

STROLL[®]

Glade Springs Village



**MEET YOUR
NEIGHBORS**

**Marcus Chalut
& Ingrid Lemme**

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



MERRY CHRISTMAS

FROM DANIELS CLINIC!

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





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 Ingrid Lemme-Chalut and Marc, Carter Petry, Shyloh Grose, Cindi Pugh, the Miceks and Cindy Coburn!

IMPORTANT PHONE NUMBERS

- EMERGENCY**
- 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**
- (304) 252-4072 Raleigh General Hospital
 - (304) 253-3860 Prompt Care

- UTILITIES**
- (800) 956-4237 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**
- (304) 763-5382 POA Office
 - (304) 763-0828 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**
- (304) 256-4633 Shady Spring Elementary
 - (304) 256-4570 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



Dutch Miller

OF SOUTH CHARLESTON



IT'S A SHORT RIDE TO THE HOME OF FRIENDS AND FAMILY PRICING!



2025 KIA CARNIVAL

2025 KIA SPORTAGE

2025 KIA SORIENTO

PRESENT THIS COUPON WITH PURCHASE OF YOUR NEW VEHICLE AT DUTCH MILLER KIA OF CHARLESTON AND RECEIVE

40% OFF

YOUR FIRST \$1,000 IN ACCESSORIES!

Must present coupon to receive, valid ONLY at Dutch Miller Kia of Charleston.



Stop In and Ask for Thurman Workman!

DutchMillerKiaOfCharleston.com • 304-729-4234

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
 bob.coburn@n2co.com

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

Childers Enterprises
 (800) 224-7017
 www.childersenterprises.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

ATTORNEYS AT LAW
Taylor, Hinkle & Taylor, Attorneys at Law, Inc.
 (304) 894-8733
 thtwv.com

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
 bluejacketoffroad.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

United Bank
 (252) 940-4918
 bankwithunited.com

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

CHRISTMAS / HOLIDAY / EVENT LIGHTING
United Way of Southern West Virginia
 (304) 253-2111
 www.unitedwayswv.org

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



Wickline Insurance, you bring so much to the table.

We're delighted to join forces with you.



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

BORN, RAISED AND STILL GROWING IN WEST VIRGINIA

UNITED BANK
West Virginia's Bank

BankWithUnited.com | Member FDIC

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

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 & 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
(681) 238-6634
info@brightlifemhs.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

Sheena Pendley Design & Photography

(304) 646-9452
sheenapendleydp.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

RESTAURANT/BAR

The Vault Downtown
(304) 308-6601
thevaultdowntown.com

ROOFING CONTRACTOR

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

WEEKEND GETAWAY RENTAL

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

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.

The Vault Downtown

Dine in Style at The Vault Downtown
The Highest Quality Cuisine and an Unparalleled Dining Experience

Vast assortment of fine wines and liquors! Only 45 Minutes Away!

(304) 308-6601
thevaultdowntown.com

401 Federal St. Bluefield, WV 24701

Open Wednesday – Saturday- 5:00 PM – 10:00 PM Last Seating at 8:30 PM

YOUR STROLL GLADE SPRINGS VILLAGE TEAM



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



ED "COACH" MCCALL
Resident Writer
aemccal10@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

Comfort & Joy
DONATE \$50 & SAVE \$400 ON THE MAYFAIR DURING OUR ANNUAL CHARITY SAVINGS EVENT — THRU JANUARY 20

SEE STORE FOR DETAILS.

Stressless
BY EKORNES
MADE IN NORWAY

Donate \$50 to one of our select charities and **SAVE \$300** on all Stressless® Recliners and Ottomans **OR \$300 per seat** for each Stressless® Sofa or Sectional.

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

KANAWHA/CHARLESTON HUMANE ASSOCIATION | WV STATE PARKS FOUNDATION | YWCA SOJOURNER'S SHELTER | FACING HUNGER FOODBANK | ST. JUDES | READ ALOUD WV | AMERICAN HEART ASSOCIATION

CAPTURING MOMENTS THAT LAST A LIFETIME

Sheena Pendley design + photography™
Wedding Photo + Video Team

846 N COURT ST LEWISBURG WV
304.646.9452 • SHEENAPENDLEYDP.COM

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

Edward Jones > edwardjones.com | Member SIPC

Make your financial future a priority. We can help.

Tracy M Houck, Financial Advisor
343 Prince St, Ste A, Beckley, WV 25801
681-254-0079
tracy.houck@edwardjones.com
edwardjones.com/tracy-houck

Benjamin G Worley, Financial Advisor
343 Prince St, Ste A, Beckley, WV 25801
681-254-9995
benjamin.worley@edwardjones.com
edwardjones.com/benjamin-worley

MKT-58940-A-A1 AECSPAD 24470938



allows us to share stories that inspire, highlight neighbors who uplift, and showcase the beauty of this community we are so fortunate to be a part of. Your enthusiasm, feedback, and engagement are the heartbeat of this publication, and for that we are deeply thankful.

Thanksgiving and Christmas are more than just holidays. They are a reminder of the value of community and connection. As we gather around the table with family and friends to share in traditions and conversation, this magazine serves as a gathering place for all of Glade Springs. It is a space where neighbors become friends, stories are shared, and local businesses shine brightly. We are honored to play a role in helping those connections grow stronger with every issue.

Our Preferred Partners support our magazine and us as residents tirelessly and are deeply invested in our community. Please join us in supporting and thanking them whenever possible—they truly make a difference!

As we celebrate the season of thankfulness, we hope you find time to enjoy the warmth of family traditions, the comfort of shared meals, and the joy of making memories with those you hold dear. Whether you are hosting at your home, traveling to be with family, or simply reflecting quietly on your blessings, may this holiday season be filled with peace, gratitude, and love.

Happy Holidays!

Dear *Stroll Glade Springs Village* Readers,

As we turn the pages into mid/late November and December, we are reminded that this is the season of gratitude—a time to pause, reflect, and truly appreciate the many blessings that enrich our lives. At *Stroll Glade Springs Village*, one of the greatest blessings we have is you, our loyal readers and our dedicated Preferred Partners who provide us great products and services. Month after month, your continued readership



From all of us at *Stroll Glade Springs Village* magazine, we are grateful for you. Thank you for allowing us to continue to tell your stories and celebrating the life we share here. Wishing you and your family a wonderful holiday season!

Bob Coburn

Publisher - *Stroll Glade Springs Village*




Ameriprise Financial

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.

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.

RETIRE WISE FINANCIAL SOLUTIONS, INC





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

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

Karen Akers PHOTOGRAPHY



PHOTOGRAPH & STUDIO

Our Service :
Seniors
Newborn
Family
Wedding/Engagement
Corporate
Event

Special Discount
\$10
Off

Contact Us : 304-573-0516 | karenakersphotography.zenfolio.com

TOP TIER K9

PROTECTION YOU WILL LOVE



OBEDIENCE TRAINING

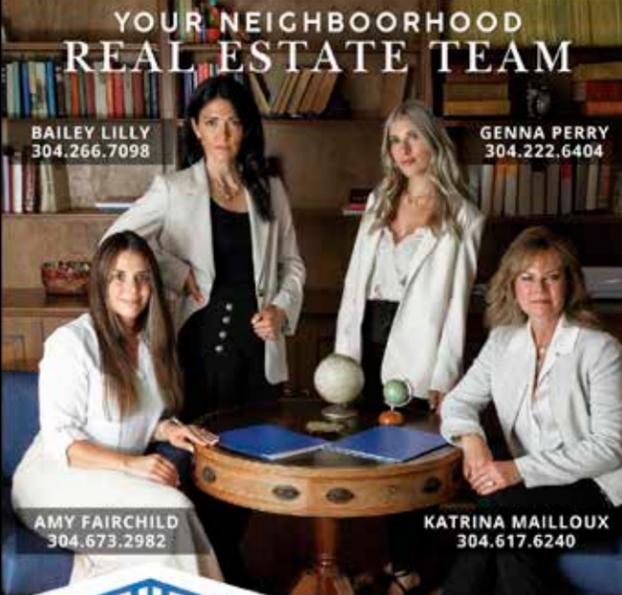
SERVICE DOGS

PROTECTION DOGS





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!



Marcus & Ingrid

Escape, REDISCOVERED

Ingrid & Marc Chalut's Second Act

WRITTEN BY INGRID LEMME, PHOTOS BY KAREN AKERS

On a summer morning in Glade Springs, West Virginia, you can usually find Ingrid Lemme-Chalut lacing up her hiking shoes and heading for the wooded trails that wind through the resort community. She moves with purpose but also with curiosity—pausing to snap photos of wildflowers, shafts of sunlight, neighbors, members of the golf course maintenance staff, or the occasional deer that crosses her path. Later, she posts these glimpses of daily beauty under the handle Glade Smiles on Nextdoor, a photo diary that has endeared her to neighbors and connected her to the community.

Meanwhile, her husband, Marc (Marcus) Chalut, is likely on the golf course. A later-in-life player, he loves the challenge and camaraderie of the game, and Glade Springs—with its rolling fairways framed by Appalachian forest, especially at Stonehaven—is his playground. It's a rhythm they've come to cherish: she hikes, hunts for lost golf balls, and stops for coffee at Small Talk Café, while he works on his swing. In the afternoon, they meet again, compare notes on the day, and savor the quiet magic of summer “on the mountain.”

Come winter, the scene shifts to the ocean in Palm Coast, Florida. There, just steps from the beach, palm trees sway outside their home, and the cruise ports of Jacksonville, Port Canaveral, and Fort Lauderdale are an easy drive away. Cruising has become one of their shared joys—part adventure, part escape, part moving meditation on the waters of a life lived fully.

To neighbors and friends, they are known as the couple always planning the next journey. To each other, they are

proof that love can bloom again—even after devastating loss.

Both Ingrid and Marcus know what it means to love deeply and to lose deeply. Each had been married for decades, devoted to spouses who passed away from cancer. Those long marriages left them with a wealth of memories, traditions, and, in time, heartbreak.

For a while, neither believed they'd find companionship again. Grief is heavy, and the thought of beginning anew seemed distant. But fate intervened when their paths crossed online. What began as a tentative exchange grew into something undeniable: a recognition of shared experience, resilience, and a willingness to embrace the possibility of joy again.

Three months after they met, they decided to test their bond in the boldest way—by spending a month together in Puerto Vallarta, Mexico, followed by a month exploring Costa Rica. They wandered cobbled streets, cooked meals side by side, and woke each morning to a life that felt surprisingly natural. That trip, equal parts risk and revelation, became the foundation of their story. Years later, returning on a cruise felt like coming home to the very place their second act had begun. **And next March, by God's grace, they will celebrate ten years of marriage—a milestone that feels at once miraculous and perfectly natural.**

Ingrid, a mother of two adult sons—one in Germany and one on the North Carolina coast—and two grandsons, has given Marcus the joy of becoming a grandfather later in life, a role that deeply fulfills him.

Ingrid's story began in Germany, but her American dream unfolded in New York. For 17 years, she hosted *The American Dream Show*, interviewing more than 500 personalities—from entrepreneurs to celebrities—while also building a career in marketing, publishing, and hospitality in the Hamptons. She spent 20 years as Marketing & PR Director for a well-known Montauk resort, and her voice—both on screen and in print—has always been about promoting: celebrating ambition, creativity, and the power of reinvention.

Today, she continues that work through her travel writing series, *Escape from Paradise*, inspired by life on the ocean in Montauk, later Palm Coast and the Glade Springs paradise overlooking the Stonehaven 10th hole with a nearly 180-degree views. Ingrid shares not just destinations but the textures and flavors of life discovered on the road. Her stories are published both on her website and in print in *The Montauk Sun*, a Hamptons-based paper now in its 25th year, distributed from Montauk to Manhattan.

Marcus brings a quieter strength. Having built a career in the apparel industry—manufacturing golf shirts in Pinehurst, North Carolina—he has always balanced practicality with perseverance. Friends describe him as steady, thoughtful, and deeply loyal. Together with Ingrid's energy and curiosity, the combination is seamless: she imagines, he grounds; she leaps, he steadies.

For all their globetrotting, some of Ingrid and Marcus's most recent escapes are just around the corner. Just an hour from their Glade Springs home lies The Greenbrier, America's legendary resort. Marcus relished a round **CONTINUED ►**



on the iconic Old White Course, while Ingrid savored an indulgent afternoon at the spa. She captured the experience in her story, “America’s Resort – The Greenbrier”, offering readers a glimpse into a place that combines heritage and hospitality in unforgettable ways. www.EscapeFromParadise.net

It’s a reminder that sometimes escape doesn’t mean crossing an ocean—it can be found a short drive away, in the rhythm of golf swings and spa rituals, shared meals, and a carriage ride.

Their lifestyle today is split between the mountains and the coast, between golf greens and ocean blues.

At home, Ingrid brings her creativity into the kitchen. She loves healthy cooking and baking, often inviting friends over for dinner. Whether it’s a rustic loaf fresh from the oven, a colorful salad from local produce, or Mediterranean and German-inspired dishes, meals in their home are less about formality and more about connection—gatherings filled with laughter, stories, and warmth. Pastor Troy from the Glade Community Church still recalls her fish fry with Ingrid’s younger son’s fresh-caught flounder and homemade potato salad as one of his favorites.

They especially love their lunches and dinners on their balcony, disturbed by nothing but the sounds of nature—and perhaps the occasional click-clack of a golf ball that didn’t quite make it down to the Stonehaven green, landing instead in the pond’s ravine below. These quiet, shared moments have become a cherished rhythm, a simple joy that anchors their active lives.

Marcus, meanwhile, after successfully overcoming skin cancer that had already metastasized, thrives on the courses, relishing the challenge and the friendships that come with every round. “I couldn’t have done it without her,” he says, acknowledging Ingrid’s dedication to researching and integrating complementary medicine alongside Western treatments.

In Palm Coast, Florida, they find warmth and ease. The community is vibrant, the pace relaxed, and the proximity to cruise ports irresistible. Each voyage offers a new rhythm: days at sea to reflect, ports of call to explore, and the quiet joy of watching the horizon together. Ingrid brings her social media

followers along on their adventures, posting their experiences as they go.

For Ingrid and Marcus, travel is not escape in the sense of running away—it’s escape in the sense of leaning in: to discovery, to wonder, to possibility. From Europe’s storied streets to the Caribbean’s turquoise waters, from Appalachian trails to the Mexican coast, they’ve made exploration their shared canvas.

And their sights are set even farther. They’re planning a cruise to Antarctica, the ultimate voyage of discovery. Penguins, glaciers, and the ethereal silence of the southernmost continent—yet another chapter in a shared story that keeps unfolding, which Ingrid will chronicle for her readers.

Ask them today what their greatest journey has been, and they won’t point to a port or a destination. They’ll smile at one another and answer simply: “Finding each other.”

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



Ingrid Lemme-Chalut is an award-winning TV host, publisher, and travel writer for the Montauk Sun and creator of Escape From Paradise. She is also an ambassador for Seven Stars Luxury Hospitality & Lifestyle Awards and the 15-time Emmy Award-winning PBS series A Taste of History.



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!



“
**I COULDN'T
HAVE
DONE IT
WITHOUT
HER**”



Celebrating our **17TH YEAR** in business!



Your local *IT solutions* provider



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



CARTER PETRY

A dedicated student-athlete

WRITTEN BY KAREENA PATEL

AT JUST 16 YEARS OLD, Carter Petry embodies what it means to be driven and responsible on and off the field. As a junior at Shady Spring High School, Carter is not only focused on academics but also heavily involved in sports, family, and his community.

Carter comes from a close-knit family, four brothers, with their bond playing a major role in his life. Being the middle child has taught him responsibility and patience, especially when helping out with his little brother's flag football team. He enjoys mentoring younger players and being a positive role model for them. Carter also has a German Shepherd named Mack, who is always by his side.

Carter is a passionate football player, where he plays for the high school's team. One of his proudest moments was during the 2023-2024 football season, when he made his first varsity tackle on his very first varsity snap as a sophomore. That moment was a huge milestone and one that confirmed his love for the game.

In addition to football, Carter enjoys a variety of outdoor activities; when he is not on the field or outdoors, he loves hanging out with friends fishing, golfing, playing video games, and watching football.

Carter's favorite class is Sports Physiology, where he gets to learn about human anatomy. He says he enjoys the mix of learning and physical activity because it connects directly to his athletic goals.

In his high school career, he has maintained a strong academic record, making the honor roll in both 9th and 10th grade. Carter is working toward getting into a good college where he hopes to play football while continuing his education. His goal is to find a school that will push him both academically and athletically, and he's already laying the groundwork by prioritizing school and building a strong athletic resume.

When it comes to role models, Carter looks up to his dad, who sets an example through his work ethic and practical skills. He admires how his dad stays focused, gets things done, and always finds ways to provide for the family: qualities Carter tries to follow in his own life.

With a strong support system, a tireless work ethic, and a clear vision for the future, Carter Petry is on a path to success whether it's under the Friday night lights or in the classroom.



Kareena Patel

Kareena is currently a senior 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.

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



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.



Shyloh Grose Loves Volleyball!

WRITTEN BY ED MCCALL, PHOTOS BY KAREN AKERS



Whether you want to credit William Shakespeare with the oft used quote “The eyes are the windows to the soul,” matters not. (Cicero and Leonardo da Vinci are also given credit for similar phrases) The great bard himself could argue that his words certainly apply to Shyloh Grose. When I first met the twelve-year-old daughter of Mathew and Kasie Grose, those windows came alive once our topic of conversation turned to volleyball. The passion this angular seventh grader has for her newfound favorite sport was obvious.

Blessed with long arms, the lanky outside hitter for the Shady Spring Middle School volleyball team beams when she talks about her favorite play on the court. “I love to block at the net!” she almost gushed. While leading her team to victory over Beckley Stratton Middle School recently, she was a real presence at the net, demonstrating great timing while coming up with several key blocks. However, the real strength of her game that evening was her hitting and serving as she garnered crucial points for her Tiger squad. Both shots are struck with great ferocity and pass low over the net at angles that are all but unreturnable, leaving her opponents vanquished and her teammates high-fiving her.

It is more than winning and hitting good shots that has drawn this young athlete to volleyball. She loves the camaraderie with her friends and teammates. In fact, it’s how



Now that she has dipped her toe into the athletic pool, Shyloh says she is considering other sports in the future.

she was drawn to the game. “I was just hanging out at my friend (and now teammate) Presley Hale’s house. We were out in the yard hitting the ball around when I realized how much fun I was having,” she recently recalled. Even now when she is alone with spare time, she’s outside bumping shots up against the side of the house.

When she and her teammates gather in the center of the court to do their celebratory “dance-chant” after an ace, it is obvious they are in the moment and having a blast. There are smiles, energy, and enthusiasm galore! Isn’t that what sport is supposed to be? Shyloh is one of five young players on the SSMS roster from Glade. Gracie Coburn, Kinsley Mahaffey, Kaylin Cornett, and Presley Hale are all contributors to the Tigers’ winning ways.

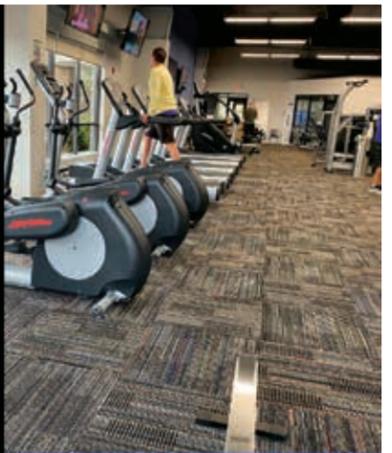
Now that she has dipped her toe into the athletic pool, Shyloh says she is considering other sports in the future. With her runner’s build and willingness to work, I’m sure she will find as much success in track and cross country as she has in her first year of volleyball.

Academically, she loves math and social studies and indicates that somewhere in her future she thinks she might enjoy a career as a lawyer, but first she has set some lofty goals for her days on the volleyball court. She and Mom are planning a trip to Morgantown to watch the successful

CONTINUED ►

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





Mountaineer women's volleyball team. She is excited to see first-hand the skills she would need to possess to play at the collegiate level.

Shyloh has chosen two excellent volleyball role models. She looks up to two local players: her cousin Maddy Sole, a stalwart for the Mt. Hope Christian Academy team, and Bella Gevenosky, a standout for the tradition-rich Shady Tiger varsity.

With maturity beyond her years, Shyloh says that her ultimate volleyball goal would be to develop her game to the point that she would become another young girl's idol. How refreshing it was watching this spitfire spiker play with no fear, totally enjoying the fun and intensity that competition and sport elicit. Believe me, you could hear it in her and her teammates' laughter, and if you looked closely, you could see it in her eyes. This gal loves volleyball!

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



Ed McCall

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.



Karen Akers

GLADE SPRINGS
Real Estate Company

304.763.5000

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

FOXTALE

EDEN SKY LILLY | 5TH GRADE

Her Style, Her Story

Let's connect @ 304.731.3902
Tara Miller, Foxtale Stylist

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

The Workman Home

PHOTOS BY DAVID CHINN



options, recreational activities, and event spaces, creating a vibrant community atmosphere. Whether you're seeking an active lifestyle or a peaceful escape, this property provides the perfect opportunity to enjoy everything Glade Springs has to offer.

* At the time of this writing, this property is for sale. Please contact David Chinn at Altruist Realty 122 Appalachian Dr. Beckley, WV (304) 575-0838 David Chinn, Broker of Record.

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



YOUR STONE PROS

VintageStoneWV.com
(304) 466-3077

Must-see property in the prestigious Glades Springs Resort community! This stunning, one-level home offers a spacious main living area and a versatile bonus Mother-in-Law suite located on the lower floor. recently remodeled with custom finishes throughout, the home features a luxurious bathroom, a modern kitchen with tile flooring, granite countertops, and stainless steel appliances. The living room and dining area boast beautiful hardwood floors and a cozy gas fireplace. The executive home office with stylish remodel work provides a perfect place to work comfortably. The master suite includes a tiled shower, Whirlpool tub, and a walk-in closet. Additional highlights include an attached two-car garage and a peaceful sunroom overlooking a breathtaking wooded area. Situated on over half an acre in a gated community known for its elegance—perfect whether you love to golf or simply enjoy a serene, upscale lifestyle. Glade Springs Resort is renowned for its world-class amenities that cater to a wide range of interests. Residents and guests can enjoy championship golf on meticulously maintained courses, a full-service spa, fitness centers, swimming pools, tennis courts, and miles of scenic hiking and biking trails. The resort also offers fine dining

AUTO DETAILING
& CAR WASH SERVICE

- INTERIOR CLEANING
- EXTERIOR WASH & WAX
- SUBSCRIPTIONS AVAILABLE

Shine on the go—Bluejacket's mobile detailing delivers premium care with a showroom finish, protecting your family's vehicles as an investment in safety, style, and lasting value—right from your driveway.

@BLUEJACKETMOBILEDETAILING
THE PERFECT HOLIDAY GIFT
681-208-9535 | Fayetteville, WV

Love Where You Live

SUDDENLY SPOTLESS

HEY GLADE SPRINGS! READY TO DAZZLE *This Holiday Season?*

Whether you're hosting guests or just want to sparkle, we've got your back! From a deep clean to prep for the holidays, to janitorial services or a quick initial clean—we'll make your space shine like never before!

WHY STRESS WHEN YOU CAN IMPRESS?

Call/Text: 304-772-6009 for details and check out our awesome specials! Glade Springs, let's get your home or business sparkling for the season!

MICHELLE WILSON, PRESIDENT
LOCALLY OWNED & OPERATED | LICENSED AND INSURED
SUDDENLYSPOTLESS.NET

Hood Happenings!

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



We would love for you to join us
Sundays 10 am



We would love for you to join us!!

Glade Community Church

We are a non denomination church seeking to live out the Great Commandment and the Great Commission

God loves you and has a purpose and a plan for your life
We would love for you to join us for church any Sunday at 10AM

Watch Live Services at gladec.org

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

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!"

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

UPCOMING EVENTS AND IMPORTANT DATES FOR GSV

POA ACTIVITIES

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

December 20, 2025
Members Holiday Party at The Haven Woodhaven

Holiday Sale 10am-4pm on December 19-20

All POA facilities closed December 25

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

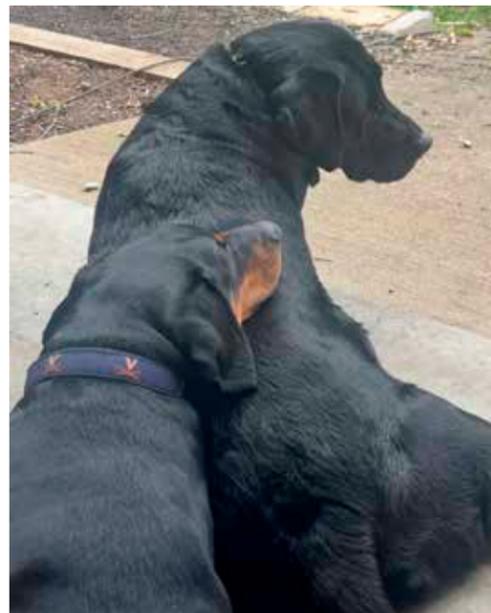
GLADESPRINGSPOA.COM

Smokey & Comet!

WRITTEN BY FARRAH MICEK



Comet & Smokey!



She is an amazing swimmer and will not stop unless someone pulls her out of the water.

The Micek family, which includes Dr. Tim Micek, Shakita, and their daughter Farrah, have two of the cutest and craziest dogs ever, Smokey and Comet. These two are always full of energy and love being outside, playing in the yard, or going on adventures with their family. When they are not traveling around the country, they are probably napping or relaxing inside after a busy day of fun.

Smokey was the first dog to join the Micek family. She was born in Southern Tennessee in 2019 and is a black lab who is now seven years old. She was born on Father's Day, so her family never forgets her birthday. Smokey loves going on walks, swimming in ponds and lakes, and playing tug of war with her little sister Comet and her human sister Farrah. She is an amazing swimmer and will not stop unless someone pulls her out of the water. Even though she loves swimming, she refuses to take baths and will do anything to avoid them. Smokey also loves exploring and sniffing everything when she goes on walks. At home, she enjoys lying around, snoring, and watching out the window. Smokey barks to protect her family and make sure everyone stays safe, and she takes that job very seriously, even though she would not hurt a fly.

Comet is the younger dog in the family. She is five years old and was born in Iowa on September 15th. The Miceks brought her home in 2021, and she has been a ball of energy ever since. Comet loves to run really fast. She zooms around the house, the yard, or anywhere she can. She is super close to Smokey and follows her everywhere. Comet is completely obsessed with her big sister and never wants to leave her side. They sniff the same spots, go to the same places, and even sleep next to each other. Comet's favorite games are tug of war and hide and seek, and she is always ready to play. No matter what she is doing, Comet loves being with her family.

Smokey and Comet are two friendly, playful, and loyal dogs who bring so much joy to Dr. Tim Micek, Shakita, and Farrah. The Micek family says they are the best dogs ever and feel so blessed to have them in their family. If you ever see Smokey and Comet walking around Glade or running in their backyard, do not forget to say hello.



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.





NEW RIVER
animal hospital

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

Dr. Connie Hyler-Both • Dr. Sarah Koressel

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





Cindy Ray-staff, Leigh Ann Mills-staff, Taffy Robertson-staff, Cindi & Derick Pugh



Cindi Pugh



Derik Pugh

AN ORGANIZATION OWNED by a Glade Springs couple is making a difference in the lives of people with disabilities.

Cindi and Derik Pugh started NuSkool Scholars in 2016, an organization that teaches life and work skills to disabled people, among other services. Four years ago, they started hosting the NuSkool Prom, and now the event has grown into something people look forward to each year.

It was held on September 20, 2025, at the Raleigh County Convention Center and is attended by more than 300 people each year, from Beckley and surrounding areas.

The goal is to give people with disabilities a special community event just for them that is easily accessible. They get to walk the red carpet, dance the night away, and enjoy a nice dinner.

Cindi said the event wouldn't be possible without the help of volunteers and community partners, like the United Way of Southern West Virginia. The NuSkool Prom is held the day after the United Way's Dancing with the Stars event, making the space at the convention center free to use by the organization.

"I reached out to Trena Dacal with United Way, and she didn't hesitate to let us use the space at the convention center that's already paid for, for Dancing with the Stars. The venue is paid for the entire week because they do rehearsals and decorate. So, she was really happy that it could be utilized for something else," Cindi explained.

The space is handicapped accessible, and the staff at the convention center has been very accommodating, according to Cindi.

"We have people with all different types of mobility issues. Sometimes the food must be prepared a certain way, and the staff there just jump in no matter what to make the event go smoothly," she said.

George Whitaker DJs the event every year, and his family even comes along to volunteer. Heather Belcher is the official prom photographer, with help from her daughter Maddie.

"Everyone pulls together to make this happen," Cindi said. "I don't see many events that are inclusive in our community. There haven't been events just for people with disabilities. I just wanted to have something that would be fun and not so serious."

The 5th Annual NuSkool Prom will be held in September 2026, the Saturday after Dancing with the Stars. Be sure to check nuskooscholars.com for event and ticket information.

If you know of someone who is Making A Difference please 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.



NuSkool Prom!

Cindi & Derick Pugh

WRITTEN BY JESSICA RUBIN

WV ORTHOTIC & PROSTHETIC

Helping you get back to the important things.

(304) 256-8351 • wvopc.com



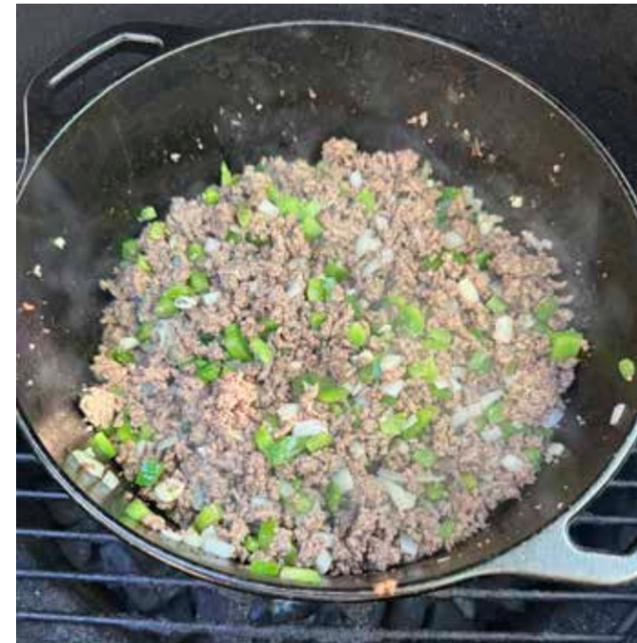
Homemade Sloppy Joes!

Comfort on a cold day!

SUBMITTED BY CINDY COBURN

INGREDIENTS:

- 2 Tbsp butter plus more for rolls
- 2 1/2 lb ground beef
- 1/2 large onion, diced
- 1 large green pepper, diced
- 5 cloves garlic, minced
- 1 1/2 cups ketchup
- 2 Tbsp, brown sugar
- 2 tsp. chili powder, plus more to taste
- 1 tsp. dry mustard
- 1/2 tsp. red pepper flakes, plus more to taste
- 1 cup water
- Kosher salt, to taste
- Freshly ground black pepper, to taste
- 2 Tbsp. tomato paste
- Worcestershire sauce, to taste
- Tabasco sauce, to taste
- 8 Nice Rolls! Kaiser or Brioche
- Kettle cooked potato chips or Fritos for serving
- Cheese of your choice (optional)



DIRECTIONS:

1. In a large skillet or Dutch oven, melt the butter over medium high heat. Add the ground beef and cook until brown. Drain most of the fat and discard.
2. Add the onion, green bell pepper, and garlic. Cook for a few minutes, or until the vegetables begin to soften.
3. Add the ketchup, brown sugar, chili powder, dry mustard, red pepper flakes, and water. Stir to combine and simmer for 15 minutes, adding salt and pepper to taste. Also add the tomato paste, Worcestershire, and Tabasco, if desired. Taste and adjust the seasonings as needed.
4. Toast the nice rolls if desired with butter. Spoon the meat over the rolls. Top with deli cheese if your like. Serve with chips. Enjoy!!!!

If you have a Great Recipe in the family that you would like to share, please reach out to Bob Coburn at bob.coburn@n2co.com

T's Cleaning Service

Owners, Tammy & Devin Billeter
 (412) 608-5272
 Devinbilleter@icloud.com

Residential and Commercial

Merry Christmas from our families to yours

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

(304) 763-4665
 479 Flat Top Rd.,
 Shady Spring, W.V.

(304) 469-4911
 1 Physicians Plaza,
 Lochgelly, WV

www.shadyspringdentalcare.com

Call your neighbor, Jon Atha
304-673-2269

Available to sell new and pre-owned vehicles.



MOOD BOOSTER

Discover how simple dopamine design tweaks can lift your mood and transform your home this season.

BY CAROLINE PERROTT

Have you ever entered a room and just felt, overall, better? That isn't a coincidence; it's by design. And it's called "dopamine design." As the days grow shorter and the year winds down, our homes become more important. They are not just places to live, they are spaces where we seek comfort, warmth, and a boost to our mood.

Dopamine design is not about reinventing your entire home. It is about small, intentional choices that make you feel good. Bold, uplifting colors on a wall or in accent pieces can energize a room and elevate your spirits. Layering textures through rugs, pillows, and throws adds warmth and tactile comfort. Even playful accents such as quirky artwork, vibrant ceramics, or cheerful lighting can stimulate happiness and make everyday moments more joyful.

The concept is rooted in science. Environments that stimulate dopamine, the feel-good chemical, can enhance mood, creativity, and productivity. The beauty of dopamine design is that it is universally accessible. Whether it is a sunlit corner for reading, a pop of color in the kitchen, or a gallery wall of memories, you do not need to overhaul your space to feel the effect.

This December, consider your home a mood booster. Layer color, pattern, and texture intentionally. Play with light and playful details. The result is not just a prettier space, it is a happier one. Minor design tweaks can transform your home into a sanctuary where joy, comfort, and seasonal cheer thrive.

SEAL-TECH
COMMERCIAL & RESIDENTIAL
ASPHALT SEALING & STRIPING 304-719-2101

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

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

(304) 719-2101

PIONEER
COMMUNITY BANK

True Community Bank.
Proudly West Virginian.

CENTRAL PUP

We Groom ALL Breeds and Sizes

(304) 444-0311
Book online at centralpupwv.com
2801 Robert C. Byrd Drive | Beckley, WV 25801

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



Mental Health & Recovery Services

A healthy mind equals a bright life!

WRITTEN BY BOB COBURN



Stroll Glade Springs Village magazine sat down recently with Sharon Smith and Tammy Harrah, co-owners of Bright Life Mental Health & Recovery Services located at 221 George St. in Beckley. Bright Life offers behavioral health and recovery services to individuals in need. They create a personalized treatment plan and believe that all clients should be treated with dignity and respect. They guarantee that all client's needs are met by providing quality care and collaborating with community partners.

Stroll Glade Springs Village: Good Afternoon Ladies, what is the main

goal of Bright Life Mental Health & Recovery Services?
Sharon Smith: Our goal is to help clients achieve harmony within themselves and with others by promoting overall healing and growth.
Tammy Harrah: We create a customized plan for each person because we understand that each person is unique and has different needs. We understand living with addiction and mental illness can be challenging, but in the right environment, clients can regain their mental health and sustain sobriety.

SGSV: Wow, that's awesome. What are some of the other principles that make up Bright Life?
 Sharon: We recognize that every member of society has an inherent right

to the opportunity to earn a living and contribute to the world. We operate as a team and collaborate with other professionals, agencies, family members and peer recovery support specialists such as physicians and other professionals.
Tammy: Teamwork is a big key to specializing in addiction treatment including alcohol.
Sharon: Our ultimate goal is for the client to understand their mental health issues and learn to cope with the symptoms by supporting the client in maintaining sobriety and transition back to employment, family and independent living.

SGSV: Really great stuff ladies. What else would you like our readers to know about Bright Life?



through healing and growth of the whole person.

SGSV: This is truly amazing work you are doing here and invaluable to your clients and their families. Is there anything else we can share?

Sharon: We are involved in several outreach programs to let people know we are here and eager to help. We have a Coat, Toboggan and Hat outreach and we have been involved in Trunk

or Treat. Also, we have a presence in Fayette, Mercer, Tucker, and Nicolas Counties as well as Raleigh.

SGSV: Thank you so much for your time and sharing your story with us. It has been very educational. We'll do our best to spread your good word!

Check out brightlifemhs.com for more information including accepted insurance or give them a call at (681) 238-6634.



**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



HEALTHY LIVING

Moments That Matter

A few minutes of reflection can change more than your mood. It can boost your brain, perspective, and your holiday season.

BY CAROLINE PERROTT

Around the holidays, “being thankful” and “gracious” are buzzwords that come up a lot. And while yes, this is a great time to express those feelings, your brain actually needs it now more than ever. Gratitude isn’t just a warm feeling; it physically changes your brain. Studies show that regularly practicing thankfulness increases activity in areas linked to happiness, lowers stress hormones, and strengthens emotional resilience. In short, gratitude doesn’t just make you feel good; it helps you handle life’s challenges better.

Cultivating gratitude can be a game-changer when calendars overflow and stress levels spike. It shifts your focus from what’s missing to what’s present, turning hectic weeks into moments of connection and meaning. Even a few minutes of intentional reflection can improve your mood, sharpen your perspective, and help you respond to stress with calm instead of tension.

The science is clear. Focusing on what you’re thankful for boosts dopamine, the “feel-good” chemical, and activates brain regions that help you connect with others and feel empathy. It also reduces cortisol and calms the amygdala, lowering stress. Over time, regular gratitude rewires your brain for more positive thinking, strengthens emotional resilience, and can even improve sleep.

Practicing gratitude doesn’t have to be complicated. A quick mental note, a kind word, or a short journal entry can make a big difference. Especially during the holidays, pausing to focus on thankfulness can turn ordinary days into meaningful ones.

GRATITUDE STARTERS

Bookmark these prompts for daily reflection:

- What traditions make this time of year feel meaningful?
- Who in your life made a difference this week?
- What beautiful things do you see around you?
- What small moment brought you joy today?
- What challenge taught you something valuable?
- What do you often take for granted that deserves recognition?
- What’s one thing about yourself you’re proud of this year?

Experience The Best

COUNTRY ROAD CABINS

Hico, West Virginia

Located moments from New River Gorge National Park and Preserve, our five-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

GIVE THEM THE BEST
 \$125 Gift Certificates for \$100 for Limited Time
 304-658-5267

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

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

PRESTIGE OWNED BUSINESS

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

PRESTIGE MOTOR COMPANY OF BECKLEY

OUR PRICE \$54,990
 MSRP \$82,830

Where Neighbors Buy Their Cars

1701 Harper Rd, Beckley WV
 304-255-9252
prestigemotorwv.com

Scan for more info

★ ★ ★ ★ ★
CARFAX
 ADVANTAGE DEALER

Wonderland of Trees!

The United Way of Southern West Virginia

WRITTEN BY BOB COBURN



This November, the United Way of Southern West Virginia will be hosting the 18th rendition of The Wonderland of Trees! This is one of the premier events of the year for The United Way and it's full of beauty, fun and excitement for all!

Executive Director of the United Way, Trena Dacal states "the trees will be on display at Tamarack Marketplace starting November 7th for the public to view and vote for their favorite tree. The opportunity to view and vote concludes on Friday November 21st with an auction at 6:00 pm. You can purchase



your favorite tree to enjoy in your home or office during the Holiday Season. It's a great way to launch the Holidays!"

Individuals and organizations including churches and civic groups decorate and donate the trees for this long-standing fundraiser that benefits more than 30 local non-profit partners and community programs such as The Salvation Army, Raleigh County 4-H, Beckley Dream Center, Just For Kids Child Advocacy Center and the Raleigh County Commission on Aging.

Viewing of the trees is free of charge and there is a \$1 per vote for your favorite trees. There are typically about 40 trees on display and the tree with the most votes will win the coveted People's Choice Award!

"Most of the trees come with additional value such as trips, technology and services to the purchaser. It's a fun surprise! If the tree is \$1,500 or greater we will deliver the tree on the 24th, the Monday after Thanksgiving," adds Trena.



So please mark your calendars for November 7th – 21st at Tamarack and especially Friday the 21st at 6:00! Vote on line at unitedwayswv.org or check out the QR Code in this article.

18th Annual Wonderland of Trees
Tamarack Marketplace
November 7th - November 21st
 Live Auction - 6:00 pm, November 21st



www.unitedwayswv.org
 (304) 253-2111

Home(s) for the Holidays

Heading to your “happy place” for the holiday season? From budgeting and location tips to seasonal planning and investment management, here’s how to make your second home a joyful and financially smart getaway.

BY CAROLINE PERROTT

What’s the next mountain to climb if the American dream is homeownership? For many, it’s a second home; the kind of place you can escape to for long weekends, gather the grandkids, or retire the way you deserve to. A second property can be a lifestyle upgrade, offering cherished traditions and holiday memories. But it’s also a major financial decision that requires strategy and planning.

Budgeting for a Second Home

Before browsing listings, it’s important to run the numbers. Beyond the down payment and mortgage, buyers should factor in property taxes, insurance, utilities, upkeep, and homeowners’ association fees if it’s in a vacation destination.

Experts recommend that your total housing costs (including both homes) stay under 28 to 30% of your gross monthly income to avoid being stretched too thin.

Picking the Right Location

Second homes are often tied to emotion — beachfront sunsets, lake weekends, or snow-covered slopes. But location also impacts long-term value. Look for areas with strong resale markets, year-round appeal, and accessibility. A house two hours away may be used more often (and rented more easily) than one requiring flights.

Seasonal Planning

With the holidays often sparking trips to second homes, planning for how you’ll use the property throughout the year is smart. Creating a seasonal schedule can help maximize your enjoyment while minimizing costs. For example, renting your property during peak seasons when you’re not there can offset expenses.

Managing the Investment

A second home is both a retreat and an asset. If you’re considering renting it out, research local regulations, short-term rental laws, and property management services. Even if you don’t rent, maintaining your home in top condition — landscaping, HVAC checks, winterizing — preserves its long-term value.

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

Give your home the protection it deserves.

Tim Cyrus, Agent
824 Ritter Drive
Beaver, WV 25813
Bus: 304-255-6917
timcyrus.com

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®

1708136
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

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.

EMERGENCY

HighER Level of Heart Care

RGH Raleigh General Hospital

RaleighGeneral.com

ACCREDITED
AMERICAN COLLEGE OF CARDIOLOGY
CHEST PAIN CENTER
PRIMARY PCI

TOBACCO TOWN

The Cigar Lounge & Boggs Gun Shop

Holiday preparations!

WRITTEN BY BOB COBURN



Tobacco Town & The Cigar Lodge opened in July of 1999 and has grown into the area's best stop for the finest tobacco products, craft beer, fine wine, premium cigars and firearm selections. Owner and Glade Springs resident Chase Boggs takes great pride in personally selecting the fresh, quality products for Tobacco Town's diverse inventory. "We have 26 years of experience, and customer service is our top priority. Our staff is very knowledgeable," says Chase. "If we don't have it in the store, we can special order wine and other products for you."

A perfect store for preparing for your holiday gatherings with friends and family or for gifts, Tobacco Town & The Cigar Lodge offers a wide variety of tobacco products and accessories, including pipes and pipe tobacco. Cigar Lodge memberships and cigar events in their cozy, rustic environment are also available. It is the only full-service tobacco shop in the area.



Cigar brands include Arturo Fuente, Drew Estate, Padron, La Flor Dominicana, My Father's, Liga Privada and much more!

There is an outstanding selection of fine wines, including brands such as Duckhorn, Silver Oak Cabernet, Caymus Cabernet, Orin Swift Wines and Cakebread Wines. Champaign selections include Veuve Clicquot, Moet, Chandon and Lux. Discounts are offered on case wine sales.

Craft beer, including local brands and build-your-own six packs, round out the offerings in this Beaver gem of a landmark!

Boggs Gun Shop is your locally owned firearms and ammo dealer also, selling new and used guns along with special order items. Brands include Henry, Ruger, Glock, Sig Sauer, Benelli and much more!

So, as you gear up for holiday get-togethers and the holiday season in general, keep the guys at Tobacco Town & The Cigar Lodge & Boggs Gun Shop in mind and SHOP LOCAL! You'll be glad you did.

Tobacco Town & The Cigar Lodge is located at 702 Ritter Drive, Beaver, WV, and can be reached at 304-254-0500.



“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

REAL ESTATE RESOURCE

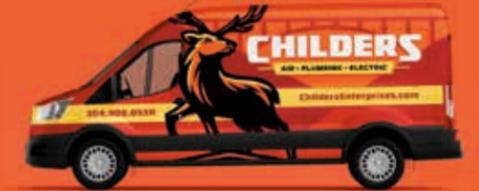
This is your neighborhood Real Estate Resource page. This information can be useful when trying to compare property values or for just keeping a pulse on the real estate market in our area. For questions regarding the properties listed, or about real estate in general, consult a real estate professional.

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) 730-5000 Marla Sinko - Broker of Record.

Address	Neighborhood	List Price	Sale Price	Sold Date	Beds	Baths	SqFt	Pp Sq Ft
174 Crimson Ridge	Stonehaven	\$429,000	\$414,000	09/23/25	3	2.5	1,988	\$208.25
155 Rothfield Circle	Woodhaven	\$730,000	\$725,000	10/02/25	3	2.5	3,252	\$222.94
503 Barnstaple Drive	Stonehaven	\$524,999	\$485,000	10/06/25	3	2.5	2,300	\$210.87
312 Edward Drive	Stonehaven	\$389,900	\$360,000	10/10/25	3	2	2,250	\$160.00
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
1032 Lake Drive	Old Glade	\$518,000	\$517,000	10/14/25	4	3	2,820	\$183.34



"Your comfort is our business."



(304) 255-2107
www.ChildersEnterprises.com



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

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



Phone: 304-255-7230 | Email: jennifer.noel@bankatcity.com
Cell: 304-573-8960 | NMLS: #529827

JENNIFER NOEL
Mortgage Loan Specialist

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

AUTOMOBILE DEALER

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

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

COMMERCIAL HEATING & AIR CONDITIONING

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

COMMUNITY FOUNDATIONS

Beckley Area Foundation
Dena Cushman
(304) 253-3806
bafwv.org

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
Dr. Patrick Jarrell
(681) 207-7063
libertydentalcenters.com

Shady Spring Dental Care
Ben and Kristie Hiener
(304) 763-4665
www.shadyspring
dentalcare.com

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

FURNITURE & MATTRESS

Home Furniture & Mattress
Gary McGuire
(304) 252-4663
Garymcguirehomefurniture

GUNS/AMMO/ ACCESSORIES

Revolution Tactical
Dan Foley
(304) 894-8950
revolutiontactical.com

HAIR SALON

Salon Slay
Dan Foley
(681) 207-7529
salonslay.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

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.rainbow
pediatricswv.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.mountainstate
equipment.com

PRIVATE WEALTH FINANCIAL ADVISOR

Ameriprise Financial
Ray Morton
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.gladesprings
realestate.com

REALTORS

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

Greenbrier
Technologies & Electric

304.645.7548
grcs.com

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

Luxury meets adventure.

New 2025 Grand Cherokee L (3-Row) in Diamond Black

Come see your neighbors at

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

Jeep
THERE'S ONLY ONE

TAYLOR, HINKLE & TAYLOR

Secure Your Wills & Estates

At Taylor, Hinkle & Taylor, we help you create a clear, legally sound estate plan that protects your family's future.

CALL TODAY

www.thtwv.com | 304.894.8733

Local holiday desserts

BEAT THE HOLIDAY RUSH

WYLDE BERRY

GLUTEN-FREE
NUT-FREE
DAIRY-FREE
VEGAN

ORDER TODAY
681-208-9535
wyldeberrybakery.com

APPALACHIAN GARAGE DOORS

YOUR GLADE SPRINGS GARAGE DOOR SPECIALISTS

Residential and Commercial Sales, Service, and Installation.

(304) 255-7100
WWW.CHIOHD.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



 **COMPLIANCE**

We check your list twice so you don't have to

**PAYROLL
BENEFITS
HUMAN
RESOURCES
BOOKKEEPING
STAFFING**

www.compliancellc.org

681-238-5732