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



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**UPCOMING EVENTS AND IMPORTANT DATES FOR GSV**

POA ACTIVITIES

Woodhaven Golf Course  
opens on  
**THURSDAY, MAY 1, 2025**

The Haven at the Woodhaven  
Clubhouse opens  
**THURSDAY, MAY 1, 2025**

The Pool at the Woodhaven  
Clubhouse opens  
**FRIDAY, MAY 23, 2025**

POA Member Annual Meeting on  
**WEDNESDAY, MAY 28, 2025**, at  
the Glade Community Church

PLEASE SEE OUR 2025 GSVPOA GOLF CALENDAR FOR GOLF EVENT DATES AND INFORMATION  
Emails for GSVPOA questions: info@gladespringspoa.com – use for general questions about POA (non-golf)  
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# Publisher's Note



Welcome to the 84th issue of *Stroll Glade Springs Village* formally known as *Glade Living!* That means we just ended our seventh year in print and will start year eight with next month's June issue. Hard to believe and THANK YOU for sharing your lives with the community and supporting our loyal local preferred business partners who make it happen!

May is full of blooming trees and flowers as well as special events and occasions. Highlights include The Kentucky Derby, Mother's Day, Armed Forces Day, Cinco de Mayo and Memorial Day! May is indeed a great month and Memorial Day is typically considered the unofficial start of summer. After this winter, I know we are all looking forward to that.



Thank you once again for your recommendations of your neighbors for our various features and for your referrals of local business that provide excellent products and services to our community.



We are blessed to provide you with this publication monthly and free of charge.


Have a wonderful month of May and Happy Mother's Day to all the moms!

*Bob*




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# 2025 GSVPOA GOLF CALENDAR

Date	Course(s)	Event
Wednesday, April 30, 2025	SH	Women's Golf Kickoff GSVPOA lady members - 9 hole scramble Shotgun 4pm
Thursday, May 1, 2025	WH	Woodhaven Opens
Saturday, May 31, 2025	WH	9 Hole mixed-up scramble 4pm Shotgun
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	GSVPOA Ryder Cup 10:00am (Teetimes)
Tuesday, September 16, 2025	SH	Lissa Mohler Memorial Invitational - 9am Tee Times
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

Saturday, April 12, 2025	SH	WVGA 2Man Shotgun (Stonehaven closed until 3pm)
Sunday, April 13, 2025	SH	WVGA 2Man Shotgun (Stonehaven closed until 3pm)
Saturday, May 10, 2025	WH	FCA 9am Shotgun
Monday, May 12, 2025	SH	WVGA Senior Series - 10am Shotgun
Friday, May 16, 2025	WH	WVU Tech Alumni 1PM Shotgun
Friday, May 23, 2025	WH	Young Life RC Classic 1pm Shotgun
Tuesday, June 3, 2025	SH (RS)	Bunker's Open w/Cobb
Tuesday, September 16, 2025	SH	*Lissa Mohler Memorial Invitational - 9am Teetimes*
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\*\***



## Aerification Dates:

Stonehaven	
05/5-9/2025	Spring 2025
09/29-10/02/2025	Fall 2025
Woodhaven	
04/14-18/2025	Spring 2025
TBD	Fall 2025



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BY JESSICA RUBIN • PHOTOS BY KAREN AKERS



CONTINUED →

There's something about the mountains of West Virginia. If you live here, you know what I'm talking about. When you leave, there's always something calling you home. And that was certainly the case for Nick and Amy Vucurevich.

Amy, a small-town girl from Wyoming County meets Nick, originally from Phoenix, Arizona at a mountaineer football game. The two were in pharmacy school at West Virginia University at the time. The rest, you can say, is history. After graduating, they lived in Glade for just a year in 2014, then eventually settled in Cincinnati, Ohio, where they would start a family. In 2022, they answered the call from the mountains of West Virginia and moved back to Glade Springs. That's where they knew they wanted to raise their family.

"We missed West Virginia," Nick said. "We love being outdoors and had the opportunity to live in Glade after college and really missed it. We always thought about raising our kids here." Nick now oversees 27 outpatient pharmacies that are in community behavioral health centers in four different states. Amy works remotely as a clinical pharmacist. The two were able to keep their jobs for Genoa Healthcare and move back to the mountain state. "The main reason we chose to raise our family in West Virginia is Glade Springs. There's nothing else like it, with the community and the golf and the people. You just can't beat the people here," Amy said.



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When the couple moved back to Glade, they started building their dream home, which was recently completed. They moved in around Christmas time with their three children, Colton, five, Carson, three, and Clara, two. The family is soaking up all that the mountain state has to offer. They love to spend time together outdoors, whether it's fishing, golfing, kayaking, or taking golf cart rides, you'll likely find them enjoying nature.

"We just enjoy being together. We like sticking around home, going to church, and spending time with our family. We enjoy the simple things," Amy said. Her dad also lives in Glade Springs, and her mom is close by, in Beckley. Amy's twin sister, who has three children, lives in southern West Virginia as well. Nick's family, on the other hand, is in Tennessee, and they're looking forward to hosting them in their new home.

"We are fortunate to have the space in the new house that allows for Nick's family to come visit from Nashville and stay for extended periods of time," Amy said. But their village



Amy & Nick  
Vucurevich



Carson, Clara  
& Colton!

wouldn't be complete without the help of the family's nanny, Cheryl Vanmaasdam, who they lovingly refer to as "Miss Cheryl". She watches the couple's youngest, Clara, while Amy works from home. Cheryl also lives in Glade and comes to their home to babysit during the week. This family is writing their own story, one of love and family, and being home in the mountains of our great state. The best is certainly yet to come.

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




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# The Force is with Luke Hiener!

BY KAREENA PATEL  
PHOTOS BY KAREN AKERS



Eight year old Luke Hiener is a boy with a sharp mind, rich creativity, and sky high ambitions. As a student at the School of Harmony, Luke's favorite subject is math- not just because he is good at it, but because he finds it enjoyable solving and finding set values. His passion towards problem solving and numbers reflects his natural curiosity and determination, which will propel him for his bright future.

Beyond Luke's classroom, he enjoys building Legos, taking on intense sets like the Millenium Falcon, Home Alone house, and Lego Loop Coaster. He also enjoys playing with hot wheels. Luke's passion for building and piecing puzzles together has inspired him to further apply his unique capabilities and become an engineer- specifically working on bridges.

Aside from being an excellent student, Luke is also a dedicated athlete, playing for Shady Spring Young Ones baseball team and the Shady Elite basketball team. During his time playing for these competitive leagues, Luke has shown his impressive skill by earning multiple



awards in both baseball and basketball. As an LA Dodgers fan, for spring break, Luke and his family will see the Dodgers play the Phillies, for which he is extremely excited. Whether Luke decides to shoot hoops or hit a home run, his thrill for the game and teamwork shines through.



Luke's commitment to excellence extends beyond sports. At school, he received the award for being the most attentive at school. This award serves as a testament to further prove his focus and dedication to learning. Whether Luke is solving math problems or giving his best effort in sports, his ability to stay engaged has earned him well deserved recognition.

At home, Luke enjoys spending time with his two siblings Liam and Lila. He's easy going when it comes to family activities, and while he does not describe himself as the most adventurous, he is happy to join in and have fun in whatever they want to do. Luke also has two dogs Elsa and Simba whom he loves to shower with attention.

Whether excelling in math, sports, or Lego building, Luke's curiosity and creativity makes him a standout. With his drive and creativity, the future looks bright for this young builder.

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



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# ELI SEXTON

Working hard,  
dreaming big

BY ED MCCALL  
PHOTOS BY KAREN AKERS



Since Ronnie Olson took over the basketball program, Shady Spring High School has become a mainstay at the boys' WV State Basketball Tournament staged every year at the Charleston Civic Center. To anyone who has watched the program evolve into what it is today, a state-wide, respected championship program, several things have become evident. If players are going to see the floor for Shady, they must be willing to play hard-nosed, physical, in-your-face defense, and they must be able to win rebounding battles against bigger opponents. It also doesn't hurt if they possess a deft touch from beyond the three-point line and can get defenders back on their heels with hard, downhill drives into the paint. It's a pretty good recipe for success for players and the team.

There is another common thread that winds its way through Olson's teams. If you are good enough to play, you are going to play, and that means freshmen who are willing and able to do those things listed above will get playing time. First came the Chapman twins, the Williams brothers, and eventual state player-of-the-year, Amar Maxwell. All played crucial minutes as freshman, many as starters. This year, freshman Eli Sexton has become one of the Tiger-cubs who has grown into a vital cog in Shady's success.

The son of Rocky and Jessica Sexton (Sherwood Forest) possesses a deft touch from outside the arc. The southpaw credits his dad for his shooting prowess. "Dad put a ball in my hands as soon as I was big enough to hold it." That fatherly support continues today at Integrity Chiropractic, his father's place of business. The high ceilings (once a car dealership) are perfect for a Gun Shooting Machine and hoop that allow Eli to get up as many shots as he wants on any given day, including bad weather days. The facility really came in handy this winter with all the school cancellations due to weather, and the results are obvious. Eli's overall shooting percentage is 43% and his scoring average as the



season winds down is nearly double figures with high games of 15 points against Princeton and Summit Christian.

Sexton cut his teeth playing in the Raleigh County elementary basketball league and playing travel ball for the Wolfpack against many of his current teammates who played for Shady Elite. Having played at Cranberry Elementary where he suffered a broken arm and at Mt. Hope Christian, he has found a home at Shady. "I love the basketball and the school environment as well," the soft-spoken Sexton shared recently. He isn't the only student athlete in the Sexton household. Big sister Shailee is a senior at WWHS where she plays volleyball and softball.

A self-described "gym rat," Eli says when he isn't hoisting up shots, he enjoys working out at the Leisure Center, playing golf, and an occasional video game, Fortnite being his favorite. After a two-hour practice, he says nothing is better than coming home to a bowl of Mom's broccoli and cheddar soup, or if it is a fast-food night an Arby's #3 with French dip sauce is his go to.

At the time of this printing Eli is in Charleston with his Tiger teammates battling to hang another banner in Dave Willis Gymnasium. High school goals aside, Eli says he would love to play at the next level. Don't bet against this hard-working young man with the deft touch from downtown. When his Shady days are over, the odds are he will be draining threes on a college campus somewhere.

If you know of or have an athlete in the family please  
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# The Justice Home

BY JESSICA RUBIN  
PHOTOS BY KAREN AKERS



When Gina and Barrett Justice walked into their home on Blackmore Lane, they said it felt like home.

The open concept design has a rustic, farmhouse feel matched with a cozy aesthetic. One of the top selling points and easily one of the first things you notice when you first walk in, are the wood beams. The timber framed home is roughly 4,000 square feet, with three bedrooms plus a study, which has been converted into a bedroom.

“Marsha Gagen was the previous owner, and she designed and built the home. The beams came from Michigan and were hand-picked by Marsha,” Gina said.

The couple moved to Glade Springs in 2020 and first lived on Far Country Drive. They have two children, Brady, 13 and Audrey, 16. The family has lived in this home for about a year now, and they couldn’t be happier.

“We would take walks on Blackmore and always loved this street because of the privacy,” Gina explained.

They were also sold on the stunning views that the home offers, overlooking Lake Chatham. The dining room is especially captivating, lined with windows and letting in plenty of natural light. The space is ideal for entertaining with ease.

The primary bedroom is on the main floor and features more of the woodwork that makes the home so unique. The master bath features a claw foot tub, which is Gina’s favorite feature, as well as a large walk-in closet.

Their kids also enjoy the perks of their new living space. Brady uses the upstairs loft area as his gaming room, and the downstairs houses the kids’ bedrooms, as well as a kitchenette. What more could two teenagers ask for?

Not only do they love quiet lakeside living, but they also enjoy all the amenities Glade has to offer, such as golfing, tennis, and the pool. Living in a neighborhood with around-the-clock security is also comforting as parents to two teens.

“We compare living in Glade to Disney. You’re in this bubble, and it’s an escape from reality. It feels safe here, and we don’t have to worry,” Gina said.

Safety, privacy and breathtaking views. The Justice family has hit the jackpot when it comes to finding the best that Glade Springs has to offer.

If you know of a great home in the community please  
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# MEET TUCKER!

BY FARRAH MICEK

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For Zack and Madi Statler, their Mini Goldendoodle, Tucker, is not just a pet, he is family. The couple welcomed Tucker into their lives as a younger sibling to their beloved 14-year-old dog, Boyd. Born just over a year ago in Scott Depot, WV, Tucker has brought endless joy, energy, and laughter into their home at The Retreat in Glade.

Tucker is a striking black-and-white ball of fluff, weighing in at 35 pounds. At home, he enjoys curling up in his favorite cozy spots and lounging on the couch. But when his playful energy kicks in, he transforms into a whirlwind of excitement, dashing around the house and keeping his family entertained with his antics.

Beyond the comforts of home, Tucker is an adventurous traveler. He frequently joins Zack and Madi on road trips to North Carolina, Ohio, Morgantown, and Hurricane, WV, visiting friends and family along the way. His love for car rides is matched only by his enthusiasm for the great outdoors. Whether hiking trails in Glade or exploring local parks, Tucker thrives on outdoor adventures.

Tucker comes alive in the winter! He can't get enough of the snow and is always zooming through it, rolling around, and even sneaking a few bites. His playful energy makes every snowy day even more fun for the Statler family.

A social butterfly at heart, Tucker loves making new friends wherever he goes. Whether he's lounging at home, hitting the trails, or joining a road trip, he's always ready to greet everyone with a wagging tail and a big dose of enthusiasm. If you see Tucker on one of his adventures, don't hesitate to say hello, he'd be thrilled to meet you!

If you know of a great pet in the community please  
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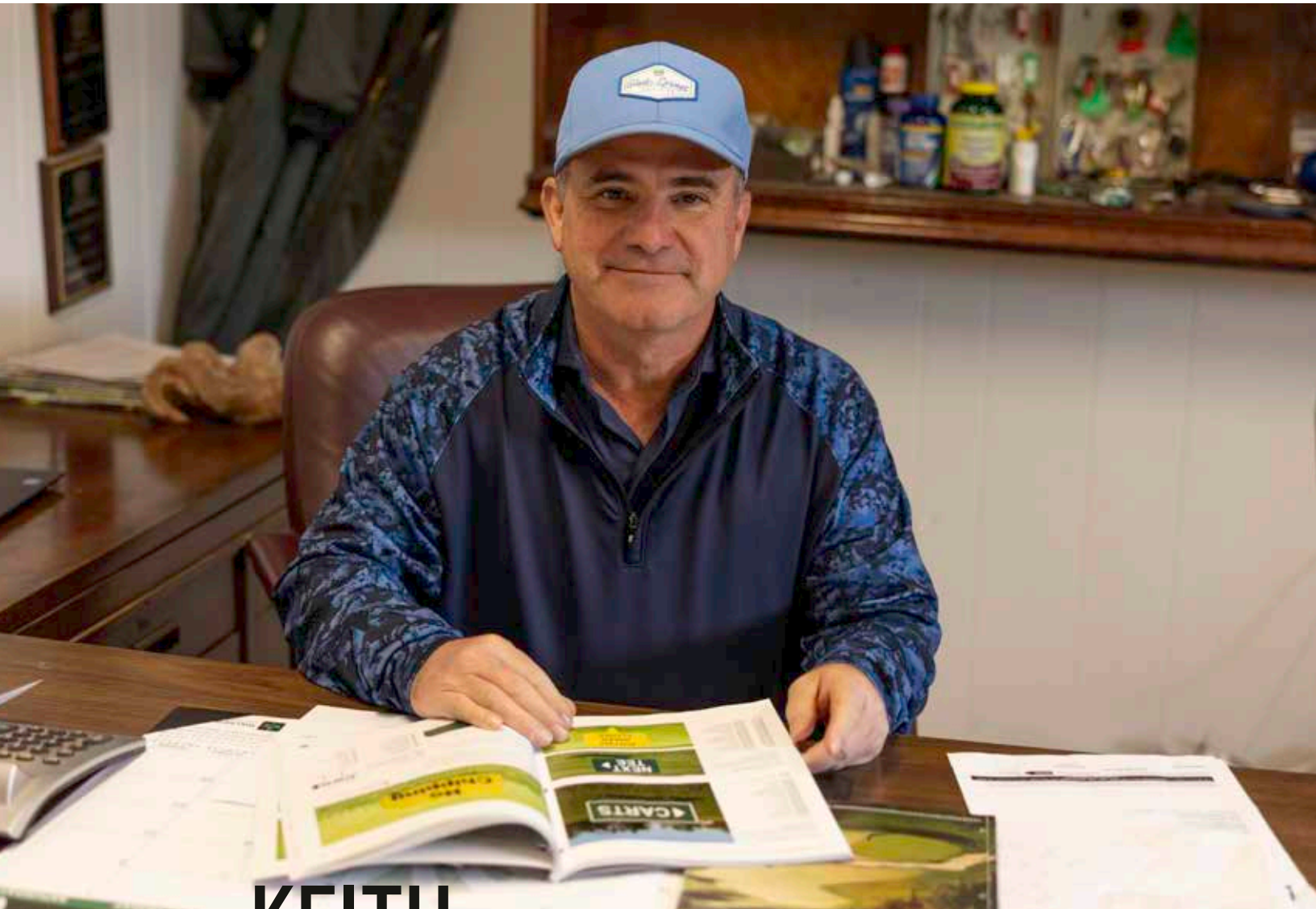
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# KEITH HONAKER

Balancing turf care & budgets

BY ED MCCALL • PHOTOS BY KAREN AKERS

Funny how we remember where we were when world-changing events occur. No matter how mundane the task we might have been mindlessly doing, when asterisked with historical significance by a faraway event, those moments become crystalized in our memories. I was sitting in my last period seventh grade science class when news came that President Kennedy had been shot. Over twenty years ago Keith Honaker, who had worked his way up the ladder at Aspen Golf Division to the lofty title of assistant project manager in charge of irrigation, had spent September 11 from dawn until dusk in the ditches his crew had dug at The Hill

Course in Blacksburg, Virginia, securing fittings and checking for leaks while putting the finishing touches on a project at the city-owned golf course, when a passerby inquired if he knew what had happened that day in New York City, Washington, D.C., and a field in western Pennsylvania.

Honaker was clueless, engrossed that fateful day in the details of his work so that he and his crew could get the project finished in a timely manner. It wasn't long after that tragic day altered our country's history forever that Honaker found his own life direction changing as it wasn't long after that he left Aspen and took the job as the assistant superintendent at The Cobb course. A year later he was elevated to head superintendent thanks to a serendipitous moment in the parking lot at a local grocery store.

Honaker recalled the moment almost wistfully as we sat in his office in the Cobb maintenance building. "I had pulled in on the way home to pick up a few items, and I looked over and there was Ed King, sleeping in his vehicle while his wife was shopping." At the time King, one of the resort's



managing partners, was charged with hiring the next course superintendent for The Cobb. "I walked over and tapped on his car window to awaken him and just told him that I knew I could do the job, and that all of my work with Aspen, my education, and previous experience working at golf courses in the Hilton Head area had prepared me." He was hired on the spot, and 23 years later he is still on the job.

It was the second time they had offered him the job. The reason Honaker didn't take the initial offer serves as a window into his character. He was still working for Aspen at the time and needed several weeks to complete a big and important project. Glade wanted him to quit and begin immediately, but he explained that the Adkins brothers had been so good to him that he couldn't leave them hanging, no matter how badly he wanted the job. Later, a chance meeting in a parking lot would leave both parties happy.

His journey to becoming a superintendent did not follow the usual track. He didn't feel confident about his pre-pharmacy major and getting into pharmacy school, so he dropped out and went to work at the Pete Dye Course in Bridgeport where his boss held a degree in agronomy from Ohio State. An avid golfer, he liked the work, being outdoors, and began to see a way to make it a career. He went back to WVU and got his degree in agronomy while continuing to work on the maintenance staff at Lakeview Resort.

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Upon graduation, he headed to Hilton Head where he served as the assistant superintendent at Daufuskie Island Golf Club where he had to take a boat to work each day, played a lot of golf, and caddied at Colleton River Country Club in Beaufort, and lived at Palmetto Dunes. His time there exposed him to many different course designers and their architectural styles, from Donald Ross to Jack Nicklaus to Arthur Hills, to the Maples brothers, to Rees and Robert Trent Jones and many others.

The mountains and family called him home in 2000 when he landed a job with Aspen Golf Division. His education was about to get serious. Reshaping greens, rebuilding and updating bunkers, building new tee boxes, irrigation and drainage projects, and general course renovation for Aspen gave him a resume’ that would qualify him for a job at any prestigious golf course on the planet. In 2003 he was a vital part of the Aspen team that renovated the East Course at Oak Hill C.C. in Rochester, NY, for

the PGA championship. He’s worked on projects throughout the southeast as well as here in WV at The Greenbrier, Guyan CC, Berry Hills CC, and Scarlet Oaks (now defunct). One of his most memorable experiences with Aspen was converting the toxic Mills Creek dump site in Erie, PA, into a golf course.

In 2010 Honaker was put in charge of all three courses here at Glade. He held that position until the “great schism” and today he is in a similar situation. His official title with the resort is director of golf and grounds, and he also serves the POA as a consultant who works with the course managers at Stonehaven and Woodhaven.

“I love my job,” is something I’ve heard Keith Honaker say on more than one occasion. When pressed as to why, Glade’s turf guru doesn’t hesitate. “There are never two days alike. It’s about solving problems, and I love figuring out how to solve those problems whether it is a drainage situation, or

like last summer fighting drought, or in the office calculating how to get the most out of the monies that we have to spend to keep our courses in top shape.”

When asked about the biggest challenge facing our courses, Honaker did not hesitate. “We’ve got to get people on our maintenance teams that care. If they don’t take pride in their work and the condition of our courses, it makes it almost impossible to provide our golfers with the kind of quality course conditions they deserve.”

I hope the readers of Glade Stroll appreciate what we have in our golf properties and the people who care for them. When it comes to balancing turf care and budgets, Glade residents are indeed fortunate to be in the good hands of Keith Honaker.

If you know someone who is Making A Difference in the community, please contact Bob Coburn at bob.coburn@n2pub.com

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# Mexican Hot Dogs

SUBMITTED BY BOB COBURN

If you've come to the Resident Recipe feature looking for something healthy, this ain't it. Please look at the ad embedded in this article for our friends at Shady Spring Dental Care, call them for your next checkup appointment and cleaning, and turn the page. But, if you're looking for a delicious hot dog recipe with a different twist, you've come to the right place! The Nathan's Colossal, 1/4 lb., 100% beef hot dog is the star of the show. I first discovered them at my friend's country club in Saint Simons Island, Ga. Frederica Golf Club. He asked me at the turn if I wanted a hot dog. "They have the BEST hot dogs," he said. I agreed but thought how good can they really be? He was right. I was so inspired that I tracked down the chef after the round and he introduced me to Colossal Dogs, officially. I don't know why they taste better than their smaller brethren but they just do.

## INGREDIENTS

- Nathan's Colossal 1/4 lb. 100% beef hot dogs. (Food Lion is the only store that has them)
- 3 or 4 poblano peppers sliced length wise.
- 1 medium onion sliced.

- 3 or 4 roma or vine tomatoes sliced length wise.
- 3 or 4 garlic cloves peeled.
- 4 cheese Mexican cheese.
- Hoagie rolls.
- Extra lite virgin olive oil.
- Cast iron skillet, Blackstone or similar grill.



## DIRECTIONS

1. Heat your cast iron skillet or Blackstone type device and add the olive oil.
2. Slice 4 or 5 slits in the hot dogs for cooking ease.
3. Cook the veggies and dogs until the veggies are soft and dogs have a nice char.
4. Toast the hoagie rolls in the oven or air fryer and add a layer of cheese on the bottom. Melt the cheese to your desired degree.
5. Add the hot dog and other goodies. ENJOY!

**Fantastic as a leftover! Skip the cheese if you want to save a few fat grams and add mustard if you wish.**



If you have a great recipe you would like to share please contact Bob Coburn at [bob.coburn@n2pub.com](mailto:bob.coburn@n2pub.com)

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# SHADY SIDE MARKET

The season is here!

BY BOB COBURN

**SHADY SIDE MARKET**, conveniently located at 2199 Ritter Dr. and just outside the cozy confines of Glade Springs, is a wonderful local business that works extremely hard to serve Southern West Virginia with a huge variety of plants, flowers, produce and other goodies. The market is open seasonally from April to the end of October depending on weather and other factors.

Owners Terry and Joyce Clark have 37 years of experience and exude a passion for their work and their customers. “I travel the east coast looking for the highest quality products throughout the season. We want to have the best of everything available to our customers,” says Terry. “We have also started a delivery service to ease any pain associated with the road construction,” adds Joyce. “There’s a \$25 minimum order and we’ll be delivering 2 days per week. We hope to make it a little more convenient for Glade Springs residents to enjoy what we have to offer.”



Abby, Terry & Joyce Clark



Abby.....  
another  
“key”  
employee!



The seasonal flow from April to October has monthly stars of the show such as April’s large variety of hanging baskets, bedding plants and strawberry plants. There is also a large variety of hard-to-find items such as hot peppers, ghost peppers and kohlrabi. There are 18 varieties of tomato plants as well as candy onion plants and cabbage plants.

The list goes on with a big variety of perennials, half runner beans, vine ripened tomatoes, new potatoes, pickling cucumbers, yellow squash and zucchini! If that’s not enough for April there’s also sweet potatoes, onions, grapes, bananas, plums, oranges and apple. And don’t forget trees and shrubs, seasonal yard art and the “off the chain” Amish Butter!

May ushers in gallon buckets of strawberries, lots of cantaloupes, and the always popular Tennessee tomatoes. “We eat a lot of tomato sandwiches for lunch,” laughs Terry. May also offers private label canned goods and a large selection of roses from a specialty grower.

June and July bring in more Tennessee tomatoes as well as watermelon, more cantaloupes, corn and deck plants! “Terry puts a lot of miles on our vehicles,” jokes Joyce.

August is when the delicious southern peaches show up and products start to shift to the north from the south. Ohio River corn comes in as the Tennessee tomatoes phase out and the market adds hot peppers, Amish Country tomatoes, bell peppers and cabbage. August also brings in the beginning of apples such as Honey Crisp, Ginger Golds, Rave and Spicy Sweets - 20 varieties in all as the season progresses.



Grandson Isaiah



Granddaughter Shaelee

September rings in N.Y. peaches and all things mums including hanging basket mums and table mums. Pumpkins of all shapes and sizes show up as well as guards, Indian corn, fodder stalks and more apples and seasonal yard art.

The Clarks are proudly and capably assisted by key employees Suzy Keaton and Mike Fullan. Their smiling faces, work ethic and pleasant personalities add to the great experience of shopping at Shady Side Market!

Stop by Shady Side Market to see the amazing, fresh selections or call (304) 846-3360 to place an order for delivery! It’s a great time of year!





The secret to gorgeous hair?  
Understanding its unique needs and  
fueling it with the right nutrients.

BY SHAUNA OSBORNE, NATIONAL EDITOR

**O**ur hair is more than just a reflection of style — it mirrors our overall wellness. Every strand, from silky-straight to coily and voluminous, carries a story of hydration, nourishment and balance. Understanding the biology behind hair health can help you nourish your scalp, strengthen strands and achieve balance from the inside out: healthy, thriving hair starts from within.

#### Your hair's blueprint

Your hair's natural texture is determined by genetics, specifically the shape of its follicles. The more oval or asymmetrical they are, the curlier your strands will be. While heat or chemical treatments can temporarily alter texture, your curl pattern is encoded in your DNA and resets with every growth cycle. Many people even have a mix of textures, like tighter coils at the crown and looser waves at the temples.

Hair types range from straight (1) to coily (4), with subcategories based on texture and curl pattern. Fine, straight hair benefits from lightweight hydration, while waves and curls thrive on richer moisture. Coils require deep nourishment to maintain elasticity and prevent breakage. By working with — not against — your natural hair pattern, you can better support its long-term health.

#### The right formula

The right products make all the difference. Lightweight proteins like silk or rice strengthen fine hair without weighing it down. Wavy and curly hair benefit from rich butters and oils like shea or argan to lock in moisture. Deep-conditioning masks with avocado or aloe help restore hydration and enhance definition for coily textures.

#### Beauty from within

What you eat and how you manage stress directly affect hair health. Protein-rich foods like salmon, eggs and nuts support keratin production for stronger strands, while leafy greens provide essential vitamins for shine and growth. Hydration is key — dehydration can leave hair brittle and dry. Stress also plays a role, as cortisol spikes can lead to shedding and slowed growth. Prioritizing rest, fluid balance and nutrient-dense meals can create the internal harmony needed for hair to thrive.

By working with  
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# D & M INC

Complete document service

BY BOB COBURN



D & M Inc. is a locally owned business specializing in document destruction and storage. Lonnie and Myrtle Jesse have been operating the business since 1991 and are ably assisted by son Matt and daughter-in-law Donna who also own PC Outdoors in Crab Orchard.

D & M primarily serves the commercial market for doctors, lawyers, banks, car dealers, insurance and the medical profession in general. They are available for other professionals such as accountants, consultants or any business that have a need for document shredding or storage.

Personal services are available for shredding and storage after a death in the family, a move or basically anytime destruction of documents or storage is needed.

Commercial file storage is available and provided in a 30,000 square ft.

facility in Greenbrier County and held there for a monthly fee until the need to dispose arises. D & M also provides for the destruction of hard drives as well as customized cleaning and removal services for special circumstances.

Collection and on-site shredding is offered or you can drop off documents at PC Outdoors located at 1427 Robert C. Byrd Dr. Crab Orchard, W.V. Call (304) 253-8925 or email donnaj@dmdocservice.com for all your document service needs!

\* D & M Inc. is AAA Certified through the National Association for Information Destruction (NAID). The most recognized certification surrounding data destruction and regulated by the International Secure Information Association, i-SIGMA who verifies that providers of data destruction meet information disposal standards.





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BY BOB COBURN

Glade Springs homeowner Chad Scarbro is the owner of Advanced Storage, a state-of-the-art storage facility in Daniels, with numerous locations in Southern West Virginia. Originally from Beckley, Chad moved to Greenbrier County at an early age and by trade is an electrical engineer. After earning his degree from W.V. Tech, Chad worked for Allen-Bradley PLC Products before venturing out on his own as an engineer in 2006. Interestingly, Chad's home in Glade Springs hosted the original services for Glade Community Church before moving to their present location.

Fast forward to 2018 when Chad moved into the storage unit business in Beckley. "I wanted to do something different. Better. Extra service, access, well-lit, and camera accessible. We are very responsive to customer's needs. If you contact us, you'll get an immediate response." Says Chad. And different is what he has done



with 80 units by April of 2019 and 100 more units in Cool Ridge in 2020. During COVID, Chad expanded to Johnstown Rd. in Beckley, Smithers, and Lavalette, W.V. All with climate control, 24/7 surveillance, 24/7 access, digital and keypad entry with spaces large enough to large items like cars, boats and R.V.'s.

In 2022 Chad purchased the 45 storage units behind the I.G.A. in Daniels and has put in an additional 100 units in this location.

"The Lord has guided my steps and I just try to follow his plan for me. My wife, Amie Kaye Scarbro, passed away in 2021. She was a devoted wife and mother to our two kids Joel and Brooke. I try to spend as much time as I can with my two Grandchildren Kielynn and Kaison. God has blessed me with a passion for my family and my work and an optimism for life." Adds Chad. "If you put your belief and trust in the Lord Jesus Christ all things are possible. I try to live by doing unto others as I would have them do to me."

There are several size options for your storage needs in Daniels including 14' x 40' and 14' x 50' that can house, as mentioned, your favorite toys such as antique or classic cars, R.V.'s and boats. Businesses may also store equipment or supplies and use the units as warehouse space. Advance Storage also provides portable, box trailer units for temporary storage needs. These trailers are brought to you to fill up and moved to a storage location until the need to unload arises. This saves from moving them multiple times.

To reserve your space in Daniels or other locations at Advanced Storage call (304) 419-3535 or check them out [www.advanced-storage-wv.com](http://www.advanced-storage-wv.com)







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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](mailto:bob.coburn@n2pub.com).

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BUSINESS VALUATIONS/

TAX PLANNING

Tax Relief, LLC

John W. Stroud,

Jr., CPA, CVA

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BANKING

United Bank

Zack Statler

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[bankwithunited.com](http://bankwithunited.com)

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Tom Dixon

(304) 255-7204

[bank@city.com](mailto:bank@city.com)

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COMMUNITY FOUNDATIONS

Beckley Area Foundation

Dena Cushman

(304) 253-3806

[bafwv.org](http://bafwv.org)

CUSTOM CERAKOTING

Foley Defense

Dan Foley

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[www.foleydefense.com](http://www.foleydefense.com)

DENTAL CARE

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Steve Childress II

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[beckleydentist.com](http://beckleydentist.com)

Liberty Dental Center

Dr. Patrick Jarrell

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[libertydentalcenters.com](http://libertydentalcenters.com)

Shady Spring Dental Care

Ben and Kristie Hiener

(304) 763-4665

[www.shadyspring](http://www.shadyspringdentalcare.com)

[dentalcare.com](http://www.shadyspringdentalcare.com)

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Dermatology & Associates

Surgery Center

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FINANCIAL ADVISOR

Edward Jones

Tracy Houck

(681) 254-0079

[tracy.houck@](mailto:tracy.houck@edwardjones.com)

[edwardjones.com](mailto:tracy.houck@edwardjones.com)

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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 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	Parking	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
330 Chapelwood Drive	Woodhaven	\$429,900	\$429,900	08/29/24	3	2	2,260		\$190.22
126 Highlands Lane	Stonehaven	\$525,000	\$525,000	08/30/24	4	3.5	2,754		\$190.63
138 Thistle Glen	Stonehaven	\$529,000	\$500,000	09/18/24	4	3	3,038		\$164.58
155 William Place	Stonehaven	\$559,900	\$595,000	10/11/24	4	3.5	3,636		\$163.64
747 Edward Drive	Stonehaven	\$549,000	\$545,000	10/15/24	3	3.5	2,500		\$218.00
101 Holly Court	Old Glade	\$520,000	\$520,000	10/15/24	3	3.5	3,138		\$165.71
111 Greenbrier Road	Old Glade	\$649,000	\$639,500	10/21/24	3	3.5	3,679		\$173.82
882 Club Circle	Old Glade	\$172,000	\$172,000	10/28/24	1	1	916		\$187.77
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
330 Chapelwood Drive	GladeSprings	\$429,900	\$429,900	08/29/24	3	2	2,260		\$190.22
104 Blueberry Place	Old Glade	\$474,000	\$474,000	02/10/25	3	3.5	2,701		\$175.49




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