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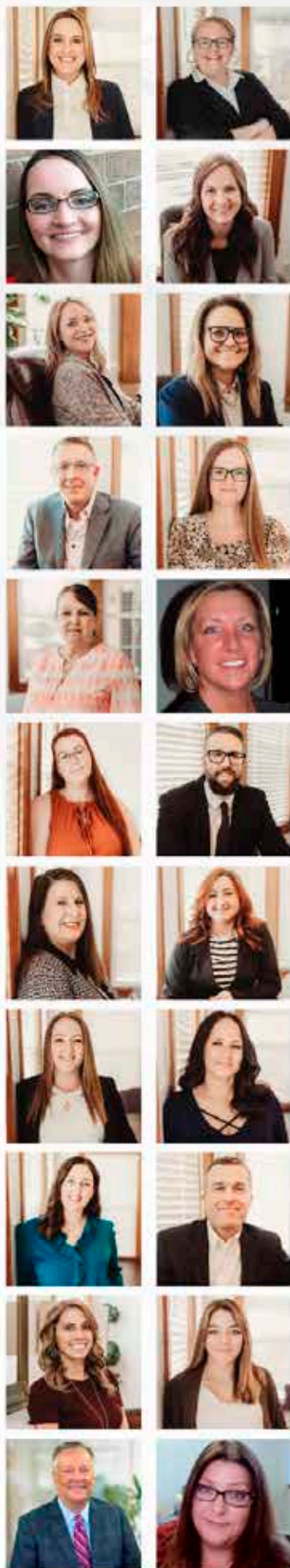


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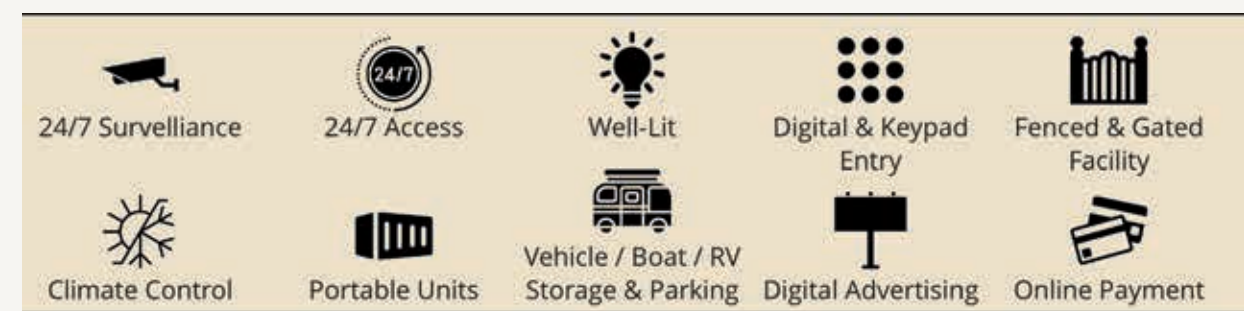


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BOB COBURN
Area Director
bob.coburn@n2pub.com
304-860-0099



ED "COACH" MCCALL
Resident Writer
aemccall01@suddenlink.net



JESSICA RUBIN
Resident Writer



KAREENA PATEL
Junior Writer



FARRAH MICEK
Junior Writer



KAREN AKERS
Photographer
k4akers@gmail.com



KEYA GARG
Ad Coordinator
Keya.garg@n2pub.com



NANCY KEATLEY
Resident Editor/Writer
nkeatley@yahoo.com

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Welcome September!

Say HELLO to September 2025! The home of Labor Day (1st), Patriot Day (11th) and the Autumnal Equinox (22nd). September also hosts National Grandparent Day, National Cheese Pizza Day and to some, Harvest Month where many fruits, vegetables and grains reach maturity.

It is amazing that Summer is coming to an end and what a summer it has been with a wild mix of weather, vacations and outdoor activities. While it can be somewhat sad to see the end of summer, we can look forward to kids going back to school, lower temps and beautiful fall leaves. And then, there's football!

We hope you had a great Summer and we look forward to telling your story this fall, and in the months ahead. Thanks for your recommendations of your friends and neighbors for our various features. Please reach out anytime to suggest a Glade Springs family, individual, kid or athlete as well as a recipe or someone who is Making a Difference in our lives and our community!


Thanks as always to our talented and dedicated Preferred Partners! Please remember them when you have a need for their products and services.

Happy September!

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
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

OUTSIDE EVENTS

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

Aerification Dates:

Stonehaven	Fall 2025
09/29-10/02/2025	
Woodhaven	Fall 2025
TBD	



GLADE SPRINGS VILLAGE 2025 RYDER CUP

Come Join the Fun!

The Glade Springs Village POA 12th Ryder Cup competition is back for 2025 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. This year's matches will be played at Woodhaven on Monday September 8 and on Stonehaven on September 10 and 12. On Monday at Woodhaven 2-person partnerships will play captain's choice (best ball). On Wednesday 2-person partnerships will play alternate shot format and Friday's event will be individual match play. Participants are not obligated to play all three days.

Ryder Cup is a match play, two-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, based on tees played from. 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 2025 GSVPOA Ryder Cup is the place to find it!

Take and complete a registration form; and leave it at the Woodhaven Pro Shop or Stonehaven starter house. \$25 fee will be collected before your fist match. Winning team members will receive a \$50 gift card.



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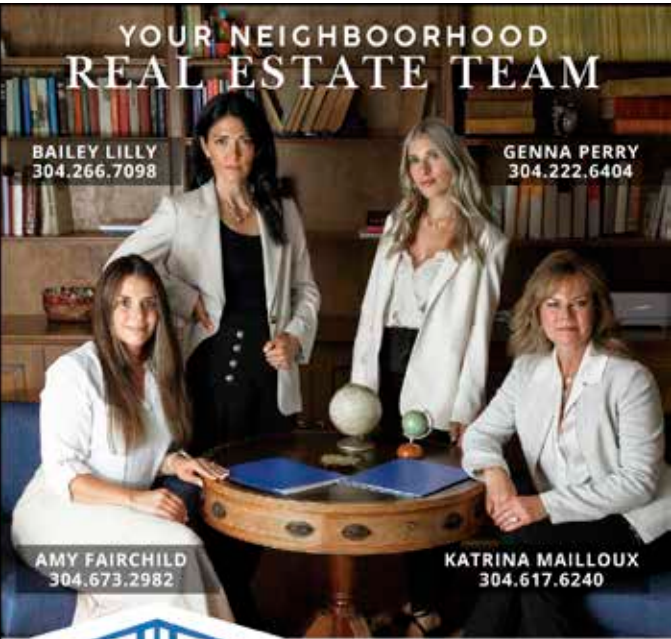
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The Glade Springs Community Cleanup Day is scheduled for Saturday, September 20 from 10 AM - 12 PM. Our community will be divided into sections and volunteers will help pick up trash. Assignments will be given that morning. All participants will receive complimentary hot dogs at The Haven following pickup. For more information, contact Betty Callender, GSVPOA Board; Ken Dunlap; or Tom Lemke.

Questions can be sent to info@gladespringspoa.com



UPCOMING EVENTS AND IMPORTANT DATES FOR GSV

POA ACTIVITIES

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.



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PLEASE SEE OUR 2025 GSVPOA GOLF CALENDAR FOR GOLF EVENT DATES AND INFORMATION
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MEET YOUR NEIGHBORS

LINDA & DR. ANGEL *Rosas*

DANCING THEIR WAY THROUGH LIFE!

WRITTEN BY JESSICA RUBIN, PHOTOS BY KAREN AKERS



From Puerto Rico to the hills of West Virginia, Dr. Angel Rosas has called Glade Springs home for more than 20 years.

He first moved to West Virginia from Puerto Rico in 1991 to begin his career in medicine at Raleigh General Hospital. At that time, he lived in a two-bedroom condo on hole #7 on the Cobb course.

It was at the hospital where he met his wife, Linda. She was working as a labor and delivery nurse and Dr. Rosas, an OBGYN. “We met the day I interviewed,” Linda said. Two years later, they would marry and now they have two daughters, Kate and Carla.

Their romance seems like one out of a storybook. To this day, they love spending their time dining and dancing.

“When we were first married, we didn’t have furniture yet, and I can still remember us cooking dinner and turning on music. Our family room was completely empty, so we made that our dance floor. We would dance for hours,” Linda said.

The couple also enjoys traveling, and they’ve been all over the world together, having visited Spain, Israel, Greece, Italy, among many other locations. They try to go to Puerto Rico, now, about twice a year. Angel’s parents are still living there, so they make a point to visit as frequently as possible.

When their children were young, Linda spent a lot of time in Glade, seeing friends and taking the girls to the pool or tennis lessons. “I feel like I was out here

CONTINUED ►



everyday,” Linda said. So, in 1997, they decided to make the move to Glade Springs and still live in the same home today. Now, Linda is working at the famous Greenbrier Resort as an aesthetic nurse for the hotel’s medspa. Making other people happy is what Linda likes most about her job.

“It’s an area of nursing, other than OB, where 99.9% of the time I’m making someone, hopefully, feel better about themselves when they leave my chair than when they sat down,” she said.

Dr. Rosas finds parallels in that same sentiment with his career as a doctor. “I was always available. Even today, if someone needs my help, I have to have a very good reason to say no,” he said.

In April, though, Dr. Rosas retired and is now enjoying dedicating his time to various hobbies.

“So far, it’s pretty good. Playing a lot more golf than I used to,” he said. “I’m doing things in the house, trying to get into a routine.”

He loves spending time with their two dogs, Pancho and Oscar, and, finally, making time for himself, rather than his job. “My time was always for others and almost never me, so that feels nice,” he said.

“He’s earned it,” Linda added.

Over the years, Dr. Rosas has had many hobbies, he explained – from woodworking to baking to even writing computer programs. During his retirement, though, he plans to write a cookbook for his daughters.

From working long hours in a hospital – to raising a family – the couple has found their home behind the gates of Glade Springs. And the best part, they say, is the community.

“We have friends that we’ve met from time we first moved here that we’re still friends with,” Linda explained. “Our children have grown up together. We’ve socialized and supported each other. That sense of community is lovely,” she said.

Even though their day-to-day may look a little different than it used to, the couple looks forward to dancing their way into this next phase of life. And they have no plans of leaving the tranquility they’ve found right here in Glade Springs.

If you know of a great family or resident in the community and would like to recommend for Meet Your Neighbors contact Bob Coburn at bob.coburn@n2co.com



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.



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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Meet Mila Brunty

A girl born to be on stage!

WRITTEN BY KAREENA PATEL • PHOTOS BY KAREN AKERS



At just eight years old, Mila Brunty is already full of energy, curiosity, and big dreams. An upcoming third grader at Shady Spring Elementary, Mila brings joy and excitement wherever she goes. She's the youngest sibling in her family, with her older brother Jace, and she shares her home with a bright orange exotic fish that reflects her vibrant personality.

Mila loves to stay active and finds fun in adventures and the outdoors. She enjoys swimming in the pool, playing tag with friends, and exploring the outdoors. Mila also tumbles year-round at World Class Cheer and Tumbling. One of her favorite places to spend time during the summer is Camp Glade, where she participates in all kinds of activities that she

enjoys, like swimming. Mia's favorite activity, however, at camp is laser tag which occurs weekly. This summer, she has stayed busy by staying active, exploring nature, and looking forward to cherished family traditions like Pirate Weekend at the lake. Pirate Weekend is a yearly event where the kids hang out on the boat at Smith Mountain Lake and dress up as pirates. Mila and her brother are yearly attendants of this event.

When she's not running around outside or diving into the pool, Mila dreams about her future. Inspired by her favorite artist, she hopes to become a singer just like Ariana Grande. She's also a big fan of the musical Wicked and lights up when she talks about her love for performing. If she could travel anywhere in the world, Mila would choose Paris, drawn to the beauty of the city and, of course, the chance to go shopping.

Family time is especially important to Mila. She loves spending time at summer parties and cookouts with her loved ones, soaking up the warm weather. Whether she's at home, at camp, or imagining her future on stage, Mila brings enthusiasm and joy to everything she does. Her bright spirit and boundless imagination are just a few of the many reasons she stands out, even at such a young age.



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.



Karen Akers

If you know of a great kid or kids in the community please contact Bob Coburn to nominate at bob.coburn@n2co.com

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HEY, GUYS! LOOKING FOR A GAME?

Golf games at Glade

WRITTEN BY ED MCCALL



Bryan Stafford, Corey Jagdmann, David Allard & Radar Stone of the Jip-Jack gang!

Any man looking for a golf game here at Glade Springs doesn't have to look hard to find some "action." Action might mean a number of things. It could simply mean just someone with whom to play, someone whose company and conversation makes a couple of hours spent whacking your ball around one of Glade's beautiful courses time well spent.

Perhaps your chosen partner or partners are just good listeners, sort of open-air therapists, who allow you to pour out your frustrations from work or your spouse's constant demands for more time working on the landscaping, or they could give you sympathy or advice for the roller coaster ride your investments have been on lately. Whatever your reasons for choosing golf company there are plenty of good folks who just want to get out for some fresh air and exercise amongst wildlife, singing birds, and beautiful sunsets who would welcome your company. These golfers are often spotted late in the evenings or early in the morning playing as singles. Introduce yourself. The seeds for a solid friendship may await.

Let's face it, there are those among us who find four hours battling the course, the elements, the game of golf itself, or their swings not enough of a challenge. So, if by "action" you mean a game within the game, where bets and side bets, allow you to satisfy your natural gambling tendencies and heighten the pleasure of golfing, then your options for finding playing partners multiplies.

Hump day on Stonehaven finds the Woolwine Game in full swing. The action in this game requires several CPAs, mathematicians, and advice from a good Las Vegas bookie to understand. The upside is that the 20 to 30 players who participate in this outing weekly are great guys and there is food and beverage and lots of chatter and ribbing afterward, usually at Tommy Woolwine's home or his co-conspirator and neighbor Jack Fullbright. Others host the always delicious post-match feed from time to time to give the game's instigators a break from grilling. So far no women have sought to join this group, but I feel they would be welcomed like any other pigeon so long as their money is green.

New players are required to play at scratch for their first three rounds to establish the number of points they must accumulate to cash a check. Pars count 2 pts., birdies 3, eagles 4, and bogeys 1. Rules governing play vary depending on the time of year, course conditions, or the volume of whining from participants. Cost of the game is around twenty bucks and some of it goes for the food; the rest is distributed among the winners each week.

There is also a Saturday Woolwine game, but it is a team game and usually managed by Tommy's little brother Chris Woolwine, Steve Cochran, or Clayton Terry. Same cost as the Wednesday game without the food. Pairings are determined by handicaps. Some weeks it is a 4-man game; some weeks 2- or 3-man teams depending on the number of players. There are four ways to win cash: win the front, the back, or the total for the 18. In addition there is money for the team with the most junk (greenies, birdies, and sandies). Bring your calculator, but if you like to grind for a cash reward this is a great game full of good guys and characters who enjoy bantering and razzing one another as much as they enjoy hitting a great shot!

Fridays on The Cobb, Dr. Jim Vargo, or as he has been dubbed "Director of LIV golf," oversees a group of semi-retired professionals and businessmen taking time off to fight over a \$20 entry fee. The game and pairings vary weekly at the whim of the benevolent director, who works hard to ensure equity in competition, rules, and the distribution of winnings. The competition here is cutthroat, just like the banter, but at the end of the round elbows are bent and backs are often slapped on the patio at Bunkers. Hurt feelings and the disappointment of errant shots and missed opportunities are quickly forgotten and friendship becomes the order of the day.

If you are an early riser, you might want to check out the Coburn game or the Duncan game which takes place at first light on Saturday mornings on The Cobb. These dew sweeper outings often merge into one depending on numbers. There are some real players here so bring your game and your cash. Games vary, but one that is played often is "net birdies with carryovers." Participants need a legitimate GHIN handicap to prevent any sandbagging. Birdies pay \$1.00 and the most one can get hurt is \$18, but I am assured that it is usually only 5 or 6 bucks one way or the other. One of the great benefits of this game, aside from the competition and great camaraderie, is that they are usually off the course well before noon. Be ready to play when it is your turn!

Another group that emphasizes ready golf is the Amtsberg-Smith group. While most of their rounds are played on what most consider the most difficult of the three Glade courses, Woodhaven, they also play numerous rounds on Stonehaven whenever its sister course is closed or hosting an event. If you don't have thick skin, you had better pass on this group of hucksters because there are often more zingers in the air than there are golf balls. Take it from one who has enjoyed the abuse, it isn't a rare occurrence to see one, two, or even three balls heading toward the green simultaneously. The gentlemen in this daily group are hardy and have game. It takes several feet of snow or a monsoon to keep them from their appointed round. They are extremely welcoming and a round with these merry linksters will leave you out of breath, your side hurting from all the laughing, and the lasting impression that these guys can really strike a golf ball.

CONTINUED ►



Part of the Saturday AM Cobb Crew!



The Tuesday/Thursday Cobb Crew!



The Woolwine Gang!



The Glade LIV Tour!

Whatever your taste for competition or company, residents of Glade Springs have more than a few options to satisfy your golfing sweet tooth.

A group that seems to be growing in popularity is the Monday morning Hannah group on The Cobb. The original foursome of Joe Scono, George Tabit, Rick Macak, and Al Hannah has been accepting new initiates this summer and has seen its numbers grow to eight, and most recently twelve. Most games are \$5 and vary in format, from 2-man blind draw teams, 4-man blind draw teams, which both pay 2 places both net and gross. Another game this group enjoys is six, six, and six rotating 2-man teams within each foursome with low ball or low total scoring. The golfer who accrues the most points in the three matches takes home the cash. Legit handicaps are necessary in this group. Birdies are not just to be enjoyed by the golfer who makes them but are celebrated by everyone in the group with a shot of “birdie juice” graciously supplied and chilled by Randy “Great” Scott! The new tradition has players looking for any occasion to go at a tucked pin. The hazards of risk/reward are out the window with the motivation of another sip of the great one’s delicious, intoxicating elixir.

The Cat-Jack game overseen by Paul Schau and Al Cipoletti on Tuesday and Thursday mornings on Cobb is usually just a foursome, but they welcome more when all of their players are available. Other participants when present include Jim Vargo, Wayne Farley, Angel Rojas, Terry Pfeiffer, and others as needed. Betting sometimes varies, but one should be careful trafficking among these experienced gamesmen whose shrewd angling to get an edge is matched only by their solid games.

Mac Hylton, Shane Zickafoose, and Radar Stone head up a group of high rollers who hit the links nearly every weekend. If high stakes and wild bets are your cup of tea, seek out the Jip-Jack game on Cobb. One such wager is that the last man who 3-putts owes all the other competitors \$50 at the end of the round. Jip-Jack is as much about who can handle the pressure of making a good swing when large sums of green are on the line as it is about playing good golf. Bring your golf dictionary along with a wad of cash because polies, Murphys, greenies, pinkies, sandies, barkies, and other bizarre scoring is in play. These serious bettors do not take plastic or accept IOU’s.

The latest game to emerge on the Glade golf scene is being shepherded by Chatham Lake resident and go-getter, Alan Mathews, or as he has come to be known “the Commish.” The self-appointed commissioner of the Glade Springs Village Men’s Golf Association, Mathews decided to take the bull by the horns and see if he couldn’t create something that would enhance what he considers are already healthy golf opportunities. His outings are also growing in popularity. Events vary week to week and incorporate both Stonehaven and Woodhaven. It was advertised as a laid back 9-hole evening gathering with golf as the conduit to good fun, a means to promote golf at Glade Springs, and to create an opportunity for folks to socialize while discussing ways to improve the golf experience for everyone at Glade while competing in a light-hearted competition. All was going well the second week, when the Commish, parked in his cart high above Stonehaven’s #9 green, led the heckling as groups came to the final hole of a nine-hole-scramble. Other games for this group may include Wolf or Hawk, Gotcha, and other inventive games that might pop into the Commish’s already addled mind. Whatever the format, expect a fun experience. Rounds at Woodhaven are followed by a meal at The Haven.

If scrambles are your favorite format, the longest running game is the Thompson gang, formerly known as the Cameron group. Started and organized by Bill Cameron and played on Stonehaven on Fridays, the mantle for organizing this group of swinging miscreants was picked up by Bob Thompson the past few years. The format is much more relaxed because it is a scramble and teams are aligned with an A, B, C, and D player which gives everyone a fair shot at getting into the money. Cost is \$5 and the top 3 teams celebrate a payday. Ties are broken by the team that made the last birdie. There are usually 20-28 golfers each week and there are several older golfers who only chip and putt in this very popular outing.

There are also Friday evening 9-hole co-ed scrambles hosted by the POA at Woodhaven. These fun events are followed by meals at The Haven. One night might feature burgers and dogs, another tacos or BBQ. It is put together by Director of Golf Matt Felber and is open to all residents and members. Just call the pro shop at Woodhaven if you are interested. Everyone I’ve talked to gives these gatherings a big thumbs up for the golf and the food!

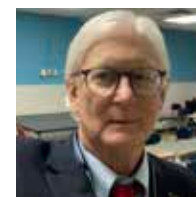
Whatever your taste for competition or company, residents of Glade Springs have more than a few options to satisfy your golfing sweet tooth. You don’t have to look hard to find a game that will suit your pleasure here at Glade.

Next month we will explore playing opportunities for our lady golfers.

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



The Thompson Group!



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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HOME OF THE MONTH

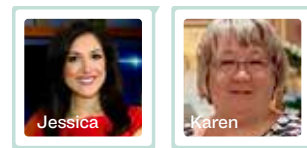
The serenity of the lake is her daughter's happy place, Nancy said.



Welcome Home!

A lakeside retreat on Richard Lane

WRITTEN BY JESSICA RUBIN • PHOTOS BY KAREN AKERS



WHAT STARTED AS THE SEARCH for the perfect lake home for her daughter, turned into a forever home for Nancy Kissinger.

At the time, Nancy's daughter and son-in-law, Megan and Doug Legursky, were living in Pittsburgh and looking for a lake home in West Virginia. Nancy was still living at her home in Maxwell Hill in Beckley when Cliff McLaughlin approached her with a dream scenario - a home on Chatham Lake with enough space for the whole family and a place for Nancy to live full-time and for Megan and Doug to visit when they're in town.

Cliff had built the lake home in Glade Springs and always wanted to purchase Nancy's Maxwell Hill house to flip and resell. Initially, both Nancy and the Legurskys laughed off the idea, but when they saw the home on Richard Lane it was too good to pass up.

So, Nancy sold her home in Beckley and purchased the home with her daughter in Glade Springs. She officially moved in January 2018. Now, the Legurskys are back in the Mountain State with their three children, Trip, Millie and Tucker, and enjoy spending weekends on the lake.



"It just seemed funny when he suggested it, but then the more we thought about it, and we actually came and looked at this and just loved it," she explained.

At just over 6,000 square feet, the three-level lakeside home has six bedrooms and four bathrooms. The main level has everything you need, with an open concept living area, kitchen, and dining. The primary bedroom is also on this floor, as well as two additional bedrooms for Millie and Trip.

"I love it because everything I need is right here on this floor," Nancy said.

There is another living space upstairs, which they're using as a loft style bedroom for Megan and Doug, as well as a separate bedroom belonging to their youngest, Tucker.

Downstairs, though, is what really stands out. With a large living area and a bar/kitchen area, the space opens (via garage style doors) to the outdoor patio and a large place to entertain, which overlooks the lake.

"This is the fun part of the house. This is where we really have a good time, and it's so nice being out on the lake," Nancy said.

The space is decorated with memorabilia from Doug's time in the NFL. His helmets and even a Super Bowl trophy are on display.

The serenity of the lake is her daughter's happy place, Nancy said. On weekends during the summer, her grandchildren also love spending time here paddle boarding, kayaking, or riding on the pontoon boat. They also enjoy fishing with their dad.

Living in Glade Springs has also been a nice transition. Nancy has been retired for four years, and living here keeps her busy.

"I do mahjong and canasta and bunco and golf as much as I can in the summertime. There are just so many fun things to do and activities for retired people," Nancy said.

This home has become an heirloom of sorts, a place for generations to come to enjoy and make memories, and above all, fill with love.

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

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PHOTOS BY KAREN AKERS, BETTY CALLENDER & INGRID LEMME-CHALUT






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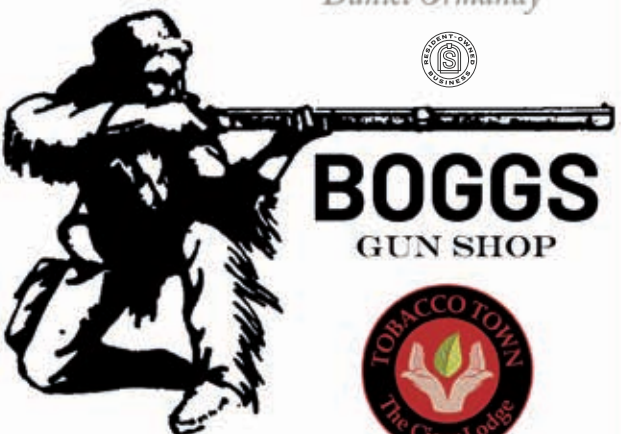

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Ellie, Betty & Gunner!

Four Legged Fabers!

WRITTEN BY FARRAH MICEK

Labrador Retrievers are a British breed of dogs. They are even tempered, intelligent, and outgoing. They are very social dogs and love to be around people. They are talented swimmers and have thick fur for their swimming. Labs are best known for their origins of hunting for ducks and other birds, which is why they are bred for being such good swimmers. They also have webbed feet, which is another reason why they are such outstanding swimmers. Another amazing dog breed is the Mini Doodle, which is a cross between a Golden Retriever and a Toy Poodle. They are playful, energetic, and friendly dogs. Their fur colors are of black, brown, white, and around those colors. They are definitely smaller than Labs, but have just the same amount of energy and happiness.

Lindsay Faber is the owner of Ellie, Gunner and Betty, who are loving, playful and social dogs. Ellie is the youngest at one year old, while Gunner is two and Betty is seven. Ellie and Betty are both Black Labs, and both were from Ohio, where Lindsay



Ellie & Betty

got them. Betty is actually the mother of Ellie, and Ellie's father, Blue, who is actually a Yellow Lab, is the neighbor's dog, so the whole family is close. Gunner is a brown and white Mini Doodle, and Lindsay got him in West Virginia. He is very playful, and although he does not swim like his fellow siblings, he still enjoys going to parks and lakes with them. They often go to Chatham Lake and hang out, such as swimming, lying around, and playing with their family, along with going on walks every day around Glade and other parks in the area. All three of them deeply love their family and people in general, and will continue to. They don't go far and usually stay pretty close to each other and their family.

Other activities that they like to do include going to Winterplace and playing around there as well, during the winter especially. Lindsay and her family make sure that they are active most of the time and don't get into anything around their house or chew anything up, since they are very playful and full of energy all the time. While at home, they play around with each other, and with Lindsay's kids. Gunner is incredibly fast, and with tons of energy, he runs around a lot, especially outside, around the house, and especially at Winterplace. Ellie and Betty love swimming, and they are also extremely good at it, mostly because they are Labs.

Lindsay and her family love all three of the dogs just the same, and they love doing activities with them inside and outside. They all are extremely close to each other and their family, and never leave their sides. If you ever see them on walks or at Winterplace, make sure to say hello!

If you know of a great pet please contact Bob Coburn at 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.



Gunner



Gunner & Betty



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Debbie Gray Has A BIG Heart!

WRITTEN BY ED MCCALL



Debbie Gray has a big heart. She is all about caring and kindness, and she dispenses both in ample amounts daily. For her it is never a chore to be pleasant. It is as natural as breathing for the softspoken mother of twins and doting grandmother to five.

She and her husband of nearly a half-century, Rick, share a beautiful home on Sourwood Lane with their Maltese Remy. While they never tire of the gorgeous sunsets over the lake adjacent to #16 green and #17 tee on The Cobb course, her days are spent walking with friends and dispensing acts of kindness, beginning with checking in daily with her father, James Songer, who was one of Glade's first residents. Debbie makes sure her dad is comfortable and ensures that his nutritional needs are always met.

Debbie is a neighbor's neighbor. When she greets someone, it is usually with a hug or a touch on the arm or hand that is

warm and natural, never affected. Her big bluish-green eyes let you know that when she asks, "How are you?" she is really interested in knowing the answer.

Friends who are facing a family or health challenge can expect a card, a visit, or a phone call to let them know they are not alone and that their concerns are being uplifted in prayer. The quiet light that she shines on those facing one of life's dark moments is as dependable and warming as the morning sun that awakens the songbirds in the trees throughout Glade.

She is a fierce competitor when it comes to pickleball or card games, but it is really the camaraderie and the physical activity that she loves. This past winter she and some friends traveled to Jacksonville, Florida, to participate in "The Donna," a half-marathon fundraiser to combat breast cancer. Her toughness shone through as she finished the 13.5-mile trek despite a "bad wheel." She ministers to her church friends through her work at United Methodist Temple where she sings in the choir and assists with preparations for communion. Her contributions to church projects over the years are too numerous to count. They run from vacation bible school to prepping for church dinners and celebrations.

Here at Glade, one of her most visible projects happens each year around Christmas time. She was the initiator and remains the driving force behind the fund-raising that ensures our security staff receive Christmas bonuses each year as a thank you for the watchful eye they keep on our community.

She has volunteered her services as a receptionist for friends opening a new business and even drove over an hour when that business relocated. Her caring travels, her caring stays home, and her caring is always as evident as her beautiful smile. Those of us who are lucky enough to call Debbie Gray neighbor and friend are blessed that it does. She has such a big heart! If you know someone who is Making a Difference, please contact Bob Coburn at bob.coburn@n2co.com

Her big bluish-green eyes let you know that when she asks, "How are you?" she is really interested in knowing the answer.



Debbie, Paige & Karen

Rick & Debbie Gray

Linda Hurst, Cindy McCall, Debbie Gray, Ginny Beasley & Colleen McCulloch



Debbie Gray, Karen Berneburg, Anne Childers & Angela Ramsey

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Chicken Manchurian!

SUBMITTED BY NAJMA FAHEEM

INGREDIENTS:

- Chicken Breast or Thighs Bite Size
- About 2 Breasts or 4 Thighs
- 1 Teaspoon Black Pepper
- 1 Teaspoon Salt
- 1 Tablespoon Ginger Garlic Paste
- 1 Small Egg

PREPARATION:

1. Mix Chicken and the Spices and rest for 30 minutes
2. Add 3 Tablespoons of Corn Starch - Coat Well!
3. Deep Fry in Hot Oil for 5-6 Minutes
4. Remove and Rest Chicken
5. For the Sauce, 2 Tablespoons Dark Soy Sauce, 2 Tablespoons White Vinegar, 4 Tablespoons Ketchup, 1 Tablespoon Brown Sugar, Corn Starch and Green Spring Onions Sliced for Garnish.



6. In a pan or wok heat 2 tablespoons oil and add 6 cloves of garlic chopped. Add chopped ginger and stir fry for one minute. Add sliced green onions and stir fry for a minute. Add one onion petals and stir fry for 30 seconds. Add green and red bell pepper squares and stir fry for a minute. Add the sauce, stir well then add the chicken. Stir fry for a minute and add one tablespoon of corn starch and 3 tablespoons water. Mix well and serve with green spring onions as garnish. Enjoy!

If you have a great recipe you would like to share with the community please contact Bob Coburn at bob.coburn@n2co.com





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Fall Festival!

Glade Community Church

WRITTEN BY BOB COBURN

Mark your calendars! Glade Community Church is thrilled to invite you and your family to this year's Fall Festival, happening right here in Glade Springs at the Town Square Pavilion on Saturday, September 14th from 1:00 PM to 6:00 PM.

This is going to be a wonderful event with fun for all ages including prizes, gift cards, games, bouncy houses, face painting and more! Whether you're 5 or 95, there's something here for everyone to enjoy!

Event organizer Roberta Smith has poured her talents into planning this fun occasion with something for everyone. "We have music, trivia games, cornhole, volleyball, horseshoes, putt-putt golf and a fire pit with s'mores!", says Roberta. "We'll have a great lunch from 1:30 to 3:30 and our goal is to pour God's love into our community. Everyone is invited and it's free of charge. We want our community to feel the love of the church."



Roberta is assisted in the planning by Cheryl Hickman, Beth Jarrell, Cindy Coburn and of course, Pastor Troy Rackliffe.

Glade Springs Community Church is located just outside the front gate and provides Sunday service from 10am to 11am each week. They also provide a Children's Ministry, nursery and Youth Group on Sunday evenings. It is a non-denominational church filled with people from many different backgrounds who believe God loves you and has a purpose and plan for your life.

"We are honored and blessed to sponsor the Fall Festival and look forward to meeting new friends during this fun day!", says Pastor Troy. "Our community is truly a special place to live. Some of the kindest people I have met in my life, call wild and wonderful their home!"

We hope you will join us on September 14th for a fantastic day!

It's going to be a great day for the whole family!

Don't forget to register-we can't wait to celebrate with you!

Please use the barcode to register or reach out to

Roberta Smith at etrsmith7@gmail.com



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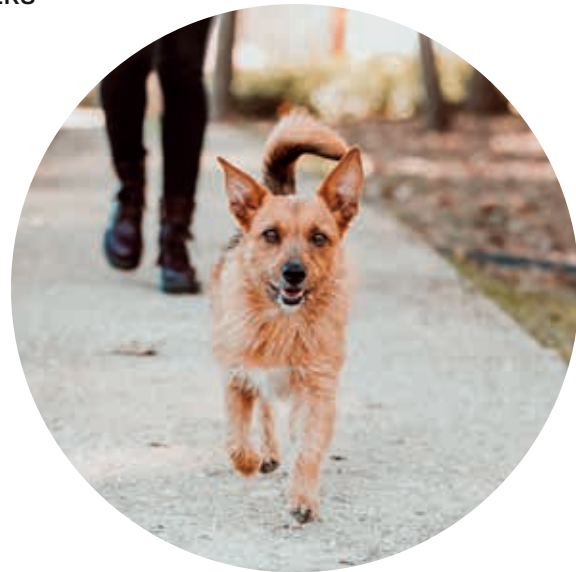
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WHERE LOVE MEETS HOPE

Thoughtful steps to help your new rescue pet settle in, build trust, and become part of your family.

BY CAROLINE PERROTT



Adopting a rescue animal is one of the most compassionate decisions a family can make. But beyond the joy of bringing a new furry friend home, it's important to consider how we can create a space that truly supports their transition from shelter life to a loving sanctuary.

The first step is setting up a safe retreat, a quiet, comfortable corner where your new pet can decompress and feel secure. This might mean a cozy crate with soft bedding, a designated room away from household noise, or a favorite blanket with familiar scents. Giving your rescue a personal space helps build trust and reduces the overwhelm of a new environment.

Next comes easing introductions, whether to children, other pets, or your home at large. Patience is key. Encourage gentle interactions with kids, teaching them to respect the animal's space and signals. Slow, supervised meetings can prevent stress and foster positive relationships when other pets are involved.

Creating routines around feeding, walks, and playtime helps establish predictability, which is comforting for animals adjusting to new surroundings. And don't forget to celebrate small wins—every wagging tail, soft purr, or quiet nap is progress.

Welcoming a rescue pet means opening your home and heart. With intentional preparation and patience, families can build a foundation of safety, trust, and connection that sets both pet and people up for years of joy.

THE FIRST WEEK CHECKLIST

These simple steps help your new rescue feel safe, calm, and loved from day one.

- ☐ Set up a quiet, cozy spot with bedding and familiar scents
- ☐ Provide a crate or small retreat area
- ☐ Teach kids to be gentle and calm
- ☐ Supervise introductions with other pets
- ☐ Let your pet explore at their own pace
- ☐ Keep regular feeding, potty, and playtimes
- ☐ Stick to calm, predictable interactions
- ☐ Watch for signs of stress or illness
- ☐ Schedule a vet visit within the first week
- ☐ Reward good behavior
- ☐ Be patient and enjoy building your bond




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Rethinking Safe

Simple ways to adapt your investing strategy today.

BY CAROLINE PERROTT

1. What Diversification Really Means Now

Spreading your money across different types of investments, known as diversification, has long been a basic rule. But now, people are thinking beyond stocks and bonds. Real estate, global markets, or even funds that reflect your personal values could be worth considering. You don't need to chase trends to be smart with your money—just make sure your eggs aren't all in one basket.

2. Keeping an Eye on Inflation (With the Help of Tech!)

Rising prices can quietly eat away at your money's buying power. That's why some are exploring ways to help their savings keep up. At the same time, tech tools like budgeting apps and automated investing platforms make it easier than ever to keep tabs on your financial goals, even if you're not a numbers person.

3. The Rise of Sustainable Investing

You've probably heard more about ESG or values-based investing lately. Many see it as a long-term strategy, not just a feel-good trend. Whether it's right for you or not, the bigger takeaway is this: staying informed, asking questions, and being open to small adjustments can make a big difference over time.

MONEY MYTH BUSTERS

Myth 1: “Cash is the safest place to keep my money.”

While having an emergency fund is essential, holding too much cash can mean missing out on growth, especially when inflation erodes purchasing power over time.

Myth 2: “Bonds are always low-risk.”

Bonds can offer stability, but they're not immune to interest rate changes, credit risk, or inflation—all of which can impact returns.

Myth 3: “If I don't understand it, I shouldn't invest in it.”

Caution is wise, but staying uninformed can lead to missed opportunities. With the right education and guidance, even complex tools (like ETFs or sustainable funds) can become part of a smart strategy.

Myth 4: “I'm too close to retirement to make changes.”

Conservative doesn't mean stagnant. Even later in life, strategic adjustments can help maintain income, hedge inflation, and preserve capital.



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Your body changes—so should your workouts. Here’s how to move smarter and stay strong in every decade of adult life.

BY CAROLINE PERROTT

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September is a season of fresh starts. The air gets crisper, routines settle back in, and there’s a natural urge to regroup. For a healthy, well-balanced lifestyle, regular movement should always be part of your routine. But more and more research shows that the workout that worked for you five or ten years ago might not be what your body needs today.

As we age, our fitness priorities shift. What matters most in your 20s isn’t the same as what your body craves in your 40s or 60s, and that’s not a bad thing. In fact, tailoring your routine to match your stage of life is one of the smartest, most sustainable ways to stay strong and energized for the long haul. Whether you’re building a foundation, maintaining momentum, or focusing on mobility, this decade-by-decade guide breaks down what to prioritize so you can keep moving well at every age.

In your 20s, it’s all about building a solid foundation. This is the time to focus on strength training, flexibility, and core stability. Establishing good movement patterns now can help prevent injury and set you up for long-term success.

In your 30s, staying consistent becomes more important than pushing harder. With work, family, and daily stress competing for energy, it’s smart to focus on balanced workouts, mobility, and injury prevention—without skipping strength and cardio.

In your 40s, maintaining muscle and metabolism moves to the top of the priority list. This is when muscle mass starts to naturally decline, so regular resistance training and short bursts of high-intensity movement (like interval training) can help keep your energy and strength up.

In your 50s and beyond, joint health, balance, and bone density become key factors in overall wellness. Low-impact exercises like walking, swimming, Pilates, and yoga can help maintain mobility, prevent falls, and support long-term independence.

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REAL ESTATE
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This is your neighborhood Real Estate Resource page. This information can be useful when trying to compare property values or for just keeping a pulse on the real estate market in our area. For questions regarding the properties listed, or about real estate in general, consult a real estate professional.

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

Address	Neighborhood	List Price	Sale Price	Sold Date	Beds	Baths	SqFt	Pp Sq Ft
106 Edmund Lane	Stonehaven	\$529,000	\$535,000	06/30/25	3	3	2,820	\$189.72
102 Sandsfoot Lane	Stonehaven	\$389,000	\$375,000	07/09/25	3	2	2,013	\$186.29
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
169 Cathedral Lane	Woodhaven	\$460,000	\$460,000	07/11/25	3	2	1,966	\$233.98
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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