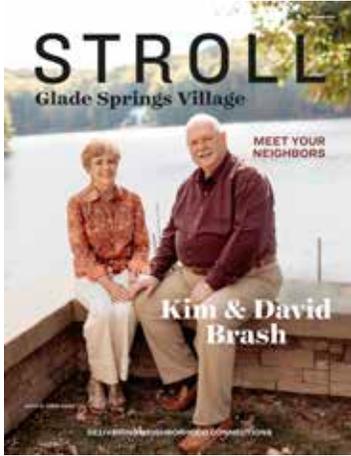
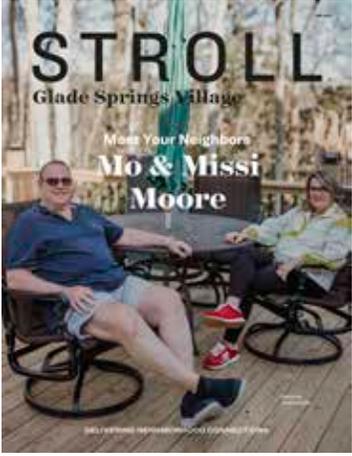
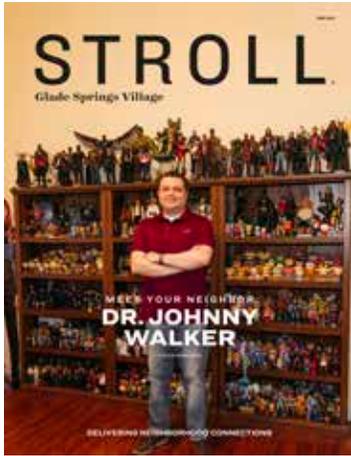
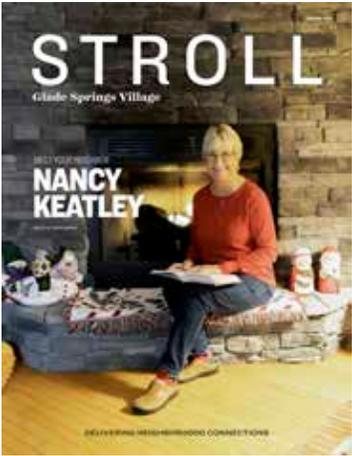


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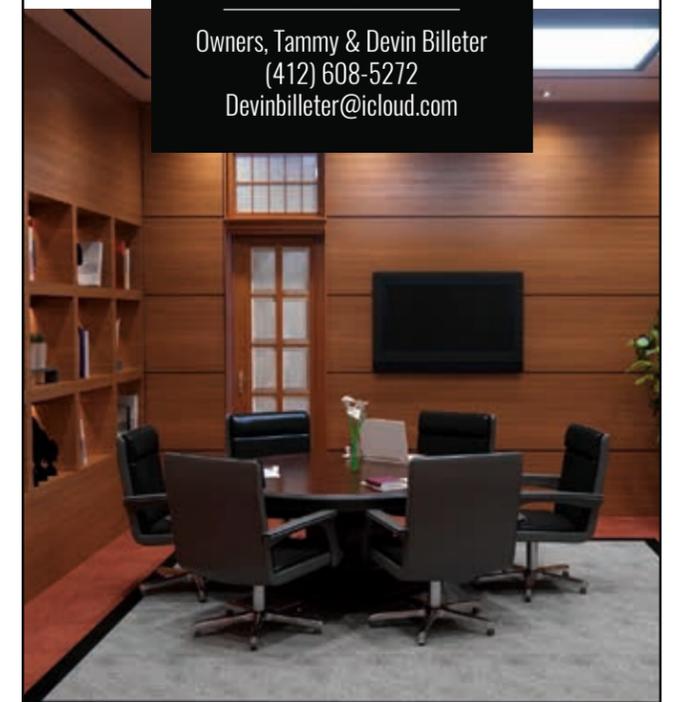


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## 2025 Year in Review!

As 2025 comes to a close, we're filled with gratitude for another incredible year of stories, smiles, and community spirit. This *Year in Review* issue celebrates the people and moments that make our neighborhood truly special. From our "Meet Your Neighbors" features that introduced us to inspiring locals, to the young achievers highlighted in "Kids 2 Kids" and the talented athletes who made us cheer - every story has reminded us what community means. We've shared laughter over family recipes, admired stunning "Home of the Month" selections, celebrated our beloved pets, and honored those who go above and beyond in "Making a Difference."

Thank You to our readers, contributors, and trusted preferred partner sponsors for your continued support and participation. You've helped us tell the stories that matter most - yours. Here's to another year of connection, kindness, and community pride in 2026 and we look forward to telling your story!

*Bob*



Bob Coburn, Area Director

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.

If you would like to nominate a family or individual for one or more of our features please contact Bob Coburn at [bob.coburn@n2co.com](mailto:bob.coburn@n2co.com)

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*From January to December,  
the pages of Stroll Glade  
Springs' 2025 magazines have  
chronicled our neighborhood's  
triumphs, challenges, and  
heartwarming moments,  
creating a vivid timeline  
of a year well spent.*

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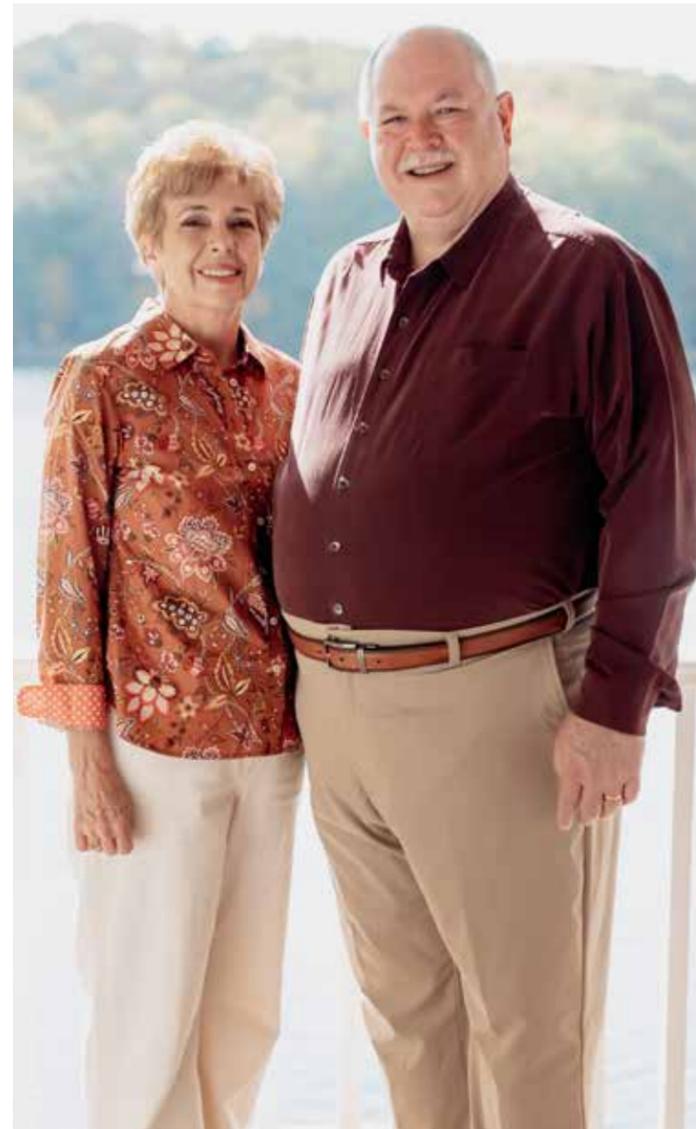
PHOTOS BY KAREN AKERS



Our neighbors are often the first people beyond our families who make a place feel like home. Getting to know them brings a sense of comfort, connection, and shared community that can brighten everyday life. It's reassuring to have people nearby who greet us with a smile, lend a hand when needed, and celebrate the small moments with us. Having good neighbors reminds us that we're part of something bigger than our own front door. Thanks to our Featured Neighbors of 2025 and we look forward to more Meet Your Neighbors connections in the coming year!



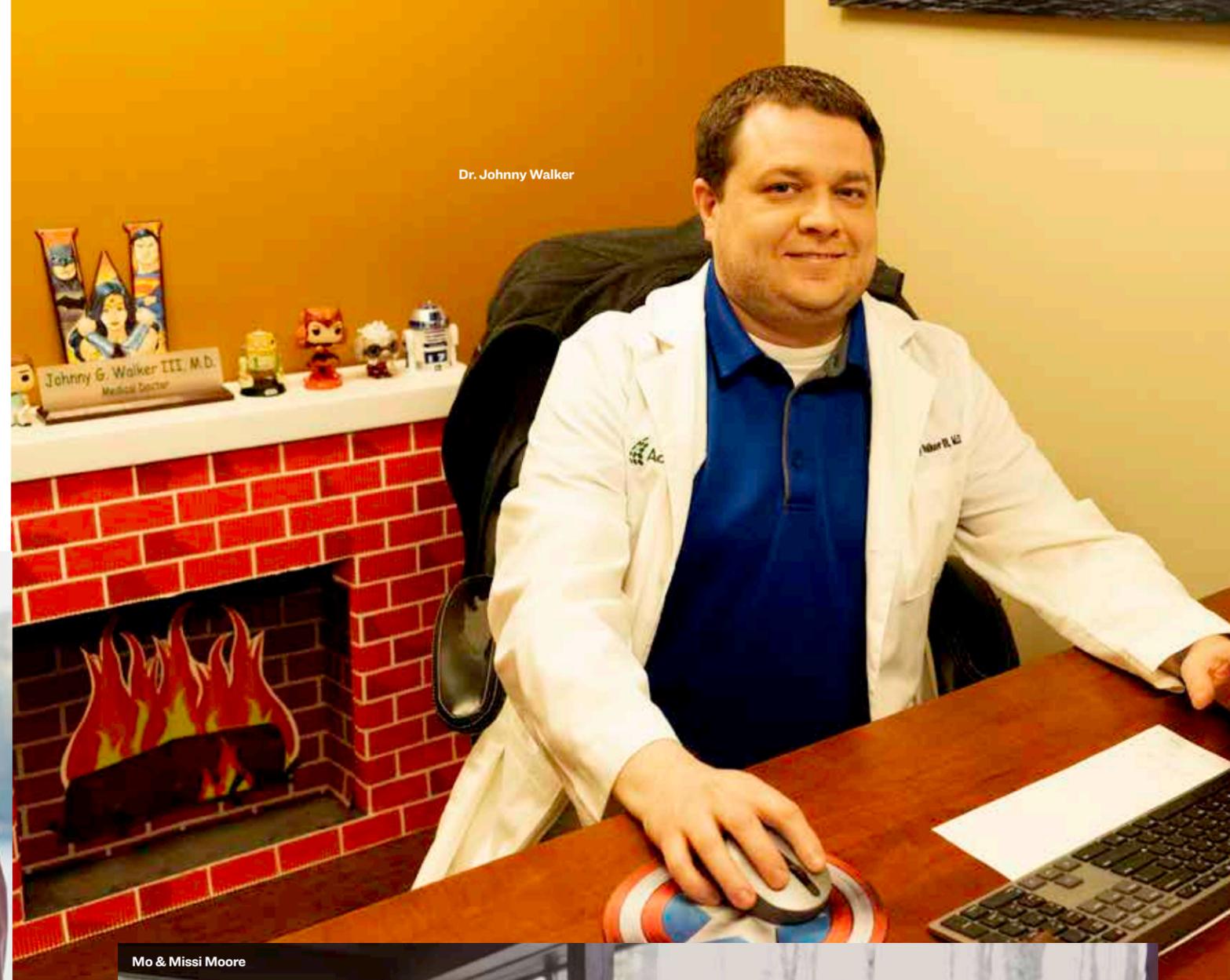
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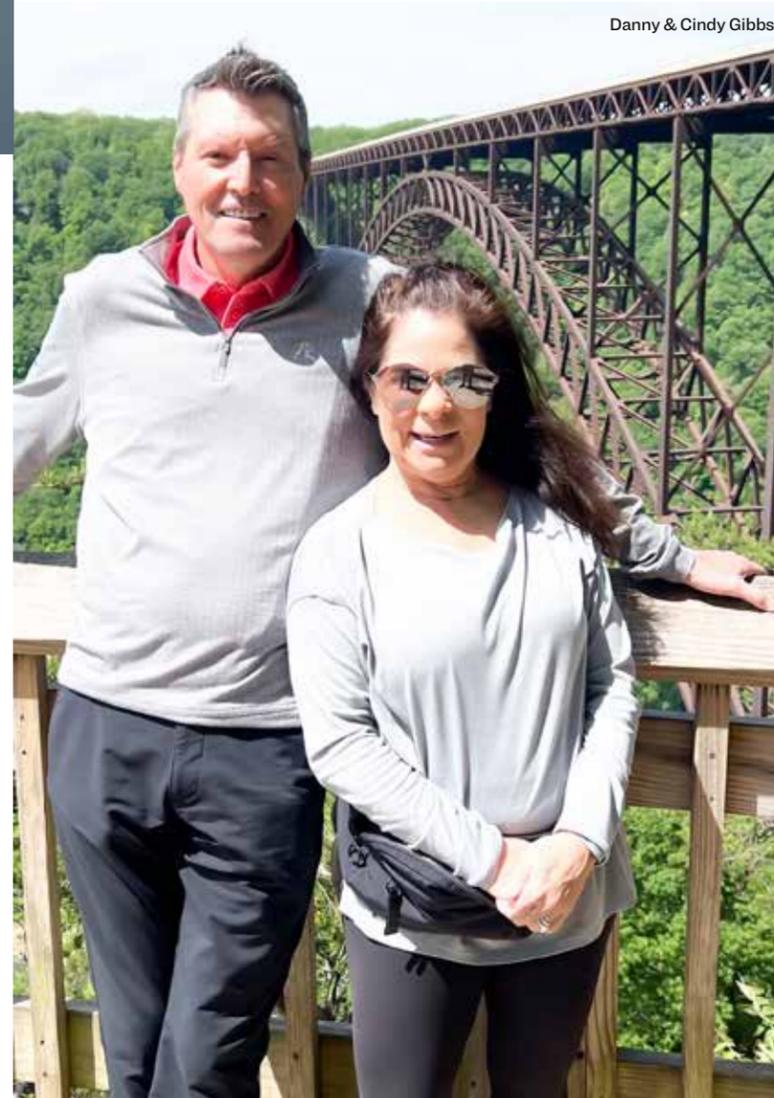
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PHOTOS BY KAREN AKERS



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As they grow, they don't just shape our families; they strengthen our community with their energy, creativity, and hope for the future. Through them we see the promise of a bright future. THANK YOU for sharing your kids with us and the community and we look forward to celebrating the kids of 26!



Luke Hiener



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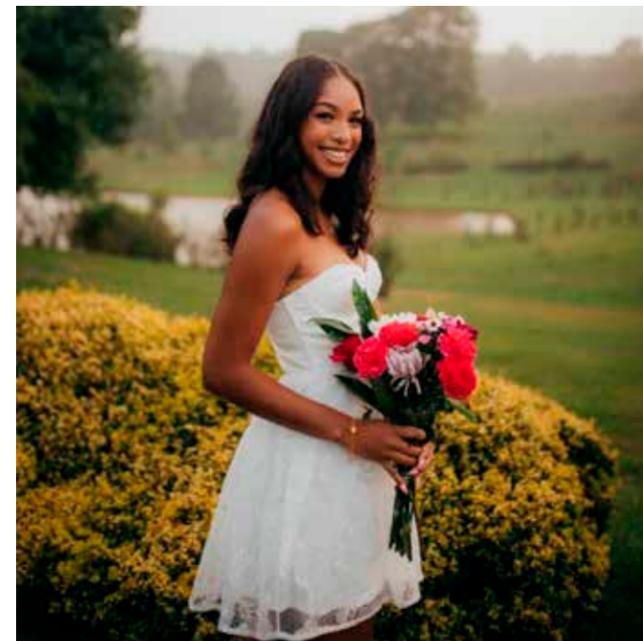
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# Sports Stars of 2025!

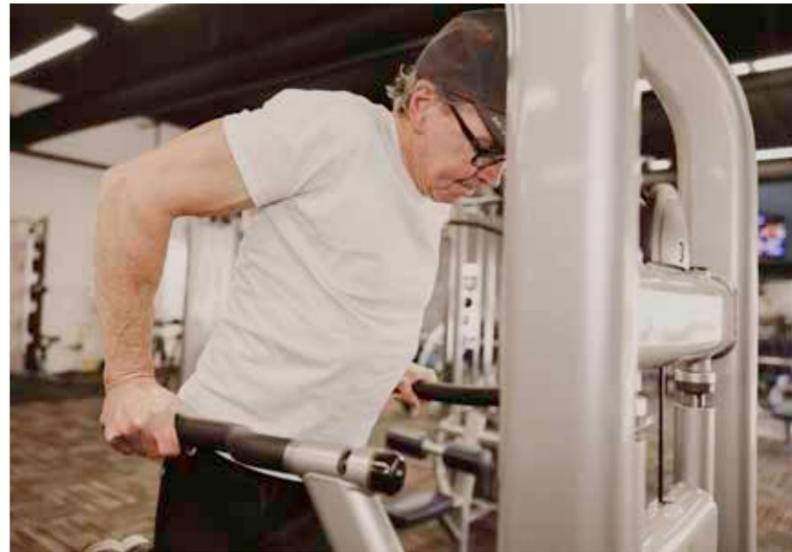
PHOTOS BY KAREN AKERS



Playing sports enriches our lives by helping us grow through discipline, teamwork, and resilience. It teaches lessons we carry far beyond the field or court - how to handle challenges, celebrate wins, and learn from setbacks. And perhaps the greatest joy comes from watching our children play, seeing their confidence bloom, and sharing in the excitement of their accomplishments. Congratulations to our athletes of 2025 on their achievements and best wishes to our 2026 featured athletes in advance.



Cash Boggs



Chuck Myslinsky



Eli Sexton



Shyloh Grose



Jace Brunty



Glade Golf Men



Cutter Boggs



Asher Pugh



Graydi Flohr



Gabe Short



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to a community we love, a place where friendly faces, peaceful streets, and small everyday moments make life feel rich and grounded. Here, we grow together, laugh together, and truly feel at home. We cant' wait to share more blessed residences in 2026.



The Pugh Residence



Jeff & Tina Grose Residence



The Shanks Home



The Miller Home



Nancy Kissinger Residence



The Madison Residence



The Higinbotham Home



The Justice Home

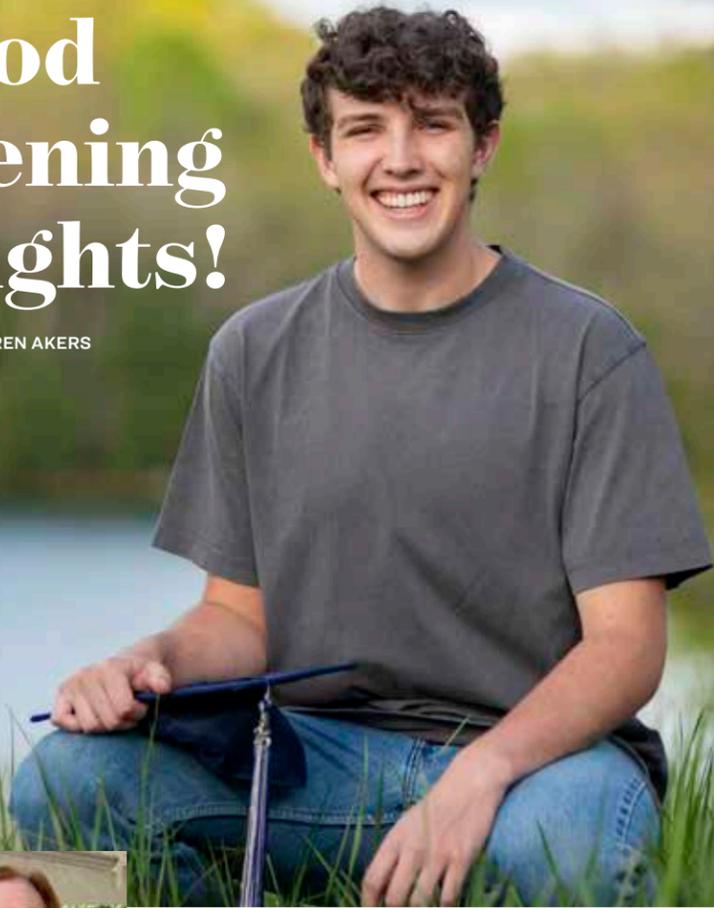
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# Hood Happening Highlights!

PHOTOS BY KAREN AKERS



We would love for you to join us  
Sundays 10 am



We would love for you to join us!!

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# Rascals in Review!

Our pets are our loyal companions, offering unconditional love and comfort in a way few others can. They brighten our days with their playful energy, quiet presence, and unique personalities. By sharing our homes and routines, they teach us patience, responsibility, and joy in simple moments. In return, they ask for little more than care and affection - yet they give us so much. We look forward to sharing your Precious Pet in 2026!



Tucker



Skye



4 Legged Fabers



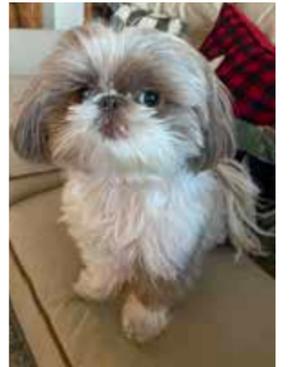
The Rottie/Yorkie Crew



Reagan & Bailey



Annie Bell & Teddy Bear



Chewie



Nellie



Comet & Smokey



Maximus



Dolly Simone

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# Difference Makers of 25!

PHOTOS BY KAREN AKERS & SHEENA PENDLEY, KAREN AKERS

People who give back to their community with their time and talents play a powerful role in strengthening the world around them. They see a need and choose to step forward, offering compassion, skills, and support without expecting anything in return. Their generosity not only uplifts those they help directly but also inspires others to get involved and contribute to the cause or causes. In giving of themselves, they create a ripple effect of kindness, connection, and positive change. THANK YOU to our DIFFERENCE MAKERS of 2025 and we look forward to telling the story of our 2026 heroes!



Patsieanne Misiti



Debbie Gray & Rick



Carla Campbell and Soup



Phil Culicerto



Sara Frost



Karen Berneburg



Derik Pugh



Hollie Williams



Cindi Pugh



Karen Akers



Marcy Nolan in Memory of Lissa Mohler



Keith Honaker



Sheena Pendley



Karen Akers

If you know of someone who is Making a Difference contact Bob Coburn at bob.coburn@n2co.com

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# Tasty Treats of Twenty-Five!

Our favorite family recipes are more than just delicious dishes - they're stories we share and memories we recreate every time we gather. Each familiar flavor brings a sense of comfort, reminding us of laughter-filled kitchens and celebrations with the people we love. Whether we're cooking side by side or sharing a meal around the table, these recipes connect us, spark joy, and make every moment with friends and family feel warm and meaningful. We are looking forward to a delicious 2026!



Decadent Billi Bi Soup



Golden Potato-Crusted Quiche



Chicken Divan



Chicken Prosciutto Pasta



Cumin Chimichurri Skirt Steak



Pastitsio



Mexican Hot Dogs



Peach & Prosciutto Pizza

Ingrid's Cheesecake



Chicken Manchurian

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**Woodhaven closed for season. Woodhaven will reopen April 2026.**

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2026  
PLANNER

# THIS IS THE YEAR!

Take control of your finances in 2026 by turning big goals into achievable steps.

BY CAROLINE EDWARDS

The start of a new year is an ideal time to take intentional steps towards your financial goals. However, ambitious goals, such as buying a home, paying off debt, or building a retirement fund, can feel overwhelming without a clear plan in place. A timeline approach breaks big-picture objectives into actionable, achievable steps.

**5-Year Vision:** Begin with the long-term. What do you want to achieve five years from now? Maybe it's owning a home, funding a child's education, or reaching a specific savings target. Write it down, visualize it, and use it as your guiding star.

**1-Year Milestones:** Next, translate your five-year vision into one-year goals. What concrete steps can you take in the next 12 months to move closer to your vision? This could include setting up an emergency fund, paying off high-interest debt, or investing a fixed percentage of income.

**6-Month Checkpoints:** Break your annual goals into shorter intervals. Every six months,

review progress: Are savings on track? Did unexpected expenses derail your plan? Adjust as needed. These checkpoints create accountability and prevent minor issues from snowballing into larger setbacks.

**Monthly or Weekly Actions:** Finally, translate milestones into everyday habits, such as setting up automated savings, tracking spending, or scheduling regular financial check-ins with your partner or family. These small actions compound over time, turning lofty goals into realistic achievements.

**Key Principles Along the Timeline:** Prioritize goals, automate where possible, track progress visually, and remain flexible. Life changes, and so should your plan. A timeline isn't a rigid contract; it's a roadmap that empowers you to take control of your finances without feeling overwhelmed.

By layering goals across timelines, even ambitious financial objectives become approachable. With each checkpoint and milestone, you'll see your progress and your confidence grow.

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WRITTEN BY BOB COBURN, PHOTOS BY SHEENA PENDLEY



Ray Morton started his Private Wealth Advisor business in Beckley 40 years ago and has built it into a nationally recognized practice in the

industry. They are frequently awarded the highest honors in the organization while competing against much larger firms in metropolitan markets.

“We have built our practice on the basics of honesty and integrity,” says Ray. “We do the right thing every time and there is no gray area in integrity. We build trusted relationships with our clients and

they spread the word about how they are treated. We enjoy helping clients reach their financial goals. We take the time to understand what’s truly important to them and deliver personalized advice that is supported by research and online tools. We track the progress and help clients feel confident and connected with their financial life.”

Ray’s right hand person is Megan Legursky who joined Ray and Ameriprise in 2023. Megan has known Ray since her teenage years and comes to the table with extensive banking and financial experience. She is also a respected leader

in the community serving on the boards of The United Way of Southern West Virginia, The Beckley-Raleigh Chamber of Commerce and is the founder of and current President of the Country Roads Connections Chapter of Business Networking International (BNI). Ray has also been very invested in the community over the years with Goodwill, St. Francis de Sales, The Beckley Area Foundation, The Beckley-Raleigh County Chamber of Commerce, The West Virginia State Rehabilitation Council, and Toastmasters.

“There are a lot of similarities in my previous work and

**CONTINUED ►**



Ray Morton

and income strategies with 401k rollovers including, but not limited to, a diversified mix of mutual funds, index funds, unit investment trusts and individual stocks. A primary focus of this Ameriprise team is implementing tax planning strategies, protection planning with insurance, and cash flow management, including evolving into defined distribution strategies while working. Financial planning and product recommendations start with an understanding of individual risk profiles and assisting in mitigating risk in the market.

Ray Morton holds the Certified Financial Planner (CFP) designation as well as AAMS (Accredited Asset Management Specialist) He is a member of the Financial Planning Association, the Million Dollar Round Table and the Top of the Table. Ray and Megan can be reached at (304) 253-8515, at raymond.j.morton@ampf.com or megan.legursky@ampf.com

Ameriprise Financial is located at 189 Dry Hill Rd. in Beckley



Megan Legursky & Ray Morton



Megan Legursky

being a Financial Advisor with Ray and Ameriprise. We have the same philosophy of being available, providing a personal touch and that little things make a BIG difference,” says Megan. “We pay attention to the details and celebrate their successes. We often go with them to meetings with their C.P.A. or Attorney to gain greater understanding of their needs. We want to be their 1st call for advice.”

This outstanding team is rounded out with Julie Bays - Financial Planning Specialist, Debbie Voloski - Assistant, Hope Stapleton - Client Service Manager, and Benita Wiseman - Assistant.

The roots of Ameriprise Financial go back 130 years to Investors Syndicate of Minneapolis. The core values of the organization remain the same. Building relationships with clients while keeping their individual goals first and providing comprehensive advice as a fiduciary. Most company start-ups don't last 5 years let alone 130. They have survived all kinds of markets by helping their clients do the same. Ameriprise is ranked around 250th on the S & P 500.

Products and services provided by Ameriprise Financial include retirement



Sheena is a professional photographer with over 12 years of extensive experience in magazine, branding, and high end wedding photography. Her studio is located in downtown Lewisburg where she works alongside her husband and business partner. Together they travel around the state creating images that tell stories of the lovely people who reside in our beautiful mountain state.

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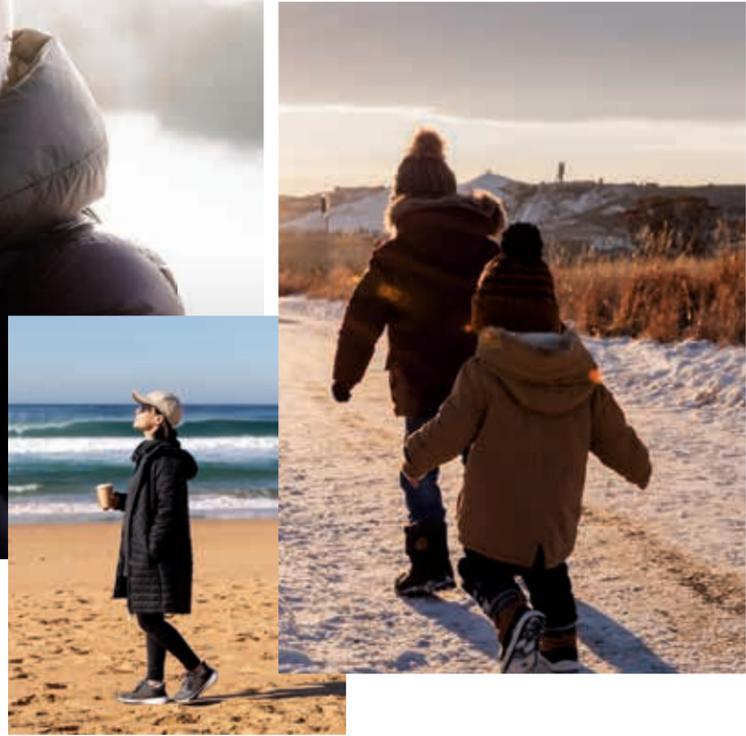


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# THE BRIGHTSIDE OF WINTER

Shorter days and chilly weather can take a toll on mood and energy. From light therapy to mindful routines and nourishing meals, here's how to stay balanced and boost your well-being through the winter months.

BY CAROLINE EDWARDS



AS THE DAYS GROW SHORTER and the weather turns colder, many of us notice a shift in our mood and energy. Seasonal affective disorder, or SAD, is more than just the winter blues. It is a recognized form of depression linked to reduced sunlight and changes in daily rhythms. The good news is there are practical ways to lift your spirits and stay balanced through the darker months.

Light is one of the most potent tools for fighting seasonal lows. Even a short walk outside can boost serotonin levels and improve mood. For those in regions with limited daylight, light therapy lamps mimic natural sunlight and can be incorporated into your morning routine to start the day on a brighter note.

Exercise is another key ally. Gentle stretching, yoga, or a brisk indoor walk helps stimulate the release of endorphins and boost energy. Pairing movement with outdoor time, like a weekend hike or a lunchtime stroll, maximizes the benefits while keeping the mind engaged and refreshed.

Nutrition also plays a role in maintaining emotional balance. Seasonal produce rich in vitamins and minerals, staying hydrated, and moderating consumption of processed foods and sugar can help stabilize energy and mood. Warm, comforting meals with nutrient-dense ingredients provide both physical nourishment and emotional satisfaction.

Mindfulness practices, such as meditation, journaling, or setting aside quiet moments, can help reduce stress and promote mental clarity. Creating daily routines with consistent sleep, set meal times, and self-care rituals helps the body and mind maintain a sense of stability.

Even in the coldest months, small intentional steps can create meaningful change. By embracing light, movement, thoughtful nutrition, and mindful habits, it is possible to counteract the winter blues and maintain well-being until the days grow longer and brighter again.

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# Getting Snug



*Inspired by the English tradition of quiet, private corners, the modern snug is your chance to carve out a cozy winter retreat.*

BY CAROLINE EDWARDS

There's something irresistible about a small, cozy room where the world outside feels far away. In England, they called it a "snug," a quiet corner in a pub where friends could gather in private, shielded from the noise and bustle around them. Today, that idea has made its way into homes, offering a personal retreat during the long winter months.

Picture this: a soft armchair tucked into a corner by the window, a stack of your favorite books within reach, a warm throw draped across the back. The furniture invites you to linger, the textures beg to be touched, and the space instantly feels like your own. Lighting is everything: soft lamps, flickering candles, or even a gentle string of lights can turn an ordinary room into a cocoon of warmth.

And don't forget the personal touches. Perhaps it's a basket of blankets, a few treasured photos, or a small plant that brings a touch of brightness to the space. A snug isn't just about looks—it's about how it feels when you sink in and let the world slow down for a moment.

A snug can be your reading nook, a quiet corner for tea, or a spot to share intimate conversations with a friend. It's small but mighty, a little haven that carries you through winter with comfort, calm, and style.

This season, embrace the snug. Create a space that feels lived-in, welcoming, and completely yours—and watch how a small corner can bring big joy.



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# 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.

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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
255 Lakeside Drive	Stonehaven	\$690,000	\$432,600	10/24/25	5	3.5	3,680	\$117.56
238 Glen Garden Lane	Stonehaven	\$499,000	\$498,000	10/27/25	5	4	4,950	\$100.61
303 Far Country Drive	Stonehaven	\$570,000	\$570,000	11/05/25	3	3	2,056	\$277.24
101 Arthur Lane	Stonehaven	\$425,000	\$395,000	11/07/25	4	3	2,321	\$170.19
126 Long Drive	Stonehaven	\$364,900	\$355,000	11/13/25	4	3.5	2,432	\$145.97
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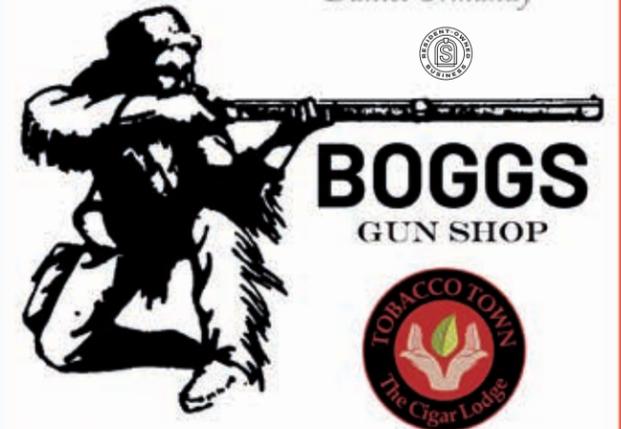
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# resident business guide

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.

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bafwv.org

**CUSTOM CERAKOTING**  
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www.foleydefense.com

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**Family Dentistry**  
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beckleydentist.com

**Liberty Dental Center**  
**Dr. Patrick Jarrell**  
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libertydentalcenters.com

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www.shadyspring  
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