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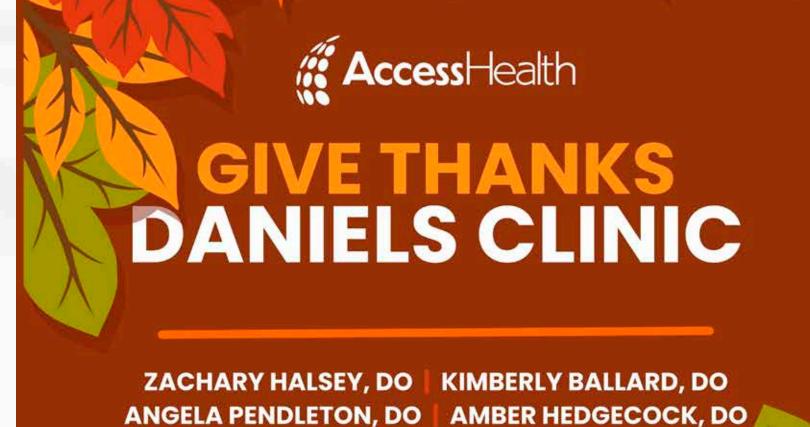
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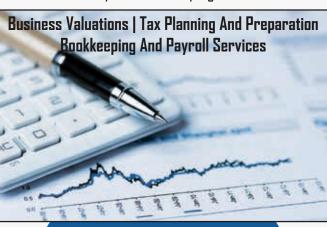
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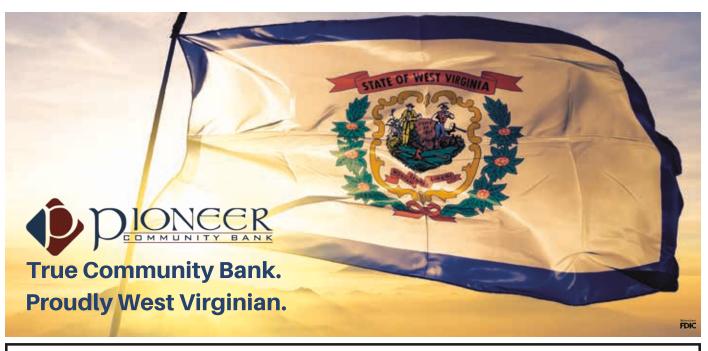
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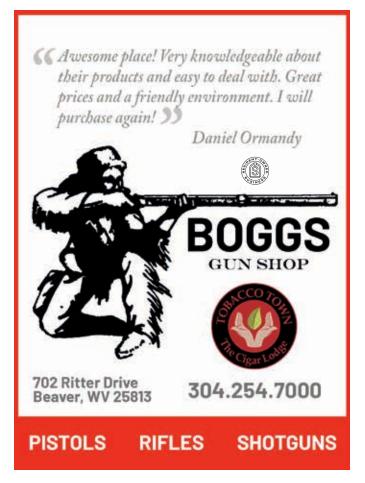
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UPCOMING EVENTS AND IMPORTANT DATES FOR GSV

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 seasor



Thank you to all of our members and guests that played this year at Stonehaven and Woodhaven!

Thank you to our Veteran's and Happy **Veterans Day November 11th**

Happy Thanksgiving November 27. Tee times at Stonehaven will move to 9am start on November 1. Stonehaven will remain open weather dependent.



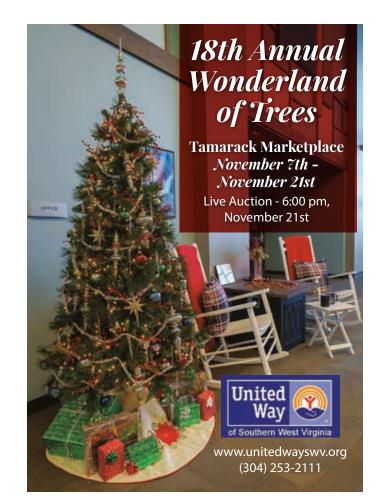
Woodhaven closed for season. Woodhaven will reopen April 2026.

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

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10 November 2025

Happy Thanksgiving!

As the cool air of November embraces us, we celebrate two cherished occasions—
Thanksgiving and Black Friday. Seriously, Thanksgiving is a special day to reflect on the many blessings we enjoy and share time and a great meal with loved ones. The Christmas shopping season starts the next day and we're off to the races!

November also hosts
Military Family Month,
National Diabetes Month,
the transition to winter,
shorter days, and cooler
temperatures. Winter in Glade
Springs has a special kind of
beauty as do all of our seasons
in this great community.

At Stroll Glade Springs
Village, we are incredibly
grateful for you- our loyal
readers and community
members-who continue to
support and engage with this
publication. It is your stories,
experiences, and connections
that make this magazine so
special. Each month, we strive
to bring you features that
highlight the heart of your

neighborhood, and we deeply appreciate the opportunity to be a part of your lives.

As we embrace the beauty of November, let's take time to celebrate the love of family, the joy of the Thanksgiving Season, and the wonderful people we call neighbors.

Bob Cobum

Publisher, Stroll Glade Springs Village (304) 860-0099

This publication is free to all

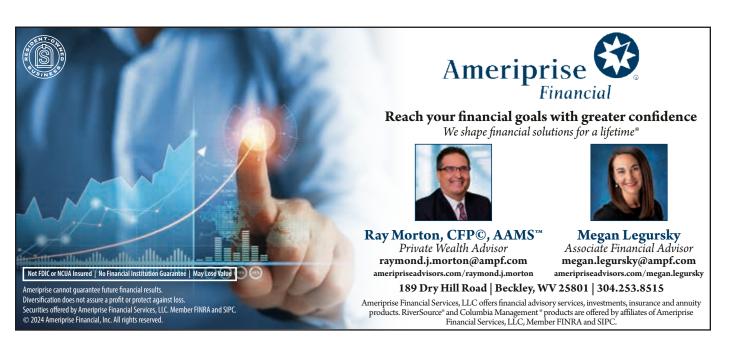
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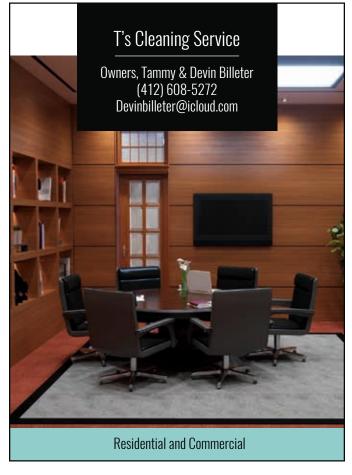


Bob Coburn is blessed to be the owner/publisher of *Stroll Glade Springs Village* and a Performance Coach, Growth Coach and Growth Assistant Mgr. with the N2 Company. He is also blessed to be the husband of Cynthia Sims Coburn and proud father of Grace and step-dad to Gabriel and Laiken Griffith. Bob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









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BRASHES!

CHATHAM'S NEWEST RESIDENTS HAVE FOUND THEIR FOREVER HOME

> WRITTEN BY ED MCCALL PHOTOS BY KAREN AKERS

Oak Hill native David Brash and wife Kim from Lebanon, Virginia, are two of the more accommodating and patient souls I may have ever encountered. They graciously invited me into their beautiful new "forever home" on Lake Chatham just days after having moved in to tell me their story amid unpacked boxes and house goods scattered about, not yet on the shelf or table where they might greet future guests.

The last thing these two health care professionals needed was to spend one of their first evenings in their new abode telling a stranger how they ended up in Glade Springs. Still,

they and their 3 year-old Shih Tzu, Tucker, welcomed me at the end of a busy workday. David is the new CEO of Raleigh General Hospital, and Kim is a Regional Vice President, Physician Enterprise for ScionHealth, a nationwide company that owns and operates long-term acute health care facilities and community hospitals. across the country.

A couple for twenty years, they have been married for eight of those years and first met in 1998, early in their health care journeys. They began dating in 2006 while Kim was working in a physician's office. She had previously worked **CONTINUED ▶**











at Russell County Medical Center and managed a network of clinics. David was running the hospital in Lebanon but remembers when he got his first taste of Glade Springs.

"I played in a charity golf event here while working at Plateau Medical Center in Oak Hill years ago, and even then I was thinking 'what a great place to live'" he recalled. He's even more excited now! Situated near both their families, they can't wait to host them. "We're definitely going to get a boat!" he predicted. Once they settle in, Kim says they plan on being home bodies and will get their fun fixing up their new place, making it their own.

Having purchased their lake home in July when David took over at RGH, circumstances did not allow them to move in until just recently. In the interim they had been living in Oak Hill in David's homeplace since his father's passing. The past few months don't even come close to being the couple's most inconvenient or unusual living experience. While CEO of Logan Regional Medical Center, the Brashes spent four months as residents of the lodge at Chief Logan State Park waiting for housing in Logan to become available.

Kim has degrees from Bluefield University as well as King College while David holds an associate degree in mechanical engineering technology from WVU Tech, and later added a bachelor's degree in health care administration which he parlayed into a summer internship at Plateau Medical Center in his hometown. He also has a master's degree in management, with an emphasis in healthcare administration from West Virginia Graduate College (currently Marshall University) in South Charleston. From his internship at Plateau, he progressed from a part-time to a full-time employee at Plateau, eventually becoming the CEO. From there, his path in health care has seen him make stops as a CEO or senior executive in Lebanon, VA, Harlan KY, Kingsport, TN, Russellville, KY, and Logan, WV.

Both love making a difference in people's lives through their work and the place they now call home. "Good, bad, or ugly this is our last stop!" David says resolutely, hoping to give the board, the staff, and the patients at RGH the continuity they so deserve. "We are forever home!"



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.



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

Here's some trivia regarding Raleigh General's new CEO: His father and grandfather founded Brash Garage auto repair in Oak Hill, and even though the business is now closed, the garage houses David's four Corvettes and his GT 500 Shelby Mustang. His mom (Willie Sue) served on the Fayette County Board of Education for years, and his daughter Ashley, an attorney and graduate of the WVU School of Law, is an assistant public defender in Fayette County.







Joey Cowger

A center of wrestling and academics!

WRITTEN BY NANCY KEATLEY, PHOTOS BY KAREN AKERS



IF YOU ARE A REGULAR reader of Stroll magazine, you have read about some amazing kids in Glade Springs. This month's subject, Joey Cowger should certainly be included in that "amazing" category, but probably not "kid" since in September, he celebrated his 18th birthday. Joey lives on Glen Garden Lane with his mom, Angie and dad, Mark. He has two older brothers, Keith and Ryan Carter.

Joey, a senior at Shady Spring High School, plays center and defensive end on the football team, wrestles, and runs track. Last year on the wrestling team he had the most wins (43) and the most escapes (21). He also finished 5th in the state in the wrestling qualifier.

Joey maintains a 4.0 average in school and because of that was named National Wrestling Coaches Association High School Scholar All-American and National High School Coaches Association Academic All-American. A member of the National Honor Society, his favorite class is Trigonometry. He says, "I always liked Math, even in grade school." At

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Daniels Elementary, he was in the gifted program. He plans to enroll at WVU Tech and wants to become a Nurse Anesthetist. Helping with his education will be the Promise Scholarship, which Joey qualifies for because of his grades and his high SAT score. The Promise program awards a merit-based scholarship to eligible West Virginia high school students who plan to attend an in-state college.

This summer, Joey worked 3-4 days a week at Pasquale's Restaurant as a bus boy. He says in his spare time, he likes lifting weights and playing video games. But he says, "Sports is my passion – I try to put everything in to whatever I do."

Joey also talked a lot about his grandfather who passed away last year. He says, "My PaPa was the greatest man I ever knew – he was a warrior." His grandmother now lives with them, and Joey likes to take her to the bookstore and out to lunch." His mom, Angie says he has a "kind heart". At this point, Joey said, "I am content and happy – blessed beyond measure".

What a nice thing to hear from a teenager!

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

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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 Maciand soon-to-be granddaughter Adley!



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



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"I love competing against dad, and sometime in the future we may host an 'Invitational.""



Graydi Flohr

Backyard Augusta

WRITTEN BY ED MCCALL PHOTOS BY KAREN AKERS



Move over Aspen! The company known for their red shirts and trucks that keep so many Glade lawns and resort properties looking beautiful has a new rival. At least their golf course division, which has done so many renovations worldwide including Augusta National, Riviera, and most recently Craig's Ranch (host of the Byron Nelson), may have some stiff competition right here in Glade Springs.

Graydi Flohr, the thirteen-year-old son of Andrea and Seth Flohr has gone into the golf course design and construction business right in the yard of the CONTINUED ▶







family home on Old Farm Road. Aptly named "Backyard Augusta," Graydi's creation is a par 3 nine-hole course, complete with flags and cups courtesy of his parents who granted his birthday wish.

The imaginative and creative 7th grader laid out his dream course complete with penalty areas (driveways and walkways are pretend lakes and streams). A traveling tee mat of Astroturf allows flexibility in hole length and can bring trees and even the house itself into play on some holes. Glade's youngest designer gave me a walking tour of his layout recently, and I came away impressed with the variety of shots required to play the course successfully and the thoughtful placement of holes to make them challenging yet fair.

"Most players use a 7i up to a PW," Graydi indicated. "I use an 8i, and dad uses a PW." All players use hard foam golf balls furnished by the current course record holder. "I use my eight iron because its pretty versatile. I can flight it up for longer carries, and I can shape shots with it too," says the guy who carded a 3 under for the lowest round thus far.

The course has become quite popular with the highly ranked Shady Spring High School golf team and even some of their opponents from around the state who have heard of the course and want to give it a try and challenge Graydi's course record. Older brother Malachi, fellow Shady Tiger Cooper Ward, and Wyatt Maynard, who plays for Cabell Midland's ranked team, have recorded the only aces so far. Though it must be noted that the author lipped out an ace on his first swing on hole #1!

Graydi says he got the idea from watching a You Tube video about another backyard course, and his own course has become a hub for family activity. "I love competing against dad, and sometime in the future we may host an 'Invitational.'" Anyone who doesn't get an invitation will certainly be missing out on an opportunity to play the newest of the great courses here at Glade, Backyard Augusta!

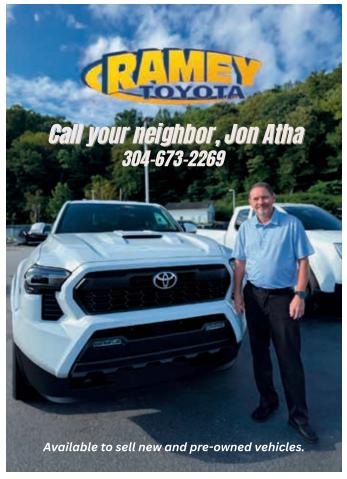
Here's some interesting info about Glade's youngest course designer:

- He attended the U.S. Open at Oakmont this summer with his father, and they got to follow a group that had 3 of his favorite golfers in it: Justin Thomas, Min Woo Lee, and Scotty Scheffler.
- His favorite design element at Oakmont was the Church Pews.
- His favorite courses from watching golf on TV are Augusta National and Panther National.
- His favorite foursome would consist of Tiger Woods, Justin Thomas, Adam Sandler (Happy Gilmore), and himself.
- He refers to holes #16, #17, and #18 on The Cobb as "the Bear Trap."
- His favorite subject in school is "Analogies and Reasoning."

If you have an athlete in the family contact Bob Coburn at bob.coburn@n2co.com $\ensuremath{\texttt{Gobserve}}$







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ucked away on more than four private acres, this ■ remarkable five-bedroom home feels like it was plucked from the European countryside. Its turret, accented with rich stone textures, sets the tone for the architectural character found throughout.

Step inside and the soaring two-story great room makes an immediate impression, framed by decorative columns, dark wood beams, and the warm glow of a gas fireplace. Just beyond, a sweeping staircase spirals upward, serving as both a functional feature and a striking work of art in the entryway.

The kitchen is designed for gathering, with a generous island, granite countertops, stainless steel appliances, and a gas range complete with a built-in pot filler. Opening seamlessly to the breakfast nook and hearth room, it's the kind of space that makes entertaining as effortless as it is elegant.

The main-floor master suite provides a retreat of its own, with plush comfort, a large walk-in closet, and direct access to the rear porch. The adjoining bath feels spa-like, offering dual vanities, a whirlpool tub, and a step-down Roman shower tucked inside the turret—an architectural detail that makes every morning feel extraordinary.

Upstairs, four additional bedrooms provide space and privacy, two with their own en-suite baths. A versatile bonus room, with a flex space off to the side, can easily adapt into a playroom, exercise room, or school room depending on the needs of the day.









Beyond the living spaces, thoughtful details abound: a fenced courtyard off the garage, currently used as a garden; plenty of attic storage; and Kolbe windows that bring in natural light while highlighting the home's craftsmanship.

Blending European-inspired design with modern function, this home offers not only space but a sense of story—a place where architectural drama and everyday comfort meet.



*At the time of this writing, this property is for sale. Contact Jon Sinko at Glade Springs Real Estate at (304) 890-4778. Marla Sinko, Broker of Record.

If you know of a GREAT home in the family please contact Bob Coburt at bob.coburn@n2co.com







Happenings In The Hood!

PHOTOS BY KAREN AKERS, BETTY CALENDER & INGRID LEMME





















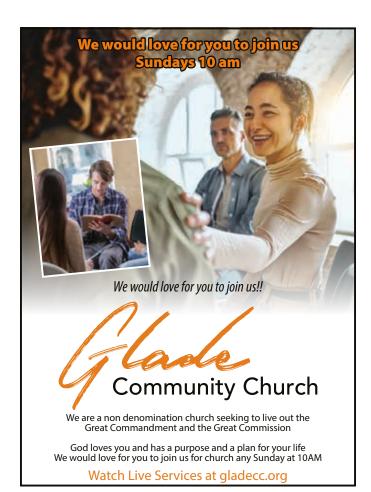




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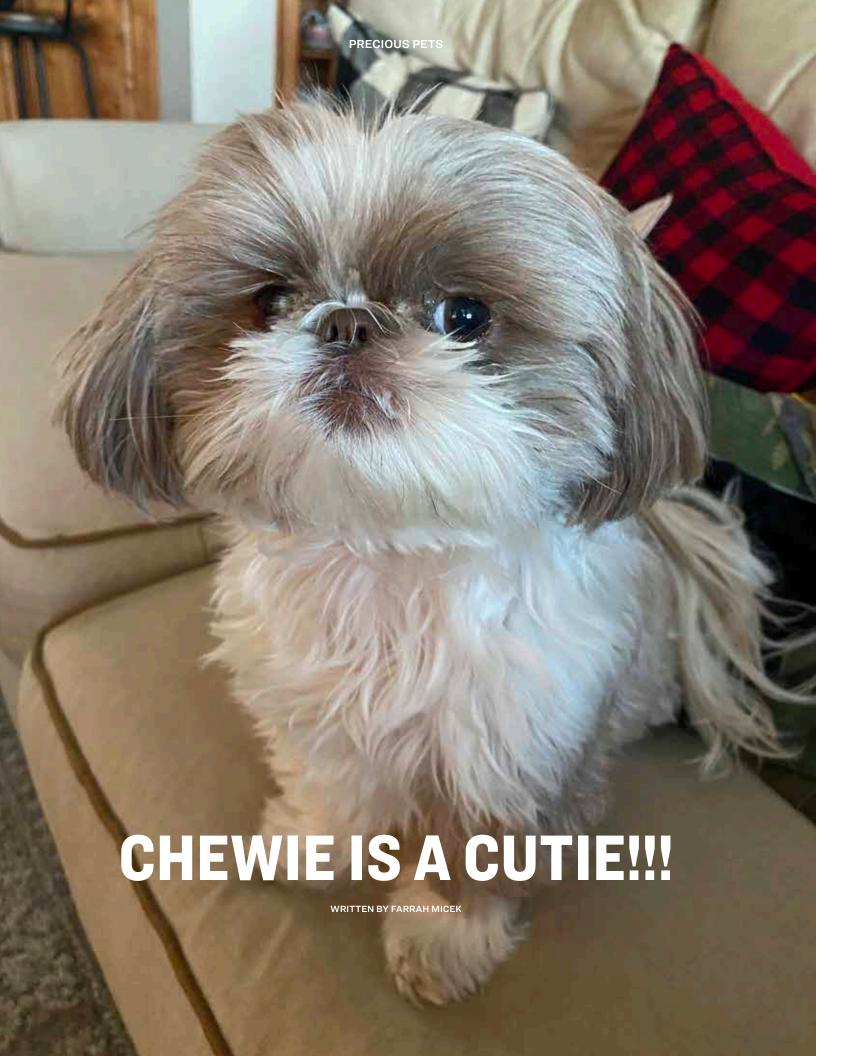
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30 November 2025





eet Chewie! She's a six-year-old Shih Tzu who lives with her owners, Holly and Chip Williams. Chewie is a really smart, sweet, and friendly dog. Even though she's pretty small, only about ten pounds, she has a ton of energy and loves to have fun. Holly and Chip got her in Columbus, Ohio, from a local breeder. Ever since then, she has been a huge part of their family. They love her just like she's their kid, and she's definitely a favorite. Chewie is brown and white, and she is super fluffy.

To start her day, Chewie gets to pick her own treats. Holly lays them on the floor and Chewie chooses which one she wants. Chewie loves to chill out around the house. Her favorite thing to do is lie on top of warm clothes right out of the dryer because it's so comfy. She also loves to be outside on the back deck, just lying in the sun. Chewie goes on walks with Holly and Chip a lot. She loves being outside and spending time with her family. Chewie loves walks so much that she actually learned the word "walk." Now Holly and Chip have to say "stroll" instead. But even now, Chewie is starting to figure out what that word means, too!

Chewie often goes to Holly's parents' house, and she has a great time there. They have another dog named Zoey, who is also a Shih Tzu. Chewie and Zoey have so much fun together, playing with their toys and running around outside. Chewie also gets special snacks sometimes, like watermelon, broccoli, and spaghetti. When she wants a snack, she either sneezes at you or paws at your leg, which is so cute. Holly says when Chewie was a puppy, she would chew and eat everything she found. That's why they named her Chewie. She's a good eater because of that!

Chewie is such a smart, friendly, and loving dog. She always seems to be in a good mood, whether she's on a walk, playing with friends, or just relaxing at home. Holly and Chip are so happy to have her in their lives. If you ever see Chewie on a walk, make sure to say hi!

If you have an awesome pet in the family please contact to 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.









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Generous Hearts by Generous People

REMEMBERING LISSA MOHLER

WRITTEN BY JESSICA RUBIN

THE GLADE SPRINGS LADIES Golf Association is remembering a dear friend and making a difference in the lives of people right here in southern West Virginia.

Lissa Mohler was a revered and loved member of our community, whose life was cut short after a five-year battle with cancer. The golf association, under the leadership of Lori Vargo, honored her life by hosting the Lissa T. Mohler Invitational and Cancer Fundraiser. More than 70 players from seven states participated in the tournament, which was held September 15 – 17, 2025 on the Stonehaven and Cobb courses in Glade Springs. The proceeds were donated to a local nonprofit.



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"Lissa was known for her kindness," Jan said. "She was a joy to everyone she met"

Jan Allen and Laurie Finley were instrumental in organizing the event. Janice on the logistics side, organizing the tournament and bringing the players in, and Laurie with the fundraising efforts. Together, along with other members of the association and many volunteers, they raised thousands of dollars, which will help people locally who are battling cancer.

Lissa was a member of the Ladies Golf Association and its only member to have won the WV Women's Amateur. She even used to golf with the legendary Sam Snead.

"Lissa was known for her kindness," Jan said. "She was a joy to everyone she met," Laurie added.

In partnership with Angela Bailey, Director of the ARH for Healthier Communities, 100% of every donation will go directly to cancer patients having financial hardship because of battling cancer, in the form of gas and food cards, hotel stays and transportation. All donations have been allocated to the Beckley ARH Oncology Center.

The current members of the Ladies Association planned the tournament and silent auction, which raised more than \$60,000 with the generous support of one anonymous "match" donor.

"The Glade Springs Ladies Golf Association was really instrumental in providing the seed money for us to be able to begin this process and run this tournament," Jan explained.

Laurie, the chair of the cancer fundraising committee, said before the auction, all were reminded that, "We are not just bidding on the price of the item, we are bidding on HOPE, which is priceless." The auction was hosted at the home of Lissa's partner, Marcy Nolan, which is the home they shared together here in Glade Springs.

"The local community, because Lissa was so beloved, all stepped up. The volunteers were endless," Jan said.

Other committee members, Anna Kinker, Rosa Adkins, Debra Scott, Pat Slack, Judy Street, and Mary Cavendish, all had a role in organizing the tournament and made sure the event went off without a hitch.

If you'd like to provide HOPE to cancer victims in our community, donations can still be made by going to www.arh.org/gladesprings. Every penny will go directly to cancer victims having financial hardship at our local Beckley ARH Oncology Center. Upon donation, you will immediately receive a tax donation receipt from the ARH Foundation for Healthier Communities.

If you know someone who is Making A Difference 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.



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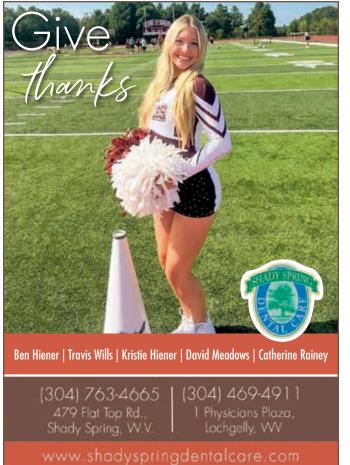
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PASTITSIO!

Greek pasta dish! AKA Greek lasagna

SUBMITTED BY MARY LEE

Meat Sauce

- 2 pounds ground meat (beef, lamb, or a mixture of the two)
- 1 large red onion, finely chopped
- 3 cloves garlic, finely minced
- 4 ounces tomato paste
- 8 ounces tomato sauce
- 1 bay leaf
- 1 teaspoon ground cinnamon
- 1/2 cup dry red wine or beef stock
- salt / pepper

Sauté onions in a little butter. Add ground meat and cook until meat is brown. Add garlic. Stir in remaining ingredients and simmer until meat is thoroughly cooked, about 45 minutes and sauce is very thick.

Cream Sauce

- 1/4 pound melted butter
- 3/4 cup corn starch
- 4 cups milk warmed
- 1/2 teaspoon ground nutmeg

- 1/2 teaspoon salt
- 1/2 cup Greek yogurt such as FAGE
- 1 cup grated Parmesan
- 2 beaten egg yolks

To the melted butter over medium heat add the corn starch. Cook while stirring to a paste. Slowly add milk, stirring constantly until mixture thickens. Add seasonings. Temper the egg yolks with a little hot sauce, then add to the pan. Remove from heat and stir in yogurt and Parmesan. Set aside.

Past

- 1 pound tubular pasta such as penne
- 1/4 pound melted butter
- 4 ounces crumbled feta cheese
- 1 cup grated Parmesan cheese
- 2 egg whites lightly beaten

Boil pasta in salted water according to package directions al dente. Drain and return to pan. Pour butter over it, fold in cheese and eggs.

ASSEMBL

Grease a deep 9X13" baking pan. Layer 1/2 of the pasta. Carefully spread all the meat sauce and top with remaining pasta. Spread cream sauce over all. Sprinkle on 2 tablespoons Parmesan and bake at 350 for about 45 minutes until top is brown. Remove from oven and let it cool for about 20 minutes so you can cut into neat squares.

Note Prepare meat sauce first. Then the cream sauce, and finally the pasta. Serve with a green tossed salad and enjoy!

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





Sauté onions in a little butter.

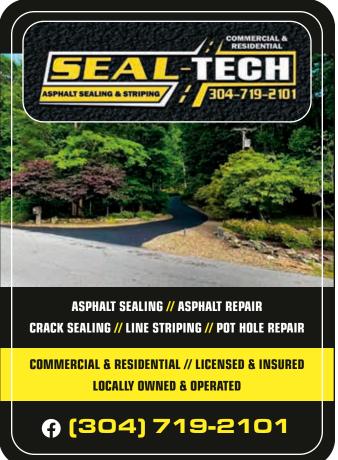




STROLL Glade Springs Village 39







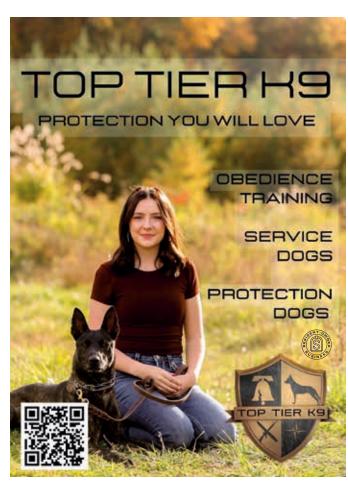
able settings have been at the heart of American holidays for generations, and they take center stage at Thanksgiving. A thoughtfully styled table can set the mood for connection, gratitude, and celebration, turning an ordinary meal into something special. The good news? Creating a beautiful, welcoming tablescape doesn't have to be stressful.

Start with the basics: warm linens instantly make a table feel cozy.
Layer them with natural textures—wood chargers, woven placemats, or soft napkins, to add depth and interest. Then think about a centerpiece. Seasonal touches like mini pumpkins, gourds, artichokes, sprigs of greenery, or dried florals bring color and life without feeling over the top. Add a few candles for a soft,

inviting glow that makes everyone feel at home.

Colors matter, too. Rich amber, rust, and deep green work beautifully together, and a little gold or bronze adds a touch of elegance. Don't worry about matching everything perfectly—mixing patterns and textures actually makes the table feel more personal and adds visual interest. Unexpected accent colors like red and pink are a fun way to incorporate a signature color and make your table feel even more unique to you.

With natural textures, seasonal colors, and thoughtful touches, your Thanksgiving table can be a space that sparks conversation and gratitude. This year, let it reflect the heart of the holiday: coming together, sharing stories, and celebrating the people around you.





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Generosity **That Adds Up**

With tax changes ahead, now is the time to plan your giving so it feels good and makes financial sense.

BY CAROLINE PERROTT

here are countless ways we give. Maybe it's giving back to an impactful youth program you enjoyed as a kid. Perhaps it's clicking "donate" on a neighbor's GoFundMe, dropping off a bag of clothes at Goodwill, or buying tickets to a local charity gala. However you choose to do it, giving back connects us. It lifts our neighbors, strengthens our community, and adds meaning to our own lives.

Of course, generosity also has a practical side. With new tax rules kicking in starting in 2026, how and when you give may impact not only others but also your household budget.

Here's the scoop. If you're part of the majority who take the standard deduction, you'll soon get a nice perk: up to \$1,000 (single) or \$2,000 (married) in cash donations will lower your taxes even if you don't itemize. For once, almost everyone can enjoy a direct tax benefit for giving.

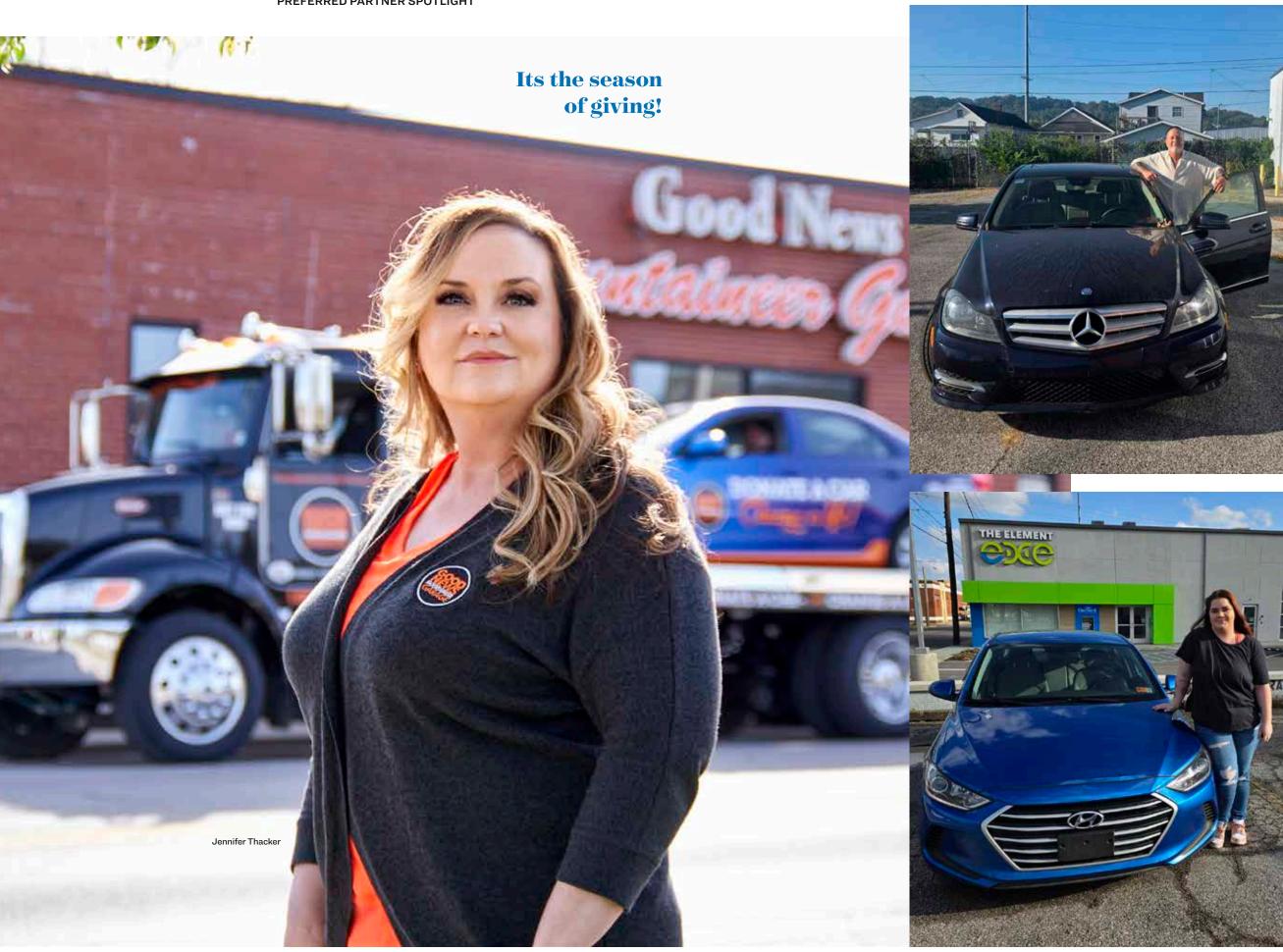
For those who do itemize, things get more complicated. Only donations that go above 0.5% of your income will count. So if your household earns \$200,000, the first \$1,000 you give won't be deductible. And if you're in the top tax bracket, your deduction will be limited to about 35 cents back per dollar donated.

At the end of the day, charitable giving is about so much more than tax breaks. It's about showing up for causes you care about, teaching your kids the value of generosity, and weaving kindness into the fabric of everyday life. And with a little planning, you can do all of that while also making the numbers work in your favor..









Good News Mountaineer Garage

Donate a car Change a life!

WRITTEN BY BOB COBURN



I sat down recently with Jennifer Thacker, Executive Director of Good News Mountaineer Garage to learn more about their

organization. Good News Mountaineer Garage is a 501 © 3 nonprofit who relies on the generous contributions of vehicles and money from individuals, churches, organizations, and businesses. The donations are tax deductible and also qualify for a direct state tax credit (when available).

Stroll Glade Springs Village: What is the business of Good News Mountaineer Garage? **Jennifer Thacker:** We operate exclusively for the charitable and educational purposes of repairing and providing donated vehicles to persons from a tough financial situation, back to working again and other lowincome persons needing transportation for employment, or to attain educational goals. We're dedicated to providing safe, reliable transportation to West Virginians with lower incomes who are working toward a goal of financial independence. We do this by accepting donated vehicles, making necessary repairs, and providing them to qualified West Virginians to use as transportation to and from work or job training.

SGSV: Wow, that's fantastic! Who is a typical recipient of your organization's services?

Jennifer: Typically, an individual is a single parent, female with children under 18 and have no other available transportation.

SGSV: You're obviously doing life changing work! How long has Good News Mountaineer Garage been around, and what has been the impact?

Jennifer: We've been around since 1999.

Since our inception we have provided approximately 4000 cars to CONTINUED

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families and hundreds and hundreds of adults and kids to meet their transportation needs. The vehicles go to individuals participating in the W.V. Works Program and the W.V. Jobs and Hope Program.

SGSV: Those are some amazing numbers! What other "Good News" is there to share?

Jennifer: The Department of Health and Human Resources (DHHR) TANF's (Temporary Assistance for Needy Families) Director has reported to us that 87% of vehicle recipients were no longer on TANF, 9% remained on TANF but were in training or the 6 month transition stage of moving to employment. Only 4% were receiving TANF and not in training or transition, 36% were able to attend more school activities, 36% accessed better child care, 21% moved to better housing and 31% accessed improved medical care!

SGSV: Again, WOW! What a blessing you guys are to so many people. You are truly changing lives! Thank

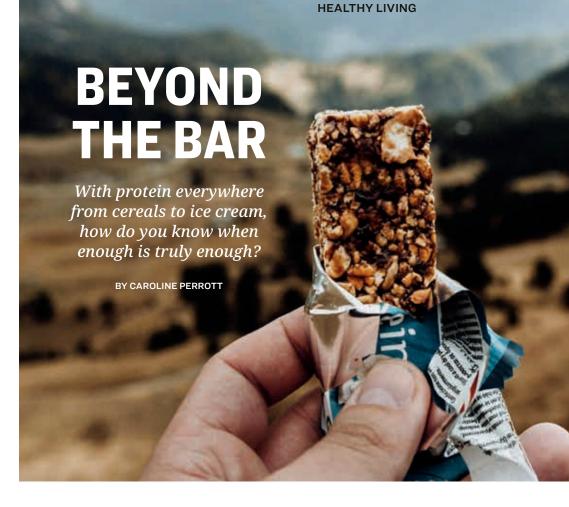
you for sharing your story and most importantly, how can a Glade **Springs resident help out Good News** Mountaineer Garage?

Jennifer: You can call 1-866-GIVE CAR (448-3227) donate online at GoodNewsMountaineerGarage.com or mail donations to: Good News Mountaineer Garage 1637 4th Avenue Charleston, WV 25387. We accept donated cars or a check. We can pick up the car also with very minimal paperwork.

SGSV: Thank You Jenifer! It's been a pleasure.

Good News Mountaineer Garage has locations in Charleston and Masontown, WV.

I was able to get a full time nursing position after I graduated. The care I received from GNMG was a major factor in changing my life and helping my family to move from state assistance to self-supporting! -GOOD NEWS MOUNTAINEER GARAGE RECIPIENT



rotein has become the darling of the wellness world, with high-protein products saturating grocery aisles and social media feeds. From protein-packed cereals to chips and ice cream, it's everywhere—and for good reason. Protein supports muscle repair, immune health, and overall vitality. In 2024, 61% of Americans increased their protein intake, and 85% plan to consume more in 2025. But with so many options, knowing how much is enough can be tricky.

How Much Do You Really Need?

Most adults meet or exceed daily protein recommendations, which generally range around 0.8 grams per kilogram of body weight (dietaryguidelines.gov), with slightly higher amounts for active or older adults. Consuming protein in balanced amounts throughout the day helps support energy, satiety, and muscle function.

Balancing Act

Protein's impact goes beyond calories—it's about quality, timing and synergy with other nutrients. For optimal absorption, combine complementary protein sources: plantbased proteins like lentils or quinoa provide a broader amino acid profile when paired with nuts, seeds, or dairy.

Daily Protein & Fiber Targets

- Adults (19–50 years): Protein ~0.8 g/kg; Fiber 25–30 g/day
- Active Adults: Protein ~1.2–1.7 g/kg; prioritize fiber from vegetables and whole grains
- Older Adults (50+): Protein ~1.0-1.2 g/kg; fiber for gut health

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REAL ESTATE

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 of Record.

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
367 Old Farm Rd.	Old Glade	\$298,900	\$300,000	08/27/25	5	3.5	3,100	\$96.78
150 Farleigh Place	Stonehaven	\$455,000	\$455,000	08/29/25	4	3	2,600	\$175.00
128 William Place	Stonehaven	\$579,900	\$573,000	09/02/25	4	3.5	2,860	\$200.35
138 Hawksmoor Drive	Stonehaven	\$485,000	\$440,000	09/05/25	3	2.5	2,728	\$161.29
103 Woodland Drive	Old Glade	\$172,000	\$172,000	09/18/25	1	1	916	\$187.78
130 Long Drive	Stonehaven	\$369,000	\$355,000	06/18/25	4	3.5	2,607	\$136.18



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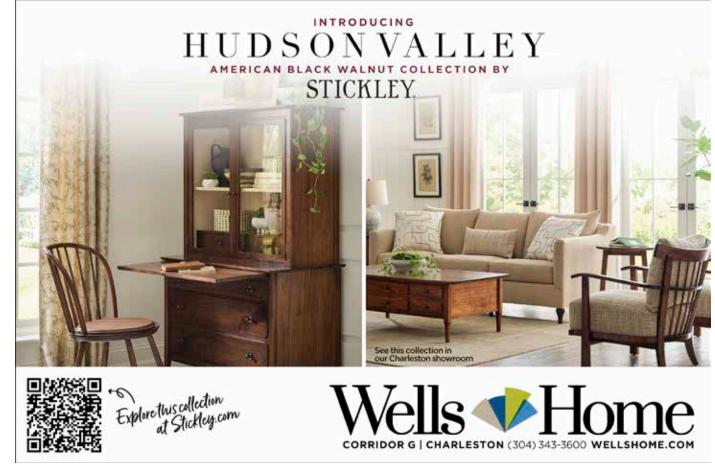
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