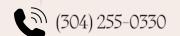


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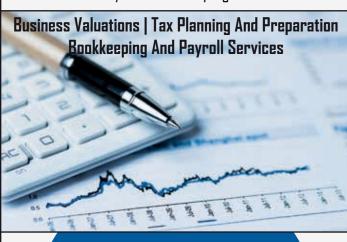
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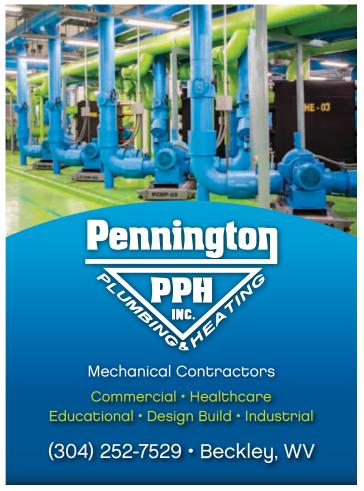
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#### PUBLISHER'S NOTE



Pancake Day and National Love People Day to name a few. There seems to be something for everyone in September!

We once again thank you for your recommendations of family, neighbors, kids and pets for our Stroll features and look forward to putting them in the spotlight. It is amazing how many interesting people we have in our community and we love to tell your stories.

Thank you also to our local business sponsors who serve our needs and make our lives more comfortable. We are blessed to have you as a partner and look forward to working with you in September and beyond!

Have a wonderful September!



It is really hard to imagine that September is around the corner with Labor Day on the 2nd and marking the unofficial end of summer! It has flown by and what a great summer it has been at Glade Springs! We can now look forward to cooler temperatures, beautiful leaves and football weekends! A lot of fun times ahead for sure!

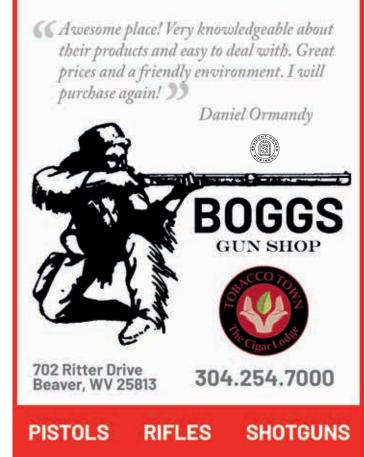
September also hosts a number of other Holidays and Observances such as National Wildlife Day, Be Late for Something Day (every day for some of you), National Cheese Pizza Day, National Beer Lovers Day, National Grandparent's Day, Patriot Day (9/11 Remembrance), National Bald is Beautiful Day, Eat a Hogie Day,











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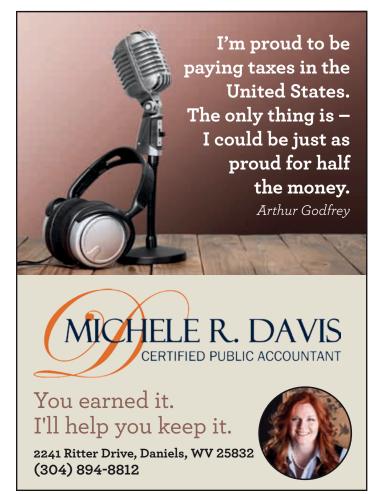




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Sara and Wes Duncan value education, and not because they met while furthering theirs at Concord University. They are passing that love of learning down to their thirteen-year-old daughter Breiel, an 8th grader at Shady Spring Middle School, in a myriad of ways. Before anyone jumps to an incorrect assumption, Sara and Wes did not date while both were students on the "campus beautiful." On the contrary, Sara dated Wes's roommate at the time.

Ten years later they reconnected online. Sara was toiling as a social worker and living in Charleston. Wes was in the middle of his career journey which has taken him through stints as a golf professional to working for Appalachian Fasteners and Coca Cola to State Farm where he is entering his 11th year. Currently he is a Sales Leader who hires and develops agents as part of growing State Farm's market. Sara is now a program and grant manager who works with at risk

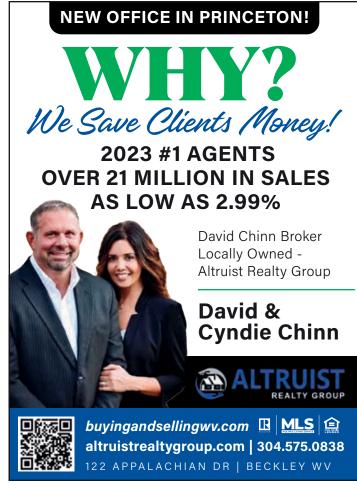


kids. Her present position lets her work primarily from home which allows her to be present in her daughter's educational journey as a full-time mom. Wes spends several days per week working at home and the rest out working with his agents.

Early in their reconnect, the Duncans did the long-distance relationship thing for four months, and then got engaged while on a trip to New York City. The actual proposal took place at Tavern on the Green in Central Park. Quite romantic indeed! They continued to commute as fiancés: Beckley to Charleston/Charleston to Beckley for a year before tying the knot while visiting Puerto Rico in 2010.



If you are starting to sense a theme here, you are paying attention. They love to travel and view it as a key element in their daughter's education. Both adult Duncans grew up in loving homes and attended rural high schools. Wes right here in Raleigh County; Sara in Roane County. "We weren't poor, but vacations

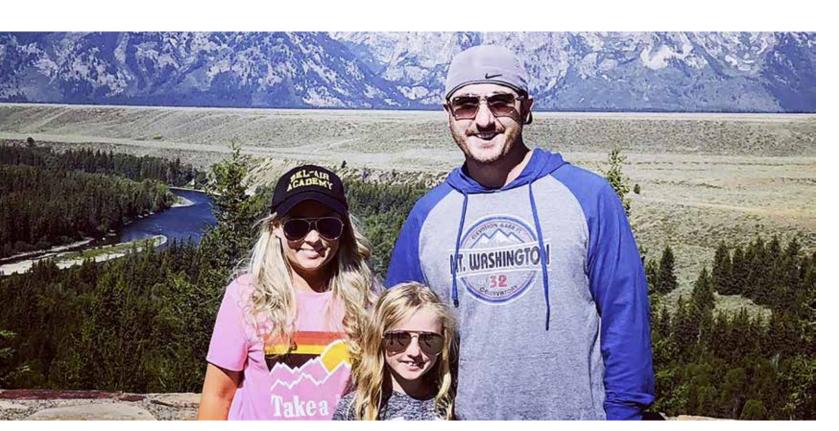




and extensive travel were a luxury our families couldn't afford," Sara explains. "Wes and I decided early on we wanted to expand Bre's horizons by letting her see more of the world than we did when we were her age."

They have done just that, having traveled to Greece, Turkey, Russia, Finland, Sweden, Latvia, Estonia, and most recently Iceland, the land of fire and ice where they went inside a glacier and witnessed icebergs melting. "One of our goals for Bre," Wes says, "is to get her to all 50 states before she graduates from high school." Mom and Dad have six states left to

visit before they can claim they have been in all fifty while Bre has 10 states to visit before her cap and gown ceremony.

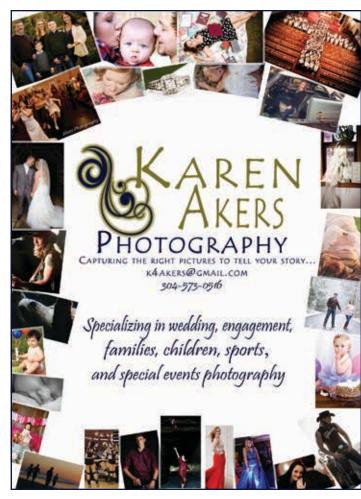


"Hawaii, Alaska, and California are definitely my favorite states so far," the perky teenager laughs. "I'd sacrifice one of the states I haven't been to for a return to Hawaii." She says she's looking forward to checking the Dakotas and Mount Rushmore off her list soon. Attending UCLA after high school would be a dream come true for her. After that she would love to live near New York City.

Meanwhile the Duncan family is making the best of life here in Glade Springs. The older Duncans love it here because it is a safe place to raise a family. Even Bella, their three-year-old petite golden doodle loves her walks with Sara around Club Circle and Lake Drive. They love the special celebrations and holidays like July 4th, Memorial and Labor Days, Christmas, and Easter. "We take full advantage of the indoor (Leisure Center) and outdoor activities (golf, swimming, hiking), and Bre has tons of friends to hang out with," Wes says.

While their beautiful, shaded home on Lake Drive affords them gorgeous views of a large pond and the 12th green on the Cobb course, these travelers are always open to new experiences whenever they hit the road. There's still a lot to see and learn out there.

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



### Rafael Mendoza

Finding your voice

BY SOMALIA NELSON PHOTOS BY KAREN AKERS

The summer before ninth grade, Raphael Mendoza spent two weeks in California with a friend who had recently moved there. During their exploration of the city, Raphael developed a deep affection for California and made it his goal to attend college there. Since graduating from Woodrow Wilson High School in 2018, Raphael has resided in California. Initially living in northern California for a year and a half, he then moved to Los Angeles shortly before the onset of Covid.

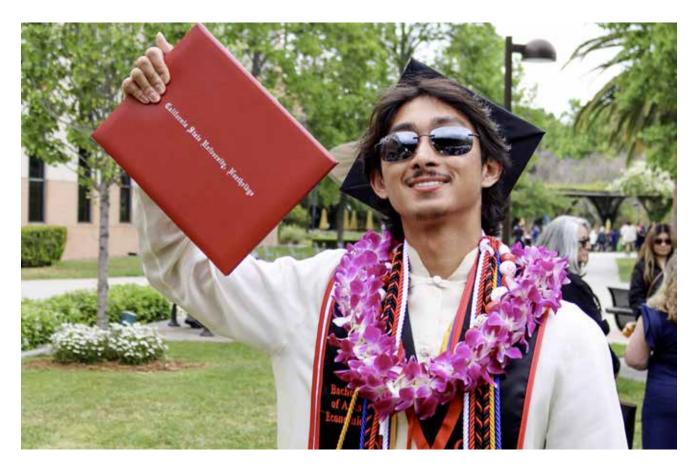
Raphael started college at UC Davis as a pre-med major but encountered challenges there. After careful consideration, he chose to transfer to California State University Northridge (CSUN), located in southern California. Reflecting on his

experience, Raphael saw leaving UC Davis as a positive change, viewing it as a blessing in disguise.

At CSUN, Raphael chose to pursue economics instead of medicine, diverging from the career paths of his parents, Dr. Ciriaco Mendoza, an emergency medicine physician, and Catherine Mendoza, a nurse practitioner. He prioritized exploring his personal interests over conforming to others' expectations. His time there became a period of self-discovery, focusing on identifying his true passions and interests. Raphael emphasized that college taught him a crucial lesson: while every path is challenging, genuine passion and love for what one does are essential motivators.

Despite facing difficulties, he remained dedicated because of his passion for his chosen field.

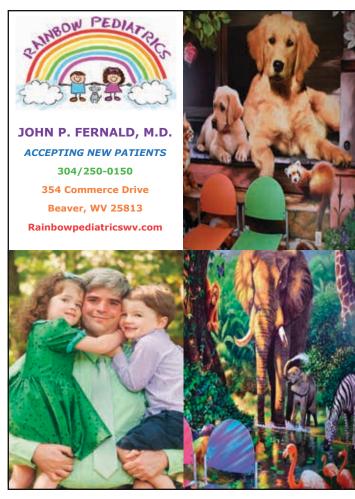
Raphael was determined to improve his academic standing. Following his departure from UC Davis, he maintained a consistent record of straight A's. Through diligent effort, he raised his GPA and graduated with honors cum laude. His proudest accomplishment during his college years was developing the courage to prioritize himself by leaving UC Davis. This decision marked a turning point, allowing him to prioritize his own needs in all aspects of his life. Reflecting on his journey, Raphael remarked, "Leaving Davis changed the entire course of my life, and I wouldn't change a thing."



In the fall, Raphael will begin his master's studies at the University of Southern California Marshall School of Business. He has enrolled in the Master of Science program in Entrepreneurship and Innovation. Raphael has observed the highly competitive nature of opportunities in Los Angeles, both in terms of employment and lifestyle. He believes USC Marshall will offer him prestige, networking opportunities, and resources essential for advancing in his chosen career path. Raphael anticipates that attending USC Marshall will provide him with a significant advantage in the industry, enabling him to make connections with fellow entrepreneurs and increasing his chances of achieving success in California.

Raphael has a keen interest in mental health and envisions creating a tech-driven platform aimed at supporting young adults. He is currently transitioning his existing social media platforms to focus more on mental health issues pertinent to individuals in their twenties. His goal is to expand these platforms so that he can eventually have a one-on-one life coaching service. Raphael seeks to connect personally with individuals, offering them advice and inspiration to help them navigate their personal journeys.

In his free time, Raphael typically engages in a variety of activities. He attends F45 sessions, which are intense forty-five minute interval training workouts. He developed a passion for surfing in 2020. His favorite spot to surf is Sunset Point, located between Santa Monica



and Malibu. Raphael values mindfulness meditation as part of his routine. Using the Calm app, he practices guided breathing exercises, sometimes meditating near the ocean, and afterward, he often enjoys surfing.

Raphael is appreciative of what West Virginia has provided him, particularly for the friends and family he has there. However, California has offered him a broader spectrum of diversity and culture, which has made him feel more embraced in terms of his racial identity. This different dynamic has enabled him to explore various perspectives, including political views, and has empowered him to form and express his own opinions freely.

Raphael recalls the simpler days of high school in West Virginia, where he could spend entire days with friends from Glade, riding golf carts and cooking together. Now older, he feels the distance from friends scattered across different places. Despite his family's frequent travel for work, he misses them and the seasonal changes, especially seeing snow.

In LA, Raphael enjoys the consistent warm weather around eighty degrees and appreciates having a few cousins nearby. Although he cherishes memories of West Virginia, California now feels like home, with his friends here becoming like family.







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## Andrea Flohr - Hall of Fame!

Glade mom's athletic past revealed

BY ED MCCALL • PHOTOS BY KAREN AKERS

Several years ago, at a Glade function in the Pavilion, I walked past a table of young parents eating and laughing together. I wanted to compliment them on the behavior of their children whom I had observed for several years at church, in restaurants, on the golf courses, at the pools, on the court at the fitness center, and even at middle school and elementary school athletic contests. From my experience as an educator/coach, I know that good kids happen because of good parenting. So, I leaned into the table of young adults and said, "If there were a hall of fame for parents, you guys would be in it."

Andrea Flohr was among that group of young, outstanding parents. I had no clue at the time that I was indeed talking to a legitimate Hall of Famer. On August 14, 2010, she was formally inducted into the Randolph County Athletic Hall of Fame for all that she accomplished as an athlete at Tygarts Valley High School. These are just a few of her stats: the all-time leading girls scorer at TVHS with 1318 points. She holds the school record for most free throws attempted and made (356-523), most steals (275), and 28 double doubles.

She holds the following single season records: Most FTA and FTM (102-155), 255 rebounds, 89 steals, and 14 double doubles. She started for the legendary Coach Buck Cecil as a freshman and helped lead her team to a berth in the state tournament, and she gives him much of the credit for her success. "Coach had a real heart for girls' basketball. He gave us every opportunity to be successful with his Randolph County Roundball Roundup, open gyms on weekends, and taking us to play on Sundays against the Davis and Elkins college girls team."

Although the TVHS girls did not make it back to another state tournament during her tenure, they



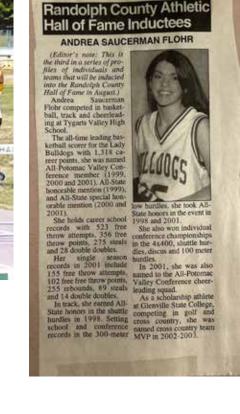
posted only winning records during Andrea's stellar career and allowed her to make special memories with two of her sisters. "My older sister Chanda was a starter on that state tourney team, and my senior year Bailey (Lilly) started with me as a freshman. The bonds I have with my sisters were only made stronger through our athletic experiences," she remembers fondly.

No one-trick pony, Andrea earned All-State honors in track in 1998 in the shuttle hurdles and set school and conference records in the 300-meter hurdles and earned All-State in that event in 1998 and 2001. She also won All-Potomac Conference titles in the 4 x 400-meter relay, shuttle hurdles, discus, and 100-meter-high hurdles. If that wasn't enough, the stunning mother of four topped off her high school accolades by being selected to the all-conference cheerleading squad.

She gives athletics credit for preparing her for adulthood by teaching her how to deal with setbacks. "My sophomore year I was devastated at the state track meet. I went into the hurdles as one of the favorites," she recalls. "I hit a hurdle and fell. I was so crushed by that failure that I couldn't even compete as a junior." By her senior year she had faced her demons and won the Gazette Relays and finished 3rd at the state meet in the hurdles.

With offers to run track at Marshall and numerous offers to play basketball in the WVIAC, she opted to attend Glenville State University where she competed in golf and cross country. She was chosen MVP of the 2002-2003 Pioneer cross country squad. While at Glenville she remained active in the Fellowship of Christian Athletes and met her husband Seth, a basketball player at the University of Charleston, at an FCA weekend retreat at Jackson's Mill.

Flohr says she had great influences and supporters throughout her athletic journey, especially her parents who never missed an opportunity to work with her or to accompany her to an open gym or game. Their support is rock-steady even today as she continues her adult



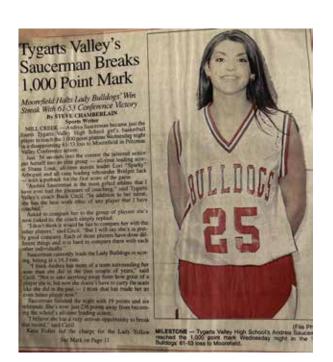


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journey as a mother and wife. "All my striving as an athlete was hinged on my desire to be a God-honoring athlete. This too came from my parents and my church family. I carried Philippians 4:13 around with me before Steph Curry made it cool," she recently witnessed. "I think it is important to note how big an impact God was in my work ethic because I felt like I was working for something bigger than a trophy."

With that kind of grounding, it isn't hard to figure out why Andrea Flohr is a hall of famer as an athlete and as a parent.





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



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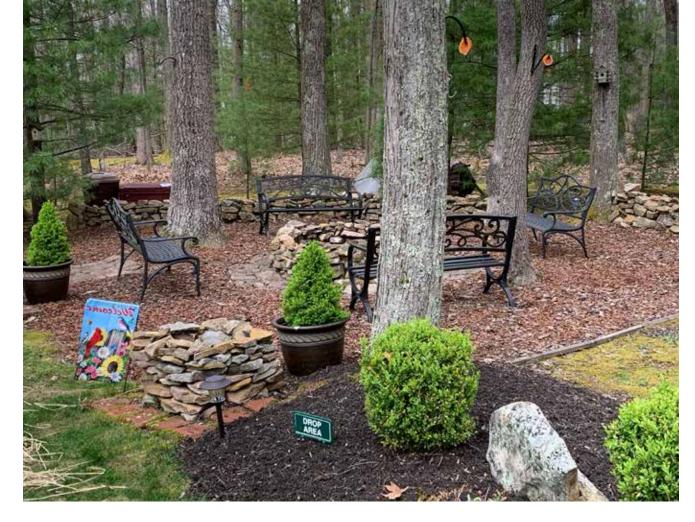
BY ED MCCALL

When Ed and Cindy McCall found their way to 113 Hawthorn Lane in the winter of 2002, they had no idea that 22 years later they would still be tweaking the home that on first visit they felt met all their needs. Probably not fair to call it "never being satisfied." Probably more like "once you live in a space you realize how its functionality and appearance can be improved, refined, and enhanced."



On tap for the summer of 2024 is a master bath remodel. Previous enhancements began before they ever made the move from Greenbrier County to Glade. Cindy recalls, "When we first looked at the property it was being built by Glade Builders (Greg Perry) as a spec home and was approximately two-thirds of the way to completion." The tweaking began immediately. They added a study and turned the planned laundry room into the master walk in closet and the planned walk-in closet into a laundry." Other projects since then have seen an island added to the kitchen, a shower upgrade, the addition of hardwood flooring in the master bedroom, and a deck expansion because the original deck was too small for entertaining.

The McCalls love the outdoors, and warmer weather has always meant spending more time on the deck, in the yard, or around the fire pit. "Our home in Rainelle had a large deck (that I built) and it provided views of huge limestone rocks butted up against a thick oak forest," McCall recalls. "Totally natural. We loved spending time out there and on our covered front porch where we could sit and watch storms roll in. We really missed that here."



Those longings led to the project of 2023, a complete redo of the deck. Step one was finding the right contractor which began in 2022. "I kept admiring the remodeling going on at Dave and Amber Willson's home directly through the woods behind our house," Ed recalls. They had been neighbors on Hawthorn, and when they moved a couple hundred yards onto Greenbrier they showed Ed the work Josh Tabor had done for them. He knew right away that was who they wanted. "That's where the hard work began. I stalked Josh for almost a year before I convinced him to come do our project, and I think he only agreed to come so I would leave him alone. But our patience and persistence paid dividends. Josh did a fantastic job, and we couldn't be happier with the results. It is without a doubt our favorite 'room' in the house."

One of Ed's work pals on The Greenbrier golf staff is a retired architect who took Ed's initial doodlings and came up with a more professional design. Tabor took those renderings and came up with the final result. "Josh took our vision and made it a reality," he says with tremendous gratitude.

Cindy and Ed had grown tired of the annual pressure washing and staining of the treated lumber deck, so they wanted Trex to reduce maintenance. The new deck features a shed ceiling with two skylights to keep the lighting natural and bright. Perfect for storm watching or if rain forces a cookout indoors. The roof is tongue and groove cedar in a natural finish and the



26 September 2024 27

white trim matches the rest of the house. A real wood windbreak keeps wind gusts and rain from getting into the sheltered area as do the windows on the other side.

The deck looks out into the woods, fire pit, and backyard. The firepit, rock walls, and rock planters were built by Ed and most of the rocks came right from the backyard. "We couldn't grow grass for the longest time," he remembers. "So, I just grabbed a pry bar and started removing the rocks in order to have a better lawn. We've also removed a bunch of dangerously leaning trees to get more sunshine on the lawn."

Thinking back to those early days McCall remembers the first order of business was ensuring they always had privacy out back. He would head off into the woods with his wheelbarrow and a spade. He says he transplanted over 20 white pines that now create a nice privacy fence around the side and back of their property.

One of the coach's former players who does landscaping (Integrity Services LLC) has also contributed. "Matty Tincher and his guys have converted a lot of the original mulch beds to river rock for us," McCall says. "It not only looks more natural and harbors fewer pests, but most importantly requires less maintenance."

Next October make your way to Halloween Central and all the happenings on Hawthorn Lane, especially to the green house where folks are gathered around a driveway fire, grab a bowl of soup or chili and a libation, and take a stroll around back and see why the McCalls spend so much time on their deck and in their backyard.





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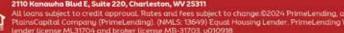
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## 4TH FUN & GSVPOA MEMBER/ **MEMBER**

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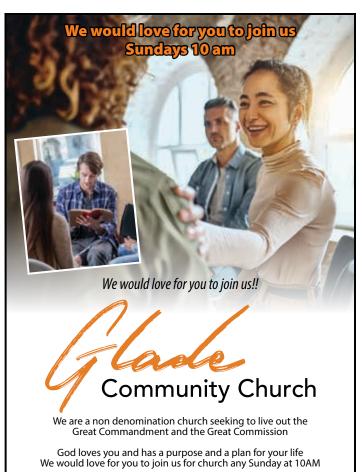












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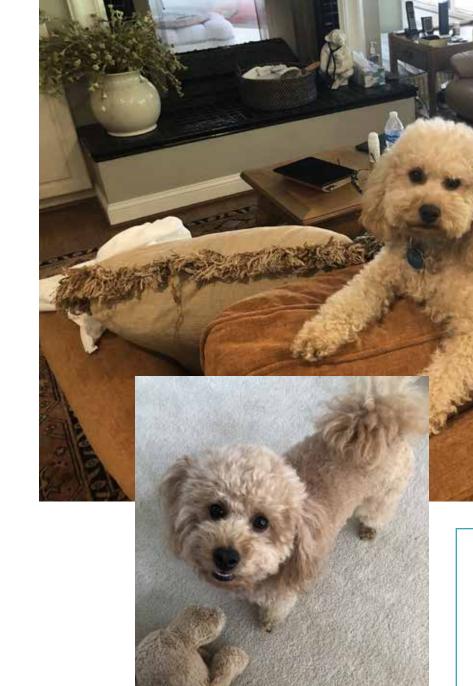
smarts, gentle nature, funloving personality, and adorable looks. These dogs come from two great families: the Golden

Retriever and the Poodle. Originally from Australia, Goldendoodles made their way to the United States in the 1990s. They usually stand 20-24 inches tall and weigh between 50-90 pounds. Their coats come in four types: flat, straight, wavy, and curly, with many colors, though they're most famous for their golden hues.

Ray Richmond, who lives on Lake Drive, has a Goldendoodle named Scarlett. Ray and his wife got Scarlett because they wanted another dog, but sadly, Ray's wife passed away in January of last year. Since then, Scarlett has been a great comfort to Ray, helping him through tough times.

Scarlett is about four years old and is smaller than most Goldendoodles. Her coat is a lovely beige-reddish color. Despite her size, her personality is huge! At home, Scarlett likes to sit on top of the couch and keep an eye on everything happening around her. She's quite territorial and loves to chase any animal that comes near the house. Ray isn't too thrilled about her chasing birds, squirrels, and deer, but since she's never gotten lost, she happily continues her adventures.





Ray and Scarlett enjoy many activities together. They often go for walks around Glade, especially near the Stonehaven and Cobb clubhouses. They also explore beyond Glade, visiting places like Beaver State Park and Grandview. Scarlett loves these walks, but she can get a bit excited and barky when she sees other dogs since she's not too fond of them. However, she adores people and greets everyone she meets with a wagging tail and happy jumps. Scarlett also loves playing Frisbee, but only if she has two Frisbees to chase and bring back to Ray.

Ray says that out of all the dogs he's had, Scarlett is truly special. She's always by his side, following him around everywhere. Scarlett is a fun, energetic dog who loves people and enjoys new activities every day.

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**32** September 2024

### Regina Fairchild & the Friends of Coal Ladies Auxiliary

FOCLA board recognized

BY ED MCCALL

After decades of laboring in the shadows and making a difference to so many in our area, almost anonymously, the Friends of Coal Ladies Auxiliary has once again been summoned to take a bow for their caring efforts. At the recent Spirit of Beckley Awards Banquet sponsored by the Raleigh County Chamber of Commerce, the Board of Directors of the FOCLA were presented the Prestigious Community Service and Leadership Award.



FOCLA Board of Directors: Tina Martina, Helga Gulley, Annetta Bryant, Judy Bays, Nancy Gentry, Julia Long & Regina Fairchild

The honor is bestowed annually to an individual or organization that demonstrates a deep understanding of community needs and actively seeks solutions. Honorees spearhead innovative initiatives that address longstanding challenges and emerging issues while fostering collaboration among diverse stakeholders to achieve community goals. They mentor and empower others to become effective leaders and advocates for positive change and consistently embody the values of integrity, empathy, and inclusivity in all endeavors.

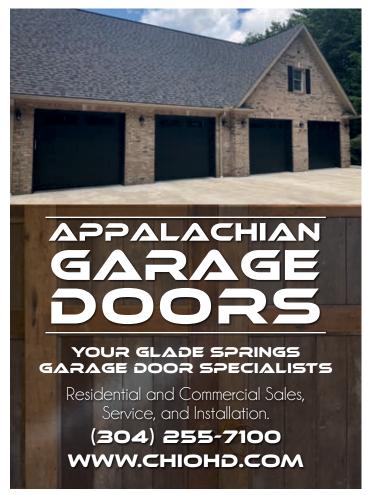
Chamber executive director Michelle Rotellini summed it up this way, "This is a group of ladies who for so many years have worked tirelessly raising funds just to give the monies right back through their community work. They do the legwork to get all of the sponsorships for their golf tourney and for the car show, two of our community's most enjoyable summer events. They promote all the uses of coal (not just for energy) and their educational component is tremendous. We at the chamber have long admired their work and just wanted to recognize it. It's way past due."

FOCLA Board of Directors includes Tina Martina, Helga Gulley, Annetta Bryant, Judy Bays, Nancy Gentry, Julia Long, and president Regina Fairchild. Fairchild was recently feted at the Women's Expo as 2024 Woman of the Year and tried to deflect much of the spotlight onto her co-workers as possible. "I have been blessed to work with some of the hardest working, talented, and caring ladies."

Blessed indeed! As is all of southern WV to have these dedicated ladies making such a huge difference in the lives of so many people.

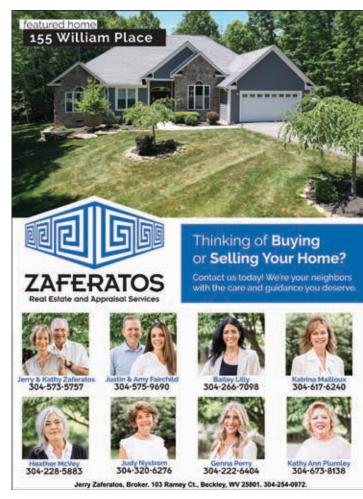
If you know someone who is Making A Difference in the community, please contact Bob Coburn at bob.coburn@n2pub.com













This is a dish that we had in NYC and we decided to try it at home...this is the easiest Italian dish to make and very tasty if you like pepper and cheese.

SUBMITTED BY DAVID HIGINBOTHAM

#### **INGREDIENTS**

- 1 pkg of thick spaghetti
- 11/2 sticks butter
- 2 cups freshly grated Pecorino Romano cheese
- 2 T freshly ground pepper
- 1lb shrimp
- 2 T roasted chopped garlic

#### INSTRUCTIONS

- · Bring a large pot of salted water to a rolling boil....add pasta and cook to taste...al dente seems to work great for this recipe....(you are going to want to save about 3/4 C of the pasta water to add back in for a creamy sauce)
- In a separate pan, melt 1 stick of butter and grind the pepper into the pan and leave it on low as the pasta cooks







- In a 3rd pan, saute the shrimp and garlic in the half stick of butter
- Grate the cheese into a seperate bowl
- Drain the pasta and add the butter and pepper mix into the noodles....stir well until the noodles are coated..... add 1/2 of the cheese and continue mixing...
- · Add the rest of the cheese and spoon in the shrimp (adding the extra pasta water here will create a very creamy sauce)
- You can add extra pepper or cheese to taste



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



### Advisors or Algorithms?

## THE AI **DEBATE**

Whether a seasoned investor or just beginning the financial journey, staying informed about these developments is key to navigating the future of finance.

BY SHAUNA OSBORNE, NATIONAL EDITOR



This technological advancement promises increased efficiency and precision in financial management.

AS ARTIFICIAL INTELLIGENCE continues to revolutionize various industries, the financial sector is no exception. AI advising, or robo-advising, involves using sophisticated algorithms and machine learning to manage investments and make economic decisions. These AI systems analyze vast amounts of data at speeds unattainable by humans, identifying patterns and trends that inform strategic investment choices. This technological advancement promises increased efficiency and precision in financial management.

#### **AI ADVANTAGES**

One of the primary benefits of AI advising is its ability to reduce emotional bias in investment decisions. While personal advisors, despite their expertise, can be influenced by emotions and cognitive biases, AI operates purely on data and logic, potentially leading to more rational and profitable asset strategies. Additionally, AI systems can work around the clock, monitoring markets and executing trades in real time, offering a level of responsiveness that traditional advisors cannot match. Other practical advantages include robust investment models designed to maximize returns, streamlined account-opening processes, and potentially lower account minimums.

#### **POTENTIAL PITFALLS**

However, the rise of AI in financial management is not without its drawbacks. One significant concern is the potential security risk. As with any technology, AI systems are vulnerable to cyberattacks and data breaches, which could compromise sensitive financial information. Another downside is the loss of personal touch in fiscal advising. Many clients value the human relationship and trust built with their advisors, something that an algorithm cannot replicate. Additionally, personalization is limited, as AI often cannot tailor advice to the unique nuances of an individual's economic situation.

Despite these challenges, integrating AI into finance is an inevitable step toward the future. Understanding the capabilities and limitations of robo-advising is crucial for investors and financial professionals. As the technology continues to evolve, it will be essential to strike a balance between leveraging AI's strengths and mitigating its risks.



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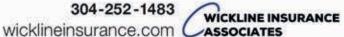


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Your comfort is our business

BY BOB COBURN WITH KEEGAN MUELLER

Childers Air Plumbing & Electric, located at 501 Ragland Road in Beckley, dates to 1952. In 1989, Glade Springs resident and local businessman Gregg Childers took over the business and rebranded it several years later as "Childers Enterprises." In 2021, the business transitioned to local Shady Spring entrepreneur Keegan Mueller. Gregg stayed on for a year during the transition, and his wife, Anne, still works in the business as an executive assistant. In 2022, the business expanded into residential plumbing and electrical, aiming to be customers' one-stop solution.

"Having been around for decades, customers have confidence that we know what we're doing and that we're going to be around when they need us," says Keegan. "We answer the phone, complete follow-up calls to ensure satisfaction, and provide a high-quality job by professionals. Satisfaction guaranteed. It's simple, but simple doesn't mean easy."

Most of the company's leadership team has been with the company for over 15 years. The company is led by general manager Ken Michelsen, who has been in the industry for over 40 years, and Mark Braskey, who has been there for over 34 years (the only job he's ever had).

"Our goal is to provide stellar service for our customers, a great career for our team members, and to improve every single day as a company," adds Keegan. "Every decision we make should be a win, win, win - a win for the customer, a win for our team, and a win for the company."

Childers Air Plumbing & Electric is an experienced and reliable contractor serving most of southern West Virginia and 3 counties in Virginia. The company has 65 team members and more than 35 vehicles to serve your needs.

Childers can handle any residential HVAC, plumbing, or electrical issue, including indoor air quality, water heater repairs, leaks and clogs, electrical upgrades, and generator installations. Be sure to ask about their "Home Protection Plan," which covers regular preventative maintenance for HVAC, plumbing, and electrical.

For all your plumbing, electrical, and HVAC needs, give Childers Enterprises a call at (304) 255-2107 or check them out at ChildersEnterprises.com





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Quiet luxury is more than just a trend; it is a timeless approach to home design that values quality, simplicity and lasting beauty.

BY SHAUNA OSBORNE, NATIONAL EDITOR

IN A MARKET where fleeting trends often dominate the landscape of home design, a new philosophy is subtly making waves: quiet luxury. This approach eschews ostentation, instead emphasizing timeless elegance and enduring value. At its core, quiet luxury is characterized by high-quality, logo-free pieces that exude sophistication through their minimalistic yet refined aesthetics. It transcends fast-fashion fads, prioritizing subtle opulence over declarations of wealth and focusing on pieces that offer both aesthetic pleasure and functional longevity.

#### **Championing Quality**

Quality is the cornerstone of quiet luxury. In an era of abundant information, consumers are more informed and discerning about craftsmanship and the quality of goods. This knowledge extends to home design, fostering a growing appreciation for investment-worthy pieces. Much like a capsule wardrobe, where each item

is curated for its longevity and versatility, quiet luxury in home design celebrates a less-is-more mentality, highlighting quality pieces that will stand the test of time. As more people recognize the benefits of investing in enduring artistry, the popularity of this design philosophy is poised to grow, offering a serene and stylish alternative to the everchanging world of interior design.



For homeowners looking to infuse their spaces with quiet luxury, the key lies in elements that provide both visual and tactile pleasure. This involves thoughtful consideration of palette, materials

and construction. Silhouettes are tailored and timeless, each piece feeling meticulously crafted. This approach is akin to building a strong framework for a room, where details such as wall textures, flooring, hardware and window coverings are assiduously chosen to create a warm and inviting ambiance, even when the room is unoccupied. Selecting high-quality, well-crafted furniture and attending to finer details like finishes all contribute to creating a space that speaks volumes through its understated elegance and mindful design.







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ells Home Furnishings is celebrating 30 years of providing quality furniture and design services throughout West Virginia and the tri- state area. Located at 101 Bowers Road, Charleston, WV, this family- owned business opened its doors in 1994.

John Wells III began his career alongside his father and grandfather in the wholesale furniture industry. The shift to retail furniture began when John III and his father, John Jr., opened Wells Home Furnishings. With the passing of John Jr. in 2005, son Jason became the partner John needed to continue the business. While Jason ran around the store as a youngster, he joined the business as his dad's partner in 2014. "All my life, I grew up around the business, so I feel fortunate to be able to work with my dad every day in an industry I love" says Jason.

"Our goal as a family owned and operated business is to offer our customers the best quality furniture available along with the best service so that our customers continue to come back to Wells each time they are shopping for their home. It's not unusual for us to see children of parents buying from us because their parents buy from us. It's a real feel-good to know that they grew up knowing and trusting us," says John.

The store's location on Corridor "G" has gone through two expansions over the years. This has allowed Wells to showcase a large selection of furniture brands and styles. Wells offers over 100 brands of high-quality furniture, for every room in your home including living, dining, bedroom, home office, rugs, mattresses, youth, and outdoor. Most of which are manufactured in America.

Wells also offers design services to help customers make good decisions about the comfort and look of their home. These services are tailored to meet the customers' specific needs whether for whole home design, room design, or selecting a specific piece. Our designers are happy to work with customers in the showroom or in the customer's home if needed.

Wells Home Furnishings vehicles can be spotted in and around the Glade Springs area more frequently as they serve customers from the area. Jason Wells says, "We are happy to be meeting more customers from the Glade Springs area in our show room and helping them select furniture for their homes".







- Wells is having a SPECIAL 30th Anniversary Celebration on Saturday, September 28th from 9:00 am to 9:00 pm. Special Financing, a Warehouse full of Clearance priced furniture as well as special pricing throughout the showroom. In addition, \$20,000 worth of furniture will be given out as Door Prizes.
- Normal business hours for Wells are Monday – Saturday
   10 to 6. Closed Sundays
- Wells Home Furnishings can be reached at (304) 343-3600 or check out their website at wellshome.com





### The Wellness Wonders of Mushrooms

By adding mushrooms to your diet, you're not just savoring deliciousness — you're investing in your health and well-being.

BY SHAUNA OSBORNE, NATIONAL EDITOR

ften celebrated as a superfood, mushrooms offer numerous benefits beyond their delightful flavor and culinary versatility. Low in calories, fat, cholesterol and sodium — and packed with vitamins, minerals, fiber and protein — these humble fungi provide a wealth of nutritional value.

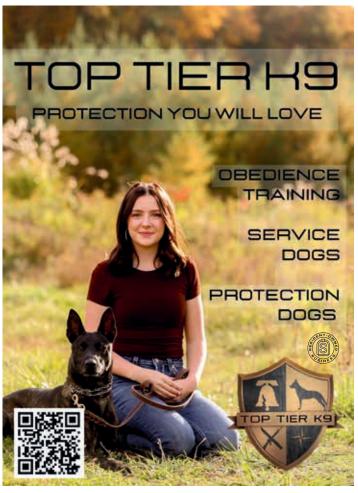
Immune System Support: Mushrooms are full of antioxidants that shield the body from stress and slow or prevent cell damage. Cremini mushrooms are particularly high in zinc - essential for maintaining a robust immune system. Eating mushrooms regularly can activate immune system components that bolster its defenses against infections and diseases, including the development of tumor cells.

Blood Pressure Regulation: Rich in potassium, mushrooms can play a crucial role in managing blood pressure by balancing the negative effects of sodium in the body, thereby sustaining healthy blood pressure levels. Given that most Americans are deficient in potassium, adding mushrooms to meals promotes cardiovascular health and lowers the risk of hypertension.

Bone Health: When mushrooms are exposed to ultraviolet light or even sunlight, their ergosterol content converts to vitamin D, a nutrient critical for bone health. Vitamin D facilitates calcium absorption, strengthening bones and lowering the risk of osteoporosis. Incorporating UV-exposed mushrooms into your diet ensures sufficient vitamin D intake, which is particularly beneficial in regions with limited daylight.

Enhanced Cell Growth: Mushrooms contain many B vitamins, including riboflavin (B2), niacin (B3), pantothenic acid (B5), folate (B9) and thiamine (B1), which are vital for cell growth and formation. These vitamins support numerous bodily functions, from energy production to red blood cell creation, making mushrooms a key player in maintaining cellular health.









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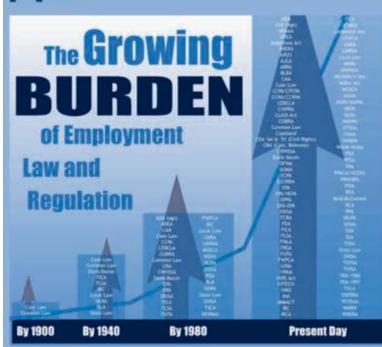
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# RESOURCE

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, 1406 Harper Rd. Beckley, WV (304) 640-4100. Kenny Bryant-Broker of Record.

Address	Neighborhood	<b>List Price</b>	Sale Price	Sold Date	Beds	Baths	SqFt	Parking	Comments
107 Woodland Drive	GladeSprings	\$169,000	\$164,500	04/19/24	1	1	924	Att-2 Car	Bungalow
206 Glen Garden Lane	GladeSprings	\$479,000	\$410,000	04/22/24	5	3	3,945	Att-2 Car	Ranch
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
350 Glen Garden Lane	GladeSprings	\$397,000	\$387,000	04/18/24	3	2	2,162	Att-2 Car	Ranch
118 Burns Way	GladeSprings	\$550,000	\$550,000	03/22/24	4	3	3,800	Att-2 Car	Ranch
1021 Edward Drive	GladeSprings	\$425,000	\$425,000	04/30/24	3	2	2,425	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
345 Barnstaple Drive	GladeSprings	\$359,000	\$349,500	11/17/23	3	2	2,185	Att-2 Car	Ranch
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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