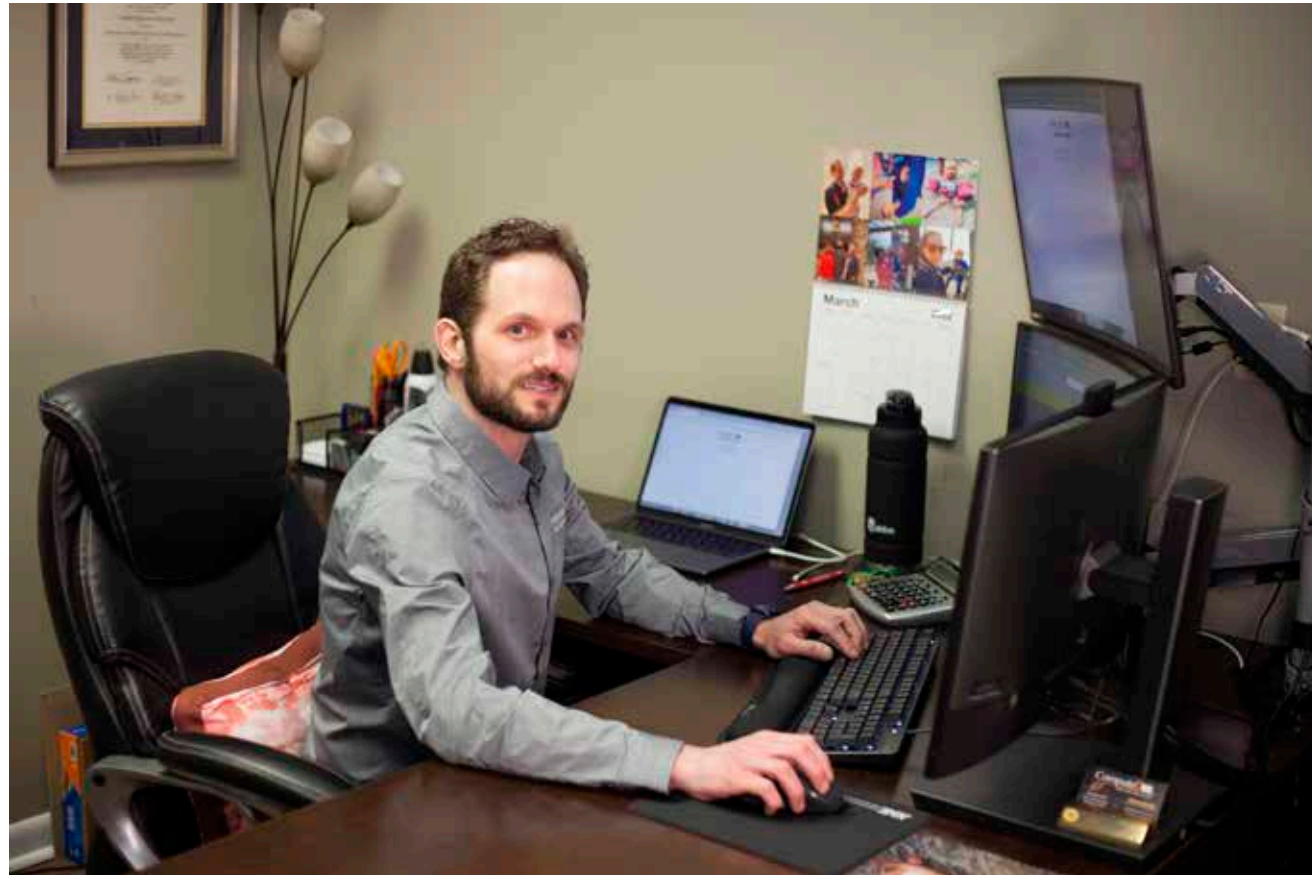
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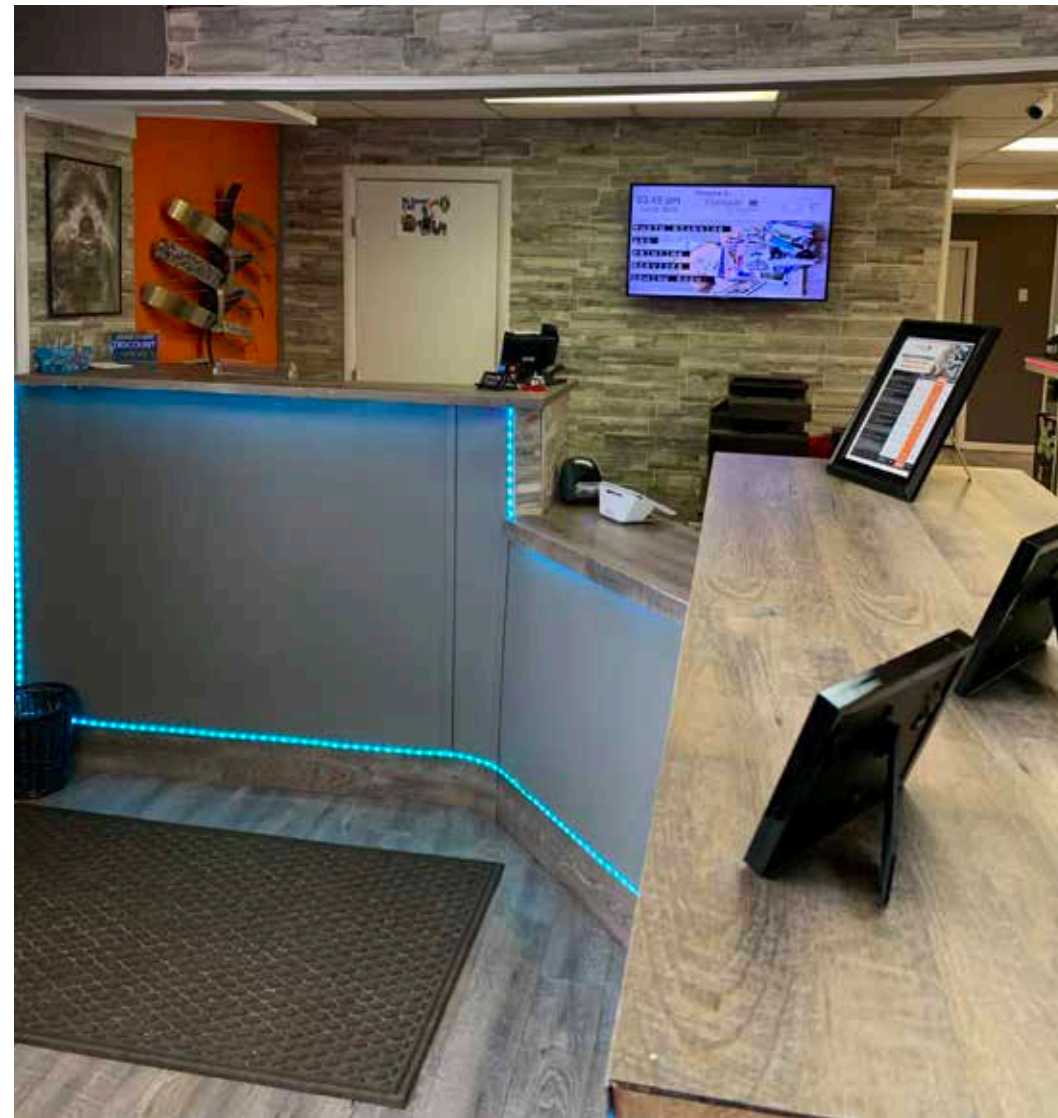


Chase Cappellari



CHASE CAPPELLARI, GLADE SPRINGS resident and owner of Compute One has been serving the business and personal computer world for 17 years. That statistic alone speaks volumes to the quality of service you will receive from Compute One. “A lot of computer support service comes from out of state or from out of the country,” says Chase. “We are proud to offer business and residential IT service and repair here locally in the Beckley area.” Compute One is located centrally at 729 S. Kanawha StreetC.

Compute One offers a Hassle-Free Warranty that guarantees customer satisfaction on all makes and models of computers including MAC. “If there is a



problem, we will make it right and we will get the issue resolved.”

Business managed services include offsite cloud backup, anti-virus and malware services and email security backup services. As Ben Franklin famously said, “an ounce of prevention is worth a pound of cure.” That’s pretty much the motto at Compute One. “We verify that the backups are working and we are alerted in real time to virus threats and we can resolve the issue instantly. We like to live by preventive maintenance.”

On-site service is provided and one call can do it all with Compute One by properly maintaining your systems. In-shop/drop off service is available for residential customers and includes laptop screen repair as well as digital conversions such as VHS to DVD and flash drive. Compute One can also convert your cassettes to CD’s!

Give Compute One a call at (304) 250-4552 for local computer service provided by your friends and neighbors. Here’s what a few Glade Springs neighbors had to say about Chase and Compute One..... “Compute One / Chase Cappellari have always provided immediate, reliable service. Their IT solutions are consistently dependable, ensuring your business operations run smoothly. Their team of skilled professionals are always ready to assist, offering quick and effective resolutions to any technical issues.” Dr. Kristopher Reynolds – Reynolds Oral & Maxillofacial Surgery “Compute One has been a reliable and efficient IT partner for our business. Chase Cappellari and his staff are responsive, knowledgeable and proactive in keeping our systems running smoothly. We highly recommend Compute One for any business looking for IT support and a team that cares about your success!” Dr. John Fernald – Rainbow Pediatrics “Compute One delivers quality service with a personal and professional touch.” Gary Thompson - Owner of Mountain State Equipment “Chase & Compute One staff have been extremely helpful in addressing my wife and my computer needs. I think I have had them perform every computer service task they offer. It’s always been done right and we have never had a problem. They are great to deal with and we will definitely use them again for any future needs.” Keith Bratt

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 my not be listed by the office/agent providing this information. Source MLS. All information herein has not been verified and is not guaranteed. Supplied by Glade Springs Real Estate, 255 Resort Dr. Daniels, WV (304) 763-5000. Marla Sinko-Broker.

Address	Neighborhood	List Price	Sale Price	Sold Date	Beds	Baths	SqFt	Pp Sq Ft
651 Edward Drive	Stonehaven	\$900,000	\$900,000	03/13/25	4	3	4,265	\$211.02
1336 Lake Drive	Old Glade	\$1,100,000	\$1,100,000	03/13/25	5	4.5	6,285	\$175.02
135 William Place	Stonehaven	\$539,900	\$530,000	03/28/25	4	3	2,600	\$203.85
151 Votive Place	Woodhaven	\$440,000	\$440,000	04/11/25	3	2.5	2,350	\$187.24
506 Old Farm Rd	Old Glade	\$529,000	\$508,000	04/28/25	4	4	3,088	\$164.51
213 Glen Garden	Stonehaven	\$365,000	\$365,000	04/28/25	3	2	2,000	\$182.50
1208 Lake Drive	Old Glade	\$649,000	\$625,000	05/01/25	4	3.5	3,775	\$166.45
220 Club Circle	Old Glade	\$369,900	\$360,000	05/02/25	3	2.5	2,033	\$177.08
103 Leeds Lane	Woodhaven	\$549,900	\$530,000	05/09/25	4	3	2,599	\$203.93
401 Barnstaple Drive	Stonehaven	\$499,000	\$487,500	05/14/25	3	2.5	2,500	\$195.00
271 Lakeside Drive	Stonehaven	\$569,000	\$547,000	11/01/24	5	4.5	5,163	\$105.95
340 Royal Oaks Dr.	Stonehaven	\$647,000	\$575,000	11/14/24	6	5	5,757	\$99.88
117 St. Andrew Lane	Woodhaven	\$569,900	\$555,000	11/15/24	4	4	3,474	\$159.76
104 Falcon Place	Stonehaven	\$374,000	\$370,000	11/20/24	4	3	2,250	\$164.44
219 Club Circle	Old Glade	\$365,000	\$365,000	12/03/24	3	3	1,673	\$218.17
128 March Chapel Lane	Stonehaven	\$364,000	\$337,500	12/12/24	3	2	2,073	\$162.81
119 Barnstaple Drive	Stonehaven	\$409,000	\$403,000	01/17/25	3	2.5	2,360	\$170.76
104 Blueberry Place	Old Glade	\$474,000	\$474,000	02/10/25	3	3.5	2,701	\$175.49

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resident
business guide

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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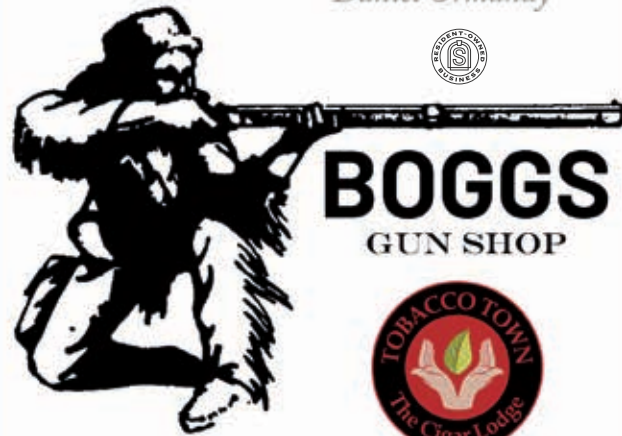


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