

STROLL[®]

Glade Springs Village



MEET YOUR
NEIGHBORS

Cindy &
Danny
Gibbs

PHOTO BY KAREN AKERS

DELIVERING NEIGHBORHOOD CONNECTIONS



AscendHR

BUSINESS, SIMPLIFIED.

Strength in Numbers

AscendHR is a West Virginia-based PEO that helps businesses simplify payroll, HR, and employee benefits. When you partner with us, you're not just getting support — you're gaining a full-force team of experts with over 230 combined years of PEO experience. We bring the numbers that matter:

- ✓ 200,000+ businesses use PEO services.
- ✓ 2x faster business growth
- ✓ 12% lower employee turnover
- ✓ 50% less likely to go out of business
- ✓ Employees have access to Fortune 500-level benefits at an affordable cost.

AscendHR gives you the numbers, the strategy, and the people to move forward with confidence.

Scan to meet your team
and see how we support
businesses like yours.



☎ 304-929-5996

✉ climbhigher@ascend-hr.com

🌐 www.ascend-hr.com

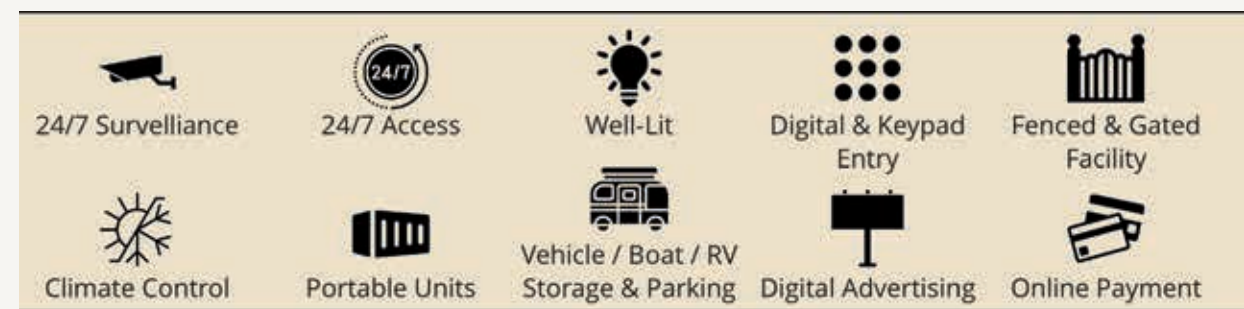


Amazing storage at an Affordable Price



AVAILABLE NOW! 40 Units of 14 x 40s & 14 x 50s!

Additional Warehouse Space for You Business Owners !



NOW OPEN!

in Daniels (304) 419-3515 | aawva@yahoo.com



**CLIMATE
SELF STORAGE
HEATED & COOLED**

ADVANCE
Quality Storage and Handling Systems Built By People You Trust





strollmag.com

Delivering Neighborhood Connections
© 2025 The N2 Company, Inc.

- (304) 252-4087

St. Francis De Sales
- (304) 255-4535

Victory Baptist Academy
- (304) 256-4616

Beckley/Stratton Junior High
- (304) 256-4646

Woodrow Wilson High School
- (304) 207-0543

Kids of Harmony

CONTRIBUTORS-AT-LARGE

Special Thanks to the Gibbs, Karli Workman, the ladies golf groups, the Shanks, Patsieann Misiti, the Stuarts and Ingrid Lemme!

IMPORTANT
PHONE NUMBERS

- 911

Emergency Fire, Ambulance, Police
- (304) 253-8993

Beaver Volunteer Fire Dept.
- (304) 256-6700

WV State Police – Raleigh County
- (304) 255-9300

Raleigh County Sheriff’s Dept.
- (800) 222-1222

Poison Control Hotline
- (304) 763-4385

Glade Springs Security

- HOSPITAL AND EMERGENCY

Raleigh General Hospital
- Prompt Care

- UTILITIES

American Electric Power
- (800) 422-2782

American Water Company
- (304) 252-6051

Beckley Garbage Disposal
- (800) 834-2070

Mountaineer Gas Company
- (304) 255-1565

Shady Spring PSD – Water and Sewer

- GLADE SPRINGS VILLAGE

POA Office
- (304) 763-5382

Membership
- (304) 763-2000

The Resort at Glade Springs
- (304) 763-5000

Glade Springs Real Estate
- (304) 763-0814

Small Talk Café
- (304) 763-0817

Bunkers
- (304) 763-2050

Cobb Golf Shop
- (304) 763-3332

Woodhaven and Stonehaven Golf Shop
- (304) 763-0877

Spa and Salon Orange

- SCHOOLS

Shady Spring Elementary
- (304) 256-4633

Shady Spring Middle School
- (304) 256-4647

Shady Spring High School
- (304) 256-4642

Daniels Elementary School

GLADE *living*

DISCLAIMER: This publication is also known as *Glade Living*, is owned by The N2 Company, and is not affiliated with or sponsored by any club, developer, or homeowners association. Articles and advertisements in this publication and opinions expressed therein do not necessarily reflect the views of N2 but remain solely those of the author(s) or advertiser(s). The paid advertisements contained within this magazine are not endorsed or recommended by N2.

We’re proud to showcase businesses that share our commitment to fostering local connections. When perusing our pages, keep an eye out for the “Local Sponsor” icon to identify articles highlighting these valuable partners. Please note that businesses profiled may have provided free products and / or services for the review.



Stroud, Ross & Associates,
CPAs, A.C.



Wills-Royster Bookkeeping Services

Business Valuations | Tax Planning And Preparation
Bookkeeping And Payroll Services



John W. Stroud, Jr., CPA, CVA, MAFF
Richard L. Ross, MPAcc, CPA
Trilla Wills
Mari Foster
339 Rural Acres Dr. Beckley, WV
(304)252-8707 | (304) 252-7497

EMERGENCY

HighER Level
of Heart Care

ACCREDITED

AMERICAN COLLEGE OF CARDIOLOGY

CHEST PAIN CENTER

PRIMARY PCI

RGH

Raleigh
General
Hospital

RaleighGeneral.com

Tim Cyrus, Agent

824 Ritter Drive

Beaver, WV 25813

Bus: 304-255-6917

timcyrus.com

Give your home the
protection it deserves.

Your home is where you make some of your best memories, and that's worth protecting.
I'm here to help.
LET'S TALK TODAY.

State Farm Fire and Casualty Company, State Farm General Insurance Company, Bloomington, IL
State Farm Florida Insurance Company, Winter Haven, FL; State Farm Lloyds, Richardson, TX

We Groom ALL Breeds and Sizes

(304) 444-0311

Book online at centralpupwv.com

2801 Robert C. Byrd Drive | Beckley, WV 25801

PREFERRED PARTNERS

This section is here to give our readers easier access when searching for a trusted neighborhood partner to use. Get to know the businesses that make this magazine possible. Please support them in return and thank them if you get the chance!

ADVERTISE IN THIS PUBLICATION

Stroll Glade Springs Village
Bob Coburn-Area Director
(304) 860-0099

ACCOUNTING/BUSINESS VALUATIONS/TAX PLNG
Stroud, Ross & Associates
John W. Stroud, Jr., CPA, CVA

(304) 252-8707
339 Rural Acres Dr.
Beckley, WV 25801

AIR CONDITIONING / HEATING
Childers Enterprises
(800) 224-7017
www.childersenterprises.com

Appalachian Heating
(304) 877-5566
www.appheat.com

ALCOHOL, TOBACCO & FIREARMS
Tobacco Town & The Cigar Lodge
(304) 254-0500
www.tobaccotownwv.com

ANIMAL HOSPITAL

New River Animal Hospital
(304) 466-0251
www.nrahpets.com

ASPHALT SEALING & STRIPING
Seal-Tech
(304) 719-2101
Facebook seal-tech,inc

AUTO DEALER
Dutch Miller Kia
(304) 343-7700

dutchmillerkiaofcharleston.com

Prestige Motor Company LLC
(304) 255-9252
prestigemotorwv.com

Sheets Chrysler Dodge Jeep Ram
(304) 252-4555
nobodybeatssheets.com

AUTO DETAILING
Bluejacket Mobile Detailing
(681) 208-9535
bluejacketoftroad.com

AUTO SALES PROFESSIONAL

Jon Atha - Ramey Toyota
(304) 487-2279
rameycars.com

BAKERY
Wylde Berry Bakery
(304) 575-5482
www.wyldeberrybakery.com

BANK
Pioneer Community Bank
(304) 254-8680
www.pioneercommunitybank.com

BANKING SERVICES
City National Bank
(304) 610-0683
www.bankatcity.com

United Bank
(252) 940-4918
bankwithunited.com

CHURCH

Glade Community Church
(304) 920-4312
www.gladecc.com

CLEANING | RESIDENTIAL & COMMERCIAL
Suddenly Spotless
(304) 772-6009
suddenlyspotless.net

CLEANING-RESIDENTIAL/ COMMERCIAL
T's Cleaning Service
Tammy Billeter
(412) 608-5272
n/a

COMPUTER REPAIR
Compute One
Chase Cappellari
(304) 250-4552
www.computeone.net

CONSULTING SERVICES

Compliance
(681) 238-5732
compliancewv.com

DENTAL CARE

Liberty Dental Center
(681) 207-7063
www.libertydentalcenters.com

Shady Spring Dental Care
(304) 763-4665
www.shadyspringdentalcare.com

DOG GROOMER

Central Pup
(304) 444-0311
centralpupwv.com

DOG/PET TRAINING

Top Tier K9 - Southern WV
(304) 920-1915
toptierk9.com/southern-wv

DONATIONS: NON-PROFIT
Good News Mountaineer Garage
(304) 344-8445 x4
goodnewsmountaineergarage.com

EMPLOYER & EMPLOYEE RESOURCES

AscendHR
(304) 929-5996
ascend-hr.com

FINANCIAL ADVISOR

Edward Jones
(681) 254-0079
www.edwardjones.com/tracy-houck

FINANCIAL SERVICES / RETIREMENT PLANNING

Bill Kinder & Associates
(304) 250-0250
www.billkinder.com

FISHING & HUNTING SPECIALISTS

PC Outdoors
(304) 466-1444
facebook.com/Pcbaits/

FLOWERS/VEGETABLE PLANTS/PRODUCE

Shady Side Market
(304) 618-0052
Facebook-Shady Side Market

FURNITURE

Wells Home Furnishings
(304) 343-3600
www.wellshome.com

GARAGE DOORS SALES & SERVICES

Appalachian Garage Doors
(304) 255-7100
www.chiohd.com

GIRLS FASHION AND GIFTS
Tara Miller Finding Foxtale
(304) 731-3902

GREENHOUSE

Casto's Greenhouses
(304) 465-5774
www.castosgreenhouses.com

HEALTHCARE - PRIMARY CARE

AccessHealth
(304) 252-8555
www.accesshealthwv.com

HEATING & COOLING/ RESIDENT. & COMMERC.

Appalachian Heating
Dan Akers
(304) 877-5566
www.appheat.com

HOSPITAL

Raleigh General Hospital
(304) 256-4100
www.raleighgeneral.com

INSURANCE - AUTO - HOME
Wickline Insurance Associates
(304) 252-1483
wicklineinsurance.com

INSURANCE - STATE FARM
Tim Cyrus - State Farm Insurance
(304) 255-6917
timcyrus.com

LANDSCAPE & HARDSCAPE, DESIGN & BUILD
Aspen Corporation
(304) 763-4573
www.aspen-golf.com
www.aspen-landscaping.com

LAWN CARE & PEST CONTROL
Aspen Corporation
(304) 763-4573
www.aspen-golf.com
www.aspen-landscaping.com

MEDICAL SPA/COSMETIC SURGERY

Mountain State ENT & Healing Springs Medical Spa
(304) 255-0330
www.cosmeticsurgerywv.com

MENTAL HEALTH

Bright Life Mental Health
(682) 238-6634
info@brightlifemhs.com

ORTHOPEDIC SURGEON
West Virginia Orthopedic Trauma
(304) 410-0061
wvotonline.com

ORTHOTIC/PROSTHETIC
W.V. Orthotic & Prosthetic
(304) 256-8351
wvopc.com

PEST CONTROL & LAWN CARE
Whitman Exterminating Company
(304) 253-3331

PHOTOGRAPHY

Karen Akers Photography
(304) 573-0516
www.karenakersphotography.
zenfolio.com

PHYSICAL THERAPY

Performance Physical Therapy & Rehabilitation
(304) 237-5585
www.performanceptwv.com

PRESSURE WASHING

Big Nick's Pressure Washing
(681) 368-1071
Facebook Nick Worix

PRIVATE WEALTH FINANCIAL ADVISOR
Ameriprise Financial Ray Morton
(304) 253-8515
ameripriseadvisors.com/
raymond.j.morton

PROPERTY OWNERS' ASSOCIATION
Glade Springs Village P.O.A.
(304) 763-5382
www.gladespringspoa.com

REAL ESTATE / APPRAISAL
Zaferatos Real Estate
(304) 929-0972

REALTORS

Glade Springs Real Estate
(304) 763-5000
gladespringsrealestate.com

RESIDENTIAL & COMMERCIAL CLEANING

Bare Necessities Cleaning, LLC
(304) 553-8440

RESTAURANT

Chick-fil-A
(304) 250-0158

Pasquale's

(304) 255-5253
beckleyitalian.com

ROOFING CONTRACTOR

Frye Roofing, Inc.
(304) 327-5314
fryeroofing.com

SELF STORAGE

Advanced Storage
(304) 419-3515
advanced-storage-wv.com

STONE MASONRY

Vintage Stone
(304) 466-3077
www.vintagestonewv.com

TECHNOLOGY

Greenbrier Technologies & Electric
(304) 645-7548
grcs.com

TREE SERVICES

Clay's Tree Service
Gary Clay
(304) 255-5636
www.claystreeandroofing.com

UROLOGY

Advanced Urology - Dr. L. Faith Payne
(304) 552-0521
raleighgeneral.com

UTILITY TRAILERS

Top Notch Trailers
Bethany Barber
(304) 923-9800
topnotchtrailerswv.com

WEEKEND GETAWAY RENTAL

Country Roads Cabins
(304) 658-5267
wvcabins.com



YOUR STROLL GLADE SPRINGS VILLAGE TEAM



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

Take a break from gravity

INTRODUCING STRESSLESS® ADAM

Stressless
BY EKORNES
MADE IN NORWAY

SAVE \$400 ON SELECT RECLINERS THRU OCTOBER 27

Save \$400 on the Adam, with tilt that elevates your legs above your heart for ultimate wellbeing. This weightless position promotes relaxation, health benefits, and body recharge — enhanced by soft, supportive cushioning and lasting comfort.

Special savings on all Stressless® seating. SEE STORE FOR DETAILS.

Wells Home
CORRIDOR G | CHARLESTON (304) 343-3600 WELLSHOME.COM

Experience The Best

COUNTRY ROAD CABINS
Nico, West Virginia

Located moments from New River Gorge National Park and Preserve, our four-time Best of West Virginia Award-winning private wooded escape includes cabins, glamping tents, tree houses, geodesic dome and Airstream accommodations. All feature fully stocked kitchens, Wi-Fi and private hot tubs.

Save 20% on accommodations with promo code **STROLL**

Reserve your escape today!
WVCabins.com • 304-658-5267

From Suddenly Spotless to Suddenly Sold—

our all-inclusive cleaning and real estate services, powered by Better Homes and Gardens, make selling your home seamless and stress-free.

Love Where You Live

Better Homes and Gardens
REAL ESTATE
CENTRAL
Josh McGrath, Broker

SUDDENLY SPOTLESS

Prepare your property for the market with a Realtor's expert touch.

Michelle Wilson

Realtor | Salesperson - 304.542-3178
Suddenly Spotless President - 304.772.6009

APPALACHIAN GARAGE DOORS

YOUR GLADE SPRINGS GARAGE DOOR SPECIALISTS

Residential and Commercial Sales, Service, and Installation.

(304) 255-7100
WWW.CHIOHD.COM

Happy Halloween!

BOB COBURN



Happy October everyone and we are proud to be the first to introduce you to this wonderful month! October is the home of Halloween on the 31st so get those costumes in order for a great time. As always, we offer a special thanks to the residents of Hawthorn Ln. for allowing most of the free world to their section of Glade for a couple hours. Always a blast!

October is National Book Month and hosts Teacher's Day (5th), International Cat Day (16th), Pasta Day (17th) and of course football and lots of beautiful leaves! I'm sure Pasquale's would like you to remember the 17th! I have it on my calendar.

October is a great month at Glade Springs with cooler

temps and beautiful sights! We are truly blessed to live in such a wonderful community all year round. October is a highlight month in my mind.

Thanks as always for sharing your lives with us and allowing us to tell the stories of your amazing families. We're proud to have a hand in getting to know each other better and become friends and great neighbors.

Thank you also to our dedicated preferred partners who work tirelessly to provide us with products and services to improve our quality of life.

Have a fantastic October!

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.



Not FDIC or NCUA Insured | No Financial Institution Guarantee | May Lose Value

Ameriprise cannot guarantee future financial results. Diversification does not assure a profit or protect against loss. Securities offered by Ameriprise Financial Services, LLC. Member FINRA and SIPC. © 2024 Ameriprise Financial, Inc. All rights reserved.



Reach your financial goals with greater confidence
We shape financial solutions for a lifetime®



Ray Morton, CFP®, AAMS™
Private Wealth Advisor
raymond.j.morton@ampf.com
ameripriseadvisors.com/raymond.j.morton



Megan Legursky
Associate Financial Advisor
megan.legursky@ampf.com
ameripriseadvisors.com/megan.legursky

189 Dry Hill Road | Beckley, WV 25801 | 304.253.8515

Ameriprise Financial Services, LLC offers financial advisory services, investments, insurance and annuity products. RiverSource® and Columbia Management® products are offered by affiliates of Ameriprise Financial Services, LLC, Member FINRA and SIPC.



PRESTIGE -MOTOR COMPANY- OF BECKLEY



Scan for more info

Find quality pre-owned cars with honest, friendly service.
1701 Harper Rd, Beckley WV
304-255-9252
Visit prestigemotorwv.com today!



From the Big City to Almost Heaven!



DANNY
& CINDY
GIBBS

WRITTEN BY NANCY KEATLEY • PHOTOS BY KAREN AKERS

As quite often happens with former out-of-state residents of Glade Springs, Cindy and Danny Gibbs found their house at 204 Winston Place through an internet search. This was in 2024 – they had just sold their house in Houston and were looking for a smaller community and something radically different than the heat and humidity of the Texas Gulf Coast and Danny says, “Boy did we find it!”

Coming from different parts of the country, it was either fate or pure coincidence that they met. Cindy had attended Ohio State for 3 years but decided to transfer to the University of North Colorado to complete her degree in education. In 1987 after graduation, she moved to Houston and she and Danny moved into the same apartment complex on the same weekend.

Danny had graduated from Texas Tech with a degree in Journalism and Public Relations. After graduation he worked as spokesperson and Director of Public Affairs for Spectra Energy Corporation and as one of two spokespersons for Texas’ energy industry regulator–The Railroad Commission of Texas.

Cindy taught 3rd grade for 9 years in the Houston suburbs, most subjects included. When the children came along, she became a stay-at-home mom to Tate, now 28 and Taylor, 26, who both live in Houston. Eventually she began substitute teaching and did that for seventeen years including her favorite subject, Physical Education which she taught for 6 years.

As part of Danny’s job at Spectra predecessor of Duke Energy Gas Transmission, they lived in Charlotte for a few years where they enjoyed being close to the ocean and the mountains. Eventually they returned to Houston at which time in 2016, Danny qualified for retirement but went back to work as Vice President of Land Acquisition for Doyle Land Services. During Covid he started his own land acquisition – related consulting business which is still in operation today. In 2023 Cindy retired from teaching and the search for their next home began.

When asked about hobbies or spare-time activities, Danny immediately mentioned golf. He plays in 3 of the organized men’s games here at Glade. He has also found the men’s poker game and seems to enjoy both. Cindy says, “I had

CONTINUED ►



always worked out – now I stay busy with pickleball, yoga, hiking and paddleboarding”. She had played golf years ago and hopes to get back to it soon.

Cindy says that Tate and Taylor love coming here. She is a runner and loves these hills and they have both skied and gone tubing at Winterplace.

Cindy and Danny attend the Glade church and feel that friends and neighbors here have been “very welcoming”. They say that the cooler weather and natural beauty of Glade Springs have made for an easy transition. Danny sums it up like this – “what has impressed me most is that it feels like we traded 4 million people for 4”.

If you know of a great family or individual in the neighborhood and would like to recommend them for a Meet Your Neighbors story, please contact Bob Coburn at bob.coburn@n2co.com



Nancy Keatley is a retired educator who enjoys golf, travel, and spending time with family and friends.



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!

PIONEER
COMMUNITY BANK

**True Community Bank.
Proudly West Virginian.**

Selling Glade Since 1987

GLADE SPRINGS
Real Estate Company

304.763.5000

Celebrating our 17TH YEAR in business!

Your local IT solutions provider

ComputeOne
One call does it all!
Business & Residential

We make house calls!

Owned by Glade Resident- Chase Cappellari

IT Support | VHS to DVD & more.

Call or TEXT 304-250-4552
info@computeone.net | www.computeone.net

CLAY'S
TREE SERVICE

255-5636 | Beckley, WV | WV License 023659

COMPLETE Tree Service
Satisfaction Guaranteed
Compensation Coverage

**FREE ESTIMATES | LICENSED & INSURED | TRIMMING | TOPPING
PRUNING | STUMP REMOVAL | LANDSCAPING | FIREWOOD**

No tricks. All torque.

New 2025 Ram 1500
Warlock Crew in
Diamond Black Crystal

Come see your
neighbors at

SHEETS 250 Auto Plaza Drive
Beckley, WV 25801
304.252.4555 | nobodybeatssheets.com

RAM

T's Cleaning Service
Owners, Tammy & Devin Billeter
(412) 608-5272
Devinbilleter@icloud.com

Residential and Commercial

RAMEY TOYOTA

Call your neighbor, Jon Atha
304-673-2269

Available to sell new and pre-owned vehicles.

AccessHealth

DANIELS CLINIC
GHOSTS, GHOULS,
AND GOOD HEALTH

ZACHARY HALSEY, DO | KIMBERLY BALLARD, DO
ANGELA PENDLETON, DO | AMBER HEDGECOCK, DO
MEGHANN LONG, FNP

(304) 252-8555
2157 RITTER DRIVE, DANIELS, WV
WWW.ACCESSHEALTHWV.COM

Karli Workman

A young entrepreneur making her mark

WRITTEN BY KAREENA PATEL, PHOTOS BY KAREN AKERS

Last July, she turned her passion into a business and launched Karli Dangles



At just 21 years old, Karli has already built a story worth sharing. Growing up with an older sibling, she always had a role model to look up to, but her own path has been defined by drive, creativity, and determination. After attending Bluefield State College and majoring in Business Administration, Karli graduated a full year early: an achievement that has become one of her proudest milestones.

Last July, she turned her passion into a business and launched Karli Dangles, a charm jewelry brand that has

already seen success. Her collection, which includes bracelets, necklaces, and now scarf necklaces, has been gaining traction both online and at community pop-ups in Princeton and surrounding areas. She's even beginning to expand her reach out of state. Recently, she took her business growth to the next level by creating a website to showcase and sell her designs.

For Karli, running a small business hasn't been without its challenges. The hardest part, she says, is time management—balancing school, work, friends, and her growing brand. But she credits her grandmother as her biggest inspiration, the one who encouraged her creativity and fueled her entrepreneurial spirit. “The best thing you can do,” Karli says, “is place everything in God’s hands.” For younger entrepreneurs hoping to follow a similar path, her advice is simple: don’t be afraid of failure, and always set your mind to your goals.

Outside of her business, Karli makes sure to live life to the fullest. She loves traveling, recently celebrating graduation with a cruise to the Bahamas and Cayman Islands, and already has plans to return to the Cayman Islands soon. She also enjoys skiing, golfing, working out, reading, and spending time with friends. Her favorite book is *Live* by Sadie Robertson, which continues to inspire her personal growth. This summer, she filled her time traveling, hiking, doing yoga, and enjoying the amenities of the Glade Springs Resort, from the golf course to the leisure center.

Currently, Karli is focusing on sharpening her problem-solving skills, a tool she knows will strengthen her in business and beyond. Between her early graduation, the launch of Karli Dangles, and her continuous dedication to growth, she's well accomplished. With her vision for expansion, it's clear Karli is just getting started.



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 a great kid in the neighborhood please contact Bob Coburn at bob.coburn@n2co.com



Chick-fil-A®
Family Style Meals



Back to School Doesn't Have to Mean Back to Chaos!
Between school drop-offs, soccer practice, and late-night homework...
dinner shouldn't be another decision to stress over.
Nuggets for the win. Mac & cheese for the smiles.
And milkshakes for the A+ parents.
Mom and Dad, you just became the heroes of the school year.
Choose from 12 different entree, side and dessert combinations to make dinnertime easy.
Start an order in the Chick-fil-A® App.

Ladies to the Tee!

WRITTEN BY ED MCCALL



Finding a golf game for ladies on one of our three magnificent courses isn't any harder than it is for the men. There are many welcoming options for players of all skill levels and all ages. Many of our female golfing residents just pick up their phones, call a friend or two, and arrange a game, but there are also some well-established groups that have regular days and tee times that are set in stone, and playing in one group does not preclude one from participating in another outing. Many of the Glade golfing gals play with multiple groups.

Dressed to the Nines: This 9-hole game takes place each Tuesday and is usually conducted on Stonehaven. If the course is occupied with a tournament or Resort outing, they proceed to the more difficult Woodhaven where the game becomes a scramble. Currently under the direction of Stoya Lay, this group also includes the "silver tee ladies" and many of these gather after play at Small Talk or The Haven for a light lunch. Yearly membership in this group of 30-35 players costs \$30. There are usually 20-24 members playing each week.

They have 6 standing tee times beginning at 9:30 a.m. and play a myriad of fun games such as "throw out the trash" where you get to discard 3 holes that don't count toward your final score, and sometimes you have to choose which holes you would like to omit before playing, and "blind partners." This game rewards good putters and punishes bad putters. Anyone who 3-putts must contribute a quarter to Just For Kids charity, and the player with fewest putts each week is paid \$1.00. Players are rewarded at the end of the year with gift cards.

Another Stonehaven game on Tuesdays is run by Mary Fulbright. They have two standing tee times beginning at noon. She has 18 folks in her contact list, and if more tee times are needed, she gets them. She says the group "just plays golf," and if there are any games, they are devised within each foursome by the players. The skill level in this group is across the spectrum from low handicappers to handicaps in the 20s. Sometimes if the course is not available, they arrange a day trip to Grandview.

Ladies looking for a game on Hump Day can reach out to Jan Allen. She marshals together a group of 8 – 16 players each Wednesday on The Cobb. Some do 18; some do only 9 holes, but all have a great time. Tee times start at 10:00 a.m. They often play "Dots," but the format is always flexible and participation in the game of the week is not required. If you just want to play golf, that's fine too.

Thursday finds the 9-hole Beginners teeing it up on Stonehaven. They are strictly social golfers looking for time spent outdoors with friends doing a fun activity (golf). They play a best ball scramble each week and are under the direction of Joanne Beckett. They welcome anyone who is just getting started in this most difficult of sports. They've created a perfect opportunity to learn the game in a no pressure setting, and best of all you are among golfers who are at the same skill level.

The Glade Springs Women's Golf Association hosts its outings on Thursday as well. 2025 President Lorrie Vargo directs this group of competitive 18-holers who tee off 20-24 players each week beginning at 10:30 on Stonehaven. These serious golfers post all scores and putt everything out. Although

they are serious about playing as well as they can, they do not let it get in the way of having a good time as they play a variety of games, many of which yours truly has never experienced. Mutt and Jeff, 3 Wishes, Ace and Queen, Toss the Trash, Blind Partners, and WV vs the World are just a few.

TGIFers have a great opportunity to get in a practice round, either 9 or 18 holes, on Stonehaven each Friday. Betty Wagaman puts together a very informal outing on Friday mornings. There is no competition except with oneself in trying to get better. Some use this as an opportunity to establish a handicap or to bolster their current index. Play in this group usually consists of 2-3 foursomes.

A really fun outing occurs each Sunday. Between 1:00 and 1:30 p.m. four to eight couples will tee off on Stonehaven. Often players do not play with their own spouses. I'm told this really upgrades civility and level of enjoyment! They play a number of different games, and Linda Stroud organizes this outing which also includes dinner afterward at The Dish, El Mariachi, or Casa Blanca.

Glade Springs Village director of golf, Matt Felber, and his staff, put together a once a month "Silver Tees Scramble" for lady members at Woodhaven. The event takes place on Monday evenings and is followed by a Happy Hour and buffet at the Haven. Anyone wishing to join the fun need only call Matt or Jimmy at the clubhouse and sign up. Recent buffets have featured BBQ, burgers and dogs, and tacos. These outings seem to be attracting more and more people! Those who have participated, not only in the golf but also in the HH, give the experience two thumbs up.

One thing I have learned in researching this topic is that Glade's female fairway walkers are just as passionate about the game as their male counterparts, and perhaps a bit more imaginative when it comes to innovative games to make golf fun and fair for all. They also believe strongly in putting out and posting all scores (not just the bad ones to inflate their handicaps) so that their handicaps are true representations of their skill levels. No sandbagging here!

One other thing is certain. If you are a female golfer in search of someone with whom to play, you have plenty of options here at Glade Springs. I can promise you will be made to feel welcome in any of these groups that Glade golf has to offer the fairer sex.



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

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



Joanne Beckett, Ann Lilly, Charlotte Riggs, Lisa Killmer and Gail Cox

PERFORMANCE
Physical Therapy & Fitness

- 24/7 Access
- Fully Equipped Fitness Center
- Large Selection of Free Weights
- Complementary Group Classes
- Range of Cardio Equipment
- Infra-Red Sauna

FITNESS CENTER: 681-207-5059
PHYSICAL THERAPY: 304-237-5585



2286 RITTER DRIVE DANIELS, WV



The Shanks Home

Functional beauty

WRITTEN BY ED MCCALL, PHOTOS BY KAREN AKERS



When Lynn and Cheryl Shanks started compiling ideas for the design of their new home overlooking the Glade gorge at 630 Club Circle, they wanted to adhere to certain principles. One, it would have to be beautiful, yet simplistic. Two, it would be functional. Three, it would be a “clutter-free” design. Mission accomplished.

Anyone making the drive around Club Circle will attest to the beauty of its clean lines, contrasting colors, and symmetry. A sweeping driveway lined with pressed dark concrete that resembles slate dissects a beautiful green lawn. From there the viewer’s eyes are led past a sign proclaiming their house number up to dark, reflective garage doors and large windows that invite light into its airy, wide-open interior. The light flows straight through and out across a gorgeous deck with views of the gorge below and all

manner of wildlife that inhabit their woods. Local builder Doug Lilly juxtaposed beautiful kiln dried Appalachian hardwoods, stone, and stucco on an eye-catching exterior with lines that seem to welcome passersby to want to explore what lies inside.

Lynn, true to his engineering training, says, “We started with the garage and worked our way into the rest of the house, keeping a minimalist approach all the way through the project.” Staying true to their design, they have kept the decorating minimal, though beautiful and artsy. One wouldn’t expect anything less with a talented artist like Cheryl as co-conspirator.

The garage itself initiates the “clutter-free” tone that is maintained throughout the interior. Big enough to house three vehicles and a golf cart on a black and white epoxy floor, all clutter (tools, yard and household necessities) is housed in what amounts to a large walk-in closet, completely out of sight, yet accessible. Along one wall are a built-in power washer, vacuum, and water hose, all with retractable hoses. An entrance from the garage into the house allows a direct path for groceries to be carried from car to kitchen without climbing steps.

The 3800 square foot structure that sits on a nearly one-acre lot seems bigger because of its airiness. It conveniently boasts 4.5 baths and an upstairs suite for guests with its own living room complete with refrigerator separated from the great room below only by a large plate glass wall that goes “frosty” to provide privacy when occupied. The steps leading up to the guest suite feature wire banisters.

Three bedrooms leave plenty of room for granddaughter Kennedy to sleep over as well as room for Cheryl’s best bud, kitty Winston, to lounge about. All drawers are conveniently housed in closets, and all furniture (beds, nightstands, and even bidets and toilets) are floating.

There is an office for Lynn just off the front entrance which is accentuated with a water sphere and tasteful landscaping. His well-appointed office allows him to work from home when necessary. There is an art studio where the ever-creative Cheryl feeds her passion. The main floor sports black and white accents above bleached and sealed white oak floors with open space everywhere one looks.

The main living space with its 24 ft. high ceiling (kitchen, dining, and great room) are as one and feature a large island with a sink, a hooded gas range complete with a pot filler. The kitchen sink has instant hot water and tasty, filtered water. The cabinetry is splendid yet subtle as not be noticed. One wall in the great room sports a large screen TV above a gas fireplace that is framed by stone and the same Appalachian hardwood that adorns the exterior of the home. Cheryl is eagerly awaiting a baby grand piano that will be situated in front of this wall.

When pressed as to their favorite room, neither Lynn nor Cheryl hesitated. “We love the deck and probably spend more time out there than anywhere else in the house.” The deck has a sitting and TV viewing area, sun-bathing lounges, a large fireplace as well as two tall gas heaters, a grilling and dining area, and a fan that both recirculates heat on chilly evenings and cools on hot summer days. The views? Let’s just say they are Almost Heaven!

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



YOUR STONE PROS



VintageStoneWV.com
(304) 466-3077



LENNOX

Air is life. Make it perfect.

EQUIPPED TO MAKE YOUR AIR
PERFECT.

NO PAYMENTS FOR 6 MONTHS WHEN YOU FINANCE A NEW LENNOX® SYSTEM
FOR AS LITTLE AS \$132 A MONTH OR RECEIVE UP TO \$1,000 IN REBATES

Ask About Our Free
Indoor Air Quality
and Air Duct Cleaning
Consultation!

APPALACHIAN
Heating

"The BIG Name in Comfort"
Since 1948
304.877.5566
www.appheat.com

© 2022 Lennox Industries Inc. Lennox Dealers are independently owned and operated businesses.



Shady Side Market

PRE-ORDER DELIVERY SERVICE!
\$25 Minimum 2 Days Per Week
CALL (304) 846-3360! Starting April 1st!

2199 Ritter Dr. | Daniels, WV 25832 | Find us on 

YOUR TEAM CLEANERS
WE'RE QUICK! WE'RE EASY!
WE'RE THOROUGH!

CHECK US OUT
ON FACEBOOK




BARE NECESSITIES CLEANING, LLC
Michelle Bare, OWNER | 304-553-8440
COMMERCIAL AND RESIDENTIAL CLEANING
WV Licensed, Bonded and Insured

**We can solve any and all
PEST CONTROL PROBLEMS!**



WHITMAN
EXTERMINATING CO.
& Lawn Care

Pest Control • Termites • Specialty Treatments
Retaining Walls • Lawn Care Maintenance

304-253-3331

Healing Springs MEDICAL SPA

NOW SCHEDULING
**SATURDAY
MASSAGES**

Follow our social media for openings
and exclusive promotions!

 Healing Springs Medical Spa
 @healingspringsmedspa
 (304) 255-0330



HOOD HAPPENINGS!



Everyone's Welcome to:
THE GLADE COMMUNITY CHURCH'S

FALL FESTIVAL

September 14th | 1PM - 6PM
Food: 1:30PM-3:30PM

Free!
Games - Bouncy Houses - Prizes
Face painting - and MORE!

TOWN SQUARE AT THE RESORT AT GLADE SPRINGS
255 Resort Drive, Daniels WV

RSVP is required to attend.

SCAN HERE



OR Email:
etrsmith7@gmail.com



FAITH HOPE LOVE





At home, Skye's favorite playmate is six-year-old Kayleigh. The two are inseparable, often running through the house in bursts of giggles and happy barks. Jamilah and Dr. Stuart love watching their daughter and Skye share such a special bond. When Skye is not zooming around the house, she can often be found perched by the window, watching the golf course like it is her own personal movie screen. She especially enjoys barking at anything or anyone that happens to pass by.

Life outside the house is just as exciting for Skye. She loves going for walks around Glade, visiting the playground, and taking car rides whether it is a trip around the neighborhood or an outing to new places. One of her favorite adventures is going to work with Dr. Stuart at WVU Tech. There, she relaxes in the office, plays with her toys, and soaks up all the attention she can get. Skye is also something of a campus celebrity, making appearances at soccer and softball games where she happily greets students, faculty, and anyone willing to give her a scratch behind the ears.

When the Stuart family hosts gatherings at their home, Skye is always part of the fun. She mingles with guests, graciously accepting pets and compliments, all while keeping an eye on the festivities. She is a natural social butterfly, or perhaps more accurately, a social Borderdoodle.

Skye's personality is a perfect blend of her breeds. Border Collies are medium-sized, energetic herding dogs from the Scottish region, known for their intelligence, loyalty, and boundless stamina. Poodles are equally intelligent and are known for their elegance, friendly nature, and signature curly coats. Skye embodies the best of both worlds, being fast, playful, protective, and full of affection.

Whether she is sprinting across the yard, cuddling on the couch, or making new friends, Skye has a way of brightening every moment. If you ever see her at a local event or strolling through Glade, make sure to say hello. She will almost certainly greet you with a wagging tail, a sparkle in her eyes, and perhaps even a happy bark.

Skye is a Star!

WRITTEN BY FARRAH MICEK

The Stuart family, which includes President Dr. T. Ramon Stuart, his wife Jamilah, and their daughter Kayleigh, are the proud owners of Skye, a fun, loving, and energetic Borderdoodle who has brought endless joy into their lives. Skye joined the family on a very special day, Christmas morning, two years ago. Ever since, she has been the heart of the household. With her soft white fur, soulful dark brown eyes, and tall, graceful frame, Skye is as beautiful as she is sweet. She was born on October 17, 2023, and has been living her best, tail-wagging life ever since.



If you know of a great pet in the neighborhood 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.



7295 Beech Run Road
Nimitz, WV 25978
(304) 466-0251
nrahpets.com

Dr. Connie Hyler-Both • Dr. Sarah Koressel

- Wellness Care
- Senior Care
- Chinese Medicine
- Pharmacy
- Laser Therapy
- Surgery
- X-ray
- Dental
- Grooming
- Acupuncture
- Ultrasound





WEST VIRGINIA
ORTHOPEDIC TRAUMA



We'll Get You Back on Your Feet

Broken bones and injury can happen to anyone, at any time. Our dedicated, expert staff are eager to get you back on your feet.

CONTACT US

 304-410-0061  wvotonline.com



DR. JOHN TABIT
Orthopedic Surgeon

Wickline Insurance,
you bring so much
to the table.



We're delighted to join forces with you.





THE GOLD STANDARD

IN MAGAZINE



& AD DESIGN

But don't just take our word for it. Take *theirs*.





APEX
AWARDS FOR
PUBLICATION EXCELLENCE



MARCOM
PLATINUM
WINNER



GD
USA



THE
N2 COMPANY



n2co.com



The Art of Landscaping

Aspen offers **full-service landscape** services to residential and commercial customers throughout

www.aspen-landscaping.com





- Design • Installation • Hardscape •
- Lawn Applications • Seeding • Aerification •
- Excavation • Drainage •
- Lot Clearance • Maintenance •

Locally owned, serving the area for over 40 years!

(304) 763-4573

"One Call Does It All"™



Edward Jones

> edwardjones.com | Member SIPC

What matters most to you matters to us

It's a simple but powerful approach: Learning what's most important to you and helping build the future you envision. And we'll be there if anything changes along the way to help you adapt and stay on track.





Tracy M. Houck
Financial Advisor
343 Prince Street
Suite A
Beckley, WV 25801
681-254-0079



Benjamin G. Worley
Financial Advisor
343 Prince Street
Suite A
Beckley, WV 25801
304-254-9995

MKT-16922-A-AD © 2025 EDWARD J. JONES & CO., L.P. ALL RIGHTS RESERVED. AECSPAD 25637365

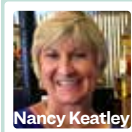
30 October 2025

STROLL Glade Springs Village 31

WRITTEN BY NANCY KEATLEY
PHOTOS BY KAREN AKERS



A woman with dark, curly hair, wearing a black V-neck shirt and a necklace, is seated at a white table. She is smiling and looking down at a document she is holding. On the table, there is a potted plant with green leaves in a light-colored pot, a small blue pen, and some other papers. The background features a large window with colorful stained glass panels in shades of blue, green, and yellow.

[illegible]

Karen Akers

In 2013 Patsieann heard about the Senior Move Manager industry and was able to acquire Seniors Living Well, LLC



Golden Potato-Crusted Quiche with Veggies, Herbs & Bacon!

SUBMITTED BY INGRID LEMME



A rustic twist on a classic—this hearty quiche swaps out the traditional pastry for a crisp potato crust and bursts with flavor from garden veggies, herbs, cheese, and a touch of bacon.

Step-by-Step:

1. PREP THE CRUST:

Lightly butter a Pyrex pie dish with a little bacon grease. Boil baby potatoes until just fork-tender, then mash them into the dish, pressing to form a crust along the bottom and sides. Season with salt and pepper. Bake at 400°F (200°C) for about 20 minutes until the crust is lightly golden. Let cool slightly.

2. SAUTÉ THE VEGGIES:

In a skillet with a bit of bacon grease, sauté chopped mini sweet peppers, onion, garlic, cherry tomatoes, parsley, and chives until fragrant and tender.

3. PREPARE THE EGG FILLING:

Whisk together 6 eggs, a handful of shredded cheese (your favorite blend), and a few crumbled bacon bits. Season with pepper. Stir in the sautéed veggies.

4. ASSEMBLE THE QUICHE:

Pour the filling into the baked potato crust. Top with more cheese if desired.

5. BAKE:

Bake at 375°F (190°C) for about 30–35 minutes, or until the center is just set.

6. FINISH UNDER THE BROILER:

Before serving, sprinkle a generous layer of grated Parmesan on top and pop the quiche under the broiler for 2–3 minutes until bubbly and golden brown.

7. LET IT REST:

Allow to cool for 5–10 minutes before slicing. Serve warm or at room temperature.

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

HEALTH HIGHLIGHTS:

- Potatoes provide potassium, fiber, and are gluten-free.
- Eggs are a powerhouse of protein and choline.
- Colorful veggies bring in vitamins A, C, and antioxidants.
- Fresh herbs add brightness and digestive support.



Ben Hiener | Travis Wills | Kristie Hiener | David Meadows | Catherine Rainey

(304) 763-4665 | (304) 469-4911
479 Flat Top Rd., Shady Spring, WV. | 1 Physicians Plaza, Lochgelly, WV

www.shadyspringdentalcare.com

PATTERN PLAY

Bold prints, better materials, and DIY-friendly options are giving wallpaper a stylish reboot.

BY CAROLINE PERROTT



Wallpaper is no longer a relic of past decades; it's one of today's most impactful tools for home transformation. Thanks to improved materials, fresh patterns, and easier installation methods, even design rookies are embracing this high-style comeback.

Where to Begin: Start with low-commitment spaces like powder rooms, entryways, or even the backs of bookshelves. These areas offer high visual payoff without the pressure of tackling a large room. Smaller spaces can handle big, bold patterns without overwhelming the eye.

Types to Know: Peel-and-stick wallpaper is ideal for renters or anyone wary of commitment. It's simple to apply, easy to reposition, and comes off cleanly—perfect for weekend projects. Traditional pasted wallpaper is better for high-humidity areas or long-term results, but it requires more prep and a steadier hand (or a pro).

How to Choose: When picking a pattern, consider your room's lighting, ceiling height, and existing decor. Vertical stripes can make a space feel taller, while dark prints add drama and intimacy. Large-scale patterns work well in rooms with fewer interruptions (like windows or doors), while small-scale or textured designs complement busier spaces.

Installation Tips: For best results, prep your walls thoroughly. Smooth, clean, and primed surfaces are key to helping wallpaper stick—and stay put. If using peel-and-stick, lay it out on the floor first to visualize pattern flow. If going traditional, don't skip the booking time (letting the glue soak in) or lining paper for older walls. Use a roller, not a brush, when applying glue to the paper. This covers a larger surface area and is much easier to apply.



FRYE ROOFING, INC.
Professional Roofing for the Virginias

LOCAL AND TRUSTED FOR OVER 124 YEARS!

RESIDENTIAL • COMMERCIAL REPAIR • REPLACEMENT



2000 Princeton Ave
Bluefield, WV 24701



FryeRoofing.com



info@fryeroofing.com




WV001003
VA 2701-016392-A



304-327-5314






ASPHALT SEALING // ASPHALT REPAIR
CRACK SEALING // LINE STRIPING // POT HOLE REPAIR

COMMERCIAL & RESIDENTIAL // LICENSED & INSURED
LOCALLY OWNED & OPERATED

(304) 719-2101



FINDING FOXTALE




We believe that learning to express personal style is how she begins to discover and tell her story—one outfit, one chapter at a time.

YOUR STYLIST ~ TARA MILLER

304.731.3902

20% off first order : FOXTALE20NEW



Karen Akers PHOTOGRAPHY




PHOTOGRAPH & STUDIO

Our Service :

- Seniors
- Newborn
- Family
- Wedding/Engagement
- Corporate
- Event



\$10

Special Discount
Off

Contact Us :

304-573-0516 | karenakersphotography.zenfolio.com

Wylde Berry Bakery

Indulge without the worry!

WRITTEN BY BOB COBURN



Wylde Berry Bakery, located in the heart of Fayetteville at 115 E. Maple Ave., is a great addition to one of the “Coolest Small Towns in America”!

The bakery crafts allergen-friendly baked goods in small batches to ensure comforting and delicious treats for all to enjoy. Owner Ashton Critchley says, “we are a micro- bakery that stresses quality over quantity.” They offer a variety of wonderful goodies including gooey cinnamon rolls, vibrant lemon mini-cakes, and blackberry muffins. “We like our customers to indulge without the worry!”

Wylde Berry is in business to remind you that wellness can taste good! When you subscribe to the Monthly Treat Box, you will receive an assortment of goodies each month that will nourish and delight! The orders can be picked up at the bakery or shipped to your home or business.

The menu offers wonderful seasonal items and Wylde Berry also provides custom orders and Holiday Baked Goods orders. Call ahead for pre-ordering and Wylde berry will make your next party, business event or special occasion truly special.

“We are proud to be focused on the community in a variety of ways including providing our products for corporate events throughout the year.” Says Ashton.

Every item is gluten-free, vegan, and nut-free. Treat yourself to the joy of the Wylde Berry Bakery experience by visiting www.wyldeberrybakery.com or call (681) 208-9535 to place an order. Your taste buds will thank you!

HERE'S WHAT SOME GLADE SPRINGS RESIDENTS HAS TO SAY...

“The cinnamon buns and blueberry muffins from Wylde Berry Bakery are absolutely incredible-fresh, flavorful, and perfectly baked. The customer service and delivery service was amazing as well. Highly recommend!”

—DANIEL AKER, RESIDENT.

“We have some dietary issues to manage in our household and it’s nice to know you don’t have to sacrifice taste and enjoyment for healthy! It’s so good and we all love everything they offer!”

—BOB COBURN, RESIDENT.

“Ashton’s passion behind her baking and the vision for the bakery is very clear. She cares about individuals’ dietary needs and easily proves you don’t need gluten to feel like your eating something deliciously gluttonous!”

—MEGAN LEGURSKY, RESIDENT.

“Ashton Critchley’s Wylde Berry Baker is quickly becoming a local favorite. Her gluten-free and vegan goodies are baked fresh in small batches and always served with love. I encourage everyone to stop by and support this wonderful local business.”

—MICHELLE ROTELLINI, RESIDENT.

WYLDEBERRYBAKERY.COM

NEW RIVER GORGE'S Newest Bakery

OPEN THURSDAY - SUNDAY

100% GLUTEN-FREE

100% DELICIOUS

GLUTEN-FREE
NUT-FREE
DAIRY-FREE
VEGAN

Wylde Berry Bakery

@WYLDEBERRYBAKERY
NOW ACCEPTING CUSTOM ORDERS!
681-208-9535 115 East Maple Avenue Fayetteville, WV



Power in the Clove

Why garlic deserves a permanent spot in your pantry and your wellness routine.

BY CAROLINE PERROTT

It's a practice and natural remedy in cultures and timelines worldwide—from the Caribbean to ancient Egypt, China and beyond. It's garlic. The pungent, deeply aromatic vegetable used in cooking is more than just a flavor bomb; it's a cornerstone in Eastern medicine, and modern science is finally catching up.

Loaded with compounds like allicin, garlic boasts antibacterial, antiviral, and antifungal properties. It's been linked to lower blood pressure, improved cholesterol levels, and enhanced immune function. Some studies even suggest garlic may support the body's natural detox process and help reduce inflammation. That makes it a quiet but mighty ally in preventing chronic disease.

The good news? You don't need to swallow raw cloves to reap the rewards. In fact, local chefs and holistic practitioners agree that the best way to add garlic to your diet is by keeping it simple and consistent. Roasted garlic spreads easily over toast or folds beautifully into mashed potatoes. Sautéed garlic forms the base of countless soups and sauces. When raw, just a little minced garlic in lemon juice or olive oil can add punch to dressings and marinades.

Not into cooking? Garlic supplements offer another path, but quality matters. Look for capsules that list stabilized allicin or aged garlic extract, and always check with your healthcare provider before adding a new supplement to your routine. Whether you're managing your heart health, boosting immunity, or simply looking to level up your meals, garlic is an easy and affordable place to start. Small clove, big benefits.



Welcoming new patients

ADVANCED UROLOGY



Nationally recognized as a Urology Center of Excellence for both men and women
Urolift Center of Excellence
Interstim Center of Excellence

Specializes in:

- Medical and surgical management of stone disease including tubeless minimally invasive percutaneous techniques
- Medical and surgical management of bladder incontinence and overactive bladder symptoms
- Medical and surgical management of urologic cancer

"The Daddy Makeover"

- Medical and surgical management of prostate disease, including The Urolift minimally invasive prostate procedure, requiring no catheter and home the same day.
- Medical and surgical management of erectile dysfunction

  To schedule an appointment, call 304.461.1879

Urologist
Lynetta Faith Payne, DO Urologist
Advanced Urology
1717 Harper Rd., Third Floor, Suite A Beckley, WV 25801
Monday - Friday 8 am - 4:30 pm

BIG NICKS PRESSURE WASHING

"YOUR STRONGEST PRESSURE WASHING COMPANY IN THE AREA"

Removal of all Organic Growth: Mold, Mildew, Algae, Dirt and Moss



SERVICES OFFERED

Soft Washing & Pressure Washing
Roof Washing • House Washing • Driveway Cleaning

COMMERCIAL CLEANING ON

Restaurants • Store fronts
Commercial buildings • Churches

(Call or Text) 681-368-1071 • nickworix@gmail.com

COMMERCIAL & RESIDENTIAL | BUSINESS LICENSE: STATE-2458-2047 | CITY-3130-01V

RETIRE WISE FINANCIAL SOLUTIONS, INC



 **RetireWise**
Financial Solutions

KIM O'DELL, GCAPM, B.A.
FINANCIAL ADVISOR

OFFICE: 304-250-0250
TEXT: 681-296-6139
retirewisefinancial@outlook.com
968 Ritter Drive | Beaver, WV


TOP TIER K9
PROTECTION YOU WILL LOVE

OBEDIENCE TRAINING

SERVICE DOGS

PROTECTION DOGS









Bluejacket Off Road

Mobile detailing & guided jeep tours!

WRITTEN BY BOB COBURN

Bluejacket Off Road is a two-fold business offering expert mobile detailing services as well as New River Gorge Jeep Tours!

MOBILE DETAILING

Bluejacket will refresh your vehicle with complete care including exterior wash, full interior and exterior detailing by their skilled team of professionals. They use only the highest quality products to make sure your vehicle looks as good as new and you won't lift a finger. They come to your driveway or place of business while you attend to your to do list! This is top tier care delivered directly to your driveway or parking lot. You provide nothing but the vehicle with service available from April to November.



There is a fleet service available and you can subscribe to a monthly, quarterly, or annual plan to ensure your vehicle looks as good as it did when you drove it off the lot! Give them a call today at (681) 208-9535 to give your baby a face lift.

JEEP TOURS

Bluejacket Off Road also offers the experience of thrilling off-roading with guided tours, designed for adventurers of all skill levels. Knowledgeable guides will lead you through the most scenic and challenging trails in West Virginia while ensuring a safe and exhilarating experience. This is a perfect option for birthdays, surprise engagements, a fun gift, or entertaining the out of town visitors!

Whether you are a novice or a seasoned off-road veteran, Bluejacket has the perfect New River Gorge Jeep Tour waiting for you! Give them a call at (681) 208-9525, visit bluejacketoffroad.com or email to inquire at admin@bluejacketoffroad.com



Bob Coburn



MOBILE DETAILING

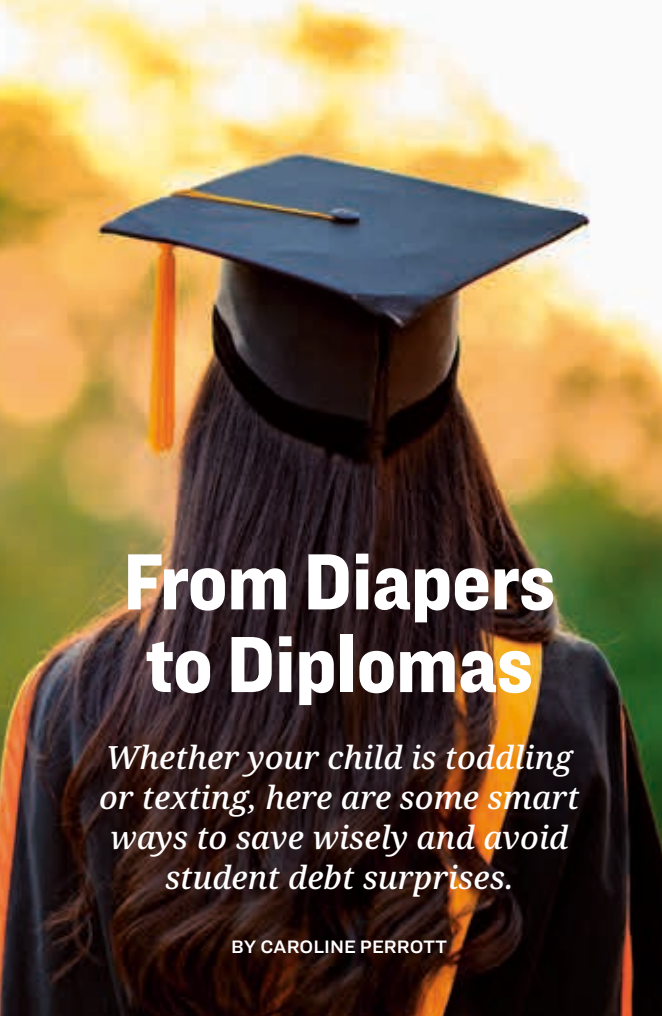
CAR DETAILING DONE RIGHT!
681-208-9535

BEST IN THE NRG
BLUEJACKETOFFROAD.COM

SATISFACTION GUARANTEED

- ✓ DETAILING
- ✓ WAX & SHINE
- ✓ WE COME TO YOU

BLUE JACKET
MOBILE DETAILING



From Diapers to Diplomas

Whether your child is toddling or texting, here are some smart ways to save wisely and avoid student debt surprises.

BY CAROLINE PERROTT

FINANCIAL FITNESS

It's never "too early" to start planning for college—not when tuition, housing, and meal plans can easily rival a down payment on a home. Whether your child is still learning their ABCs or preparing for the SAT, building a college fund can help protect your family's future.

One of the smartest and most obvious steps parents can take is opening a 529 savings plan, especially if you start young. But even if your child is already in high school, it's not too late! These tax-advantaged accounts grow federally tax-free, and qualified withdrawals (tuition, room, board, and more) are tax-free. Many states also offer tax deductions or credits for contributions.

But what if you came to the game late? You're not out of luck. Smart strategies still apply: families can contribute more aggressively in the high school years, and even consider balancing a 529 with a Custodial Roth IRA or brokerage account to keep options open.

If you own a business, here's a little-known, IRS-approved tax strategy: you can hire your child and pay them up to the standard deduction amount (\$15,750 in 2025) without them owing federal income tax. Their earnings can then be contributed to a Custodial Roth IRA, where funds grow tax-free, and can later be withdrawn penalty-free for education expenses. That's a win-win: early money habits and tax-smart growth.

For teens and college-bound students, financial fitness means more than scholarships. Budgeting apps like Mint or Greenlight can teach real-world money skills early. And money skills can be just as valuable as any college class.



- ✓ On-Site denture lab with same-day denture options.
- ✓ On-Site crown lab for same-day crown and bridge deliveries.
- ✓ Dentistry for the entire family!



ACCEPTING NEW PATIENTS!
681-207-7063 | 102 GALLERIA PLAZA BECKLEY, WV 25801

.....

Bring this ad/magazine to receive a

10% discount

Some exclusions may apply

.....





(304) 466-1444
1427 ROBERT C. BYRD DR. CRAB ORCHARD, WV 25827

WILL YOU BE OUR HERO?



DONATE A CAR *Change a life!*

GOOD NEWS MOUNTAINEER GARAGE
Getting West Virginians back on the road to independence.

With Your Help!

Transportation is one of the largest obstacles to finding and keeping a steady job in West Virginia. In most parts of our state, not having a vehicle makes it difficult—and sometimes impossible—to hold a job. But it also limits access to the things we value, things like making it to the doctor when we're sick, getting our kids to their baseball game, or buying groceries to feed our family. Many of us take these things for granted, but not everyone has that luxury.

1637 4th Avenue | Charleston, WV 25387
304.344.8445 | GoodNewsWV.org
/goodnews.m.garage



Good News Mountaineer Garage is a 501(c)3 nonprofit. We rely on the generous contributions of vehicles and money from individuals, churches, organizations, and businesses. **Your donations are tax deductible** and may also qualify for a direct state tax credit (when available) for half the value of your vehicle.



Casto's Greenhouses WHERE ALL PLANTS ARE GROWN WITH T.L.C.

Variety of
hanging baskets and planters
unique combination designs
flowers and vegetable plants
and much more

OPEN APRIL 15TH 7 DAYS A WEEK • (304)465-5774
Coming from Beckley take the Summerlee Road exit in Oak Hill, turn left, 1 mile from exit

REAL ESTATE
RESOURCE

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

Properties presented may not be listed by the office/agent providing this information. Source MLS. All information herein has not been verified and is not guaranteed. Supplied by Glade Springs Real Estate, 255 Resort Dr. Daniels, WV (304) 763-5000 Marla Sinko-Broker.

Address	Neighborhood	List Price	Sale Price	Sold Date	Beds	Baths	SqFt	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
169 Cathedral Lane	Woodhaven	\$460,000	\$460,000	07/11/25	3	2	1,966	\$233.98
105 Old Carriage Lane	Old Glade	\$785,000	\$725,000	07/18/25	6	5	4,988	\$145.35
165 Winston Place	Stonehaven	\$860,000	\$860,000	07/25/25	4	3.5	3,400	\$252.95
113 Greenbrier Road	Old Glade	\$605,000	\$605,000	08/01/25	5	3.5	3,200	\$189.07
107 Far Country Drive	Stonehaven	\$607,000	\$607,000	08/01/25	4	3.5	3,127	\$194.20
116 Oliver Place	Stonehaven	\$899,900	\$800,000	08/04/25	4	3.5	4,035	\$198.27
149 Long Drive	Stonehaven	\$375,000	\$375,000	08/15/25	4	3.5	3,510	\$106.84
186 Royal Oaks Drive	Stonehaven	\$399,000	\$370,000	08/18/25	3	2.5	2,240	\$165.18
233 Hawks Chase Lane	Stonehaven	\$819,000	\$805,000	08/18/25	4	4.5	4,886	\$164.76
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

COME HOME TO
NO DOWN PAYMENT

City lets you save your cash – which comes in handy for that bathroom update or for furnishing your new place.

Scan the code for more information,
or visit bankatcity.com

City
NATIONAL BANK

Phone: 304-255-7230
Cell: 304-573-8960

Email: jennifer.noel@bankatcity.com
NMLS: #529827

JENNIFER NOEL

Mortgage Loan Specialist

Bright Life
Mental Health
&
Recovery Services

A Healthy Mind Equals a Bright Life

Bright Life Mental Health and Recovery Services offers behavioral health and recovery services to individuals in need. We create personalized treatment plans, acknowledging that each person is unique and has different needs. Our belief is that all clients should be treated with dignity and respect. Moreover, we guarantee that all their needs are met by providing quality care and collaborating with community partners.

Types of Counseling Offered:

- Individual
- Couple and Family Service
- Recovery Groups

Visit our Website to Learn More

681-238-6634
info@brightlifemhs.com

CHILDERS
AIR • PLUMBING • ELECTRIC

"Your comfort is our business."

(304) 255-2107
www.ChildersEnterprises.com

46 October 2025

STROLL Glade Springs Village 47

resident
business guide

This is a current list of business owners and professionals from our neighborhood. It is an opportunity to network, qualify, and potentially build a business relationship with other successful individuals who also live here. To be included in the Resident Business Guide, email your name, business name, phone number, and email address to bob.coburn@n2pub.com.

ACCOUNTING/ BUSINESS VALUATIONS/ TAX PLANNING
Tax Relief, LLC
John W. Stroud, Jr., CPA, CVA
(304) 252-8707
www.facebook.com/taxreliefbeckley

COMMERCIAL HEATING & AIR CONDITIONING
Pennington Plumbing & Heating, Inc.
Eric Mahaffey
(304) 252-7529
linkedin.com/in/eric-mahaffey-30816795

DERMATOLOGY
Dermatology & Associates
Surgery Center
Dr. Nelson Velazquez
(304) 252-2673
dascwv.com

EDUCATION
Kindergarten
Konnections, LLC
Chessie Collins
(304) 228-3212
facebook.com/charles.collins.351

FINANCIAL ADVISOR
Edward Jones
Tracy Houck
(681) 254-0079
tracy.houck@edwardjones.com

CUSTOM CERAKOTING
Foley Defense
Dan Foley
(304) 894-8950
www.foleydefense.com

DENTAL CARE
Drs. Childress & Willis
Family Dentistry
Steve Childress II
(304) 255-0439
beckleydentist.com

LIBERTY DENTAL CENTER
Liberty Dental Center
Dr. Patrick Jarrell
(681) 207-7063
libertydentalcenters.com

SHADY SPRING DENTAL CARE
Shady Spring Dental Care
Ben and Kristie Hiener
(304) 763-4665
www.shadyspringdentalcare.com

BANKING
United Bank
Zack Statler
(304) 256-7262
bankwithunited.com

BANKING SERVICES
City National Bank
Tom Dixon
(304) 255-7204
bank@city.com

CIGARS, CRAFT BEER, WINE
Tobacco Town & The Cigar Lodge
Chase Boggs
(304) 254-0500
www.tobaccotownwv.com

HEALTH PRODUCTS
Healthsmart Natural Product Stores
Randy & Shelli Mullins
(304) 254-4501
healthsmartwv.com

HEATING & COOLING
Appalachian Heating
Dan Akers, Daniel Akers
(304) 877-5566
www.appheat.com

CHILDERS ENTERPRISES
Childers Enterprises
Gregg Childers
(800) 224-7017
www.childersenterprises.com

INSURANCE
Tara Miller Allstate Insurance
Tara Miller
(304) 929-5433
agents.allstate.com

INTERIOR DESIGN
PROFESSIONAL
Home & Heart Interiors, LLC
Calisha Atanga
(304) 207-0350
homeheartinteriors.com

IT SOLUTIONS/ COMPUTER REPAIR
Compute One
Chase Cappellari
(304) 250-4552
www.computeone.net

LANDSCAPE DESIGN
Aspen Corporation
Donnie and Ronnie Adkins
(304) 763-4573
www.aspen-landscaping.com

LANDSCAPING
Aspen Corporation
Donnie and Ronnie Adkins
(304) 763-4573
www.aspen-landscaping.com

LAWN CARE & PEST CONTROL
Aspen Corporation
Donnie and Ronnie Adkins
(304) 763-4573
www.aspen-landscaping.com

LAWN CARE/ LANDSCAPING/ PRESSURE WASHING/ SNOW REMOVAL
Quick Services, LLC
Alex Quick
(304) 952-0604
www.quickserviceswv.com

MEDICAL SPA/ COSMETIC SURGERY
Mountain State E.N.T. & Healing Springs
Medical Spa
Dr. James Paine
(304) 255-2724
www.cosmeticsurgerywv.com

MEDICAL WEIGHT LOSS & BIO IDENTICAL HORMONE
InShape WV
James Ellis, ANP-BC
(681) 238-5258
inshapewv.com

MUSIC TEACHER FOR ELDERLY AND BEGINNERS
Pacita C. Salon NCTM Piano
(304) 673-0272
pacitasalon@gmail.com

NUTRITION & WELLNESS
Gayle Griffith, RN, BSN
Certified Nutrition & Wellness Consultant
(856) 305-8467
lindedin.com/in/gayle-griffith-55185796

ONCOLOGY
Carl Larson Cancer Center
Rajiv Khanna, MD
(304) 253-6060
carsonlawsoncancercenter

ORAL & MAXILLOFACIAL SURGEONS
Reynolds Oral & Maxillofacial
Kris Reynolds
(304) 250-1214
www.reynoldsoms.com

ORTHODONTICS
Foley Orthodontics
Dr. Dan Foley
(304) 255-0549
theperfectsmile.com

ORTHOPEDIC SURGEON
West Virginia Orthopedic Trauma
Dr. John Tabit D.O.
(304) 410-0061
wvotonline.com

PEDIATRICIAN
AccessHealth Beckley Pediatrics
Ted Solari, MD FAAP
(304) 252-9227
www.facebook.com/pediatriccareunlimited

RAINBOW PEDIATRICS
John Fernald
(304) 250-0150
www.rainbowpediatricswv.com

PET, WORKING DOG AND PEOPLE TRAINING
Top Tier K9
Dawn Bowles
(850) 909-2409
toptierk9.com

PHYSICAL THERAPY
Performance Physical Therapy & Rehabilitation
Angie and James Beaver
(304) 237-5585
www.performanceptwv.com

PODIATRIST FOOT & ANKLE
Beckley Foot & Ankle Clinic
Scott W. Berneburg, DPM
(304) 253-9895
beckleyfootandankle.com

POWER EQUIPMENT
Mountain State Equipment
Gary Thompson
(304) 253-7306
www.mountainstateequipment.com

PRIVATE WEALTH FINANCIAL ADVISOR
Ameriprise Financial
Ray Morton
(304) 253-8515
ameripriseadvisors.com/raymond.j.morton

REALTOR
WV Mountaineer Real Estate
Kenny Bryant-Associate Broker
(304) 640-4100
www.kennybryant.com

REALTORS
Glade Springs Real Estate Co., LLC
Marla and Jon Sinko
(304) 763-5000
www.gladespringsrealestate.com

ZAFERATOS REAL ESTATE
Justin & Amy Fairchild
(304) 575-9690
zafwv.com

RETIREMENT PLANNING
Bill Kinder & Associates
Bill Kinder
(304) 250-0250
www.billkinder.com

SPEECH PATHOLOGY
LinguaCare & Associates
Vickie Pullins
(304) 542-3544
www.linguacare.com

TECHNOLOGY SERVICES
Solutions, LLC
Daniel Rubin
(304) 573-0634
www.wvsolutionsllc.com

TRAILERS
Top Notch Trailers
Jonathan & Bethany Barber
(304) 923-9800
facebook.com/topnotchtrailersalesllc/

Smart Technologies Made Easy for Business & Home

R H N D A T A E E S
K R O W T E N L N S
U N I F I E D E E E
F S T D K H H C R C
I D C K J G O T G C
Z F E T O M E R Y A
A U T O M A T I O N
Y G O L O N H C E T
A E R L G S M A R T
A C P E M O H L E S

ACCESS
AUTOMATION
DATA
ELECTRICAL
ENERGY
HOME
NETWORK
PROTECTION
REMOTE
SMART
TECHNOLOGY
UNIFIED

Greenbrier
Technologies & Electric
304.645.7548
grcs.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.



October 4 10am Oktoberfest
Shotgun at Woodhaven followed by
Oktoberfest Beers and Brats 2-6pm

October 25 Fall Festival
Chili cook off and Hayrides 2-5pm

Woodhaven Golf Course closes on
Friday, October 31, 2025



PLEASE SEE OUR 2025 GSVPOA GOLF CALENDAR FOR GOLF EVENT DATES AND INFORMATION
Emails for GSVPOA questions: info@gladespringspoa.com – use for general questions about POA (non-golf)
golfshop@gladespringspoa.com – use for general golf related questions
matt.felber@gladespringspoa.com or davidharrah@outlook.com
for more specific golf operations, course maintenance or clubhouse



GLADESPRINGSPOA.COM

Pasquale's Italian Restaurant

Daily: 11:00 AM to 10:00 PM
(304) 255.5253 | beckleyitalian.com | 224 Harper Park Drive Beckley, WV 25801

YOUR NEIGHBORHOOD REAL ESTATE TEAM

BAILEY LILLY
304.266.7098

GENNA PERRY
304.222.6404

AMY FAIRCHILD
304.673.2982

KATRINA MAILLOUX
304.617.6240

ZAFERATOS Real Estate
It's a Great Move.

304.254.0972 101 RAMEY CT. BECKLEY, WV 25801
JUSTIN FAIRCHILD, BROKER

We are committed to being your trusted neighbors, providing support as you navigate the buying or selling of your home with confidence and care.

Our team brings extensive expertise and a client-centered approach to each transaction. Call us today!

“Awesome place! Very knowledgeable about their products and easy to deal with. Great prices and a friendly environment. I will purchase again!”

Daniel Ormandy

BOGGS GUN SHOP

702 Ritter Drive
Beaver, WV 25813

304.254.7000

PISTOLS RIFLES SHOTGUNS

KIA Dutch Miller OF SOUTH CHARLESTON

It's a Short Ride to the Home of Friends and Family Pricing!

2025 KIA TELLURIDE 2025 KIA SPORTAGE 2025 KIA SOUL

Stop In and Ask for Thurman Workman!

DutchMillerKiaOfCharleston.com • 304-729-4234



A PRODUCT OF
THE N2 COMPANY

9151 Currency St.
Irving, TX 75063

A Publication for the
Residents of Glade Springs Village



COMPLIANCE

SPOOKY GOOD SOLUTIONS FOR YOUR BUSINESS



**PAYROLL
BENEFITS
HUMAN
RESOURCES
BOOKKEEPING
STAFFING**



This Halloween season, treat your business
to expert support—no tricks attached.



www.compliancellc.org



681-238-5732