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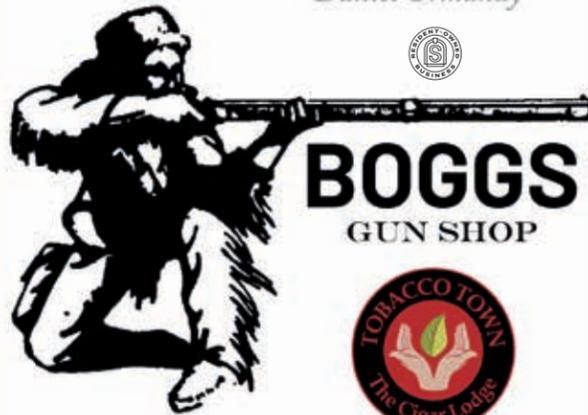
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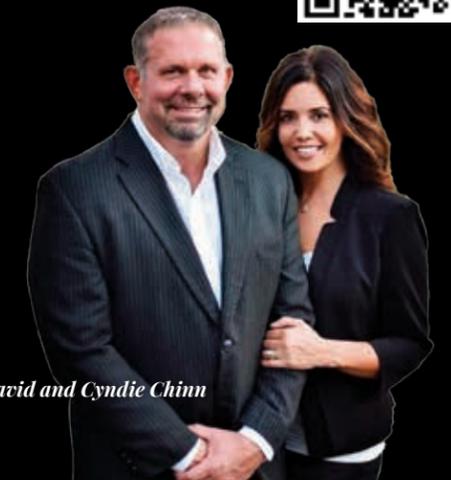
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## Marching On!

As winter gives way to spring, March arrives as a month of renewal and connection in our community. Longer days and milder temperatures invite us outdoors, while the calendar fills up with events and opportunities to gather and celebrate. Can you say March Madness!

If you are not into basketball, or even if you are, there is St. Patrick's Day, unpredictable weather and hopefully the return of some golf and other outdoor activities! In like a lion and out like a lamb comes to mind. Having lived close to Washington D.C. for many years, the Cherry Blossom Festival is a spectacular season worth your while from March 20 to April 12 if you can venture that way. People come from all over the world to experience the beautiful views and events of that region.

March is also a time to reflect on the importance of supporting the entrepreneurs who deeply invest in our community. Their commitment to excellence, philanthropy, and customer relationships strengthen our local economy and the character of the place we call home.

As we step into spring, let March be a reminder to explore, engage, and celebrate all that our remarkable community has to offer.

*Bob Coburn*

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

# FAITH, FAMILY, AND FUN

## ROBERTA & E.T. SMITH

WRITTEN BY JESSICA RUBIN  
PHOTOS BY SHEENA PENDLEY

**When it comes to having fun,** Roberta and E.T. Smith are professionals. If you've been to one of their famous dinner parties, you have witnessed this firsthand. Whether they're hosting 30 people or 100, no detail goes unnoticed. From a carefully curated menu, to live music and dancing, there is no shortage of fun.

"We absolutely love to celebrate life and party," Roberta said. "We live by the three F's: faith, family, and fun."

Roberta built her home in Glade Springs 20 years ago as a single woman, and now she shares it with her husband of 13 years, E.T. It's inside these walls where they give the most. "We just want to pour love into people, and we found the simplest way to do that is one meal at a time," she said. "The home is us – full of memories and love."

The couple truly shares the gift of hospitality. They even have a signature meal that is served at every party.

If you attend during the winter months, you'll enjoy spinach and artichoke dip, a mandarin orange salad, filet, meatballs and rigatoni, asparagus, and Italian cream cake.

In the summer, however, they host fish fries, utilizing their outdoor entertainment space. E.T. hand batters the fish, and Roberta makes the sides. E.T. even built his own fish fryer to be assured the fish is fried to perfection.

"Our goal is always to get everything done and to be able to sit down on the sofa and listen to our happy hour play list and have a glass of wine before the first guest gets here," Roberta explained.

Their dinner parties wouldn't be complete without live music, played by David Runion on their piano, which is situated in their living room for guests to enjoy themselves, either dancing or singing along to some tunes. **CONTINUED ►**





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And it's not just the home they love but the nature that surrounds it as well.

"I love the gorge. It just calls my name," she said. Their home is perched along Glade Creek, and they have a walkway leading down to stunning views of the gorge. This is the spot where the couple likes to host happy hours for their guests. "We're so fortunate to live here," E.T. added.

Roberta's career in financial advising for Northwestern Mutual is still going strong, just like her social life. She's been with the company for 41 years, and she said she still loves her job just as much as she did the day she started. E.T. is retired, having owned his own business "Smith Services" for many years. Their energy and zest for life are nothing short of inspiring.

When they're not entertaining, the two love taking their children and grandchildren on family vacations every year. "Nothing makes my heart fuller than to have all the family together," Roberta said. "Whether it was a Disney Cruise, Atlantis, Yellowstone, Yosemite, Sequoia, Lake Tahoe, or the slopes of Aspen, Jackson Hole or Salt Lake City, what matters most is not the destination, but being together as a family."

But at the top of their list, they stay strong in their faith. The couple have been attending Glade Community Church for 10 years and recently became involved in planning the fall festival there. "It was a big success," Roberta said. "It was totally free, and it was so much fun. This year's festival will be September 20th, and the theme is bigger, better and more impactful," she explained.

The couple enjoys living in Glade Springs, not only for the social aspects, but because of the sense of community here. Their zest for life is apparent in all that they do and is equally matched by their positive outlook. "I always say my worst day is still a great one," Roberta explained. "Every morning, I pray, 'Lord, let me concentrate on what's right instead of where the challenges are.'"

E.T. simply added, "Yesterday is yesterday, today is today, and you look forward to tomorrow."

And that is how they live by their motto: faith, family, and fun.

If you know of a great individual or family in the neighborhood contact Bob Coburn at [bob.coburn@n2co.com](mailto:bob.coburn@n2co.com) to make a recommendation!



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.



Jessica Rubin is a Glade Springs Resident and former evening anchor at WVNS 59News. She is the proud mother of two girls, Hannah and Lucy, and resides with her husband Daniel on Hawthorn Lane.



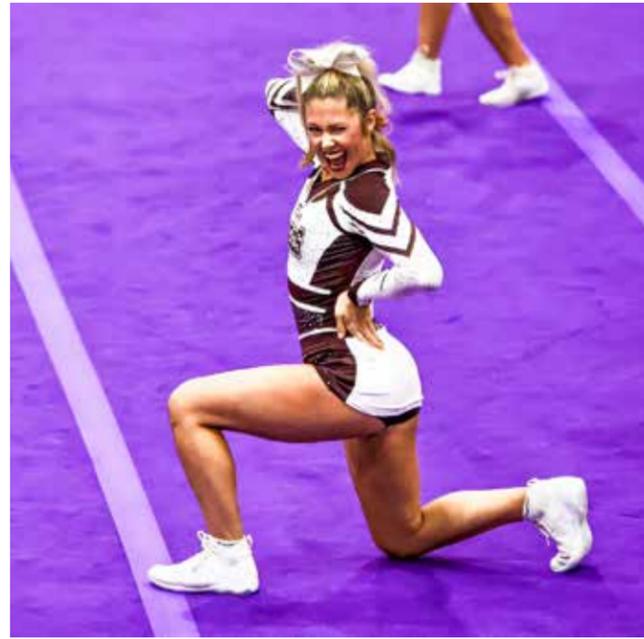
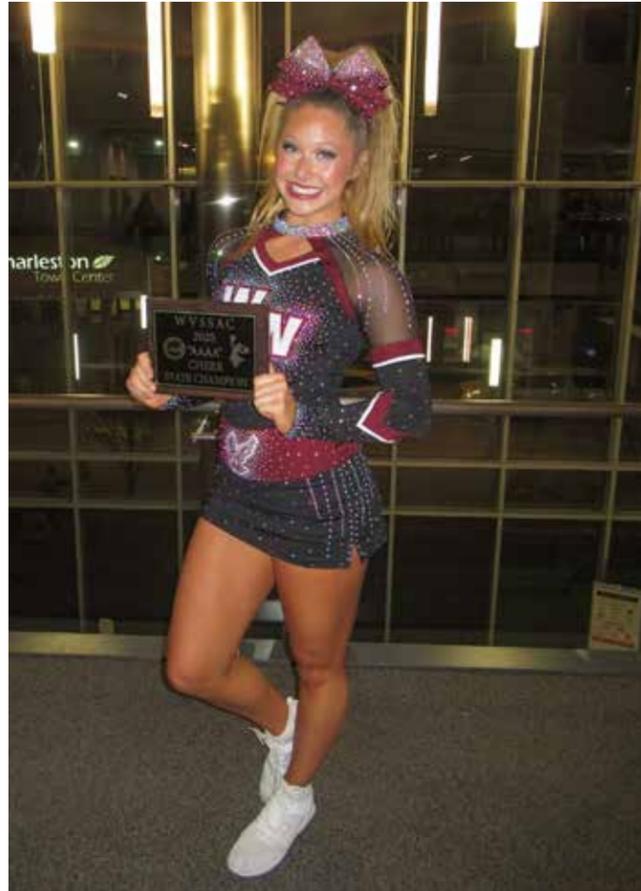
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# Marlee Wills

*From practice to the podium!*

WRITTEN BY KAREENA PATEL, PHOTOS BY KAREN AKERS

Marlee's dedication is also evident in her academics and school. As an honor roll student, she can manage the responsibilities of both schoolwork and competitive sports.



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**AT JUST 16 YEARS OLD**, Marlee Wills is already making a name for herself as one of the most dedicated student-athletes at Woodrow Wilson High School. Now a junior, Wills balances the demands of school with a packed athletic schedule.

For Marlee, cheerleading is not just a sport, but instead a full-time commitment with practices for competition pieces starting in May. With teamwork and constant communication, she says the foundation of success in cheer comes from dedication and trust. Her work ethic has clearly paid off.

Over the years, the cheer team has achieved major milestones, including being four-time Regional Champions. They also earned impressive finishes in competition,

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## Looking ahead, Marlee already has plans for her future.

including being the 2024 runner-up and then reaching the top in 2025 when they became the WVSSAC Class AAAA Champions, setting the highest score in West Virginia history!

Marlee credits much of her strength and athletic background to an early start. She has been involved in athletics since childhood, beginning as a gymnast at only three years old. That early discipline helped shape the focus and confidence she brings into every cheer season today.

However, Marlee's athletic talent isn't limited to the mat. She also competes in track and field and has been involved since middle school. She competes in events such as shot put and the 4x4, showing her versatility and strength across numerous athletic skill sets. Last year her 4x4 relay team qualified for the state meet.

Marlee's dedication is also evident in her academics and school. As an honor roll student, she can manage the responsibilities of both schoolwork and competitive sports. Her ability to stay focused and organized helps her succeed in the classroom while maintaining a demanding training schedule year-round.

When she's not training or competing, she enjoys staying active in other ways, including going to the gym, skiing, snowboarding, and wakesurfing. She also enjoys spending time with friends by shopping and watching movies. At home, Marlee has two dogs named Monroe and Moose along with three older siblings.

Looking ahead, Marlee already has plans for her future. She is interested in attending West Virginia University, where she hopes to pursue a major in health science and become a dental hygienist. With her record-setting athletic accomplishments and strong discipline, she's already building the kind of foundation that will help her succeed beyond high school.

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



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.



Karen Akers

## 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!



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

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  
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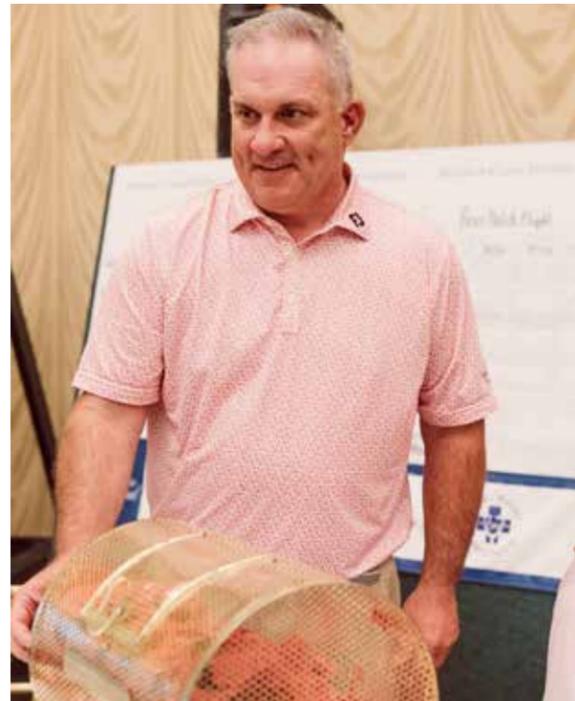
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# Jason Dalton

*Home again!*

WRITTEN BY ED MCCALL, PHOTOS BY KAREN AKERS

Glade Springs's director of golf and head golf professional Jason Dalton feels like he is home again. After a little over a year on the job, the Chapmanville native is relishing being back in West Virginia and excited to be running the golf operation at "one of the great golf courses in West Virginia and in the United States for that matter," he recently stated in the cozy confines of his office at The Cobb pro shop.

He feels like the quarter century journey he's been on since graduating from Chapmanville High School where he played football, basketball, and baseball, has brought him full circle. After spending 3 years pursuing his degree at Marshall University,

he enrolled in the U.S. Air Force and after basic training was stationed in Germany. It was there he was introduced to golf. The base had its own course and the infectious pro, Australian Irishman Mike O'Donnell, turned Dalton onto the game that has become his life's work.

When he returned to the states, he found a job at Logan Country Club working under Greg Meade, son of West Virginia golf icon Linden Meade. While serving as the assistant pro, he was able to complete his business degree at MU. He also worked at LCC under Phil Weichman, whom readers may recall from his days as the pro at Pipestem.

Dalton stepped away from golf for twenty years, working in the banking and insurance industry. Golf beckoned him back while he was living in Louisiana when he took the assistant's job at The Country Club of Louisiana. He was mentored there for eight years under head pro Gamon Manne.

In 2020 he made the move to Myrtle Beach where he served as director of golf operations at the Grand Dunes Resort Course. In 2025 he was reading a professional publication when he saw the posting for the Glade opening. He applied, interviewed, and now a year into the job he feels right at home and is eager to get things rolling for 2026.

Dalton has clear goals for the golf operation at the resort. He says he wants to improve customer service, not just for resort guests, but especially for members. He wants to improve member participation in tournaments and events while providing more offerings. "I'd love to create more of a country club environment while improving the culture among golf operations (staff)," he says.

Among the things he loves about his job are building relationships with golfers, especially members. Dalton enjoys teaching and fitting golfers with the proper equipment. Of course, he loves playing and hopes he can interest members in traveling with him to play in some pro-ams around the country. He wants members to know he genuinely enjoys club repair and that they can bring clubs that need repair or regripping to him. Providing services like that, as well as improving merchandising, are goals he feels confident can be reached.

One of Dalton's favorite highlights of his first year at Glade was being around the Shady Spring High School golf team. "Most of them are either members or work on our staff anyway," he laughs. "Great kids!"

He says the "pull and the tug" of golf here is finding the balance between hosting enough events for the resort to make money and yet not at the expense of member play. "That's a huge concern for members, and I get it." He says the future will find him searching for a happy medium.

What golf pro doesn't love playing? Jason Dalton is no different, and he loves The Cobb. "I'm just a traditionalist at heart so the Cobb is right up my alley. Tree-lined fairways, fantastic greens. What's not to like?" he asks incredulously. "Keith and Daniel and their staff do a fantastic job keeping a great course in great shape." He considers the difficult #16 the hardest hole, but it is also his favorite. "It tests you," he laughs.

One thing is certain. Jason Dalton knows 2026 will bring challenges for him and his staff here at Glade, and he is only too happy to meet those challenges head on because after a quarter century sojourn he is once again standing on home turf!



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



Ed McCall



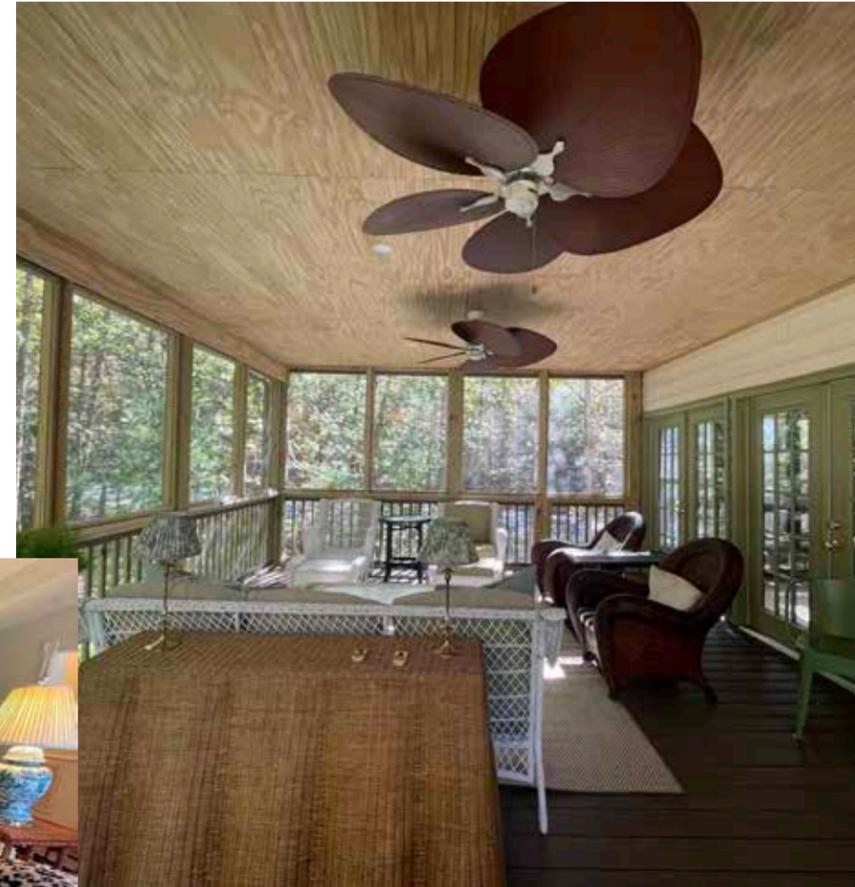
Karen Akers



# Barnstaple Beauty!



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**THIS AVAILABLE GLADE HOME** is located in a prime location at 571 Barnstaple Drive and is move in ready! Every room has been thoughtfully reimagined with charm and grace.

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Fresh exterior and interior paint welcome you to a fantastic flow right onto the newly built screened in porch! The kitchen is spacious with all new appliances and new brass hardware with a kitchen island.

There is a huge storage area on the 3rd floor with permanent stairs that could be finished out for a man cave or kids retreat. The home has also been updated with bamboo blinds, new light fixtures and hardware, new carpet with a lifetime warranty, a whole house filtration system, a new continuous gas water heater, and more!

To view this home, reach out to listing agent **Bailey Lilly of Zaferatos Real Estate at (304) 266-7098.** It is available at the time of this writing.

If you know of a great home in the neighborhood please contact Bob Coburn at [bob.coburn@n2co.com](mailto:bob.coburn@n2co.com)

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## If it's Happening, It's Happening in the Hood!

PHOTOS BY KAREN AKERS



Karen Akers is a STEM educator at St. Francis De Sales School. She is a talented professional photographer with a keen eye for capturing the energy and emotion of clients and S.S.H.S. sports and events. Karen lives in Beaver with husband Mark. She is the proud mother of daughter Sarah, son Nick, and his wife Shasta, and a loving grandmother to Maci-and soon-to-be granddaughter Adley!

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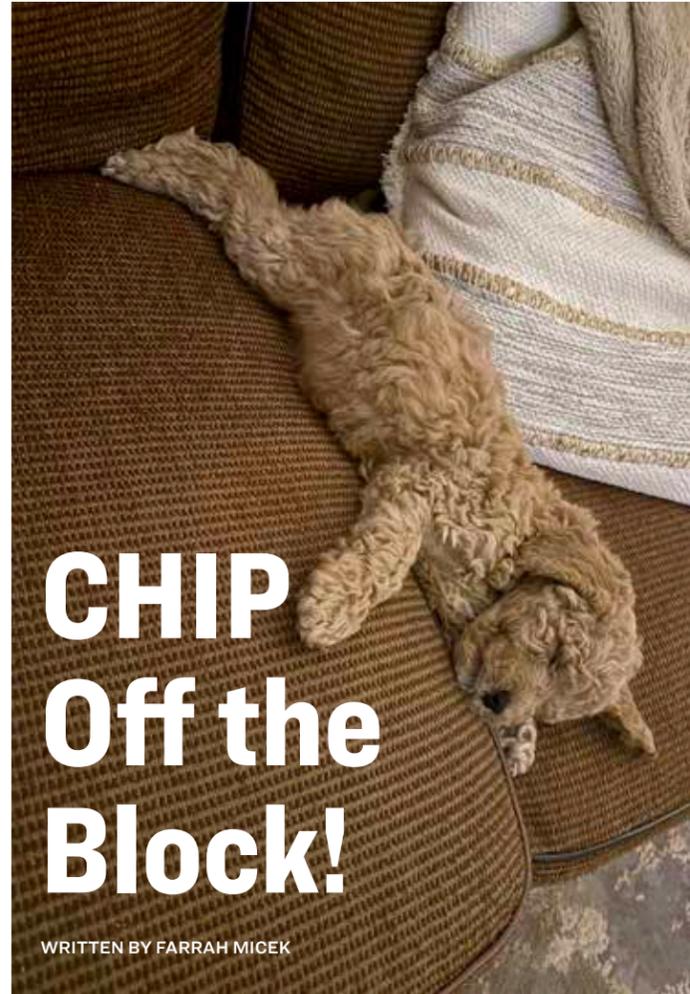
# Glade

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# CHIP Off the Block!

WRITTEN BY FARRAH MICEK



Chase and Katie Boggs are the owners of Chip, a Mini Goldendoodle who lives in The Farms with his family. Chip is full of energy, always playful, and never turns down a cuddle. Chase and Katie got Chip on Christmas Eve and have loved him ever since. They adopted him from a breeder in Ohio, and he was very small when they first got him and still is. At only eleven weeks old, Chip weighs just ten pounds. Even though he is tiny, he has tons of energy and loves to play indoors, outdoors, and anywhere his siblings are.

Chip has two older siblings named Churchill and Charlie. Churchill is a thirteen year old chocolate Lab, and Charlie is a seven year old Goldendoodle. All three dogs get along well, although Churchill does not play with Chip as much because of his age. Katie says Churchill can be a little grumpy but still cares about Chip. Charlie, however, is much more playful and enjoys running around with Chip, especially outside. Chip has not experienced all four seasons yet, but he has experienced winter and has learned to love the snow. Charlie and Chip enjoy running and playing together in it.

Chip also enjoys the snow even when he is by himself. He loves to eat the snow and jump around in it. Inside the house, Chip plays with his many toys, and when he gets tired of that, he prefers being around people. He will do anything to get attention and pets, especially cuddles. Chip also goes on car rides and trips with Chase and Katie, while his siblings stay home because they are too big to travel easily. Since Chip is still small, he travels very well and behaves nicely in the car. He is currently being trained and will be fully trained in just a few weeks.

Mini Goldendoodles are a mix between a Golden Retriever and a Toy Poodle. They are known for being friendly, intelligent, and having low-shedding coats. They are social and very affectionate dogs who love human companionship. Chip shows all of these qualities and more. He not only loves his owners but also cares deeply for his furry siblings. If you ever see Chip outside during the spring or summer, make sure to say hello because he would love the attention.

If you know of a great pet in the hood please reach out to Bob Coburn at bob.coburn@n2co.com



Farrah Micek is a very creative 14 year old in 8th grade at Shady Middle School. She loves reading, making art, listening to music, running track, and spending time with her two dogs. She's full of energy, very kind to others, and loves trying new things.



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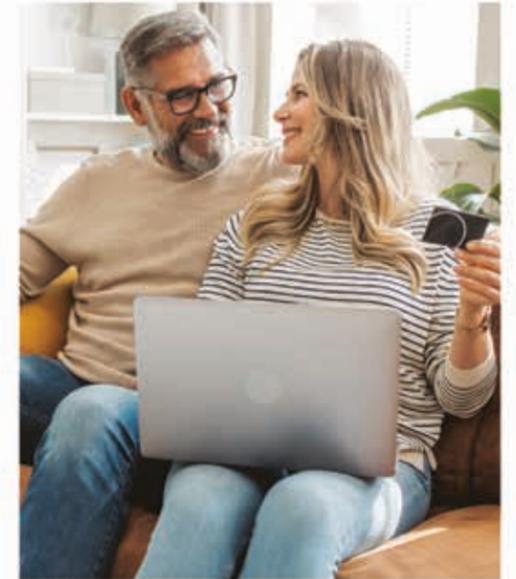


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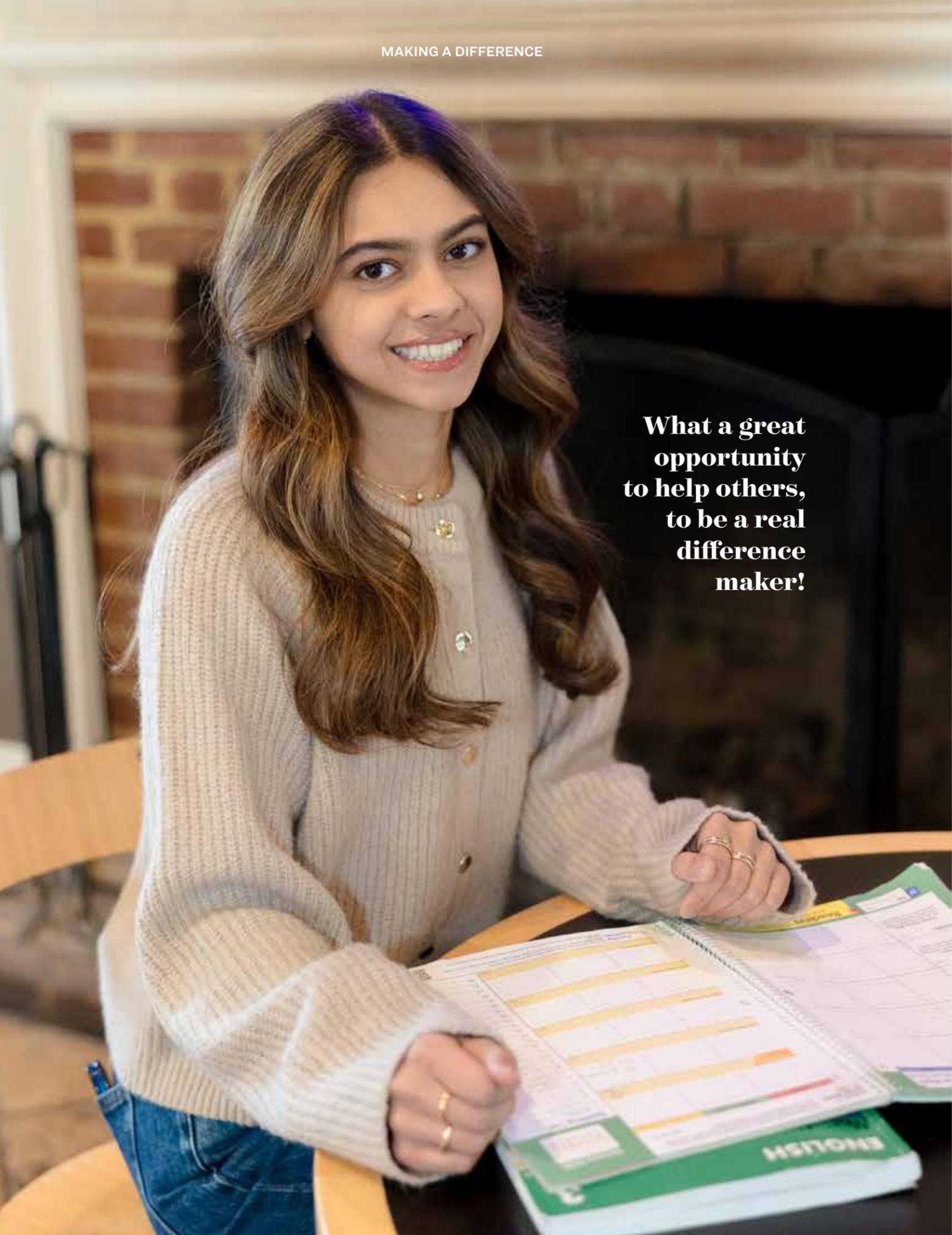
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**What a great opportunity to help others, to be a real difference maker!**

# Creating a Pathway to Promise!

WRITTEN BY ED MCCALL, PHOTOS BY KAREN AKERS



**T**here was a recent celebration at the Patel household on Club Circle. News of the cause for high fives and back slaps spread throughout the Glade community of friends by word of mouth and the ever-present social media. The hardworking daughter of Jamie and Dr. Raj Patel, a senior at Shady Spring High, had reached one of her academic goals when she was admitted to the prestigious Wharton undergraduate program at the University of Pennsylvania. It is an understatement to say that the path to such an accomplishment is not an easy one.

Kareena Patel put in long hours of study while challenging herself with the most advanced classes available in the Shady curriculum. She learned to balance that with a busy family life and extra-curricular activities that included years of intense training at Jerry Rose's Beckley School of Dance. Still, the dreaded

SAT loomed, a high score is a prerequisite for any applicant seeking admission to an Ivy League school, and students applying to state colleges know that a minimum score of 1080 is required to qualify for the lucrative Promise Scholarship (worth \$5500 each year for 4 years).

Pressure accompanies anyone sitting for the SAT, which measures a student's college readiness in the areas of reading (comprehension), writing (rhetoric and grammar), and math. It is a high stakes exam and must be completed within a 2 hour and 14-minute window.

When Kareena was notified that she had passed with flying colors, she was overjoyed, but her joy was tempered because a good friend had barely failed to qualify for the Promise Scholarship. Soon after, Kareena received an email **CONTINUED ►**



from the Khan Academy Schoolhouse which informed her that because she had scored so successfully (above the 90th percentile of all those taking the test) that with some additional on-line training, she qualified to tutor others so that they might also score well enough to reach their goals.

Another light went on in her otherwise fully lit brain! What a great opportunity to help others, to be a real difference maker! To give back to her community! It didn't take her long to come up with the name for her tutoring program...1080, the target score to qualify for the Promise! Her first success would be helping her buddy, who on her next try topped her previous score by 50 points and qualified for the Promise!

Since that initial success, word spread, and she has tutored students from her dance classes, fellow Shady students, and students from other schools who attend tutoring sessions at the Raleigh County Salvation Army.

She is always available to assist her students via emails and texts, as well as phone calls and Facetime calls. She coaches her students in all the academic disciplines measured by the exam as well as time management and test taking skills, which are both vital to achieving 1080. She is currently starting a new session just for Glade residents and plans on continuing 1080 through her own graduation or until she leaves for college.

Although her students are compensated handsomely for participating in 1080 to the tune of \$22,000 over their four years of college, Kareena Patel receives no monetary compensation. She doesn't want any. The gratification of helping others achieve their goals is payment enough she says, and if that doesn't sound like someone who is intent on making a difference, try this on for size.

She recently took the exam once again for the sole purpose of learning new questions and any new methodology employed by the SAT that might be beneficial to her students. Kareena Patel is indeed making a difference right now in the lives of the students who participate in her 1080 project. It doesn't take a genius to predict she is going to continue being a difference maker long after she has graduated from the University of Pennsylvania!

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



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

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# Homemade Potato Soup

SUBMITTED BY MISSI MOORE

My measurements will vary a little bit because I season by taste.

#### INGREDIENTS:

- One large yellow sweet onion
- One stick of butter
- 3-4 chopped russet potatoes or Yukon (or both)
- 2 to 3 cups of chicken broth
- Salt and pepper
- Dried parsley, dried thyme
- Milk
- Flour
- One can of Carnation evaporated milk
- Crumbled cooked bacon
- Shredded cheese

#### DIRECTIONS:

Melt one stick of butter in a pan. Add the onions and cook until the onions are translucent. Add approximately 2 cups of chicken broth. Add chopped potatoes, salt, pepper, thyme, and parsley and cook until the potatoes are almost done. If you need to add more liquid, add the evaporated milk or more chicken broth. Mix 2 cups of milk with a couple of tablespoons of flour in a mason jar and shake it up really well. Add the can of evaporated milk (if you haven't already) and the jar of milk & flour. Continue to cook for about 5 to 10 minutes until it becomes thick and the potatoes are done. If it's too thick, just add more milk. Use a potato masher and mash up some of the potatoes until you want the consistency you like for potato soup. I like big chunks of potatoes in my soup.

At the end, add crumbled bacon and some cheese. Enjoy

If you have a great recipe you would like to share reach out to Bob Coburn at [bob.coburn@n2co.com](mailto:bob.coburn@n2co.com)

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**FINANCIAL FITNESS**

# Spring Money Reset

*A mid-year check-in to review spending, adjust goals, and plan ahead for a more confident financial year.*

BY CAROLINE EDWARDS

**BY MARCH**, most people have a clearer picture of how their financial goals are actually playing out. This makes it the perfect time for a money check-in. Not a restart and not a reprimand. Just a reset. March sits in a sweet spot on the calendar. It is far enough from January resolutions to reflect real habits, yet early enough to make adjustments that can positively impact the rest of the year. A spring reset is about awareness and alignment, not perfection.

**Start With a Judgment-Free Review**

Start by reviewing the last few months of spending. Look for patterns rather than problems. Are there categories that consistently feel tight? Are you spending more in areas that bring value or more out of convenience? Awareness alone often leads to better decisions.

**Adjust Savings Goals Without Abandoning Them**

Next, revisit your budget with real life in mind. Budgets created at the start of the year rarely account for how busy schedules, rising costs, or changing priorities actually feel. If certain categories need adjusting, redistribute rather than restrict. A budget should support your life, not fight against it. Savings goals also deserve a mid-year refresh. If your original targets feel unrealistic, scale them back without abandoning them. Consistency matters more than the amount. Even small, regular contributions build momentum and confidence.

**Plan Ahead for Spring and Summer Expenses**

Finally, look ahead. Spring and summer often bring predictable expenses like travel, camps, and home projects. Listing them now allows you to plan intentionally and avoid last-minute stress. If you want or need extra support, consider reaching out to your local financial advisor or planner. They can help with budgeting, planning, and making the most of your finances or portfolio. A spring financial reset is not about fixing everything at once. It is about small, smart tweaks that help you feel more in control. Progress, not perfection, is what builds lasting financial confidence.

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# Country Roads Cabins



## AT THE CROSSROADS OF LUXURY & UNSPOILED WILDERNESS!

WRITTEN BY BOB COBURN  
PHOTOS BY SHEENA PENDLEY

Country Roads Cabins, located in the beautiful confines of close by Hico, WV, is your gateway to the natural beauty and adventure of West Virginia. Nestled in the heart of the New River Gorge region, the cozy, fully-equipped cabins provide the perfect retreat for couples, families, and outdoor enthusiasts. And for us as Glade Springs residents, less than an hour away! There is truly something for everyone in this West Virginia paradise. 27 units spread out over 230 spectacular acres that accommodate families up to 14 down to romantic love shacks for two. All of these weekend gems are named with a West Virginia flair to add to the never-ending charm of the experience.

Deluxe log cabins, treehouses, glamping tents (think safari tents), geodesic dome, yurts and even an Airstream are available for your unforgettable experience! Most units, including the treehouses include a fully-equipped kitchen, satellite TVs, fire pits, hot tubs and a gas grill. Plug in and check out! I was blessed to tour several of the units such as Black Bear, Tuscany Treehouse, Holly Rock Treehouse, Moonshiner (my fave, sleeps 4), Almost Heaven, and the ARLO Airstream. All are so cozy and welcoming and really depends on how many people you are bringing. The glamping units are also super cool but are seasonal from March/April to November depending on the weather. Most of the other units with tons of options are year-round.

CONTINUED ►



Owners Dr. Michael Antolini and wife Anna along with Michael's mom Heather run the enterprise together. "We are proud of the opportunity to have a potentially multi-generational business that our 4 children can take an interest into one day." Says Dr. Antolini. "We have guests from all over the globe come to visit but we're glad we can provide a romantic and adventurous place to get way that's close to home for West Virginians." Speaking of adventures, there is white water rafting, zip lining, hiking, motorcycle touring, ATV rides, and other cultural attractions. There are many close by, excellent restaurants and Country Roads Cabins has breakfast/dinner food packages available using great local sourcing.

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Bob Coburn



Sheena Pendley

## TESTIMONIALS

**"I'll never forget my time at Country Roads Cabins, sitting in a hot tub treehouse, in the woods, at night, watching the snow fall. I was under an hour from my Beckley home, but I felt worlds away - my stressors were gone. My family remains thankful to Country Roads Cabins for the opportunity to relax and make some wonderful memories."**

— ADAM TAYLOR, BECKLEY ATTORNEY AT LAW AND PREFERRED PARTNER OF STROLL GLADE SPRINGS VILLAGE MAGAZINE.

**"We truly enjoyed our weekend stay at Country Roads Cabins. The staff was friendly and professional and ensured our stay was everything we expected. Their property is beautiful and peaceful and our cabin was very clean. We look forward to visiting again and highly recommend checking out this hidden gem right in our own backyard!"**

— ADRIANN & BOBBY JONES, GLADE SPRINGS RESIDENTS.



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# THE ENERGY SHIFT

*Small adjustments in movement, nutrition, sleep, and mindset can shake off winter sluggishness.*

BY CAROLINE EDWARDS

**AS WINTER GIVES WAY** to longer days, many of us notice subtle shifts in energy, mood, and motivation. Rather than pushing yourself harder, now is the perfect time to work with your body's natural rhythms and gently adjust your routines.

**MOVE WITH THE SEASON** Our bodies crave different types of movement as the seasons change. Longer daylight invites outdoor walks, bike rides, or stretches on a sunny porch. Even small adjustments, like swapping a treadmill session for a fresh-air stroll, can boost energy and mood.

**REFRESH YOUR NUTRITION** Spring brings an abundance of fresh produce. Incorporating seasonal fruits and vegetables can naturally revitalize your diet and provide a gentle energy lift. Simple swaps, like adding leafy greens to smoothies or snacking on berries, help shake off winter sluggishness without complicated meal plans.

**ADJUST SLEEP PATTERNS** As daylight increases, your body may naturally wake earlier. Gradually shifting your bedtime and wake-up schedule can align your circadian rhythm with the sun, leaving you more alert and balanced. Short naps or mindful breaks can also help maintain energy throughout the day.

**CHECK IN ON MINDSET** Three months in, many resolutions start to feel challenging. Rather than dwelling on unmet goals, focus on progress. Small wins, like choosing a brisk walk over scrolling or swapping soda for water, reinforce momentum and build confidence.

**GENTLY TUNE INTO YOURSELF** Seasonal shifts are an invitation to reassess routines, not to overhaul them. By listening to your body and making mindful tweaks in movement, nutrition, sleep, and mindset, you can shake off winter sluggishness, boost energy, and feel more aligned as the seasons change.

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## WINTER TIPS:

- Limit time outside during freezing temperatures. Be sure to dry thoroughly after snow exposure.
- Use pet safe ice-melt salt. Regular salts can irritate paws, cause chemical burns, & are harmful if ingested.
- Be aware of hazards hidden/buried in snow. Hidden holes, uneven ground, and sharp objects can injure an unsuspecting dog.

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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 Drive Daniels, WV (304) 730-5000 Marla Bass-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
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
864 Club Circle	Old Glade	\$184,000	\$175,000	11/24/25	1	1	916	\$191.05
604 Club Circle	Old Glade	\$779,000	\$775,000	12/01/25	4	5	4,400	\$176.14
146 Glen Orchard	Stonehaven	\$350,000	\$350,000	12/03/25	4	4	3,156	\$110.90
293 Edward Drive	Stonehaven	\$569,900	\$533,000	01/16/26	5	4.5	3,005	\$177.38
702 Club Circle	Old Glade	\$459,000	\$429,000	01/16/26	3	2.5	2,300	\$186.53
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
465 Barnstaple Drive	Stonehaven	\$565,000	\$500,000	12/05/25	5	3	2,839	\$176.12

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# Not Your Grandma's Antiques

Mix old and new with confidence to create layered, story-filled interiors.

BY CAROLINE EDWARDS



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If you are looking to add an antique layer to your home, start by knowing what to look for. Quality craftsmanship, solid materials, and timeless design are hallmarks of pieces that will last and elevate a room. Don't worry about collecting entire sets; a single statement item, a mirror, a side table, or a piece of artwork can anchor a space and tell a story.

Next, consider where to shop. Local antique shops, flea markets, estate sales, and curated online marketplaces all offer unique finds. Take your time, trust your eye, and be willing to walk away if something doesn't feel right.

When mixing old with new, balance is key. Pair a vintage mirror with contemporary furniture, a retro lamp on a modern sideboard, or layered textiles to create a sense of warmth and personality. Even small touches, frames, textiles, or collectibles can add texture and depth without overwhelming the space.

### PRO TIP:

Once you start antiques regularly, keep a running list on your phone of items you're seeking. Anything you'd normally buy at Target for organization, like a coffee table tray, utensil holder, salt and pepper shakers, or a toothbrush holder, can be replaced with a unique antique find.

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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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