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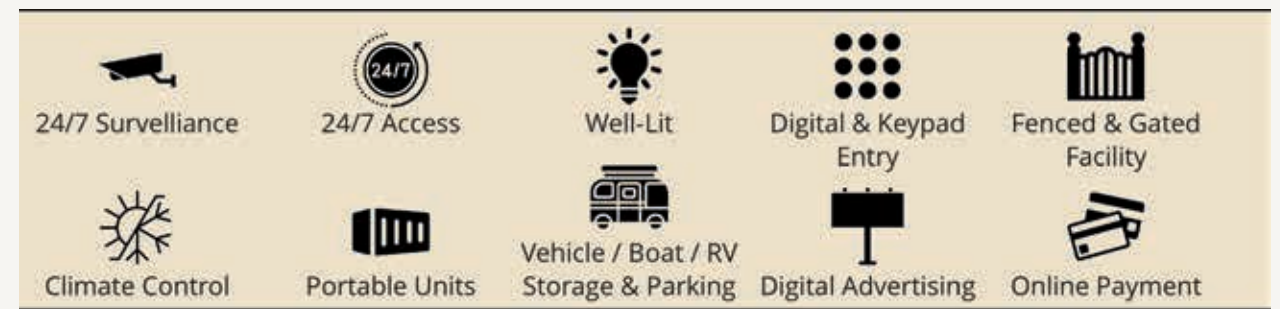


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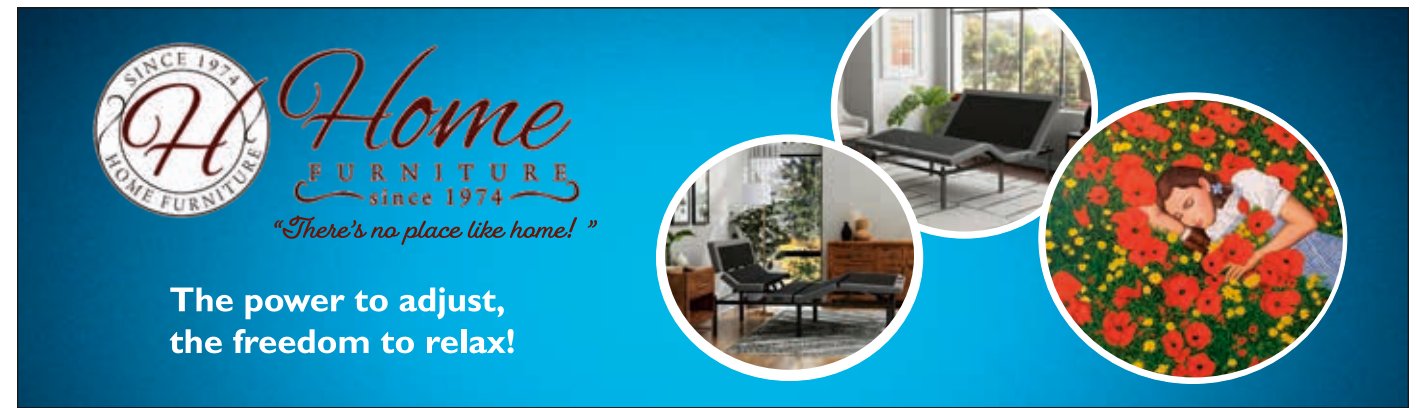
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Photo by Landri Flohr

Welcome to the 89th edition of *Stroll Glade Springs Village*! And let us be the first to welcome you to the summer month of August in beautiful Glade Springs! We are so very proud to be in the 8th year of delivering this high-quality publication to your mailbox, free of charge. We have our many Preferred Partners to thank for that and we encourage you to call on them first when you have a need for the products and services they have to offer you. They are dedicated to helping our residents enjoy a better quality of life.

From the national sense, August is National Golf Month (we'll fit right in), National Catfish Month, National Water Quality Month, Romance Awareness Month and Family Fun Month. A lot going on for sure.

As the dog days of summer come to an end, we hope you have a wonderful month of vacations, pool time, cook outs and other great outdoor activities. All seasons are great when you live in Glade Springs but summer takes the cake! Enjoy and be safe!

*Bob*



Bob Coburn is blessed to be the owner/publisher of *Stroll Glade Springs Village* and a Performance Coach, Growth Coach and Growth Assistant Mgr. with the N2 Company. He is also blessed to be the husband of Cynthia Sims Coburn and proud father of Grace and step-dad to Gabriel and Laiken Griffith. Bob and Cindy have lived in Glade Springs since 2008.



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# 2025 GSVPOA GOLF CALENDAR

| DATE                          | COURSE(S)  | EVENT  |
|-------------------------------|------------|--|
| Friday, August 1, 2025        | WH         | Mixed Group 5pm Shotgun  |
| Saturday, August 9, 2025      | WH         | POA Club Championship Tee Times                                    |
| Sunday, August 10, 2025       | SH         | 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         | Ladies Invitational  |
| Saturday, October 4, 2025     | WH         | Oktoberfest 10am Shotgun   |
| Friday, October 31, 2025      | WH         | Woodhaven Closes   |
| <b>OUTSIDE EVENTS</b>         |            |  |
| 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 Dancing with the Stars 1pm SG |
| Saturday, July 26, 2025       | WH         |  |
| 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  |
| Monday, October 6, 2025       | SH         | River States College Women's Tournament                            |
| Tuesday, October 7, 2025      | SH         | River States College Women's Tournament                            |

\*\*Events and dates are subject to change\*\*



|                            |                  |           |
|----------------------------|------------------|-----------|
| <b>AERIFICATION DATES:</b> |                  |           |
| Stonehaven                 | 09/29-10/02/2025 | Fall 2025 |
| Woodhaven                  | TBD              | Fall 2025 |

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Our POA Woodhaven Golf Course and The Haven are open! Come out and see the work that our crew started in the Fall of 2024 to turn around the conditions at Woodhaven.

Our maintenance staff has worked hard throughout the off season with the help of JW Hamm and Keith Honaker.

While out at Woodhaven try one of our menu offerings at The Haven. We will have burgers, sandwiches, cold beer, wine and other options and specials throughout the golf season.



**August 1st Mixed 5pm Shotgun**  
(Friday's at The Haven Golf Event)

**August 11 - Ladies 4pm Shotgun WH**  
Sign up available at the POA Golfshops.

**Visit The Haven for food, snacks, drinks, beer and wine 11am-7pm daily (closed on Tuesday)**



PLEASE SEE OUR 2025 GSVPOA GOLF CALENDAR FOR GOLF EVENT DATES AND INFORMATION  
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# FOR SUCH A TIME AS THIS

# THE STUARTS

WRITTEN BY JESSICA RUBIN, PHOTOS BY KAREN AKERS

My first impression of Dr. T. Ramon Stuart was at WVU Tech’s spring commencement ceremony. He took the stage to address the 2025 graduates as the school’s president and delivered a very specific message: “They’re not like us”, playing the famous Kendrick Lamar song to drive home his point, cleverly reminding the students they have something unique to offer this world.

It was inspiring, electric, engaging and unforgettable. Meeting Dr. Stuart for this interview was no different. He has a mission - to help transform Beckley into a Communiversity where people want to live, work, play and raise a family. “I’ve been blessed. This is, I think, what I’m put on this earth for. I’m a firm believer in ‘to whom much is given, much is expected.’

Southern West Virginia has given me so much, so it’s like, ‘Hey, can I try to give it something too,’ he said.

Dr. Stuart grew up in Welch, West Virginia and was raised by a single mother, who eventually earned a PhD after dropping out of high school in the ninth grade. “She went from a GED to a PhD,” he said. “I started teaching college at 23. I was already a college professor before my mother went to get her doctorate at Virginia Tech. Through the work I had done and the connections I had made, I actually paid for her PhD.”

His career in higher education has been, according to Dr. Stuart, an accidental success. He studied computer engineering at WVU, where he earned his bachelor’s degree. He went on to get a graduate degree because he hadn’t been looking for a

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—DR. T. RAMON STUART



job. “Once I finished, I still didn’t really know what to do, and I started teaching college, only planning to be there a year or so. They kept calling me ‘Dr. Stuart’, and I figured I needed to go get a doctorate so that I could stop having to correct them, so that’s the only reason I got a PhD,” he explained.

These humble references to his legacy are in no way to downplay his success. Now, officially “Dr. Stuart,” with a PhD from Ohio University in Higher Education Administration. Although modest, he has built a career with vision and determination. His roots from the Free State of McDowell County, you could say, are what drives him now- to help reimagine Southern West Virginia’s future.

Dr. Stuart brought his family back to the Mountain State from Georgia two years ago when he accepted the position as President of WVU Tech. “I want people in our community to know there is a place for them here at WVU Tech,” he said. “I watched my mom become a force for good in our state, and I think that is possible for anyone. We have done it for so many people of every age. We can, shall, and will do it for anyone who wants a quality education.”

Stuart’s passion for higher education has driven WVU Tech in new and unexpected directions. He started by building Communiversity partnerships with local businesses including Pendleton Community Bank (PCB). He supported WVU Tech in the creation of “Monty’s Cub Club,” which helps kids get excited about learning while rewarding them for good grades and faithful attendance. These things lead to PCB depositing \$5-10 into the Cub Club member’s savings account at the bank. Cub Club members just have to show their report card each nine-weeks. For Dr. Stuart, creating pathways to education is the cornerstone for building a better Southern West Virginia. “What a lot of people may not realize is they have this amazing resource to better their own lives and the lives of their family,” Stuart said. “We are the most affordable four-year institution in Southern West Virginia, and we are less than 20 minutes down the road from where we are sitting. You cannot beat that!”

Stuart joined the Glade Springs community with his wife Jamilah, who is originally from Long Island, NY. You might see them around town with their seven-year-old daughter Kayleigh Grace and their dog Skye. When they arrived in Southern West Virginia, they were searching for something special and found it here in Glade. “It wasn’t like we were just getting a house. There would be a playground and other activities and things that we could explore,” Jamilah said.

Jamilah is the Hotel Operations Manager for the Summit Bechtel Reserve and of course, keeps busy as the First Lady of WVU Tech. “I love being around the students. I worked in higher education for a while, so I enjoy that. I enjoy being present when I’m able to,” she said.

The couple finds Glade Springs to be the perfect backdrop for lifestyle, entertaining being a big part of the job as a college president. “Whether it be formal dining for the student government association, intimate dinners with donors, or just socializing with friends and family. It’s a great place to live,” Dr. Stuart said.

You may hear Dr. Stuart on his weekly WVNR radio show, Our Communiversity Today, posing two questions to his listeners, “Why not us? Why not now?” These questions push him forward, leading WVU Tech, and Southern West Virginia to new heights. “We are here in this area to try to grow and enhance, not only Tech, but also southern West Virginia. I have been blessed, and now I feel like it is my duty to give back,” Dr. Stuart concluded.

He lives by a simple statement - for such a time as this. And he is here for just that.

If you know of a great family in the neighborhood and would like to recommend them please contact Bob Coburn at [bob.coburn@n2co.com](mailto:bob.coburn@n2co.com)



Jessica Rubin



Jessica Rubin is a Glade Springs Resident and former evening anchor at WVNS 59News. She is the proud mother of two girls, Hannah and Lucy, and resides with her husband Daniel on Hawthorn Lane.

An advertisement for TNT Top Notch Trailers. It features a large black trailer with a wooden deck parked on a gravel lot. The text "TNT TOP NOTCH TRAILERS" is prominently displayed in a circular logo. Below the logo, the phone number "304.923.9800" and the address "1414 Ritter Drive Daniels, WV 25832" are listed, along with the website "topnotchtrailerswv.com" and a Facebook icon. A small "RESIDENT-OWNED BUSINESS" logo is also visible.





## Salia Harris - Top of Her Class, Top of Her Game

*From the court to the courtroom!*

WRITTEN BY KAREENA PATEL

**EIGHTEEN-YEAR-OLD** Salia Harris is proof that dedication, balance, and passion can shape an inspiring future. A recent graduate of Woodrow Wilson High School and an incoming freshman at West Virginia University, Salia is planning on majoring in History, following the pre-law track, with her eyes set on becoming a lawyer.

Salia grew up with her brother, JR, and two beloved dogs, Sheba and Lulu - Sheba is a mix of a black lab and a chow and Lulu is a poodle mix- who are both rescues. Her journey has been defined by a strong support system and a love for learning and leadership. She credits her parents as her greatest inspiration. Salia emphasized how they valued the importance of working hard and continued to push her to be the best version of herself.

Throughout high school, Salia balanced academics, athletics, and leadership perfectly. She played volleyball and ran track, becoming a standout athlete in both. She was named to the second team all-state in volleyball during her junior year and first team all-state her senior year, collecting numerous awards in tournaments. Her travel team for volleyball also qualified for AAU Nationals in June of 2023. In track, she was an all-state athlete all four years and placed second in the 4x200 meter relay, with top-ten finishes in several other events. Salia's impressive performance in her track 4x200 qualified for New Balance Nationals in 2024. Her advice to younger athletes? "Always keep working hard and believing in yourself - you never know what the future can hold for you or your accomplishments. Try to enjoy every practice, game,



and tournament. You'll make the best memories with the best people while having fun doing the sport you love."

Outside of sports, Salia took part in many extracurricular activities, including the National Honor Society, Student Council (serving as senior class vice president), The Next Step Program, Hugh O'Brian Youth Leadership, and Sub Deb. Through her position as vice president, Salia helped initiate numerous food and toy drives for the community. She graduated with a 4.4 GPA and ranked in the top 10 of her class, earning recognition at the Raleigh County Senior Scholars Luncheon.

This summer, she's already had an exciting start—returning from a beach trip to Hilton Head, planning to attend a Kendrick Lamar and SZA concert, and looking forward to a family vacation to Universal Studios in Orlando. In her downtime, she enjoys playing board and card games with friends, swimming, cooking, and crafting.

Salia's story is one of excellence and genuine passion- an example of what's possible when you lead with purpose.

If you know a great kid or kids in the neighborhood, please recommend to Bob Coburn at [bob.coburn@n2co.com](mailto:bob.coburn@n2co.com)



Kareena is currently a junior at Shady Spring High School, and has been a resident of the Glade Springs community her entire life. She is a dancer at Beckley Dance Theatre School, and enjoys writing in her free time. She loves travelling, good food, and spending time with her dog Enzo. She has been writing for Stroll Magazine since Spring of 2023.



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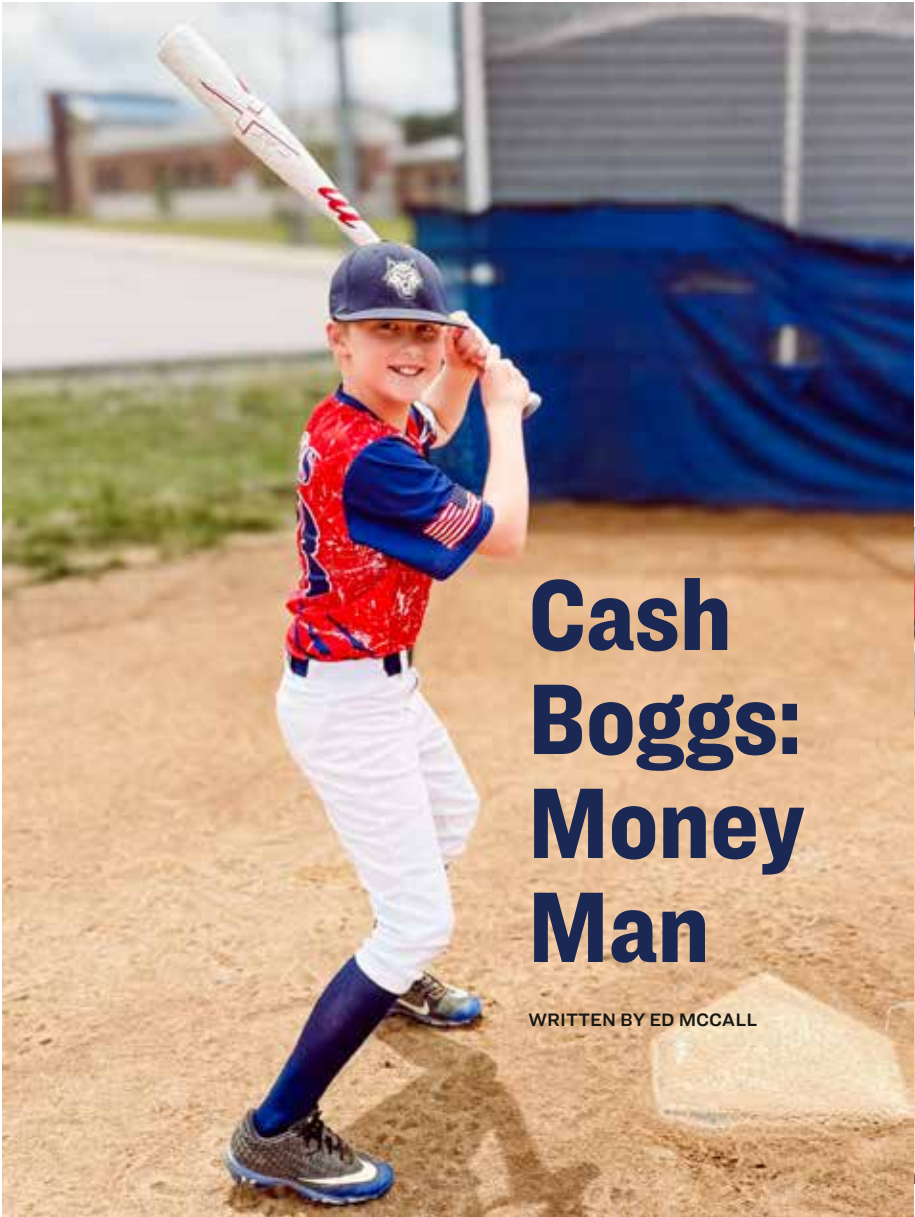


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**CASH BOGGS JUST** turned eleven, but competing as one of the youngest players in the Shady Spring Little League’s major league division didn’t prevent him from being “money” for his Tarheel team. After a successful regular season the Heels made it all the way to the championship game before falling. Boggs, hitting lead-off, tripled off the outfield wall and drew two walks while being a defensive stalwart at third base in the contest.

Over the course of the season, Boggs mostly manned the hot corner, but he also pitched, fielded balls at shortstop, and even subbed when needed behind the plate.

While his little league season has ended, he continues to develop his versatility playing for his travel team, the WV Wolfpack.

Just turning into the Boggs’ driveway lets visitors know they are heading into baseball territory. The drive is decorated with baseball flavored signs welcoming guests “HOME” on flags sporting home plate and baseballs. Taught to throw right and bat left by his baseball playing father (Chase played college

baseball at JMU), Cash talks baseball with a maturity that belies his years but reveals the baseball culture that exists in the Boggs home. It is a culture he relishes and is grateful for.

One of mom Katie’s favorite moments came after Cash hit his first home run. As soon as everyone got in the car after the game, Cash thanked his dad for all the time and work they had done to make the homer possible. There is a batting cage out back where he can groove his swing. When he wants to increase his bat speed, he borrows big brother Cutter’s weighted bat, and when he wants to build arm strength, he uses the stretch bands he keeps in his room or gets Dad or brother to play long-toss in the yard.

His ability to make those deep throws from third to first also makes him a power pitcher, which he readily admits. “I throw mostly fastballs but use location and a change-up to keep batters guessing. I don’t mess with throwing curves at my age.” He says he doesn’t want to mess up his arm, much to the approval of his pop. As for his hitting, he says they try to keep it

simple. “I just want to hit line drives.” To do so he and his dad work constantly on the proper form...no casting. He focuses on keeping his hands inside the baseball to produce hard hit balls.

The youngest Boggs also shows good speed on the basepath, stealing his share of bases while sporting the number 23 on his back, a tribute to his favorite player Fernando Tatis. It should then be no surprise to learn that his favorite team is the Padres, and that the Boggs family makes regular trips to Pittsburgh when the Pirates host the Padres.

Although he skipped travel basketball last year to play travel baseball, he is looking forward to getting back onto the hard court this coming year. The fifth grader is also eager to maintain his excellent academic record, science being his favorite subject.

Look for little brother to follow in big brother’s footsteps and become a two-sport star. It’s a healthy sibling rivalry with both rooting for the other, but it is that competition that motivates Cash to work hard, admitting “I just want to be better than Cutter.” The benefactor will be Shady athletics, which has had its share of money men.

If you have an athlete in the family, please contact Bob Coburn at bob.coburn@n2co.com



Ed is a WVU grad who spent 40 years as a teacher, administrator and coach for basketball, football, golf, track, and wrestling. He spent 20 years on the WVGA Exec. Committee with 2 terms as President.

He has worked for 26 years as a starter at the Greenbrier and announced for the PGA and LIV Tours. Ed has been a published author for over 35 years and is an avid golfer. A teller of tales with a gifted imagination, Ed lives with his wife Cindy of 50 years and has one daughter, Dr. Maclyn McCall.

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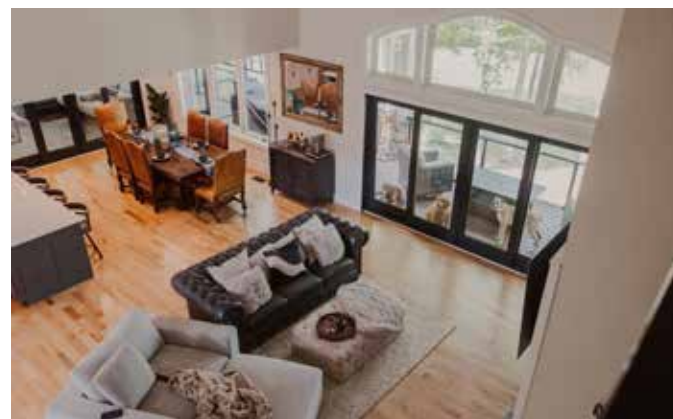






# Edward Drive Excellence! The Miller Residence

WRITTEN BY JESSICA RUBIN, PHOTOS BY KAREN AKERS



Sleek, modern, light, and airy. This home on Edward drive has style and ease, with breathtaking views and plenty of space for entertaining.

Adam miller and his wife, Erika, along with their three-year-old son Adler, have lived in Glade Springs for about seven years, first near Woodhaven, and recently moved to their current home on Stonehaven. “We are a growing family. We’re having another kid in September, and we were outgrowing the other house,” Adam said.

The home was originally built by Tom Dixon and was purchased by the Millers a few months ago, from another Glade family. “I play a lot of golf, and I play Stonehaven a decent amount. When Tom built this house, I always said, Man, if that house ever came for sale, I would figure out how to buy it”, he explained.

The home is right at 4,100 square feet and has five bedrooms and four bathrooms, an eat-in kitchen with a large island and butler’s pantry. The upstairs balcony overlooks the main living space, with cable style railing, adding to the modern aesthetic. “My wife loves the openness of it. Just the space, I think is set out pretty good. It’s big, yes, but not overly big. Each room kind of has its own unique thing,” Adam said.

Perhaps one of the most striking features of this home is the outdoor space, which can be accessed from the open living areas. “My favorite is probably the outside deck with the TV and fireplace,” Adam said.

This screened porch is directly off the dining area and kitchen, accessible through double sliding glass doors. It’s equipped with a built-in barbecue, fireplace, and flat screen tv. Other areas of the outdoor living space feature a hot tub and of course, plenty of room to take in those stunning views. “We like to sit outside and drink coffee and just watch the golfers. The view is nice.

When it’s not green, and you’ve lost all the leaves, you can see the lake,” Adam said.

He continued by revealing that the home even has a golf simulator room, a big selling point for Adam as an avid golfer. This is the room where he says he spends most of his time.

Golf is what drew the Millers to Glade initially, and Adam noted they like the accessibility of the pool, playground, and the many other amenities you can enjoy without leaving the gates. “And the community - I think the people are good. We knew a lot of people already that lived here. It fits everything that we like to do,” Adam said. Whether they’re enjoying the beauty of Glade Springs from the golf course or from their back deck, this growing family has found their home on Edward Drive.

If you know of a great home in the community please contact Bob Coburn at bob.coburn@n2co.com







# Around the Hood

PHOTOS BY KAREN AKERS



Karen Akers is a STEM educator at St. Francis De Sales School. She is a talented professional photographer with a keen eye for capturing the energy and emotion of clients and S.S.H.S. sports and events. Karen lives in Beaver with husband Mark. She is the proud mother of daughter Sarah, son Nick, and his wife Shasta, and a loving grandmother to Maci-and soon-to-be granddaughter Adley!



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# THE ROTTIE, YORKIE CREW! CEASAR, ELLA & LOKI

WRITTEN BY FARRAH MICEK



Keeping an Eye on Loki!



**CAESAR IS A LOVING,** energetic, and loyal purebred Rottweiler who enjoys playing outside, joining in on different activities, and relaxing indoors just as much. He lives on Far Country Drive with his owner, Obi Agborbwsong, MD, and his two furry companions, Ella and Loki. Obi got Caesar from a breeder in Florida when he was just a puppy. Ella, also a Rottweiler, came from the same breeder. It turns out Caesar and Ella are related since they share the same father but have different mothers. Neither of them had their tails docked because the breeder decided to leave them natural.

Caesar is currently two years old and will soon be celebrating his third birthday along with Ella, who is around the same age. In addition to Ella, Caesar has Loki, a six-month-old Yorkie who is like a little sibling. The three of them love spending time together and always find ways to have fun.

Caesar not only enjoys the company of his siblings but also loves going on his own adventures around Glade. Walks are one of his favorite activities. Obi often takes him to places like

Grandview, Beaver, and other nearby spots. Caesar enjoys running and playing, especially wrestling with Ella and Loki at home. He also likes tagging along with Obi on errands or car rides. At home, he often plays in the backyard with his furry siblings.

Inside the house, Caesar has a different routine. While he is full of energy outside, he becomes calm and relaxed indoors. He loves napping and often moves from place to place to find the most comfortable spot. One of his favorite indoor activities is watching TV. Whatever Obi is watching, Caesar is usually right there, engaged in the show or movie. He also enjoys simply being close to Obi and spending time with his siblings.

Rottweilers are known for their strength, intelligence, and loyalty. With their striking black and brown coats and muscular build, they make incredible companions. Caesar truly lives up to all of those traits. He is playful, affectionate, and devoted to his family. Make sure to stop by and say hello to Caesar, Ella, and Loki. They are three wonderful dogs who are always happy to make a new friend.

If you know of a great pet please contact Bob Coburn at [bob.coburn@n2co.com](mailto:bob.coburn@n2co.com)



Farrah Micek is a very creative 14 year old in 8th grade at Shady Middle School. She loves reading, making art, listening to music, running track, and spending time with her two dogs. She's full of energy, very kind to others, and loves trying new things.



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# Smile! Making a Difference One Pic at a Time..... Karen Akers!

WRITTEN BY ED MCCALL, PHOTOS  
BY KAREN AKERS



It would be appropriate to begin this tale with a line modeled from the archives of one of televisions' most popular and longest-running shows of all time (Candid Camera), "Smile, you're on Karen's camera." Appropriate because

as the primary photographer for *Stroll Glade Springs Village*, she has framed more Glade residents, residences, landscapes, pets, as well as local students and athletes, in a favorable light than West Virginia has mountains.

Her subjects do a lot of smiling! Anyone posing for one of her snapshots is always brought to a happy pose by her banter, self-effacing humor, but most of all her kindness and professionalism. It is obvious to everyone involved that she wants the best possible outcome when she hits the shutter button.

Photography keeps her creative juices flowing. "I've had a camera in my hand since I was a youngster growing up. My



first one was a Brownie Instamatic," she chuckles, now 27 years into a business that she says started innocently enough. "I was taking pictures at some of my son's events when folks started asking me to get some shots of their kids." First it was mainly school events as her children made their way through the school system - Daniels Elementary, Beaver Elementary, Shady Elementary, Middle, and High School.

Next thing you know a hobby evolved into a business because soon folks were asking her to do senior pictures,



graduations, weddings, and proms. If you've been to a sporting event in the Shady area in the last 20 years, there is a pretty good chance Karen was there capturing the biggest moments on her trusty Canon.

Pretty much every job she's ever held since graduating from SSHS and then WVU Tech in Montgomery has been a creative endeavor starting with a position at Leggett's (now Belk) as a visual merchandizer where she won awards for her eye-catching displays.

She then spent 21 years working for WV Public Broadcasting (WSWP), primarily in education and community outreach.

Finally in 2014 her love of children led her to St. Francis where she teaches STEM, coaches volleyball, and is the athletic director. "I love helping students experience new things. At St. Francis I've been given the academic freedom to create my own curriculum. Aside from the science and technical part, we do things in a way that fosters cooperation with lots of hands-on activities and group work." She can't hide the enthusiasm in her voice when she talks about her day job, and if you ever see her in action, it is a lot like watching the Pied Piper. There's always a handful of kids hanging onto her and trailing her wherever she goes. That is especially true when she shows up (which she often does) with one of her babies in tow. I'm not just referring to granddaughter Maci and pal Aiden Peterson, but to one of her four mini-Dachshunds:

Daisey, Gracie, Jake (19 years young), and the latest addition to the Akers' family 6-week-old Reese. The house she shares with husband Mark on Old Grandview Road is the same home she grew up in and is also home to two cats: an all-white Tequilla and a Tabby named Jasper.

It's not like this bundle of energy needs another job, but her love of animals has led to another side gig. She and her daughter Sarah have been given high marks for their pet sitting and house sitting here in Glade.

When she needs to step away from her whirlwind schedule for a little down time, her favorite place to relax is in the Glade pool. You will most likely find her floating in the deep end behind dark sunglasses, often with a cool beverage in hand. While such a scene might give the impression she is chilling out, behind those shades is a mind fervently plotting how to capture her next great "Kodak moment." It's a big part of why she is so good at making people smile and why her photos help so many folks preserve their wonderful memories!

If you know someone who is Making a Difference please contact  
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# Chicken Prosciutto Pasta!

SUBMITTED BY JENNILEE JOHNSON

When people talk about food it’s not typically a deep subject. Most people only discuss food in terms of hunger, planning a specific routine for their day or means to survive. But some people like myself romanticize about food. It’s a point of gathering. Food is togetherness. It’s everyone to pause their fast pace for a moment sitting down sharing eye contact, and exchanging thoughts, opinions, or feelings. Memories, smiles, failures, goals etc.

**Engaging.**

In a world so busy with technology engaging is everything to soothe the stress of keeping up. It’s a “hope you feel better so here is dinner for your family casserole”. It’s an “I’m so sorry for your loss box of whenever you feel like something to eat”. It’s a “finally the sun is shining again and I want all of my friends to spend time over (most definitely not to show off my newest grill).”It’s a love language. It’s a therapy.

Food is all of these expressions to me but most of all it’s an exciting adventure! I love to try something new somewhere and then challenge myself to guess the ingredients.

I deconstruct the dish at the restaurant and then go home immediately trying to reconstruct and replicate it.

So here is one of my “replications” that may not be on the money but darn close paying homage to a local spot that was beloved long ago. My family still loves this one after all of these years and you will too.

Let’s see if anyone may recognize this one on the pallet!

Level-Easy

**INGREDIENTS:**

- 1 pound fettuccine
- 2 lbs grilled chicken
- 10-12 oz jar pesto ( Buitoni or Private Selection
- 8-10 oz (marinated)sun-dried tomatoes.3 oz pack of prosciutto
- 1-2 tablespoons of capers
- 1/2 tsp. caper juice (reserved)
- 1-2 tablespoons of pine nuts
- 1/2 teaspoon of red pepper flakes
- Wedge of lemon to juice over pasta
- Salt & pepper to taste (cracked black pepper preferred)
- Fresh shaved Parmesan (Measure with your heart) to fold in and melt

**INSTRUCTIONS:**

1. Prepare grilled chicken(reserve) and
2. boil fettuccine.
3. Strain fettuccine once done.

4. In the same pot (while pasta is straining) add pesto,prosciutto,capers,1/2 tsp of caper juice,sun-dried tomatoes, pinenuts, & red pepper flakes.
5. Simmer for 2 to 3 minutes on low for the flavors to marinate and the pine nuts to get lightly toasted.
6. Fold in chicken and pasta.
7. Add fresh squeezed lemon, fresh shaved parmesan cheese and salt and pepper to taste.

**HELPFUL HINTS**

- If pasta seems dry use marinated tomato oil from sundried tomatoes jar or a little added olive oil
- If you are in a hurry rotisserie chicken most certainly can replace grilled
- If you prefer a creamier version add Alfredo or heavy whipping cream to your liking you can always use homemade versions of pesto or Alfredo if preferred

*Jennilee Johnson*

Jennilee enjoys doing catering for her friends/ family events on the side & planning to open a unique & large scale event catering business soon.

If you have a favorite recipe you would like to share, please contact Bob Coburn at bob.coburn@n2co.com

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STROLL Glade Springs Village 31



# Aspen Corporation - One Call Does It All!

WRITTEN BY BOB COBURN



Aspen Corporation, located across from our community

at 2400 Ritter Dr., offers commercial and residential landscaping services of all kinds to Glade Springs residents and beyond. The company was founded 44 years ago by brothers and residents Donnie and Ronnie Adkins. They were in fact instrumental in the development of Glade Springs over the years including extensive involvement of all three golf courses. “There’s nothing we haven’t seen over the years so we’re past the point of being surprised,” says Ronnie. “We have a can-do approach with all of our projects.”

Those projects range from landscaping design and construction, hardscape design and installation including patios and lawn care and maintenance. Aspen also offers lawn renovation, grub control and a tree and shrub program. They are a true full-service landscape maintenance company and also offer snow and ice management removal in the winter.

Aspen is also one of America’s most respected and sought after golf course construction companies providing construction and renovation services to the golf industry as well as irrigation and environmental services. They are







**“There’s nothing we haven’t seen over the years so we’re past the point of being surprised. We have a can-do approach with all of our projects.”**

“We have been part of the Glade Springs Family and property owners since 1988. For a large part of that time, we have trusted Aspen Corporation with both our residential and commercial properties, now at 1331 Lake Dr. and Weathered Ground Brewery. They are personable, professional and a delight to work with.”  
—DR. TONY AND JOANNE KELLY

presently working in 13 different states all while maintaining their hometown roots and commitment to our community and the area. “I’m sure we could have saved a lot of money over the years if we were based out of a more metropolitan area but that’s not who we are,” adds Ronnie.



“It feels good knowing Aspen is taking care of our business and home. Within a month of us living here we realized we made the right decision and we get excited when we see the red trucks coming!”  
—KELSEY DELGADO, OWNER/OPERATOR CHICK-FIL-A GALLERIA AND GLADE SPRINGS RESIDENT

“Ronnie’s help and advice in the restoration of the Woodhaven golf course this past fall and winter was invaluable. His knowledge of the golf course as well as expertise with the irrigation system saved the POA thousands of dollars with this process. We cannot thank him enough. He is truly a wonderful friend and neighbor!”  
—BETTY CALLENDER, PRESIDENT - GLADE SPRINGS VILLAGE POA

“Aspen has helped transform our yard into one of year round beauty. We added a patio, fire pit and plants that bloom throughout the spring and summer. Mike Osborne and John were instrumental in helping design and pick varieties that thrive in our area. The Aspen team is like family!”  
—KEITH BRATT

“We couldn’t be happier with the work from Aspen! They were professional, detail-oriented, and completely transformed our yard into a space we love. It’s made such a difference for our home, and we’re grateful for their hard work and creativity.”  
—DR. KYLE MUSCARI

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# SMART SHOPPING IN A SHIFTING MARKET

*From family cars to fine finishes, rising costs are changing how Americans shop, splurge and save.*

BY SHAUNA OSBORNE, NATIONAL EDITOR

If your grocery bill feels steeper and that new patio set is suddenly a splurge, you're not imagining it — and now may even be the time to start planning ahead for holiday shopping. A new wave of price hikes is making its way across key spending categories — and it's not just inflation. Recent shifts in trade policy have added broad import duties across industries, quietly driving up sticker prices on everyday goods. While some of the reasons are policy-related, the takeaway for consumers is simple: expect to pay more and plan accordingly.

## ► Electronics and appliances

Laptops, gaming systems and home appliances, like toasters and air conditioners, are among the most affected by import-related price hikes. In the 2018 trade adjustment, the median price of washing machines rose by more than 11%. Today, new charges on electronics from top exporting countries such as China, Taiwan and South Korea could push up prices on items like TVs and smartphones.

With inventories still relatively strong, making planned purchases sooner may offer more selection and better pricing.



## ▼ Home renovation and design

Rising costs aren't limited to finished goods; materials used in home projects are climbing, too. Imported tile, stone and fixtures are subject to new duties, increasing the cost of even modest upgrades. Securing quotes early and exploring domestic alternatives may help offset higher project totals.



## ◀ Vehicles

The auto market is in flux. Imported models and even many U.S.-assembled vehicles, which rely on parts sourced overseas, are expected to see price jumps as new duties take effect. Some analysts estimate that price increases could reach \$2,500 to \$5,000 for the most affordable cars and even higher for luxury models. For those already in the market for a new or used vehicle, acting sooner could help avoid price spikes or limited selection later in the year.



## ► Home goods and furniture

About a third of furniture sold in the U.S. is made abroad, especially in China and Vietnam, two countries now facing steeper import fees. While availability hasn't yet been severely impacted, dwindling shipments may lead to reduced inventory and higher prices, especially for large, in-demand items like sofas, beds and storage pieces.



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# Family Immunity for the Season Ahead

Good health starts with small, steady choices that strengthen the body’s natural defenses.

BY SHAUNA OSBORNE, NATIONAL EDITOR



**AS SUMMER WINDS DOWN** and schedules ramp up, it’s a smart time to give our immune systems a little boost. The shift into back-to-school season, with packed calendars and increased exposure to germs, can put added stress on the body. Luckily, simple daily habits offer gentle but powerful ways to naturally strengthen your family’s health and resilience.

**FILL YOUR PLATE WITH COLOR.**

Bright fruits and vegetables aren’t just beautiful; they’re packed with nutrients that keep the immune system strong. Aim for five or more servings per day in a rainbow of colors to ensure a variety of vitamins and antioxidants. Citrus is rich in vitamin C, berries bring antioxidants, and garlic and onions contain allicin, a compound with natural antibacterial properties.

**MOVE A LITTLE, OFTEN.**

Regular physical activity helps reduce inflammation and improves the circulation of immune cells, strengthening the body’s natural defenses. It doesn’t have to be rigorous; dog walks, bike rides or outdoor playtime all count. Making movement a shared part of your daily routine, whether a stroll after dinner or quick stretch breaks between homework and chores, builds healthy habits together.

**DON’T SKIMP ON SLEEP.**

Sleep helps the body repair, regulate inflammation and keep immune cells active. Most adults need 7 to 9 hours per night, while school-aged children typically require 9 to 12 hours, depending on age and activity level. Younger children often need even more. Consistent bedtimes and screen-free wind-down routines go a long way toward restful sleep, especially when electronics are kept out of bedrooms.

**STRESS LESS, TOGETHER.**

Ongoing stress can weaken immunity over time, especially if unmanaged. Small moments of calm — like deep breathing or quiet, unplugged time — can make a meaningful difference. Adults who model healthy coping strategies help kids learn to do the same. These habits support emotional balance and better sleep, both essential for immune health.

## TINY HELPERS FOR TOUGHER IMMUNITY

From pantry to playroom, these gentle aids help strengthen everyday wellness.

- Vitamin C:** Classic immune booster that helps white blood cells fight off bugs. Kid-safe and well-studied in proper doses
- Vitamin D:** The sunshine vitamin that’s also a key player in keeping immune defenses strong
- Probiotics:** Good bacteria that keep the gut happy. Choose strains studied for children, like *L. rhamnosus* or *acidophilus*.
- Elderberry:** A fruity sidekick in gummy or syrup form that may shorten colds and offer a natural mood boost
- Bee pollen:** Tiny but mighty, bee pollen shows promise in calming inflammation and fighting germs.

Always talk to your child’s doctor before starting any supplement routine.

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# The Mattress Matchmaker

*Finding a better night's sleep starts long before your head hits the pillow.*

BY SHAUNA OSBORNE, NATIONAL EDITOR

Buying a new mattress may not spark thrilling conversation, but considering how much time you spend in bed — and how much your rest affects your well-being — it's worth getting right. Knowing where to begin can feel overwhelming with so many options on the market. The good news? Key considerations can simplify the search and help you wake up refreshed.

## Sleep style, decoded

Sleeping position, body weight and body shape all play a role in determining what feels comfortable. For example, side sleepers with broader shoulders often benefit from softer surfaces that relieve pressure. Back sleepers generally need medium firmness, while stomach sleepers feel best supported on something firmer that keeps the hips from dipping. Those with heavier builds may require denser support to help prevent sagging over time. A responsive, medium-firm model offers all-around support for those who rotate throughout the night.

## Mattress anatomy 101

There's no one-style-fits-all answer; each type has its strengths:

- **Memory foam:** Excellent for pressure relief and motion isolation. May sleep warm
- **Latex:** Naturally breathable, durable and buoyant. Firmer feel with eco appeal
- **Hybrid:** A blend of foam and coils offers a balance of structure and softness. Great for those who want versatility or sleep with a partner
- **Innerspring:** A classic choice with strong airflow and bounce. Pocket coils reduce motion transfer.

## Tailor the experience

A few specific preferences can help fine-tune the decision:

- Sleep hot? Look for breathable fabrics or cooling features like gel-infused foam.
- Share a bed? Choose a model with motion isolation and strong edge support.
- Struggle with chronic pain, sleep apnea or snoring? An adjustable base could bring added relief.

## Spend wisely, sleep better

Expect a wide price range based on materials, construction and design. Entry-level foam mattresses can start around \$400 for a queen, though thinner models with fewer layers may lack support over time. High-end models use premium materials like natural latex, pocket coils and organic fibers and can run well above \$2,000. That said, seasonal sales and online discounts often bring luxury options within reach. Comfort should always guide the investment, not just the price tag.

## Trust the long game

A quick in-store test or single night at home won't tell the whole story. Use the trial period to see how it performs night after night, and always check the label's fine print on materials, construction and warranties.



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|----------------------|--------------|-------------|-------------|-----------|------|-------|-------|----------|
| 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 |
| 135 William Place    | Stonehaven   | \$539,900   | \$530,000   | 03/28/25  | 4    | 3     | 2,600 | \$203.85 |
| 151 Votive Place     | Woodhaven    | \$440,000   | \$440,000   | 04/11/25  | 3    | 2.5   | 2,350 | \$187.24 |
| 506 Old Farm Rd      | Old Glade    | \$529,000   | \$508,000   | 04/28/25  | 4    | 4     | 3,088 | \$164.51 |
| 213 Glen Garden      | Stonehaven   | \$365,000   | \$365,000   | 04/28/25  | 3    | 2     | 2,000 | \$182.50 |
| 1208 Lake Drive      | Old Glade    | \$649,000   | \$625,000   | 05/01/25  | 4    | 3.5   | 3,775 | \$166.45 |
| 220 Club Circle      | Old Glade    | \$369,900   | \$360,000   | 05/02/25  | 3    | 2.5   | 2,033 | \$177.08 |
| 103 Leeds Lane       | Woodhaven    | \$549,900   | \$530,000   | 05/09/25  | 4    | 3     | 2,599 | \$203.93 |
| 401 Barnstaple Drive | Stonehaven   | \$499,000   | \$487,500   | 05/14/25  | 3    | 2.5   | 2,500 | \$195.00 |
| 104 Blueberry Place  | Old Glade    | \$474,000   | \$474,000   | 02/10/25  | 3    | 3.5   | 2,701 | \$175.49 |
| 182 Edward Drive     | Stonehaven   | \$539,900   | \$520,000   | 05/21/25  | 3    | 2.5   | 2,178 | \$238.76 |
| 216 Dogwood Court    | Old Glade    | \$306,000   | \$306,000   | 05/30/25  | 3    | 3     | 2,524 | \$121.24 |
| 402 Edward Drive     | Stonehaven   | \$650,000   | \$610,000   | 06/09/25  | 4    | 3.5   | 3,569 | \$170.92 |
| 139 Long Drive       | Stonehaven   | \$375,000   | \$375,000   | 06/10/25  | 4    | 3.5   | 3,343 | \$112.18 |
| 111 Arthur Lane      | Stonehaven   | \$442,000   | \$425,000   | 06/12/25  | 4    | 2.5   | 2,180 | \$194.96 |
| 159 Woodland Drive   | Old Glade    | \$230,000   | \$230,000   | 06/12/25  | 2    | 2     | 1,124 | \$204.63 |
| 130 Long Drive       | Stonehaven   | \$369,000   | \$355,000   | 06/18/25  | 4    | 3.5   | 2,607 | \$136.18 |



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