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Welcome to *Stroll Glade Springs Village* March 2024 issue as we usher in all kinds of cool things on the calendar - Such as, Basketball Madness, St. Patrick's Day, Daylight Savings Time, the 1st Day of Spring and Easter on March 31st! A great month is ahead for sure!

Some other interesting tidbits about March include the Ides of March celebration, animals hitting the hibernation snooze bar, and recognition of March being the luckiest month on the calendar. See St. Patrick and his shamrock!

We are looking forward to longer and warmer days and getting outside to do the things we love in a place we love to do them. Not to say that ice skating, skiing and snow tubing haven't been fun because they sure has!

Thanks as always for your continued support of our publication and your recommendations of neighbors and reputable sponsors! We are blessed to be able to provide you with this high quality magazine and couldn't do it without you, our residents! THANK YOU!

Have a GREAT March. Enjoy and be safe!



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Jiya, Mital, Ronak & Alia Patel

the
Patels

FAMILY FIRST

BY JESSICA RUBIN
PHOTOS BY KAREN AKERS & HOLLY PITTMAN

Steeped in rich Indian culture, the Patels are proving that family values aren’t a thing of the past.

Ronak Patel moved to the United States from India in 2008, ultimately settling in Philadelphia, where he met his now wife, Mital. She too comes from an Indian family, and is a first generation American, born in North Carolina, and moved to Beckley while in high school.

Ronak and Mital settled in Glade Springs in 2021 to begin raising a family of their own. Now, they share two daughters – 4-year-old Alia and Jiya, who is just 9 months old.

“We love that Glade is a community of its own. The same kids who live here also go to school with my daughter, ride the same bus and are involved in some of the same activities,” Mital said.

Not only is Glade Springs kid friendly, but the family also loves the safety of living behind the gates. Ronak says, for him, it’s the peace and quiet.

When they’re not watching football on Sundays, they’re spending time as a family – either keeping up with Alia’s activities or enjoying a cozy day at home.

“A big part of our culture is family. That’s why we are a bilingual household. We want to pass on these traditions to our children,” Mital explained.

Mital and Ronak are actively involved in the local Samaj, which is an Indian community here in southern West Virginia. They gather for Indian holidays, like Diwali, as well as Navratri, which is a holiday that is specific to the people from the state of Gujarat in India, where both Ronak and Mital are from.



Photo
by Holly
Pittman



“These traditions keep us grounded and connected to our family and our roots,” Ronak said. Since immigrating to the United States, Ronak has only been back to India one time. His parents still live there and come to visit West Virginia every summer. Ronak believes the U.S. is truly the land of opportunity, which is one of the many things that drew him to this country. Now a successful entrepreneur, you could say he is living the American Dream. Right now, the Patels are in their era of change, as Mital calls it. Not only are they adjusting to life as a family of four, Mital is making a transition in her career in behavioral health. Ronak, on the other hand, stays busy with his two businesses, the Shop Rite in Shady Spring and the Corner Shop in Beckley.

From work to family life and everything in between, no matter how busy life keeps them, there is one guarantee – family always comes first.

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Ledger Barber

BY SOMALIA NELSON
PHOTOS BY KAREN AKERS



basketball player is Tamar Slay and the Mountaineers are his favorite team to watch play. In the spring and fall, Ledger plays baseball. Ledger plays baseball, usually 3rd base and catcher, and he also loves to bat. Ledger's fall ball team were the runner ups for Beckley baseball.

This summer, Ledger looks forward to doing basketball training. When he is with his friends, he enjoys going to the pool, the lake, and playing basketball and baseball. He also likes going on walks and playing at the park. Disney cruises are Ledger's favorite, as he loves visiting the Bahamas. Playing in the ocean is what he most enjoys about going to the Bahamas. He also likes going to Tennessee and playing games in the arcade.

How exciting to write an article about a first grader who is only at the beginning of his academic and athletic journey. I am looking forward to seeing him further develop his varied interests.

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



Ledger, a vibrant seven-year-old, has a love for sports and is thriving in first grade. Despite being an only child, Ledger never experiences loneliness since he is surrounded by the company of his five pets: a cat named Kaia, a dog named Zeus, a rat named Snowball, a turtle named Pippy, and a fish named Grimace. His favorite pet to play with is his German Shepherd, Zeus. His parents are Bethany and Jonathan Barber, local business owners.

He attends St. Frances where his favorite classes are math and gym. Ledger loves doing addition and also enjoys reading. He does well in all his classes and makes straight A's.

In his free time, he likes listening to rock and roll and hip hop. Ledger plays basketball for Shady Elite and loves practicing with his team. He plays the center and power forward position. His favorite

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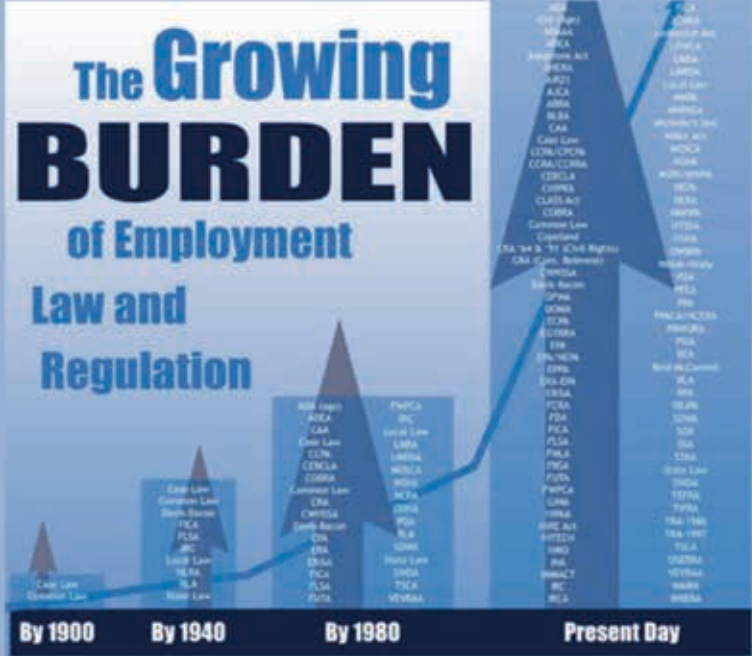
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Abby Bailey

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BY ED MCCALL
PHOTOS BY KAREN AKERS



If you know of or have an athlete in the family please contact
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It has been said that one of the great things about living in the United States is that it is the land of second chances. Four years ago, I penned a story for what was then Glade Living about a courageous young lady who had stared down her own mortality, having battled cancer, and who had finally been given a clean bill of health and a second chance at living life to the fullest. Abby Bailey is still making the most of those opportunities.

When our readers first met Abby, she was a freshman, excited to enter her first year of high school, having spent a year home schooling while trying to get healthy. Today she's still a freshman, but now about to begin her second semester at WVU Tech where she is pursuing a degree in nursing with an eye toward eventually becoming a nurse practitioner specializing in the field of cosmetic health.

On holidays and extended breaks from classes, she still works in her father's dental office, but since summer the petite bundle of energy has had a second focus beyond being a successful student. "In June I decided I wanted to take my fitness to another level," she recently told me after finishing a session at Performance Fitness with her trainer Courtney Hosch. "My goal is to gain weight, the right kind."

She hits the gym hard up to four days a week and at least one of those is with Courtney who devises the day's plan to meet Abby's overall goal. On the day I caught up with her she had just finished a back and full body workout. She usually gets her cardio on the stepper, but large muscle groups are the targets on days when she is doing bench presses, leg presses, the Arnold press, and chin ups. Her core work (abs) will

usually incorporate "suit cases" and sit ups. Combo workouts include thrusters where she is doing squats while pushing a weight overhead.

She says that while some exercises are focused on a particular area, most incorporate a lot of push or pull so all parts of the body are being used. Having a trainer ensures proper technique and accountability. Her favorite lifts are back squats and anything that works her abdominals. She says her most challenging exercises are one-leg RDL (dead lift) exercises.

Complementing her fitness regimen is diet. "I eat a lot of protein, mostly steak and broccoli. I love oven-roasted broccoli," she confesses. It isn't unusual for her to go through two heads of the green vegetable in a week. Her mornings get started with a protein (kachava) shake.

Abby isn't a big believer in New Year's resolutions but among her specific goals for 2024 is to squat 100 pounds by this summer. Smart betters who take one look into those beautiful, steely eyes will take the over on that one!

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THE SONGER RESIDENCE

BY JESSICA RUBIN
PHOTOS BY KAREN AKERS

The most unique part of this month's featured home is quite possibly the story behind it. Jim Songer has owned homes in multiple states, but the one perched upon a hill on Club Circle is by far the most special.

It's the home his children were raised in, the one he lived in while he watched his grandchildren grow up. It's the home he has chosen to spend his final years in, and one of the first homes built in Glade Springs (the third to be exact). It's the place he's called home for more than 50 years.

This 5,000 square foot, two-story home boasts five bedrooms and three-and-a-half bathrooms, a library, formal living and dining area, and a cozy family room that overlooks a breathtaking view of the mountains. You'll find original artwork lining the walls – from French artist Mary Beich – one of the Songers' favorites.

Just off the entrance to the home is the library, where Jim spends most of his time. Custom walnut wood paneling lines the walls of this cozy room, a detail Mr. Songer oversaw personally when the home was built. "I was very particular about the wood paneling in the library. All the wood matches," he explained.



Mr. Jim Songer



In the family room, a wall is dedicated to display Jim's golf accolades – from holes-in-one to autographed photos from some of the greats, like Jack Nicklaus. It's details like this that make you feel at home, and at the same time, your curiosity is instantly peaked. If these walls could talk, you better believe they'd have stories to tell.

"We've had parties here with 100 people, and it just flows so nicely," Mr. Songer says as he points out what looks like a closet in the family room. He says a bar used to be behind those doors. "I love everything about it. It's a very comfortable home."

The house was built in record time in 1971 by Jim's company at the time, Better Builders. His late wife, Mary Jane, chose Rivers Varnes to decorate. Jim says he told Rivers, "This home is going to be built in just a few months," to which Rivers responded, "There's no way."

Jim said, "You watch me. I'm going to build this house in 120 days." And he delivered. On December 10, 1971, the home was complete. And the rest.... Is history.

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Queen Kacy of Chatham Lake

BY BETH KEATLEY



The Shetland Sheepdog, also known as the Sheltie, is an extremely intelligent, quick, and obedient herder from from Scotland and the remote and rugged Shetland Islands. Shelties bear a strong family resemblance to their bigger cousin, the Collie. The Shetland Sheepdog is a small, active, and agile herding dog standing between 13 and 16 inches at the shoulder. The long coat is



harsh and straight, with a dense undercoat, and comes in black, blue merle, and sable, with white markings. -American Kennel Club website: <https://www.akc.org/dog-breeds/shetland-sheepdog/>

During the summer, Chatham Lake has become a popular place for Glade Springs residents to take their beloved dogs for a romp on the sandy beach or a cool dip in the lake. You may also see local lake dwellers cruising around on their pontoon boats with dogs at the helm. The one thing you will not miss while visiting the lake is Kacy, running back and forth on the waterfront, barking at boats, protecting her property, and loving family.

Randy and Sherri Ellis live on a large lake lot on Hawks Chase Lane which faces the beach area of the lake. They have four boys; Kaden, Kolby, Kohen and Kristian. Family and friends of the Ellis boys know them as K1, K2, K3 and K4. Kacy Kathryn Ellis (her AKC registered name), the only female of the bunch, should be known as K5.

Kacy, 5 years old, is the second Shetland sheepdog the Ellis family has owned. Their first one was Lacy who sadly passed on to the Rainbow Bridge at the age of twelve. This was a very hard time for the entire family, but they needed time to grieve. They decided the best way to heal was to find another dog. Randy found a breeder in South Carolina and the whole family found their Kacy!

Although she is a medium size dog, she comes with an extra-large size personality. She is very territorial and protective of all four boys. She has been known to herd the whole family into one room of the house just to

have them all together. Sherri works remotely from home and her “assistant Kacy” sits at her feet or close by most of the time. Sherri says, “If Kacy isn’t getting enough attention from me while I’m working, she will find ways to get my attention. She will grab a pencil or something else and chew on it. One day she got one of my lipsticks and it was all over her.”

At 12 weeks old, Kacy went on a hike with Randy and the kids, down the trail that leads to Little Beaver State Park. Something in the woods made a loud noise and spooked Kacy. She bolted out of the woods and was out of sight. Randy looked for her for hours until it turned dark. Feeling defeated and not sure what he was going to tell Sherri he headed back to the house; to his surprise Kacy was sitting on the front porch just waiting to be let in.

When the Ellis family is on their pontoon boat and Kacy is aboard, she will be on the back of the boat growling at the engine, in her mind protecting her family from that loud thing. If you pass the Ellis lakefront on your boat, paddle board or kayak make sure you say hello to Kacy as she sprints across the yard barking.



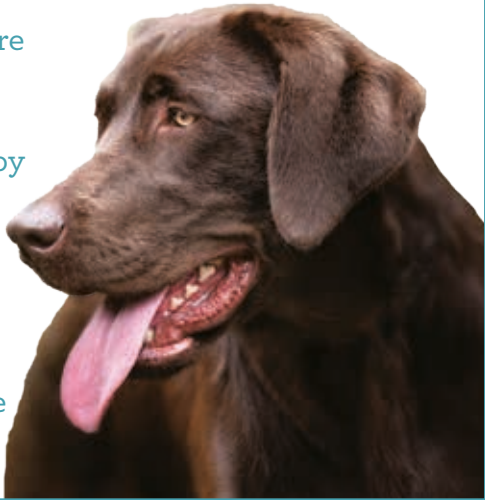
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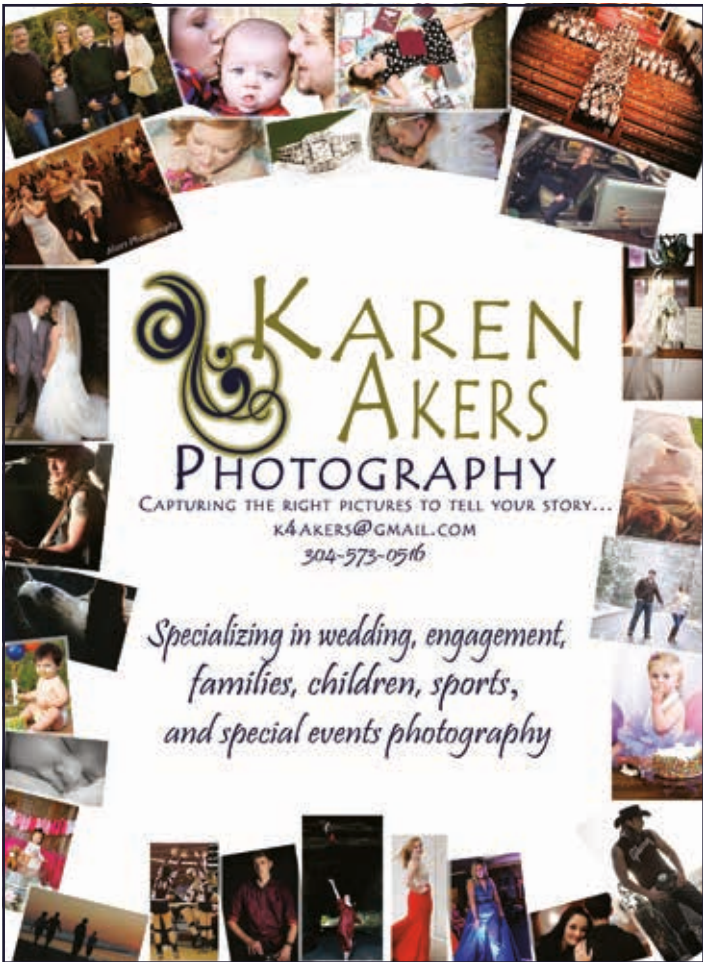
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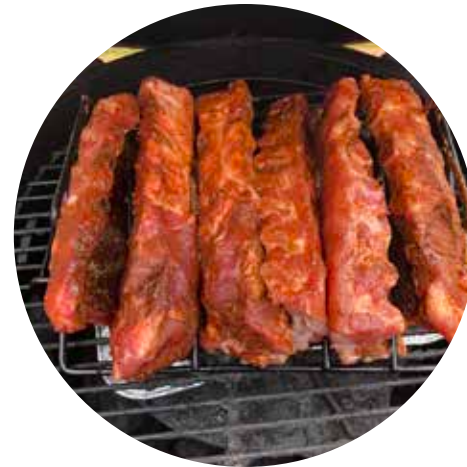


Stroll Glade Springs Village **29**

RESIDENT RECIPE

Baby Back Ribs

SUBMITTED BY BOB COBURN



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INGREDIENTS AND EQUIPMENT

- 3 or 4 racks of baby back pork ribs
 - Rib rack
 - Pork rub
- Aluminum foil
- Apple juice
- Smoker

DIRECTIONS

1. Remove membrane from ribs (a butter knife under the membrane and pull with a paper towel)
2. Cut ribs in half to produce 6 or 8 smaller racks
3. Apply your favorite rub liberally. I use David Klose pork rub. (award winning) bbqpits.com
4. Set your smoker or grill to 250 degrees, indirect heat
5. Cook in rib rack for 3 hours
6. Remove ribs from rack and wrap individually in aluminum foil with ¼ apple juice
7. Smoke for an additional 90 minutes, meat side down
8. Serve and enjoy with your favorite BBQ sauces and sides

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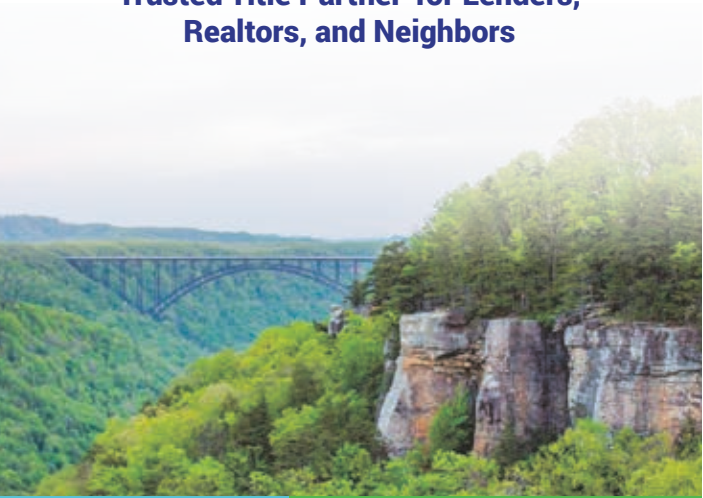





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BY BOB COBURN • PHOTOS BY KAREN AKERS



Dick Whitman



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Dick has a Bachelor’s Degree in Entomology from West Virginia University and employs 8 professionals as well as another on board entomologist. “We do a lot of consultations for specialty jobs from all over the country because of our reputation and experience.” Adds Dick. “Here locally and in Glade

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FINANCIAL FITNESS

Smart Money Moves

Implementing these savvy tax season tips will not only optimize your returns but also fortify the foundation of your financial success.

BY SHAUNA OSBORNE,
NATIONAL EDITOR

MARCH IS HERE, when the financial world gears up for the annual tax season, and savvy, successful individuals — often with the support of expert accountants — seek ways to optimize their tax strategies. Proactive planning is the hallmark of financial success; these top-shelf tax season tips are designed to elevate your 2024 tax game.

Explore Business Tax Credits and Incentives

If you're a business owner, work closely with an expert to identify and leverage available tax credits and incentives. Various opportunities can significantly impact your bottom line, from research and growth credits to green energy incentives.

Consider Tax-Efficient Withdrawal Strategies

For those in or nearing retirement, consider tax-efficient withdrawal strategies from retirement accounts. This process may involve a combination of taxable, tax-deferred and tax-free withdrawals to optimize tax liability over the long term. A comprehensive financial plan can help you navigate this complex landscape.

Leverage Tax-Efficient Investments

Working closely with a financial advisor, consider optimizing your investment portfolio for tax efficiency. Explore tax-efficient funds, municipal bonds and tax-managed investment strategies. By aligning investments with your overall tax plan, you can minimize capital gains and maximize after-tax returns.

Review Estate Planning Strategies

March is an excellent time to review and update estate planning approaches, ensuring they align with the latest tax laws. Take advantage of the current high estate tax exemption by exploring gifting strategies and trust structures to safeguard family earnings for future generations.

Stay Informed About Tax Law Changes

Tax laws are dynamic, and staying informed is crucial. Being proactive allows you to adjust tax strategy accordingly, maximizing benefits and minimizing liabilities.



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Dutch Miller Kia

BY BOB COBURN
PHOTOS BY KAREN AKERS

H.D. “Dutch” Miller launched into the car business in 1962 and today represents over 9 different manufacturers. One of their flagship dealerships is Dutch Miller Kia, located at 335 MacCorkle Ave. South Charleston. The dealership is now home for Glade Springs resident Thurman Workman, who joined the Dutch Miller management team last October after the group purchased Kia / Beckley. Thurman has lived in Glade Springs with his wife Lesa since 2016.

Thurman brings to his role over 19-years of experience as a manager and a General Manager here in Beckley along with experience in the Columbus, OH, and Charlotte, NC. markets. “I was very excited to continue to represent the Kia



Glade Residents Lesa & Thurman Workman

brand, which is one of the most respected and reliable brands in the automobile industry. It also gave me the opportunity to work again with General Manager and friend, Brian Bailes, who I had worked with in the past and greatly respect. We have taken up a part time residence in Charleston, WV, but still enjoy as many days as possible at our home here in Glade Springs.”



2024 Kia Telluride



2024 Kia Carnival



In 2023, Kia received more J.D. Power APEAL Awards than any brand in a single year. The 2023 Kia Telluride and Carnival led the way with Best-in-Class awards. The APEAL Study is based on responses from 84,000-plus owners of new model-year vehicles who were surveyed after 90 days of ownership.

The Telluride has established an award-winning legacy for some time now, winning Best Midsize SUV by *Kelly Blue Book* for five consecutive years.

“We are also very excited and looking forward to opening our newly remodeled facility here at the MacCorkle location. We offer complete full service in beautiful surroundings”, says Thurman.

Dutch Miller Kia’s two primary owner operators are Dutch’s grandsons, Chris and Sam Miller. The Millers employ more than 600 people under 26 different enterprises in 4 different industries. Chris is using his entrepreneurial experience and special skill set toward a run for the West Virginia Governor’s seat in 2024.

If you are looking to make a change to an award-winning Telluride, Carnival, or any other high quality and reliable Kia model, or if you are interested in top level Kia service, give Thurman a call at (304) 646-0809.

“For me this felt like a perfect fit to work for a company that stresses the core values of service and family.”



BEYOND BASIL

Experimenting with less common herbs can bring a delightful twist to your dishes.

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Sprouts of Inspiration

Having fresh herbs on hand transforms culinary creations into flavorful masterpieces and adds a touch of natural elegance to your living space.

BY SHAUNA OSBORNE, NATIONAL EDITOR

Consider the singular delight of plucking fresh basil leaves for a homemade Margherita pizza or relishing a refreshing burst of mint in your morning tea. In recent years, cultivating indoor herb gardens has captured the enthusiasm of gardening aficionados and home cooks alike. Indoor herbs not only promise a constant supply of edible delights but also infuse your living space with delightful fragrances and colors. Whether you're a seasoned gardener or a novice looking to add a touch of greenery to your home, an indoor herb garden offers a fragrant gateway to sustainable, year-round freshness.

Container Choices

The success of your indoor herb garden hinges on selecting the proper containers. To foster healthy root development and prevent waterlogged soil, opt for pots with drainage holes. Ensure each herb has ample space to thrive by choosing containers of suitable size, preventing overcrowding. Additionally, select breathable materials such as terra cotta or fabric pots to mitigate excess moisture buildup.

Successful Setup

Position your herb garden near a south- or west-facing window to provide ample sunlight. Encourage optimal growth by selecting an enriched, well-draining potting mix with a high water-holding capacity. The soil should hold adequate moisture for plants without drying out too quickly, allowing excess water to drain freely. Maintain balance by keeping the soil consistently moist but not saturated, adjusting based on the unique needs of each herb.

Creative Cooking

Once your indoor garden is thriving, seize the opportunity to elevate your culinary creations. Venture beyond the ordinary with flavorful infusions crafted by steeping herbs in oils or vinegars, adding a personalized touch to dressings and marinades. Another option is to blend finely chopped herbs into softened butter, creating a delectable spread. Unleash your creativity and let the vibrant flavors of your herb garden redefine your cooking repertoire.

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HEALTHY LIVING

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Incorporating morning mobility practices into your daily routine is a commitment to your health and well-being.

BY SHAUNA OSBORNE, NATIONAL EDITOR

Sun Salutations

Sun salutations are a series of flowing yoga poses that not only stretch and strengthen muscles but also enhance focus and balance. This practice offers a wonderful opportunity to connect with our natural surroundings when practiced outdoors — in a local park, a communal green space or even your own backyard. Incorporating this sequence into your morning routine opens the day with a sense of calm and clarity.

Dynamic Stretches

Dynamic stretching involves controlled movements that prepare the ligaments and other soft tissues for optimal performance and safety, improving range of motion and flexibility. Experiment with leg

swings, arm circles and torso twists during an early stroll around the neighborhood to wake up muscles and joints. This practice promotes better posture and also reduces the risk of injuries, ensuring we all kick off our days with a spring in our step.

Bodyweight Exercises

Simple bodyweight exercises like planks, squats, lunges and push-ups engage multiple muscle groups, promoting strength and endurance. Consider transforming park benches into workout stations for push- or step-ups or clear sidewalk space for lunges during a morning stroll. These exercises enhance metabolism and deliver a natural energy boost, perfect for jumpstarting your day.

THE FIRST RAYS OF DAYLIGHT stream through your window, bringing not just warmth but also the promise of a fresh start. What if you could harness this daily renewal and channel it into improved flexibility, heightened energy levels and overall well-being? Morning mobility practices are the key, offering a transformative experience that sets the tone for a positive and productive day. These practices increase blood flow, release tension and activate muscles, preparing your body and mind for the challenges ahead.

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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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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, 1408 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
125 Glenwood Way	GladeSprings	\$594,900	\$582,500	11/28/23	4	3	2,800	Att-3 Car	Ranch
134 Barnstaple Drive	GladeSprings	\$399,000	\$385,000	12/15/23	3	2	2,003	Att-2 Car	Ranch
166 Juliana Way	GladeSprings	\$649,900	\$599,000	12/15/23	4	3	3,155	Att-2 Car	1.5 Story
123 Far Country Drive	GladeSprings	\$649,000	\$605,000	11/30/23	5	3	4,034	Att-3 Car	1.5 Story
245 Club Circle	GladeSprings	\$225,000	\$225,000	12/21/23	2	2	1,369	Att-2 Car	Condo/Townhouse
145 Long Drive	GladeSprings	\$349,000	\$345,000	01/05/24	5	3	3,343	Att-2 Car	Condo/Townhouse
745 Forest Haven Dr.	GladeSprings	\$480,000	\$475,401	09/27/23	3	2	2,568	Att-3 Car	1.5 Story
319 Club Circle	GladeSprings	\$439,000	\$429,000	01/05/24	3	3	2,200	Att-1 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
204 Winston Place	GladeSprings	\$664,000	\$629,000	01/10/24	5	4	3,390	Att-2 Car	2 Story
881 Far Country Drive	GladeSprings	\$539,000	\$544,000	11/17/23	4	2	2,850	Att-2 Car	1.5 Story
100 Wells Trail	GladeSprings	\$364,000	\$350,000	11/30/23	4	3	3,055	Att-2 Car	2 Story
129 Oak Lane	GladeSprings	\$299,000	\$299,000	12/01/23	3	2	1,800	Att-2 Car	1.5 Story
104 Winchester Way	GladeSprings	\$469,000	\$455,000	12/08/23	4	3	3,000	Att-2 Car	1.5 Story
145 Votive Place	Glade Springs	\$445,000	\$425,000	01/12/24	3	2	2,300	Att-2 Car	1.5 Story
150 Flint Ridge Lane	GladeSprings	\$699,000	\$675,000	01/16/24	3	2	4,782	Att-2 Car	Contemporary

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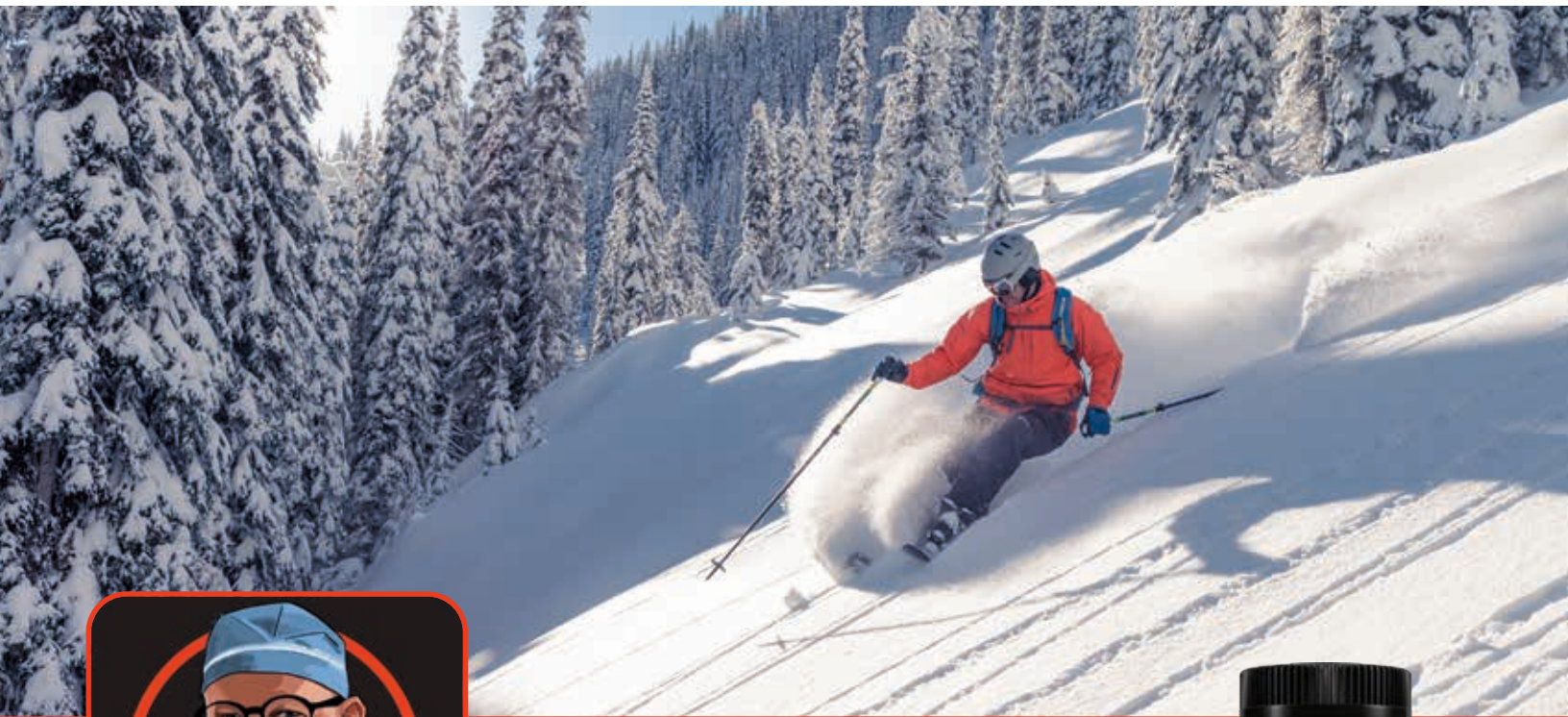
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