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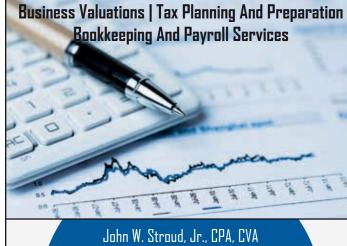


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6 October 2024



## Happy October!

Let me be the first to welcome you to the wonderful month of October! It's especially wonderful as a resident of Glade Springs with our fall colors coming into view along with cooler temperatures and fall activities!

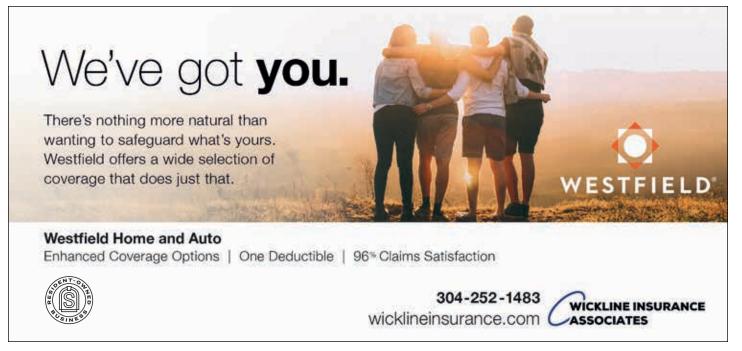
October offers a great mix of fun such as football and Halloween, a tradition like few others on Hawthorn Lane! Get your Halloween outfit ready so you're not stressing at the last minute. They'll be lots of good food prepared as well as all things pumpkin!

They are plenty of other meaningful observances in October such as Breast Cancer Awareness Month, Mental Illness Awareness Week, Fire Prevention Week, and Make a Difference Day. We certainly have lots of residents in Glade that "Make a Difference" and we feature them monthly in our publication. See this month's article on Ann-Marie Perry who was once a Camp Glade Camper and made a big difference as a counselor in recent years.



Thanks as always for your recommendations of our features as well as local business sponsors who serve us so well with professional products and services. Thank them in October by looking to them first as your needs arise.

Have a fantastic October and thanks for supporting *Stroll Glade Springs Village!* 







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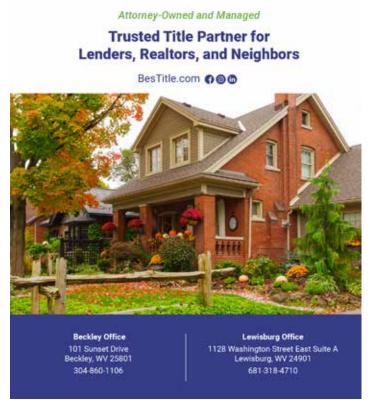
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Stroll Glade Springs Village 11



Join us at the parking lot by Chatham Lake and catch up with your neighbors. 6:00 PM (Weather Permitting) Feel free to bring a snack to share, but it is not required. Dam Socials are scheduled for the first Wednesday of each month from April through October. All residents are welcome. Contact Betty or John Callender for more information.



GLADE SPRINGS VILLAGE 2024 RYDER CUP

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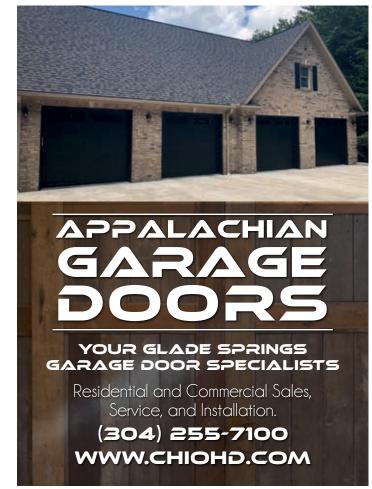


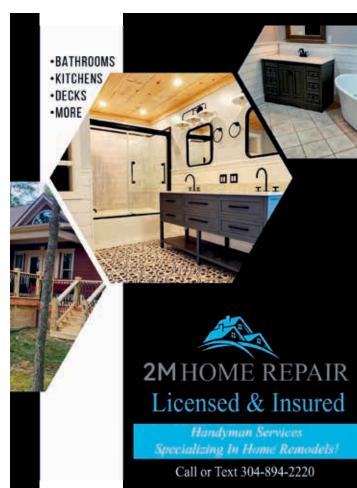
The Glade Springs Village POA 11th annual Ryder Cup golf competition is back for 2024 by popular demand. Our tournament follows, to the extent practical, the format of the bi-annual Ryder Cup golf tournament between the world-class golfers from the USA and Europe. To accommodate more interested members this year matches will be played at Woodhaven on Saturday October 5 and on Stonehaven

on Sunday afternoon Oct. 6. On Saturday 2-person partnerships will play 9 holes of captain's choice (best ball) and 9 holes of 4-ball. Sunday's event will be individual match play. Participants are not obligated to play both days.

Ryder Cup is a match play team event. The lowest handicap entrants will be offered the privilege of captaining the Red and the Blue teams; and the two captains will choose their teams from among the entrants and will arrange each day's matches. The Ryder Cup is open to all Glade Springs Village POA members; and participants will be afforded their full course handicaps. Captains will try to honor requests from women who wish to compete against only other women.

Ryder Cuppers in the previous events have reveled in the team comradery and friendly competition; and nearly every event has seen the team winner decided by the last few matches. So, if fun golf, spiced by a little friendly competition piques your interest, the 2024 GSVPOA Ryder Cup is the place to find it! Reserve the dates as sign-ups will begin soon.









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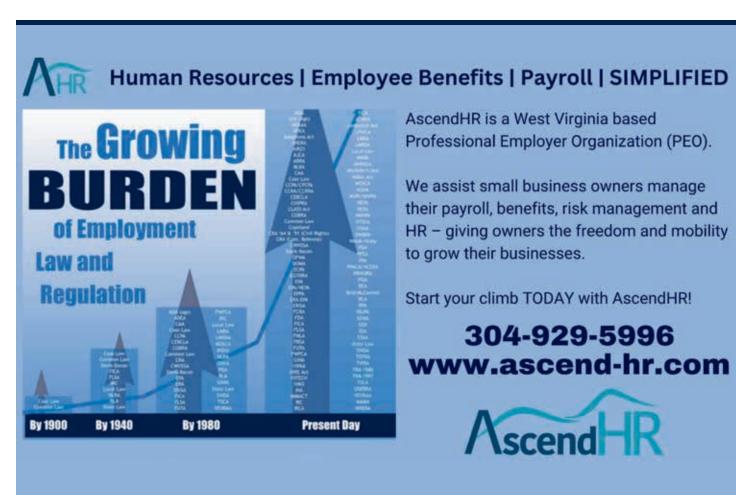
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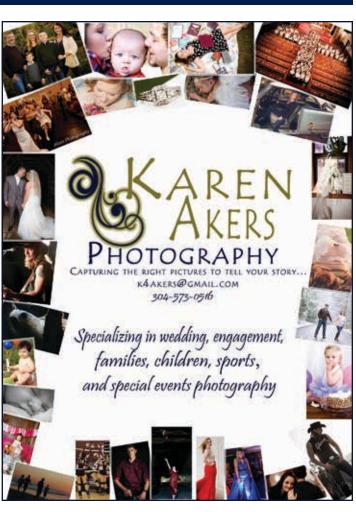
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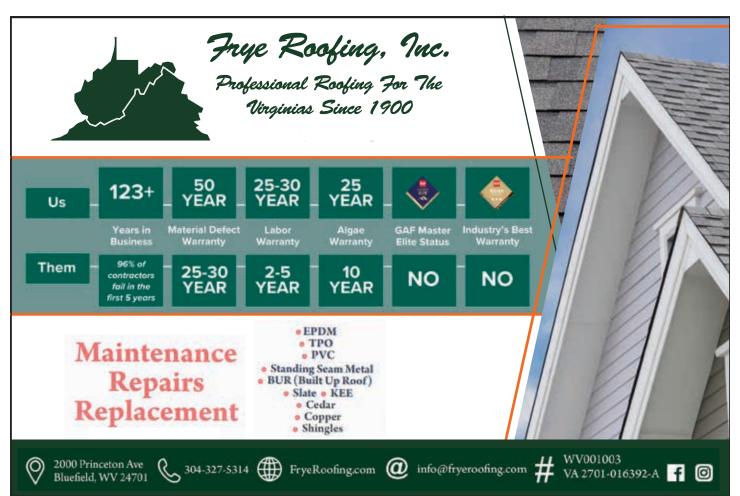
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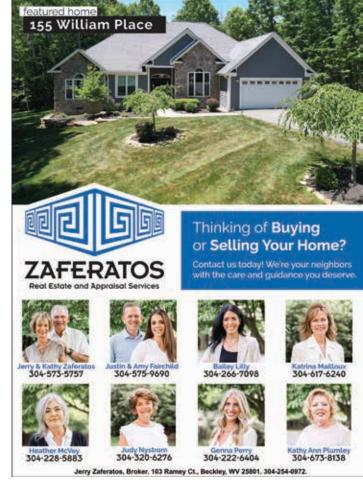












## A FAMILY AFFAIR

BY JESSICA RUBIN • PHOTOS BY KAREN AKERS

#### IT'S CLASSIC STORY

of two high school sweethearts from a small West Virginia town. They meet, fall in love, and the rest is history. But how they made it to our little slice of heaven in Glade Springs is a tale you need to hear from the beginning. So, let's start there.

John and Lisa Quesenberry grew up about 45 minutes away from Glade in Mullens, a town with less than two thousand people in Wyoming County. They recall first meeting one another in class. John, a football player and as Lisa says, someone "everyone knew" caught her eye, or captured her heart, rather, with his outgoing personality. He, of course, noticed her beauty.

"The first thing I noticed about her was how pretty she was," John remembered.

You can see the spark between them even now, 37 years later.

After high school in 1989, John enlisted in the army, which he says, was the best decision he ever made.

"We were young. I needed that direction and just needed to grow up a little bit, and the Army did that for me. It put me on the right path," John said.

At this time, they were new parents. First, John was stationed at Fort Irwin in California. Later, he would be stationed at Fort Knox in Kentucky, where Lisa and their daughter lived with him on base.

After his two years in the military, the mountains were calling them home, so they returned to Mullens to begin their new life together as a young family.

Since then, they've had two more children and built a beautiful life together right here in southern West Virginia.

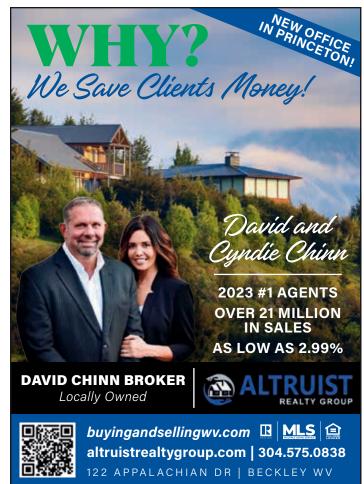
John began his postal career in 1996 and eventually became the postmaster at the Shady Spring Post Office, in which he has since retired, and Lisa, a registered nurse at Raleigh General Hospital.

But it was in 2001 that their lives were rocked by a devastating flood that hit Wyoming county. They were



### After his two years in the military, the mountains were calling them home





temporarily displaced from their home, and after three months and many repairs later, were able to return.

This significant event, however, influenced their decision to eventually leave Mullens and move their family to Glade Springs. At first, Lisa was hesitant to leave her hometown.

"He was ready to go after that. Me, not so much," Lisa explained.

But when their home sold there was no looking back. In 2007, they moved into a home they had built on March Chapel Lane. This is the home where they created many memories and raised their family. Now, Lisa has no regrets.

"This is a great place to raise your family," Lisa said. And Glade is truly a family affair for the Quesenberry's. Since moving here, Lisa's sisters have both bought homes inside the gate, and two of their three children live here as well. Bringing small town West Virginia to an exclusive golf community and leaving a legacy of their own.

"One of the best things we've done for our kids was moving to Glade," John added.

Now, their children are grown with families of their own, so John and Lisa decided to downsize, eventually landing where they are now, a cozy townhome located in "The Retreat".

One day, they hope to split their time between Glade and the Sunshine State. Until then, it's enjoying the mountains and peaceful place they call home, Almost Heaven, West Virgina.



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





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Natalie Wickline, who is only 11 years old, keeps a very busy schedule balancing extracurricular activities, a social life, and getting ahead in her school curriculumespecially reading. This superstar recently achieved a medal for the top reader in her 5th grade class at Shady Spring Elementary. This outstanding accomplishment was a result of reading the most books throughout the entire year. Interestingly enough, Percy Jackson is her favorite series to read because of its intense, action plot that keeps her busy for hours and stimulates her imagination. Not only does reading

come easy to Natalie, but math does as well. Math is her favorite subject with multiplication being a simple step that she finds intriguing.

As for extracurriculars, Natalie dances at Beckley Dance Theatre School, with her favorite dance style being pointe. This last summer she took 3 classes per week, which only shows her dedication and hard work. Along with dance, she enjoys playing golf in her free time. Recently, Natalie has taken up another sport as she enters middle school- cross country. This is her first year, and so far, she is thoroughly enjoying the challenging courses.

When this intelligent girl grows up, she wants to be a research scientist. Through her career, she hopes to find a cure for diabetes, which is something she has and wants to help others with. Natalie has had type one diabetes since she was five years old and deals with it like a champ. This responsible young girl counts carbs, doses her insulin, and manages her condition when taking long dance lessons. While speaking with Natalie, she emphasized her role model being her mother, Kathleen, because of the close relationship that they share. She described her as motivating, inspirational, and most

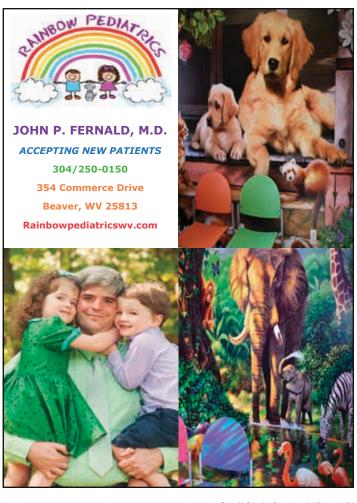
importantly someone she can always rely on. Natalie is also close with her cats, especially Charlie, her orange cat. These two have a special bond that makes them inseparable, and they can always be found together. Natalie has a refined gourmet palette. Her favorite dish is also the most ordered dish in London, chicken tikka masala.

When Natalie has a break from her busy schedule, she catches up with her friends by planning sleepovers, which is her favorite. Along with sleepovers, boat days are added for some extra fun. In the summer, you can find Natalie and her friends- Lily Willson, Maddie Faber, Kaylin Cornett, and Lila Heiner- on the lake at Glade or just simply hanging out and soaking in their summer days. If Natalie was to have a super power, it would be to control water. She finds it very fascinating, which we can see very clearly because of her love for being on the water.

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







## Chloe Honaker

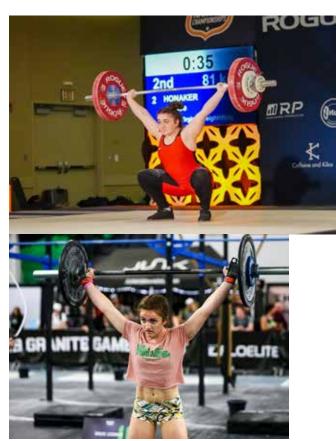
Chloe's crossfit journey

BY KAREENA PATEL • PHOTOS BY KAREN AKERS



hloe Honaker was first a competitive gymnast who started at the age of four, but at the age of fourteen, fell in love with her current sport - CrossFit. Little did she know that it would be a part of her life till this day.

After deciding to compete in her first international competition, Chloe realized that she had a competitive spirit and potential to win awards and advance, so she put her focus and dedication all in. When talking to Chloe, she mentioned that when competing in CrossFit, self discipline is an important trait that can make or break you athletically and mentally. While competing in her high school years, Chloe not only had to juggle academics and a social life but also put time into the gym so she could improve for her next competition. With school taking up majority of the day, she decided to utilize the gym before school in the morning and after.





When discussing motivation, Chloe said that since she had a routine it was easier for her to stick to it, and while training, she felt her best since all aspects of fitness are included. CrossFit is also an individual, endurance focused sport, so if you want to improve, consistency is key. Even though it is mainly individual, she stressed how lucky she was to have support from family and friends, which kept her going. Until senior year, where she second guessed her passion for CrossFit. With all the training she was doing, the feeling of intense burnout came across. She decided to step back and try olympic weightlifting but eventually found her path and regained her love for this intense, rigorous, high energy sport.

Chloe is now studying to be a physical therapist. Even though she does not compete, she still loves to take classes and is considering getting back into it physically in the future. For now her daily training consists of a group CrossFit class, which is her favorite part because it is supportive and uplifting creating a tight bond, and a mile walk to finish her day.

If Chloe was to give advice to someone who is new into CrossFit, she would highlight the importance of taking a step back and finding a healthy balance. Instead of getting caught up in the competitions for medals and glory, enjoying all aspects of life is more fulfilling and rewarding.

If you know of or have an athlete in the family please contact Bob Coburn at bob.coburn@n2pub.com



### The Slack Residence

BY JESSICA RUBIN • PHOTOS BY KAREN AKERS

**TAKE A STEP INSIDE** this understated, yet elegant craftsman style home at 513 Barnstaple Drive.

The three-bedroom, two-bathroom home overlooks Stonehaven #4, and the view is one to surely take your breath away-rolling green hills and a large fountain, both of which can be seen upon entering the home.

And the views are beautiful both inside and out. Lining the walls of John and Pat Slack's abode, you'll find art crafted by almost all exclusively West Virginia artists-room to room, one more interesting than the next. There are pieces by June Kilgore, Carol Toth, and Lynn Boggess to name a few.

If there's one thing this home has, it's style. Pat explained their traditional décor matches the bones of this home, which they had custom built by contractor Tim Hill.

"We did have an architectural blueprint, but as far as any of the interior and exterior, finish work, we pretty designed everything." Pat said.

The Slacks were very involved in the building process. Afterall, this was the seventh house they've built together. By now, they're good at making the countless decisions needed when designing a house from the inside out. The two agreed that choosing Hill as their contractor was a smart move.

"He was fabulous," Pat said. "Just wonderful," added John.

A notable design element is the custom cabinetry and woodwork, particularly the kitchen cabinets, by Hughart Cabinet Shop, which display their collection of vases from China, given to them by John's mother. The kitchen also boasts granite counter tops and a walk-in pantry.

With hardwood floors throughout, the living area is open concept, except for the dining room, which sits comfortably towards the front of the home.

"I like the simplicity of the craftsman style home. It still has sleek lines but is not modern," Pat said.

Before building this home on Barnstaple, the couple lived close by at Dogwood Court. They decided to downsize, and although they wanted something smaller this time around, the Slacks still wanted room for entertaining, hence the oversized deck with that spectacular view.







Both golfers, the two love living with views of the course, which can be seen through floor to ceiling windows lining the back of the house. Not only do they like the view, but they also like the convenience of their location, comfortably close to the main entrance of Glade.

But the heart of their home is undoubtedly the memories they're creating and ones they're holding dear from the past. You get the sense that family is important to the Slacks. In each room, there is a piece of the lives they have shared together. For instance, in the dining room, the walls are lined with portraits of their children. Across the hall, in the office, you'll find photographs of John's father, who was a congressman. There he is, aboard Air Force One with Lyndon Johnson and in the Oval Office with President Gerald Ford.

Around the corner from the office, is the bedroom they designed and decorated for their granddaughter, Ria. It includes funky artwork and small touches that would make a dream room for any young girl.

Whether they're spending time with family or entertaining, they're certainly enjoying one level living on Stonehaven. And they can't imagine being anywhere, but right here. Because most of all, they love their neighbors!



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













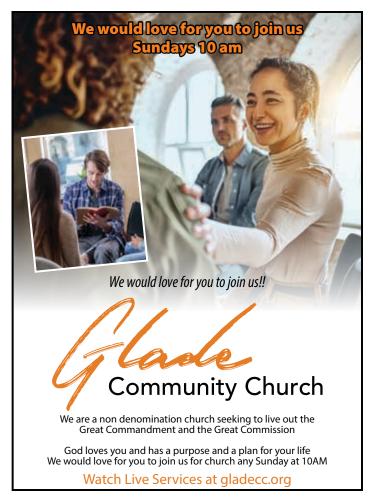












TREOMA



BY FARRAH MICEK

ON HAWKSMOOR DRIVE, you might spot Izzy, a lively Goldendoodle, playing with her toys or eagerly welcoming her owners as they return from work. Izzy belongs to Donna and Terry Miller, and though she's a bit smaller than most Goldendoodles, she's full of energy and joy. With her curly, brown coat, Izzy is a bundle of happiness.

Goldendoodles, originally bred in Australia and America, typically stand about 20 inches tall and weigh between 50 and 90 pounds. Their coats vary in golden hues, with fur that can be either wavy or curly.

The Millers welcomed Izzy into their lives in October of last year, following the tragic loss of their son. Since then, Izzy has been a source of comfort and companionship, for which Donna and Terry are deeply grateful. Now a year old, Izzy is always full of energy. She enjoys playing with her toys at home and resting in her playpen when she wants some quiet time. When Terry arrives home, Izzy rushes out to greet him, her tail wagging with excitement. She's also quite fond of Terry's car and will eagerly hop in whenever she gets the chance.

Izzy loves meeting new people and assumes every visitor is there to see

her. She greets them with a wagging tail and affectionate licks. Despite her love for people, she's less enthusiastic about other dogs and tends to keep her distance from them. Izzy is very protective of her family and her territory, always on alert for any animals, especially dogs, that come near. One of Donna's relatives has a dog that isn't too fond of Izzy because she sometimes plays a bit too rough, but they manage to get along.

Izzy isn't a fan of dressing up, and Donna has learned that bows and ribbons just aren't her thing. Donna is perfectly okay with this and lets Izzy enjoy her activities without fussing over her appearance.

Izzy is a loving and energetic Goldendoodle who adores her family and people in general. Donna and Terry cherish Izzy and feel blessed to have her in their lives. So, if you see Izzy playing outside on Hawksmoor Drive, don't hesitate to stop by and give her a warm hello!



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





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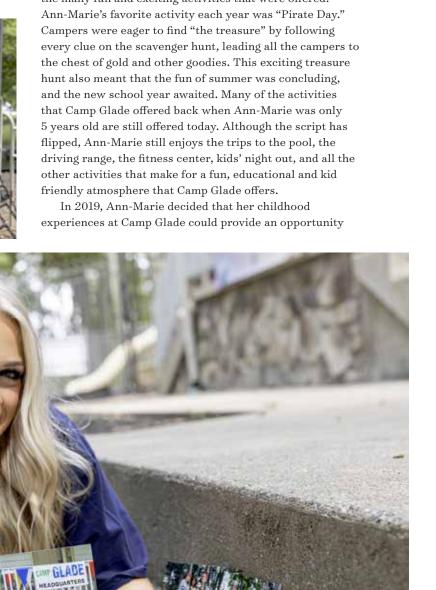
## **Ann-Marie Perry**

Camp Glade camper to Camp Glade counselor!

> PHOTOS BY KAREN AKERS BY AMY & GREG PERRY



nn-Marie Perry arrived in Glade Springs on November 13, 2002 as the new born daughter of Greg and Amy Perry who at the time lived on Hawthorn Lane. During Ann-Marie's childhood, she and her sister, Genna were active campers at Camp Glade, under the direction of Ashley Long and Dezi (Davis) Christian. From an early age Ann-Marie continued to attend Camp Glade each year enjoying the friendships made, the counselors and the many fun and exciting activities that were offered. Ann-Marie's favorite activity each year was "Pirate Day." Campers were eager to find "the treasure" by following the chest of gold and other goodies. This exciting treasure hunt also meant that the fun of summer was concluding, and the new school year awaited. Many of the activities that Camp Glade offered back when Ann-Marie was only 5 years old are still offered today. Although the script has flipped, Ann-Marie still enjoys the trips to the pool, the driving range, the fitness center, kids' night out, and all the other activities that make for a fun, educational and kid friendly atmosphere that Camp Glade offers.







to give back by becoming a camp counselor and sharing those memories she experienced as a young girl with others. It was a great fit, as Ann-Marie loves children and is often called upon to provide nanny services during her summer break. As a junior at Marshall University, Ann-Marie is in the Entrepreneurship and Leadership Business Program. Her experience as a counselor at Camp Glade has prepared her for the future by teaching her the beauty of children, the innocence of her "kiddo's" and most importantly the responsibility of providing and coordinating a safe, nurturing and positive atmosphere for helping them grow.

The Camp Glade location hasn't changed, but the many families that attend the camp has over the years since Ann-Marie was attending and eventually coming back to Camp Glade as a counselor. The times may change, but the effort of the Camp Glade staff and management have not. It is still a great place to ensure your kids are getting quality care, learning while having fun, and experiencing activities that they can't get anywhere else in the area. Ann-Marie is proud to have experienced both attending Camp Glade as a camper and then becoming a counselor and that is what giving back is all about! She will always possess the "treasure" of the many adventures and memories that Camp Glade has offered!

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





## Stuffed Peppers!

SUBMITTED BY RON & SUE HALLEY





#### **INGREDIENTS**

- · 8 bell peppers, red, green, yellow, & orange
- · 2lb. Ground Chuck
- 2 boxes rice a roni long grain & wild rice
- 2 cups shredded sharp Cheddar cheese
- 1 45 oz. traditional tomato sauce
- Grated Parmesan Cheese
- Fresh Parsley

#### **DIRECTIONS**

- 1. Cut off tops & bottoms of peppers
- 2. Remove seeds & membrane
- 3. Chop trimmings to use as seasoning
- 4. Immerse peppers in salted boiling water for 5 minutes
- 5. Remove & soak in ice water until cooled.9
- 6. Cook rice as per directions, with chopped trimmings
- 7. Mix ground chuck with rice mixture & shredded Cheddar
- 8. Fill peppers, & brown for 15 minutes
- 9. Add sauce & for another 15 minutes
- 10. Add Parmesan cheese & parsley & serve

#### NOTES

- 1. Make sure you have a sharp knife! It is much easier.
- 2. For smaller servings, cut peppers in half.
- 3. Try adding extra garlic to tomato sauce.
- 4. Remove cooked peppers to serving plate to get rid of grease. Add more sauce.

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



#### FINANCIAL FITNESS



### The Power of Assumable **Home Loans**

Assumable home loans can be a valuable tool for buyers looking to secure favorable financing in a competitive real estate market.

BY SHAUNA OSBORNE, NATIONAL EDITOR

In today's ever-changing real estate market, buyers and sellers are always on the lookout for innovative solutions to simplify transactions and reduce costs. One such option gaining attention is the assumable home loan. This financing method allows a buyer to take over the seller's existing mortgage, offering significant advantages in the current economic climate.

#### **UNDERSTANDING ASSUMABLE LOANS**

An assumable loan enables the buyer to take over the seller's current mortgage, including its terms and conditions. This option can be particularly attractive in a market with rising interest rates, as it allows buyers to potentially secure a lower interest rate than what is presently available. They can save thousands of dollars over the life of the loan.

#### **BENEFITS**

- Lower interest rates\*. If the seller's mortgage rate is lower than current market rates, the purchaser can take advantage of these favorable terms.
- Simplified loan process. Buyers may find qualifying for the existing mortgage easier than securing a new loan.
- Reduced closing costs. Taking over a mortgage can lead to lower closing costs associated with the transaction.
- Equity gains\*. New owners can benefit from any equity the seller has already built up in the home.

- Eligibility requirements. Typically, only certain government-backed loans, such as FHA, VA and USDA.
- Higher monthly payments\*. If the seller has significant equity, the buyer may need a large down payment to cover the gap between the purchase price and the remaining loan balance.
- Lender approval required. The assumption of the loan involves lender approval, which can be time-consuming and may incur additional fees.
- Limited availability. Properties with assumable loans can be difficult to find.

(\*potential)



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BY BOB COBURN • PHOTOS BY KAREN AKERS

In keeping with AccessHealth's mission of "providing patient-centered primary health care and health education through innovative programs dedicated to community engagement, leadership and excellence", there is a new, state-of-the art, women's clinic open at 1731 Harper Rd. in Beckley.

The clinic opened on July 15th of this year and is committed to providing comprehensive and compassionate care for the women of Southern West Virginia and beyond. The warm, welcoming tone is set when you walk in the front door and proceeds throughout this magnificent facility. It boasts 22 exam rooms designed for privacy









and comfort, ensuring the highest standard of care. Most exam rooms are connected to nursing pods allowing direct access for nurses to patients.

There is an on-site lab providing quick results and 2 in-house ultrasound suits using advanced imaging technology. Advanced tools and equipment are throughout to provide accurate and efficient diagnoses and treatment recommendations. There are 14 provider offices and employee spaces creating a productive environment for health care professionals to focus on your personal, individualized care.

Dr. David Rainey, a Glade Resident, and obstetrician-gynecologist with over 20 years' experience is one of the key players at the clinic. Dr. Rainey has expertise in treating hysterectomy among many other conditions.

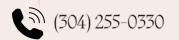
To check out this high-quality, exceptional care Women's Health Clinic visit accesshealthwv.com or AccessHealth WV on Facebook or call (304) 255-8555 to make an appointment.

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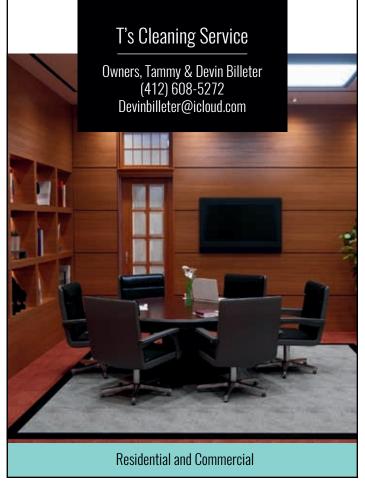
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## From Dreaded to Delicious

Remember sitting at the dinner table, staring down a heap of mushy vegetables with a mix of dread and resignation? For many of us, cauliflower, Brussels sprouts and beets were the villains of our childhood plates — bland, overcooked and (nearly) impossible to enjoy. Fast forward to today, and these oncedreaded vegetables have undergone a remarkable gastronomic transformation; they have emerged as stars in the culinary world, celebrated for their rich flavors and incredible versatility.

BY SHAUNA OSBORNE, NATIONAL EDITOR





#### BRUSSELS SPROUTS

No longer the mushy, bitter mini-cabbages of yesteryear, Brussels are now often roasted to bring out their natural sweetness and topped with delicious glazes or mixed into hearty salads.

#### BALSAMIC ROASTED BRUSSELS SPROUTS

Ingredients:
1 pound Brussels
sprouts, olive oil,
2 cloves garlic,
salt, pepper,
balsamic vinegar

Instructions: 1 / Preheat oven to 425°F (220°C). 2 / Trim and halve Brussels sprouts. Toss with olive oil, garlic, salt and pepper. 3 / Roast for 20 to 25 minutes, stirring occasionally, until crispy and golden. 4 / Drizzle with balsamic vinegar, then return to the oven for five minutes.

#### **CAULIFLOWER**

Cauliflower has shed its bland image as a white blob on the plate. Today, it's celebrated for its versatility, with its mild flavor serving as the perfect canvas for a wide range of seasonings and culinary styles.

#### ROASTED CAULIFLOWER STEAKS

Ingredients: 1 large head of cauliflower, olive oil, salt, pepper, garlic powder, paprika Instructions: 1/ Preheat oven to 400°F (200°C). 2/ Cut cauliflower into thick slices ("steaks"). 3/ Brush both sides with olive oil and season with salt, pepper, garlic powder and paprika. 4/ Place on a baking sheet and roast for 20 to 25 minutes, flipping halfway through, until golden and tender.

#### BEETS

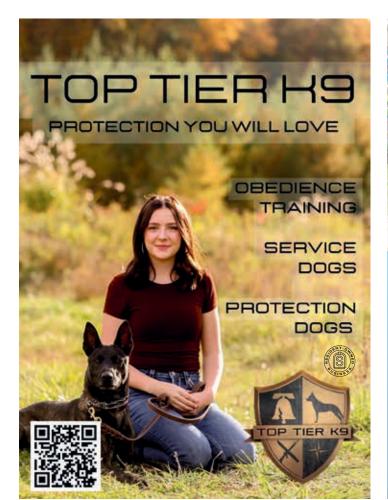
With their deep, earthy flavor, beets have also been elevated to gourmet status, bringing vibrant color and unique taste to any dish.

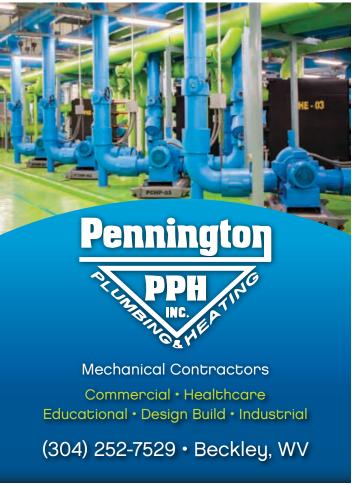
#### BEET AND GOAT CHEESE SALAD

Ingredients: 4 medium beets, 2 cups mixed greens, 1/4 cup goat cheese,

olive oil, balsamic vinegar, salt, pepper

Instructions: 1 / Preheat oven to 375°F (190°C). 2 / Wrap beets in foil and roast for 45 to 60 minutes, until tender. Let cool, then peel and slice. 3 / Combine mixed greens, sliced beets and crumbled goat cheese in a large bowl. 4 / Drizzle with olive oil and balsamic vinegar, and season with salt and pepper to taste.





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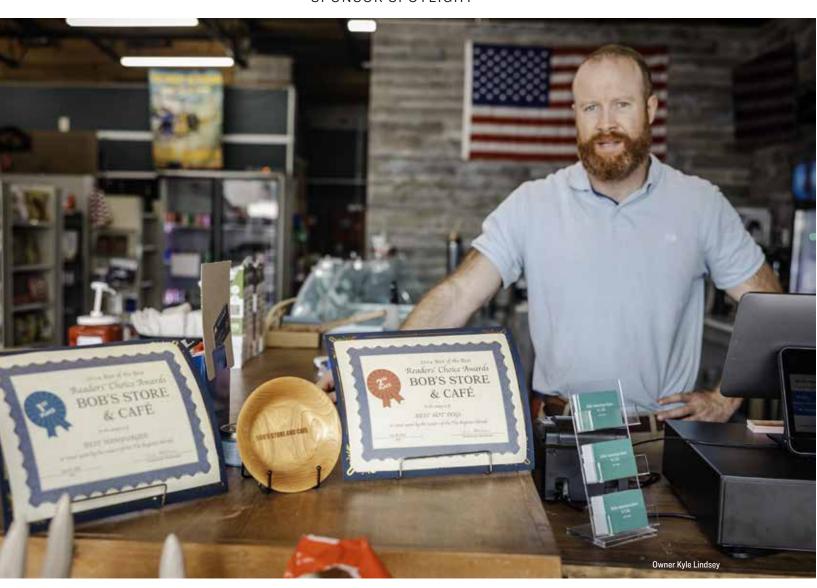
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## **BOB'S AMERICAN STORE & CAFE**

BY BOB COBURN • PHOTOS BY KAREN AKERS



BOB's American Store & Café, located at 2864 Ritter Dr. in Shady Spring, is a unique, new local gem starting in January of this year. BOB's stands for Band of Brothers and gives tribute to owner Kyle Lindsey's Army veteran experience. Other owners are Kyle's wife Sue and brother Clay.

Kyle moved to Shady Spring after visiting an Army friend who moved to the area 4 years ago. "I fell in love with the area after several visits and moved from Detroit after 5 years in law enforcement."

The concept for BOB'S stems from Kyle's love for ALL things American.

"I had observed for years all of the products that were made in China. I wanted to do something to promote American made brands." Says Kyle. "We offer local American made products like furniture, custom knives, custom leather goods, local honey, candles, chainsaw art and BBQ rubs to name a few. We are also the only West Virginia dealer of Fat Bottom Coolers, a YETI competitor."

The Café side of the business comes from brother Clay's passion for food. The menu includes smash burgers (1st place in the Reader's Choice Awards), hot dogs (2nd place), grilled chicken salad, steak sandwiches, pepperoni rolls, fried bologna, fries and other sides. And......world famous Hershey's Ice Cream!

Stop by and experience a great local American made business in your backyard!

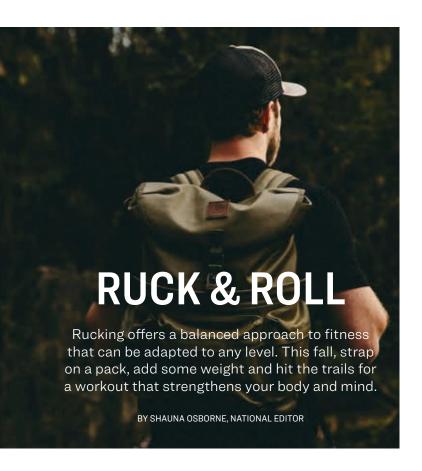
#### Hours are

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AS THE COOL WEATHER sets in this fall, some fitness enthusiasts are turning to rucking as their go-to exercise. Rucking — walking while wearing a weighted backpack — is gaining popularity for its simplicity, effectiveness and versatility. This low-impact, high-calorie-burn exercise not only strengthens the legs and trunk but also provides a comprehensive cardio workout.

#### THE BASICS

Rucking is straightforward: you need a pack and something heavy to put inside. While specialized rucksacks and weighted vests are available, an old backpack filled with hand weights or water bottles works just as well, according to Whitney Distefano, women's health and wellness nurse coach. She adds, "I often wear my rucksack when doing normal household chores such as mowing the grass or walking the dog." This flexibility makes rucking an appealing option for those looking to incorporate fitness into their daily routine without a significant investment in equipment or time.

#### THE BENEFITS

Despite its simplicity, rucking offers a multitude of benefits:

#### **Full-Body Workout**

The added weight transforms a simple walk into a full-body workout. The extra resistance helps build muscle strength and endurance, particularly in the legs, back and core.

#### Cardiovascular Health

Rucking is an excellent way to elevate your heart rate. The added weight increases the intensity of your walk, boosting stamina and enhancing overall heart health. "I appreciate the boost of strength and cardiovascular training that I receive when walking with a rucksack as opposed to walking without a weighted backpack."

—WHITNEY DISTEFANO

#### Mental Resilience

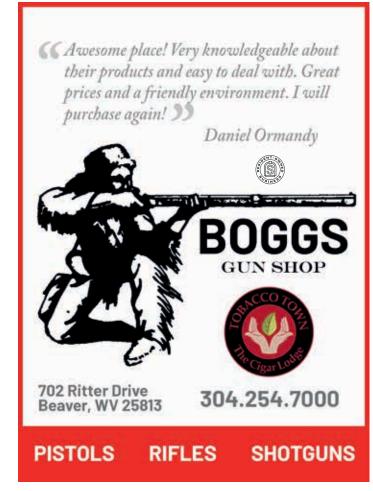
Rucking is not just a physical challenge but a psychological one as well. Carrying extra weight over long distances requires discipline and determination, building mental resilience and helping you tackle other challenges in life with greater ease.

#### **Fun and Community**

Rucking can be a surprisingly enjoyable activity, especially when shared with friends. Listening to podcasts or audiobooks while rucking can make the time fly by. Rucking in a group adds a social element, providing accountability and making the miles pass quickly.









# resident

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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# 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, 1405 Harper Rd. Beckley, WV (304) 640-4100. Kenny Bryant-Broker of Record.

Address	Neighborhood	List Price	Sale Price	Sold Date	Beds	Baths	SqFt	Parking	Comments
235 Royal Oaks Drive	GladeSprings	\$407,000	\$407,000	07/25/24	3	2	2,248	Att-2 Car	Ranch
342 Barnstaple Drive	GladeSprings	\$549,000	\$540,000	08/02/24	3	3	3,200	Att-2 Car	1.5 Story
423 Club Circle	GladeSprings	\$399,900	\$399,900	05/23/24	4	3	1,889	Att-1 Car	Condo/Townhouse
221 Barnstaple Drive	GladeSprings	\$400,000	\$400,000	06/13/24	3	3	2,835	Att-2 Car	Mid Entry
151 Lakeside Drive	GladeSprings	\$550,000	\$550,000	06/07/24	3	3	3,947	Att-2 Car	Ranch
122 Phillip Place	GladeSprings	\$349,000	\$349,000	06/18/24	2	2	1,924	Att-2 Car	Ranch
144 Nelson Lane	GladeSprings	\$799,000	\$775,000	06/24/24	4	4	5,076	Att-3 Car	Raised Ranch
154 Glen Orchard Way	GladeSprings	\$399,000	\$399,000	06/25/24	3	2	2,520	Att-3 Car	Ranch
359 Far Country Drive	GladeSprings	\$499,000	\$499,000	06/25/24	3	3	2,750	Att-2 Car	1.5 Story
1315 Lake Drive	GladeSprings	\$799,000	\$799,000	06/27/24	4	4	4,774	Att-3 Car	2 Story
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
213 Dogwood Court	GladeSprings	\$289,000	\$276,000	07/08/24	3	3	2,793	Att-2 Car	1.5 Story
519 Edward Drive	GladeSprings	\$537,500	\$537,500	08/13/24	3	3	2,500	Att-2 Car	1.5 Story
157 Woodland Drive	GladeSprings	\$195,000	\$195,000	05/01/24	2	2	1,124	None	Condo/Townhouse
1411 Lake Drive	GladeSprings	\$599,000	\$575,000	05/23/24	4	3	4,000	Att-2 Car	Ranch
571 Barnstaple Drive	GladeSprings	\$494,000	\$468,500	06/14/24	4	2	3,756	Att-2 Car	2/Story
343 Far Country Drive	Glade Springs	\$100,000	\$100,000	07/11/24	3	2	2,400	Att-2 Car	1.5 Story
109 Hickory Court	GladeSprings	\$399,000	\$395,000	07/19/24	3	2	2,161	Att-2 Car	Ranch

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A Publication for the Residents of Glade Springs Village

