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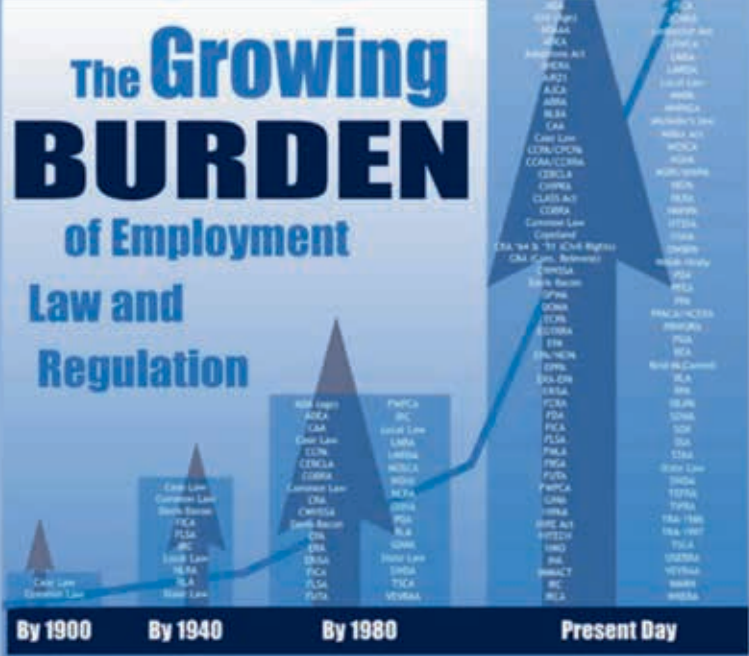

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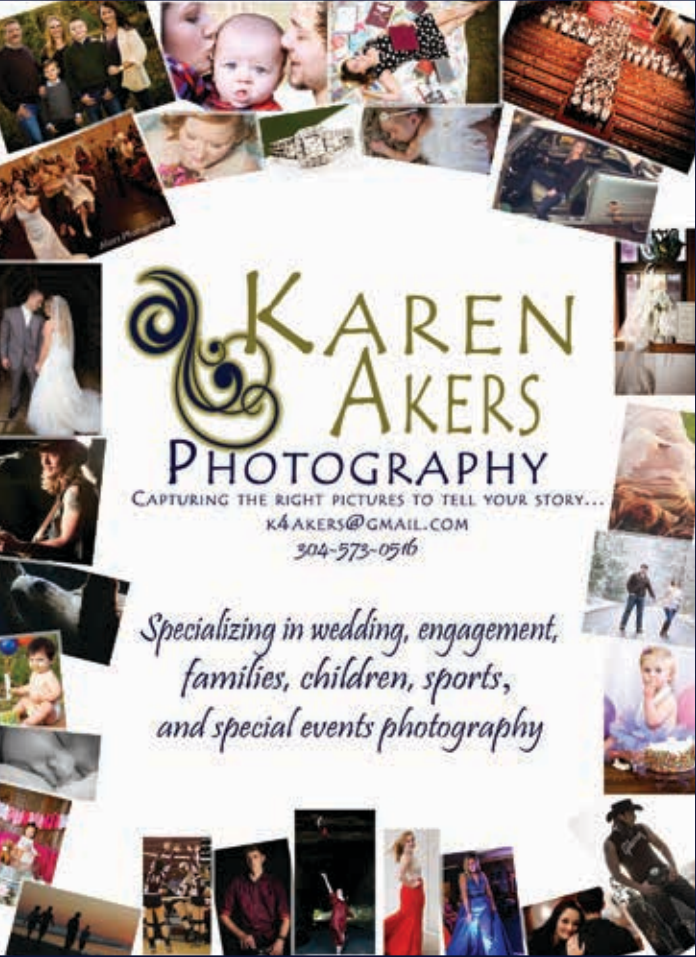
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March Into Spring



Welcome to the March issue of *Stroll Glade Springs Village*! First we want to get you excited about what March has to offer. Oh, and for you basketball fans, The Madness.

March is a great month indeed and we look forward to all it has to offer including warmer weather and things getting green. A few more outdoor activities are in store and what better place to enjoy them than here in our community of Glade Springs.

Thanks as always for sharing your lives with us and the community.



We truly try our best to enhance our publication for your enjoyment and welcome your ideas as well as your referrals of your friends and neighbors for our features in Meet Your Neighbors, Kids to Kids, Athlete of the Month, Precious Pets, Resident Recipes and Making a Difference. You make a difference by letting us know who you would like to nominate!

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THE Bonnetts!

Faith & Family

BY JESSICA RUBIN
PHOTOS BY KAREN AKERS

You could say it was their faith that brought them together. Derek and Whitney Bonnett grew up in Beckley, and even though they went to the same high school, the two first met in church. Now, they share two sons together, Jonah and Issac, and have been married for 14 years.

“It was a divine moment. After a lot of prayer, God revealed to me that I was meant to be with Derek,” Whitney said. The couple first moved to Glade Springs nearly eight years ago, when they built their home on Crimson Ridge Lane. The decision to raise their family here was a no brainer. Derek’s parents live in Glade, and they wanted to be close to family when bringing up their boys. “We knew from the beginning we wanted to live here and be near them, and have all the amenities Glade has to offer,” Derek said.

As a family, they love being outdoors, and Glade serves as the perfect (and picturesque) backdrop to all their activities. Whether the kids are riding scooters, swimming at the pool, or they’re taking a family golf cart ride, they’re happy to live in a community that puts safety first. “Here, we can raise the boys in a healthy, safe environment. You get the amenities with a small-town feel,” Derek said.

Derek is a Concord University graduate and CPA, currently working as the Chief Risk Officer for First Community Bank. Whitney is working quite possibly the toughest job out there – a stay-at-home mom. “It certainly has its challenges and hard days,” she said. “But honestly, I wouldn’t trade it for anything, even as exhausting as it can be because I’m able to be present with my children. I enjoy teaching them things every chance I get.”



The two have grounded themselves in their faith and as Whitney said, deeply rooting their boys into these beliefs. “It is a very important factor in our family and in our marriage. We try to practice it and model that to them that it’s very important to have your faith in the Lord,” Whitney said.

Jonah is two years old, and Isaac is nine. The latter is in third grade at St. Francis de Sales School and is a member of the chess club and 4-H, and he also plays basketball for the YMCA. Derek is soon to be ordained as a deacon at Christ the King Anglican Church in Beckley, where they call home. In this role, he’ll provide ministerial support for the pastor and congregation.

“The connections we’ve had here to the community and to our church and church family have been important to us, to maintain that” Derek explained. “We did not want to leave West Virginia.” Whether they’re enjoying the great outdoors or attending church on a Sunday, the Bonnetts have built a firm foundation on two things: faith and family.

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AN APPETITE FOR WINNING

Brady Justice

BY ED MCCALL • PHOTOS BY KAREN AKERS

Watch out for Brady Justice. He’s hungry. The thirteen-year-old son of Barrett and Gina Justice of Blackmore Lane is running toward an outstanding career in cross country and track, and does he ever look the part. Long and lean, the Shady Spring middle schooler has the perfect frame for a distance runner, but it’s that gleam in his eye and the way he sets his jaw when he is asked about why he enjoys running that makes one think his running future is bright.

“I really enjoy the social part of training, being out on the trail at Little Beaver (or the track) with my teammates,” and his voice trails off before adding, “and I really like winning!” This past season was highlighted by numerous runner-



KIDS 2 KIDS



up finishes, including the Raleigh County Middle School Cross Country championships where he finished just behind teammate, 8th grader Kyle Malay. The high point of his season came when he won the Pipestem Invitational as a 7th grader.

Justice is no “one trick pony,” however. He’s also an excellent baseball player whose legs make him a threat in that sport too as a lead-off hitter and base stealer. He’ll be graduating from little league to

Babe Ruth this summer and believes his time spent playing center and left field for his travel team will be of great benefit as he looks to make his mark in that sport as well. This spring he’ll be splitting time between the diamond and the track where he’ll compete in the 400, 800, and the 4 x 400 relay.

You might find him occasionally sitting around with his Oculus VR headset playing video games, but you are more likely to find him out running along Hawks Chase, at the pool, or



playing basketball or pickleball at the Leisure Center with friends.

He loves attending Mountaineer basketball and football games and trips with his family. Some of his favorite destinations so far are Disney, Dollywood, and Myrtle Beach. He and big sis Audrey, who is also a runner at SSSH, loved a recent family Caribbean cruise.

A solid student, Brady says social studies are his favorite subjects in school because he loves studying history. When he isn’t hitting the books, he likes hanging out with Louie (labradoodle) and Lola (cocker spaniel), while taking advantage of his father’s grilling skills. “I love Dad’s steaks, burgers, and dogs.” For dessert he turns to his and Mom’s brownies or Audrey’s cake balls.

If that sounds like a typical teenager’s appetite, it is but watch out! Brady Justice also has an appetite for winning, and he’s hungry!

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CHIN UP MAN!

Chuck Myslinsky

BY ED MCCALL • PHOTOS BY KAREN AKERS

Anyone frequenting Performance Fitness Center can usually find Chuck Myslinsky in one of three places: seemingly going up and down endlessly on the chin up bar, sitting next to said bar catching his breath, or trudging relentlessly uphill on one of the facility's treadmills. It is a fitness regimen as original and unique to the man as his first workouts as a youth when he inserted pieces of wood into cinder blocks to simulate barbells. Later, he would find his first real set of weights, the plastic ones filled with sand, under the family Christmas tree.

It started him down the path of lifetime fitness which he says today has a pretty simple goal. "Just trying to stay healthy," he understates with a smile as bright as a West Virginia moon. His workout motto is just as succinct. "Just trying to survive and advance," he chuckles.

The retired microbiologist/medical technologist who was famously known at the Beckley VA as the "lab daddy" makes the trek to Performance five days per week. There he does 80 chin ups and 50 dips daily, but that is just the tip of his training iceberg. Soon thereafter, he and his



wife of 24 years, Ann Lilly, take their 10-year-old German shepherd Nick and sometimes their neighbor's dog Lily on a hike from their Far Country home to the Small Talk Café. It's a roughly 5-mile jaunt, and when coupled with his 13- minute-mile on the treadmill at Performance (at maximum incline) takes care of his daily cardio.

Growing up in Toronto, Ohio, Chuck laughs about how he developed healthy cardio habits as a youth. "We didn't have a car so anytime I wanted to go somewhere it was either walk, run, or ride my bike. I was like Forrest Gump before

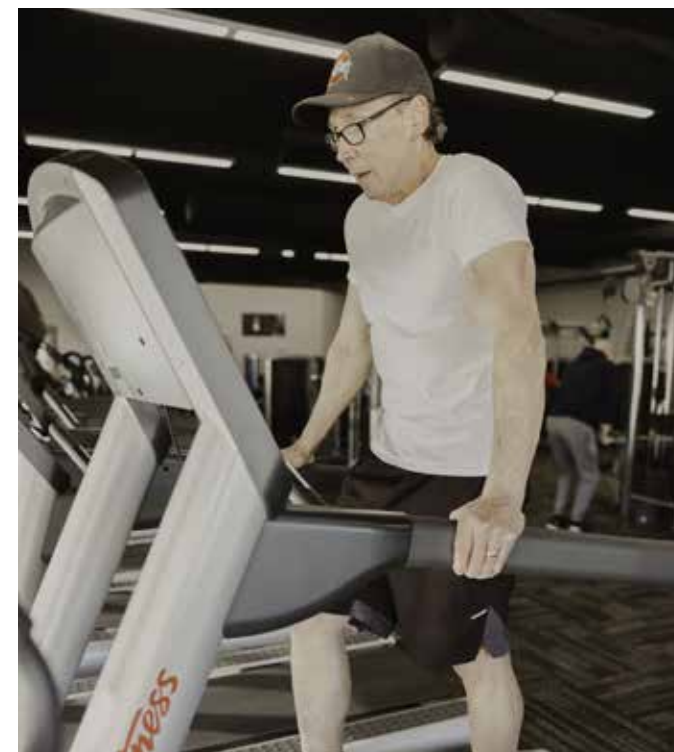


Forrest Gump." His first real job was at a steel mill in Steubenville, a 10-mile bike ride away.

Back in their Far Country home, the affable senior isn't done with keeping his guns toned. During the course of a normal day, he does 200 pushups and 200 ab wheel crunches, knocking them off in varying increments during breaks from watching the stock market on his computer.

Chuck summarizes his diet simply, "I'm a grazer. I graze all day long...just little, tiny snacks, veggies, leftovers. Maybe an occasional chunk of brownie or chicken." He isn't a big water drinker either. "Coffee. Black and it better be bold." He says he and Ann drink it all day right up until bedtime. "We just have one rule. If you drink the last cup, you make a fresh pot."

Next time you see him out, you might ask him to demonstrate his "static pushup." It's no simple feat. You lie flat on the floor with arms and legs extended as far as possible and then using just your core muscles, somehow magically pull yourself up into the pushup position. Once you see it, you might want to subscribe to the Myslinsky philosophy of "never lifting more than your own body weight." It has worked wonders for Glade's Chin Up Man, keeping him fit, full of good humor, and ready for his next challenge.



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The Higinbotham Home

Welcome to 881 Far Country, where the ease and comfort of home awaits.

BY JESSICA RUBIN
PHOTOS BY KAREN AKERS

Nick and Katrina Higinbotham relocated to West Virginia from Michigan last December. Nick, a doctor, has roots in the Mountain State, as his parents live here in Glade Springs as well, only a mile away from Katrina and Nick.

“We wanted to be closer to family and have things to do with the kids. We love the playground and the pool, as well as golf cart rides,” Katrina said. Their cozy four-bedroom, four-bathroom home was an easy transition for their growing family. They enjoy the open concept layout, as Katrina needs to keep eyes on their two young children, Luke, who is two years old, and Levi, three months.

“It’s a child friendly home. We like the flat yard and the big space for the kids to play,” she explained. The home sits on Stonehaven, with breathtaking views and plenty of natural light, which is Katrina’s favorite feature.



To make the space even more kid friendly, they’ve converted the office to a playroom and the dining room into another sitting area, with a couch and space for entertaining.

The living room is where they spend most of their time. It features a stone fireplace and built ins on either side. Overlooking the great room is the



kitchen, with a breakfast nook where they enjoy a view of the golf course.

“It’s a nice family home,” Katrina lamented. And they are busy making memories here on Far Country for now. As their family expands, Katrina said they may consider a larger home. But for now, it’s a cozy space and haven for this growing family.



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ANNIE BELL & TEDDY BEAR!

BY FARRAH MICEK



Annie & Teddy!



The Goldendoodle is a cheerful, playful, and energetic breed that thrives on love, attention, and engaging activities. This breed is a cross between Golden Retrievers and Poodles, originally developed in Australia and North America in the 1900s. Known for their active nature, Goldendoodles enjoy exercise and interaction. They typically stand 20-24 inches tall and weigh between 45-100 pounds, with coats that come in a variety of colors, including gold, brown, and more.

Tina and Jeffrey Grose, residents of Far Country Drive, share their home with two delightful Goldendoodles, Teddy and Annie. Teddy, a ten-year-old with a black coat, was acquired in Ohio, while Annie, an eight-year-old with a white coat, joined their family at nine months old. These



Jeff and the Babies!



Teddy & Tina!

inseparable companions love spending time together, whether indoors or outdoors, and cherish the company and activities they share with their family.

At home, Teddy and Annie enjoy finding cozy spots to relax, with Annie especially drawn to the sunniest spots for a warm nap. The two often lounge on their sun porch with Tina, snuggling on the swing while soaking up attention. Their favorite pastimes include evening car rides around Glade, with their heads joyfully sticking out the windows, and occasional walks around the neighborhood. Due to a past adventure where they wandered into the nearby woods, Tina and Jeffrey keep them on leashes during walks, but they now laugh at the memory of that escapade.

Teddy and Annie also love when visitors arrive, especially one of Tina and Jeffrey's sons, who lives nearby with his own dog. The three dogs happily run and play together, relishing the company. According to Tina and Jeffrey, Teddy and Annie are like living teddy bears that are adorable, affectionate, and always seeking cuddles. Their friendly, loving nature makes them a joy to everyone they meet.

If you happen to spot Teddy and Annie cruising through Glade or basking in the sun at home, don't hesitate to say hello to these lovable Goldendoodles!

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HOLLIE WILLIAMS

Speech pathologist
called to service

BY ED MCCALL
PHOTOS BY KAREN AKERS



When Hollie Williams headed off to Marshall University, the former Woodrow Wilson cheerleader already knew she wanted to live a life of service, she just thought it was going to happen as a nurse and eventually as a nurse anesthetist. Her path to service changed abruptly when she was invited by her roommate to observe one of her sessions as a speech pathologist.

“I just fell in love with the whole dynamic immediately,” she recalls. “It was the perfect application for my favorite subjects, philosophy and science.” The capper was the personal interaction with someone yearning to improve their ability to speak and communicate. “It is an amazing moment when kids get it, when they overcome something structurally impeding their speech. To see their confidence soar and the satisfaction they feel is just amazing,” the Glade resident says.

She began working in the Raleigh County school system at now defunct Soak Creek School. “It was a great little school,” she remembers fondly. “The relationships with the kids there were so strong just because of the numbers.”



Now at Shady Elementary, she says those same relationships are key to the successes of her students.

Mrs. Williams sees roughly 50 students weekly. That’s 50 different IEPs (individual lesson plans) which could be overwhelming to someone not vested in their students’ success like Mrs. Williams. She says an articulation disorder has no connection to a student’s intellectual abilities, but it can affect self-esteem and confidence. “Often it is just a matter of trial and error to find a solution,” she says. “Patience and persistence are just as important as the methods we employ.”

Williams is a bit of an anomaly, a teacher who loves her extra duties (morning, lunch, and bus). “Morning duty gives me a chance to greet each of my students at the beginning of each day, just making sure they feel welcomed and valued is so important in building a working relationship.” Bus duty allows her to send students home with a positive vibe. Whenever she sees her students outside her classroom, she likes to engage them in ways that require them to respond by exercising the speech patterns they have been working on in class. “It just reinforces the effort we are making together in class.” Williams is convinced that verbal affirmation is paramount in letting kids know their teachers really care. She has witnessed how that caring is often key to solving a particular articulation problem, like one of the most prevalent issues: the inability to say the letter “R” correctly.

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Williams admits that she is quite animated when she is teaching. “Lots of hugs and pats on the back.” She has been a firsthand witness to the effects of opioids on her students, especially foster kids whose parents were involved with drugs. “Those children have a decrease in working memory and might require hearing something hundreds of times before they get it.”

That animation and a willingness to help others is what led to her participation in the 2014 edition of Dancing With The Stars for the United Way of Southern West Virginia. She was paired with local attorney Chip Williams. Through the process of learning to dance together, they fell in love. “My parents begged me not to date him until the contest was over. I think they worried that if



Hollie & Chip Williams



it didn’t work out that it would have been awkward to continue as dance partners.” Obviously, she didn’t listen and has 8 years of blissful marriage to prove that following her heart was the way to go. “We overcame our terror together and loved the experience, making so many friends along the way,” she recalls gratefully.

Hollie Williams knows you can’t fool kids. Certainly, the students at SSES haven’t been fooled. They recognize the sincere caring of an educator like Mrs. Williams who daily makes a difference in the lives of her students. Caring actions always speak louder than even mispronounced words!

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Cumin Chimichurri Skirt Steak with Avacado Charred Corn Salad

SUBMITTED BY KRISTINA KILLEN

This is a really ease weeknight recipe. You could even make the avocado and charred corn salad a day ahead of time if you wanted to. I sometime will use frozen corn for the corn on the cob a just microwave until warm. Also, I will make double and even triple of the chimichurri sauce because this is so good to drizzle on the meat after it comes off the grill and to put a some about on the avocado and charred corn salad too. For the Thai chili you can use dried and put as much or as little as you like in the chimichurri. You will need to taste your chimichurri sauce as you make it to adjust the salt, cilantro and lemon. If it tastes right to you then it's done. I will sometimes make this ahead of time and just set on counter till needed. The Avocado and charred corn salad like to eat at room temp or cold. I do grill the steak for about 2-3 min on each side depending on how thin the steak is. Make sure you trim some the fat off your steak (sometimes it's not trimmed well at the store). I usually find this type of cut of skirt steak at Sam's. I will also salt and pepper the meat and add a sprinkle of cumin also about 1-2 hrs. before cooking. If you have a grill pan you could also use this to cook the Steak over the stove. I hope you enjoy.

INGREDIENTS

- Skirt Steak (dependent on number of servings)
- Salt and pepper
- Cumin (1-2 tsp)
- Sweet potatoes 2-4 (dependent on number of servings)
- Avocado 1-2 (dependent on number of servings)
- Corn on the cob 2-4 (dependent on number of servings)
- Red onion 1-2 (dependent on number of servings)
- Garlic 2-4 (dependent on number of servings)
- Thai chili (to taste. may use substitute for this what ever you have on hand, I used 1 dried Thai chili)
- Cilantro 1-2 bunches
- 1-2 Lemons (dependent on number of servings)
- 1-2 limes (dependent on number of servings)
- Heirloom grape tomatoes 4-8oz (dependent on number of servings)
- Olive oil



DIRECTIONS

1. Make chimichurri, mix chopped cilantro about 2-3 tablespoons or to taste (remember you may want to make extra for salad and serving on the side), ½ -2 tsp cumin (I like the taste of cumin so I usually will add extra to taste, 3-4 tbsp olive oil, garlic minced, and chili (to taste, and



squeeze of lemon. Once mixed taste and add salt and pepper to taste. Sometimes I will add more of the other ingredients depending on taste. Set aside, like I said a lot of times I will make this 1-2 days ahead of time.

2. Preheat oven to 425 and wash and dry all produce, bring steak to room temp (I have already added salt, pepper, and some cumin 1-2 hrs prior and placed steak in the frig until I'm ready to start prep of other ingredients). Peel sweet potatoes and cut in cubes about 1/2in. If using corn on the cob cut corn kernels from the cob (or you could roast whole on the grill the cut kernels off). Halve and peel onion cut into quarters. Mince garlic and chili (can remove the ribs and seeds of chili for less heat if using fresh chili). Finely chop cilantro and halve lemon, lime, and tomatoes.

3. Roast sweet potatoes tossed in oil and add a large pinch of salt and pepper. Roast until browned for about 20-25 min toss intermittently during roasting. Also, in a separate pan roast onion and corn, drizzle with oil, salt and pepper prior to placing in oven. You will want to get a little char on you onions and corn (this is why I prefer to do this part on a grill).

4. Once your ingredients are done for the salad, slice avocado in cubes and toss with corn, onion, sweet potatoes, cilantro, a squeeze of lime and add a little of the Thai chili that remains to taste. Season with salt and pepper. Here is where I will also add 1-3 tbsp of the chimichurri sauce also.

5. Grill steak to med rare for 2-3 min each side depending on thickness of your meat. Let rest for about 5min then slice thin and drizzle chimichurri liberty over thinly sliced meat.

If you have a great recipe you would like to share please contact
Bob Coburn at bob.coburn@n2pub.com

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MD FORMULA - JOINT HYDRATION

BY BOB COBURN WITH SHAKITA MICEK
PHOTOS BY KAREN AKERS



Dr. Tim &
Shakita Micek

Developed over 12 years ago by Dr. Tim Micek, a practicing orthopedic surgeon, Glade Springs Resident and founder of MD Formula, LLC, Joint Hydration is a breakthrough supplement that tackles an often-overlooked aspect of joint health: hydration. This clinically backed formula combines essential nutrients to enhance joint lubrication and cushioning, promoting smooth and comfortable movement. Unlike traditional joint supplements that primarily focus on cartilage repair, Joint Hydration takes a different

approach by replenishing synovial fluid which is the body's natural joint lubricant by helping to reduce stiffness and support pain-free mobility. It's a game-changer for anyone looking to keep their joints healthy and active!

Shakita Micek is the CEO and President of MD Formula. She has a Bachelor's degree in Biology from Clark Atlanta University and an MBA from the University of Illinois at Chicago. Shakita has over seven years of experience in the medical/pharmaceutical industry, specializing in

quality assurance and quality control. Her biology background gives her a strong foundation of the science behind joint hydration and her MBA arms her with a strategic vision and operational skills to drive the company's growth. Under Shakita's leadership, MD Formula is thriving by offering a high-quality, science-backed health solution. Her goal is to continue to help develop effective products that reach the people who need them the most!

The key ingredient to Joint Hydration is Hyaluronic Acid, a vital

component for joint lubrication. Hyaluronic acid enhances the viscosity of synovial fluid, helping reduce joint stiffness and improving overall mobility. Glucosamine is another key ingredient because of its ability to alleviate joint pain and inflammation by promoting cartilage repair and reducing wear and tear on the joints. Boswellia Extract is a natural anti-inflammatory and has been scientifically proven to reduce pain and swelling joints as well as improving mobility and comfort for individuals with conditions like osteoarthritis. Chondroitin Sulfate rounds out the list by working synergistically with glucosamine. This ingredient helps slow cartilage breakdown and supports joint repair and enhancing long-term joint health.

Some of the key benefits of taking Joint Hydration include improved joint lubrication, reduced inflammation and pain, enhanced mobility and flexibility, and support for long-term joint health.

Why Would You Want to Try Joint Hydration? It is not just another supplement. It is the culmination of over a decade of medical research and expertise. Unlike generic products, MD Formula's solution is scientifically backed, providing the following:

- Clinically Supported Ingredients
- Formulation Backed by Orthopedic Expertise
- Safe and Effective for Long-Term Use

Who Can Benefit From Joint Hydration?

- Athletes
- Seniors
- Construction workers, office workers, medical staff workers, manufacturing employees, truck drivers, teachers and retail workers. Basically anyone who experiences stiffness from long hours of sitting, standing and heavy lifting.

Where Do I Find Joint Hydration?

You can find Joint Hydration online on Amazon and directly on MD Formula's website at www.mdformula.com

You can also find Joint Hydration at select local retailers like On-Point Health & Wellness, Healing Springs Spa, and Edith's Health Store in Lewisburg.



MD Formula is also exploring partnerships with local corporate companies in the Beckley area to bring this exceptional product closer to the community and make it more accessible for everyone. If you feel that MD Formula may benefit your employees please contact MD Formula at info@mdformula.com

"I still enjoy going to the gym several times a week and have been taking Joint Hydration for over a year. At 64, the old body doesn't work or recover like it used to after years of being a catcher, rugby player and a couple marathons. Joint Hydration has helped me feel better during workouts and with faster recovery time. The bottom line is it works!" -Bob Coburn, Glade Springs Resident

Professional NFL player

"Hello, I'm LeTroy Guion. I've had a career in the NFL for over ten years, moving from the Vikings to the Green Bay Packers. I've been using joint hydration for awhile now and just thought to write a review...it has been a great experience for me as my joints are feeling a lot better. It's been a great help, especially after taking many hits on the field. I'd recommend this to anyone who wants to move better."

"As a dedicated runner, keeping my joints healthy and optimized has always been a priority. For over 10 years, I've relied on joint supplements to keep me moving strong. This product, with

its comforting blend of glucosamine and hyaluronic acid, has been a game-changer. It helps keep this aging girl's joints properly lubricated and ready to tackle every mile. I can feel the difference in both performance and recovery-it's become an essential part of my routine!" -Michelle Rotellini

Shauna Basil

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

Professional athlete | J.B.

"As an athlete constantly pushing my body to its limits, maintaining joint health is paramount for my performance and longevity in the game. Since incorporating Premium Joint Hydration supplement into my daily routine, I've experienced remarkable improvements in flexibility, mobility, and overall joint comfort. This scientifically formulated blend has become my go-to solution for keeping my joints hydrated and resilient, allowing me to train harder and recover faster. Thanks to Premium Joint Hydration, I feel unstoppable on and off the field."



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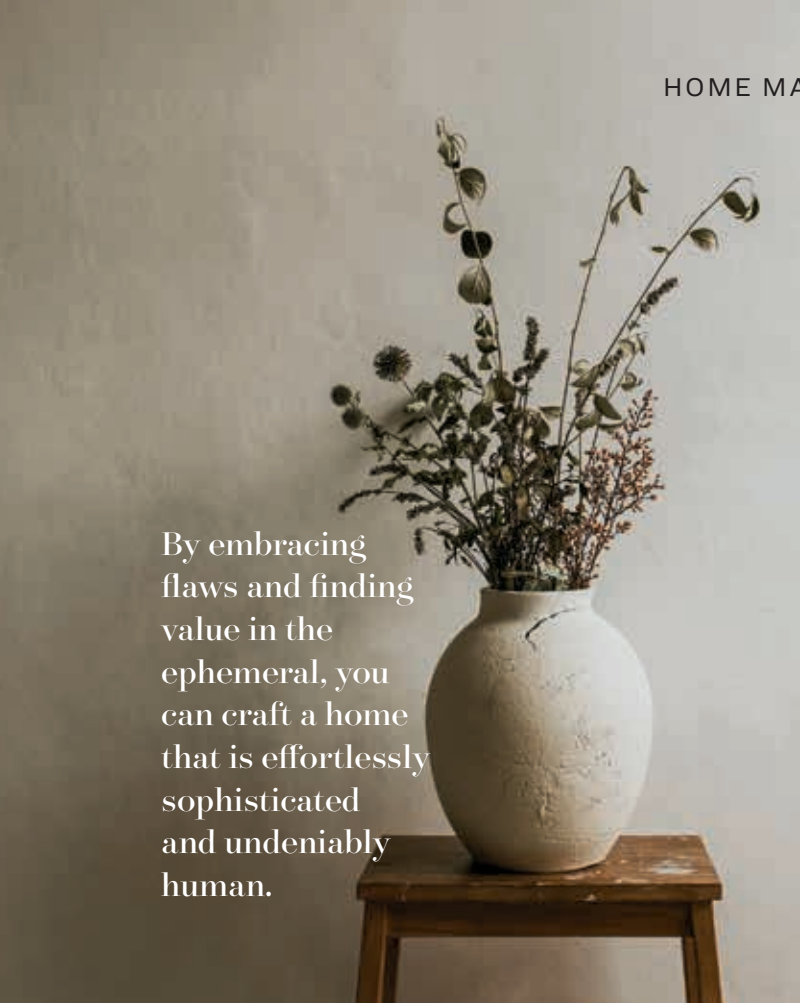
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By embracing flaws and finding value in the ephemeral, you can craft a home that is effortlessly sophisticated and undeniably human.

Imperfect by Design

By letting go of the pursuit of perfection, you can create a sanctuary that exudes authenticity and calm.

BY SHAUNA OSBORNE, NATIONAL EDITOR

As the season of renewal arrives, bring the serenity of wabi-sabi into your living space. Rooted in Japanese philosophy, wabi-sabi celebrates simplicity, authenticity and the beauty of imperfection. At its heart, this approach espouses three simple truths: nothing lasts, nothing is finished, and nothing is perfect. By embracing flaws and finding value in the ephemeral, you can craft a home that is effortlessly sophisticated and undeniably human.

Imperfection as elegance

Wabi-sabi embraces the charm of life’s imperfections — think cracked pottery, weathered wood or worn linen. Let minor flaws tell the story, adding depth and warmth to your interiors.

Purposeful minimalism

Clear out the clutter. A neat, tidy house embodies the wabi-sabi principle of finding peace in simplicity. Curate your home with intentionality, choosing objects that reflect your personality. This approach ensures your space feels lived-in and layered.

The beauty of age

Allow your materials to age gracefully. Brass light fixtures with patina, worn hardwood floors and faded textiles bring richness and character to your spaces over time. These details paint the picture of a life lived well.

Earth-inspired materials

Bring the outside in with finishes like weathered wood, natural stone and unglazed clay. Organic textures and tones anchor your space and create a connection to the natural world.

Subtle tones

Think soothing hues — soft whites, earthy browns, sage greens — layered with rich textures like wool throws, raw silk, and clay. This palette invites a sense of peace while remaining deeply luxurious.

Meaningful touches

Incorporate items that hold personal significance, such as a child’s hand-thrown pottery, a vintage quilt or a cherished heirloom. These meaningful objects make your home uniquely yours while celebrating authenticity.

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Spring Forward to Better Sleep

Elevate your spring sleep routine for brighter days ahead.

BY SHAUNA OSBORNE, NATIONAL EDITOR

AS THE DAYS GET LONGER and the sun starts to shine later into the evening, our bodies often need a little time to adjust to the changing light and schedule. The arrival of daylight savings offers the perfect opportunity to fine-tune sleep habits and ensure we're getting the restful, replenishing sleep we need. Here's how to transition smoothly into the spring season for deeper, more restorative rest.

Sync your sleep schedule with the sun.

Spring's longer days can trick the body's internal clock, so it's important to ease into new sleep habits. Gradually shift bedtime earlier by 10 to 15 minutes each night in the days leading up to the time change, allowing your circadian rhythm to adapt with less stress.

Transform your bedroom into a sanctuary.

As the weather warms, make your sleep space a haven for rest. Keep the room cool and well-ventilated to signal to the body that it's time to sleep, and consider adjusting bedding selections for airy linens or a lighter duvet. Soft, soothing lighting will also set the stage for a peaceful night's respite.

Give yourself a digital curfew.

The blue light emitted by phones, tablets and computers can interfere with the production of melatonin, the hormone responsible for regulating sleep. Instead of scrolling, create a mindful, tech-free period before bedtime. Swap the screen for a book, or explore a journal or meditation practice that grounds you in gratitude and reflection.

Cultivate a consistent rhythm.

Consistency is the cornerstone of any healthy sleep habit. As you embrace the longer evenings, aim to rise and rest at consistent times, even on weekends. The rhythm of a regular schedule reinforces your body's natural sleep-wake cycle, making it easier to fall and stay asleep.

Soak in the morning sun.

Let the bright morning sunlight in. Exposure to natural light early in the day helps regulate your circadian rhythm, encouraging earlier, easier sleep at night. Spend a few minutes outdoors each morning to signal the body that it's time to wake up and reset.




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Declutter Your Dollars

Spring-clean your finances to ensure your investments work as hard as possible to achieve your financial goals in 2025.

BY SHAUNA OSBORNE, NATIONAL EDITOR



AS SPRING APPROACHES, it's the perfect time to tidy up your finances. Like decluttering your home, a well-organized portfolio can yield better results and less stress. Now is the ideal time to review your investments, ensure they align with your evolving goals and make necessary adjustments. With a strategic spring cleaning, your portfolio will be in top shape for 2025 and beyond.

1 / Refine your financial focus

The first step in spring cleaning your portfolio is to revisit your financial goals. What were you hoping to achieve when you made each investment? If your goals or timeline have changed — such as deciding to retire earlier than expected — it's time to reevaluate. For example, a more aggressive approach may be necessary if you're aiming for long-term

growth, whereas a more conservative strategy might be required if you're closer to needing access to your funds.

2 / Bring balance back

Over time, some investments can outperform others, leading to an overconcentration of particular assets. While it's satisfying to see a stock soar, it may increase risk in your portfolio if left unchecked. Spring cleaning your portfolio may mean selling some of your winners to bring back your desired allocation. The proceeds can be used to invest in underperforming assets or reinvested in other areas of your portfolio to ensure diversification.

3 / Cut loose the losers

It can be tempting to hold onto investments that haven't lived up to

expectations, especially if you've had them for a long time. However, don't let emotional attachment to a losing asset cloud your judgment. Assess whether it's still serving your financial goals, and if not, consider reallocating those funds into areas that better align with your objectives.

4 / Take a holistic look

Spring cleaning doesn't end with your investments. Assess your financial health by evaluating your debts, especially high-interest credit card balances, and creating a plan to tackle them. Streamline your accounts, too, where possible. Consolidating assets across fewer institutions can prevent overlap and confusion, ensuring your portfolio works cohesively toward your goals.



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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.

The information contained herein has been obtained through sources deemed reliable by The N2 Company, but cannot be guaranteed for its accuracy. Any information of special interest should be obtained through independent verification.

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



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