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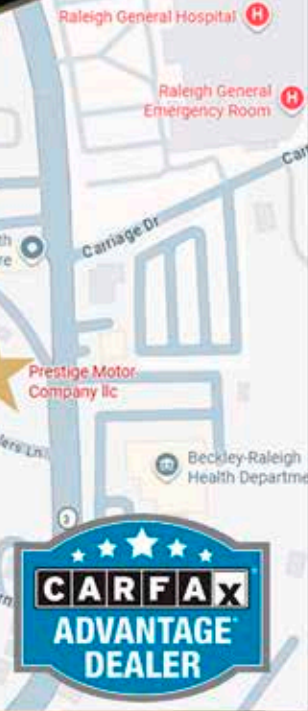
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THE MAGIC OF APRIL

Publisher's Note

April arrives in Southern West Virginia with a welcome sense of renewal. As the hills begin to glow with green and dogwoods bloom along our winding roads, our community steps into one of the most vibrant months of the year. Spring is not just a season, it's a celebration of resilience, connection, and the joy of gathering together.

April also brings a full calendar of events such as Easter egg hunts, Easter church services, and spring family and friend events after a long winter. Community clean-up days and volunteer projects remind us of the pride we take in caring for our community.

High school baseball and softball seasons are in full swing along with one of the most cherished traditions in sports, the Masters Tournament. Or "Toonament" as Charman Hord Hardin used to say. Golf season and spring are officially here when we see the blooming azaleas at Augusta.

As we embrace the arrival of April and fresh beginnings, may it inspire us to support local events and local businesses that support us through *Stroll Glade Springs Village* magazine.


Enjoy the outdoors and celebrate the strong sense of community that makes Glade Springs such a special place to call home!

Bob Coburn

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




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Friday, May 8, 2026 WH Friday at The Haven 5pm tee times
Friday, June 12, 2026 WH Friday at The Haven 5pm tee times
Saturday, July 11, 2026 SH Member-Member Shotgun
Sunday, July 12, 2026 WH Member-Member Shotgun
Saturday, August 8, 2026 SH POA Club Championship Tee Times
Sunday, August 9, 2026 WH POA Club Championship Tee Times
Friday, August 21, 2026 WH Friday at The Haven 5pm tee times
Sunday, October 25, 2026 WH Woodhaven Closes (**November 1** - weather dependent)

Outside Events

Wednesday, April 22, 2026 SH WVGA Am Series 10am Shotgun
Wednesday, May 20, 2026 SH WVGA Womens Series 8:30am Tee Times
Friday, May 22, 2026 WH Young Life RC Classic 1pm Shotgun
Friday, May 29, 2026 WH WVU Tech Alumni 1pm Shotgun
Sunday, May 31, 2026 WH American Legion Baseball 1pm Shotgun
Tuesday, June 2, 2026 SH Bunker's Open w/Cobb
Wednesday, June 3, 2026 SH WVGA Senior Series 10am Shotgun
Saturday, July 18, 2026 SH (RS) WVGA Parent-Child w/Cobb 9am Shotgun
Sunday, July 19, 2026 SH (RS) WVGA Parent-Child w/Cobb 9am Shotgun
Friday, July 24, 2026 WH KVMI 9:30am Shotgun
Monday-Friday 7/27-31/2026 SH WV OPEN WEEK Stonehaven Closed
Friday-Sunday 08/14-16/2026 WH WVGA Four Ball Match Play
Thursday, September 3, 2026 SH Little General w/Cobb
Thursday, September 17, 2026 SH/WH (RS) TC Energy
Friday, October 2, 2026 WH WVU Tech Alumni 12pm Shotgun

*Events and dates are subject to change

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THE HIGINBOTHAMS!



Neighbors, Friends, Family: Making West Virginia Home

WRITTEN BY JESSICA RUBIN, PHOTOS BY KAREN AKERS

Nick & Katrina Higinbotham moved to West Virginia four years ago from the south side of Detroit, Michigan. With strong ties to the Mountain State, the two can't imagine being anywhere else but right here in Glade Springs.

"We love it. We tell everybody we'll never leave the neighborhood," Nick said.

Although Katrina grew up in Michigan, her father is originally from Charleston, West Virginia, and she grew up visiting her grandmother in Hurricane. Nick, on the other hand, grew up just outside of Pittsburgh, Pennsylvania, and he attended college at Fairmont State. Now, he is a practicing physician in Princeton, where he specializes in orthopedics.

Nick's parents were already living in Glade Springs when the couple made the move to West Virginia. They even got married at the Beckley Courthouse six years ago. "We were down here visiting my parents, and we originally had an elopement scheduled in Colorado, and it was cancelled because

everything was shut down because of Covid. So, when we were down here, we just went to the Beckley Courthouse and got married," they explained.

A big draw for them has been the young families with kids they've met and become friends with since moving to Glade Springs. They have two boys, Lucas, three, and Levi, one. They said going to the playground in our neighborhood is one of their favorite activities and where they have met many of their close friends.

"We like to hang out with friends whenever we can," Katrina said. "We try to have people over all the time. When we lived in Michigan, we were always entertaining at our house."

The couple enjoy bringing people together, which is why they recently moved from their house on Far Country Drive to a bigger home on Club Circle. "We bought this house because it has a gigantic patio. It'll be nice when the weather is warmer, and we can have people over in the summer," Katrina said. **CONTINUED ►**



“We love it. We tell everybody we’ll never leave the neighborhood,” Nick said.



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“We really like to entertain outside. We like to have bonfires and watch football games and do home tailgates,” Nick added. They love spending time with their boys, and whether at the pool or the playground, Glade serves as the ideal backdrop for this young family. Lucas loves monster trucks and attends School of Harmony preschool. Levi, on the other hand, loves climbing and is described by his parents as adventurous. The couple also share a love for the great outdoors and can’t wait to get back to some of the activities they enjoyed before they had kids, like hiking and camping. “We would take trips out west,” Nick said. “To Breckenridge, Boulder, Park City,” Katrina added. One day, they look forward to sharing these activities with their boys. Until that time comes, they are content living behind the gates and taking in all Glade has to offer.



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.



Karen Akers

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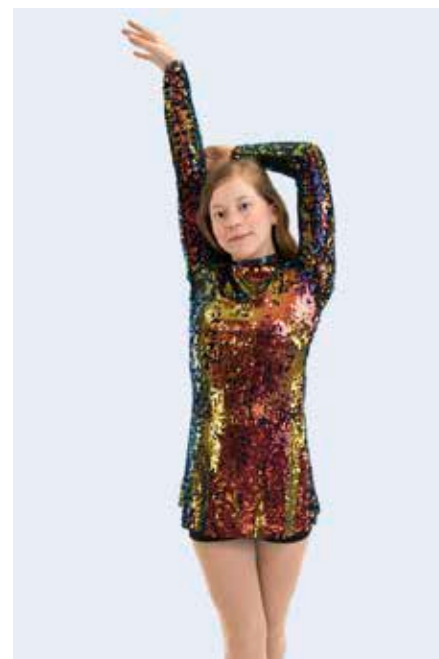


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Emmalin Akers

WRITTEN BY KAREENA PATEL, PHOTOS BY TIFFANY LUCAS, KELLI CARRICO, AND KAREN AKERS.



At just 15 years old, Emmalin embodies a blend of discipline and creativity. Homeschooled and deeply connected to her passions, she has built a life centered around her love for artistic expression. Whether she is dancing across a studio floor, helping younger students find their rhythm, or writing imaginative stories, Emmalin approaches everything she does with dedication and joy.

Emmalin has been dancing at Rhythms of Grace since 2013, immersing herself in various styles such as jazz, contemporary, ballet, tap, and hip-hop. Recently, she was cast as the lead role of Aslan in the studio's winter recital. However, dance is beyond just another school activity. Emmalin spends hours each week at the studio, where she not only develops her own skills but also serves as a teacher assistant for kindergarten and first-grade ballet and tap classes. In this role, she helps young dancers learn foundational steps, offering encouragement and patience while sharing her love of dance.

Her inspiration traces back to her dance teacher, Mrs. Laura, who introduced and taught her dance at a young age. Mrs. Laura's guidance helped spark Emmalin's passion and instilled in her the discipline and confidence she carries today. Through years of practice and mentorship, dance has become both a creative outlet and a source of personal growth.

Outside the studio, Emmalin enjoys a wide range of creative activities. She loves drawing, reading, and crafting, with her favorite books ranging from Harry Potter to Narnia. Emmalin also enjoys writing short stories. Her favorite genre is fiction. Writing allows her imagination to flourish, and she often recreates stories for fun, bringing new ideas to life on the page.

Family also plays a central role in Emmalin's life. She enjoys spending time camping, traveling, and visiting Disney, which she considers her favorite place. Soon, she will be enjoying a cruise to the Caribbean. At home, she has a younger brother named Jackson and a Bernedoodle named Everest.

Academically, Emmalin explores subjects that spark her curiosity, including anatomy, which reflects her interest in understanding how the body works. In the future, she hopes to either be a marine biologist or veterinarian, which reflects her innate love for animals.

With her dedication to dance, love of storytelling, and commitment to helping others, Emmalin is already making a meaningful impact in her community. As she continues to grow, both as a dancer and as a person, Emmalin's grace, on and off the stage, will undoubtedly carry her toward a bright and inspiring future.



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 @ bob.coburn@n2co.com



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LANDON PERRY

Perry returns to where romance began!

WRITTEN BY ED MCCALL, PHOTOS BY KAREN AKERS

Landon Perry is back where it all started. The Glade Springs Resort assistant golf pro is heading into his second golf season under the tutelage of Glade’s Director of Golf and head professional, Jason Dalton, at the very place where his infatuation with the game began. The smiling and always affable Perry admits it has been a long and winding road back to his roots, but he always knew this was where he wanted to be, and believe it or not, it all started with a dream.

Perry says he fell in love with the game watching his older brother Adam play, who, coincidentally, also served as a Glade cart boy and assistant pro before moving to the Greenbrier Sporting Club where he served as an assistant under another former Glade head professional, Justin Beard, for several years. Recently the elder Perry returned put his sticks away to pursue a career in banking.

In his youth Landon concentrated on other sports, mostly basketball and soccer, but he tagged along with his father Greg, following Adam and another Shady Spring golfing great, Scott Prince, as they played in tournaments and competed on the SSHA golf team. Perry recalls that one night after watching both play in a junior tournament and participate in a long drive contest, he had a dream in which he was hitting good golf shot after good golf shot. The next morning, he awoke, jumped into the family golf cart and motored straight to the driving range from their home on Hawthorn Lane. Using his dad’s golf clubs, he hit balls all morning. That was all it took. He was smitten.

By the time he was a freshman at SSHA he was the one seed on the Tiger golf team and remained their top player for four years. He led them to three regional championships and four appearances at the state tournament in Wheeling where the Tigers garnered three third-place finishes. During those years he got a job at Glade working at the boathouse on Mallard Lake in the summers. Today he likes to joke, “I went from the boathouse to the clubhouse.” He worked the cart barn and soon was promoted to working in the pro shop where he says he was mentored by Mike James, Justin Beard, Kyle Long, his brother Adam, and his current co-worker Ray Vest whom he affectionately refers to as “Uncle Ray” and whose work ethic and professionalism he has grown to admire.



Upon graduation, Perry matriculated to WVU where he earned a degree in accounting and finance while participating in club golf. That’s not the college team, but it is high level golf (Harold Varner played club golf in college) and allowed him to keep his love affair with the game going. During his senior year he was president of the golf club and arranged tournaments and matches with other college clubs around the country. Perry posted a 72.1 scoring average during his club golf days.

It was in Morgantown where he met his soon to be wife Emily (wedding is scheduled for May 2026), and after graduation he went to work selling Ventrac Tractors and supplemented his income caddying at Pikewood National. When he returned to this area, he worked online for Princeton Card Sharks, selling sports and other kinds of memorabilia. When he was offered an opportunity to get back into the golf business, he jumped at the chance. Beckley mayor, Ryan Neal, offered him a position running the Black Knight golf operation for the city of Beckley. He got them organized and up and running at the beginning of the 2025 golf season. Then Glade called, and Dalton offered him the assistant pro position. Knowing this is where he always wanted to be, he finished the 2025 season here.

Before choosing to work on the professional side of golf, Perry had a successful amateur career that included winning one of the most prestigious golf tournaments in southern WV, the BNI (now the Mountain State Golf Classic). He also captured titles at the

Nicholas County Open and the Tygart Valley Open. He qualified for ten state amateurs and had numerous top 15 finishes in both the WV Am and the WV Open.

Now he is looking forward to growing the game here while he works to complete his PGA training and education. “Jason has been great to me and is giving me plenty of responsibility this coming year.” Perry says he will focus on managing the cart staff, the simulator, clinics, and providing Camp Glade participants with an introduction to golf. He is also hopeful of starting a First Tee of WV chapter here at Glade as well as a junior golf program.

“I love the sense of community that we have here,” he states. “I want to enhance what we offer our members and make sure they feel appreciated and well served.” Glade members will benefit as Perry’s romance with the game continues to blossom.



Perry is the proud father of 3-year-old Ellie Jo. He resides on Parliament Lane in Shady Spring with fiancé Emily, a former WVU cheerleader who taught at Wyoming East High School for 2.5 years and is currently pursuing her doctorate at the University of Charleston in occupational therapy. He is the son of Greg and Amy Perry, former residents of Hawthorn Lane and Dogwood Court and proud sibling of two beautiful sisters, Genna and Ann Marie Perry.



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

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



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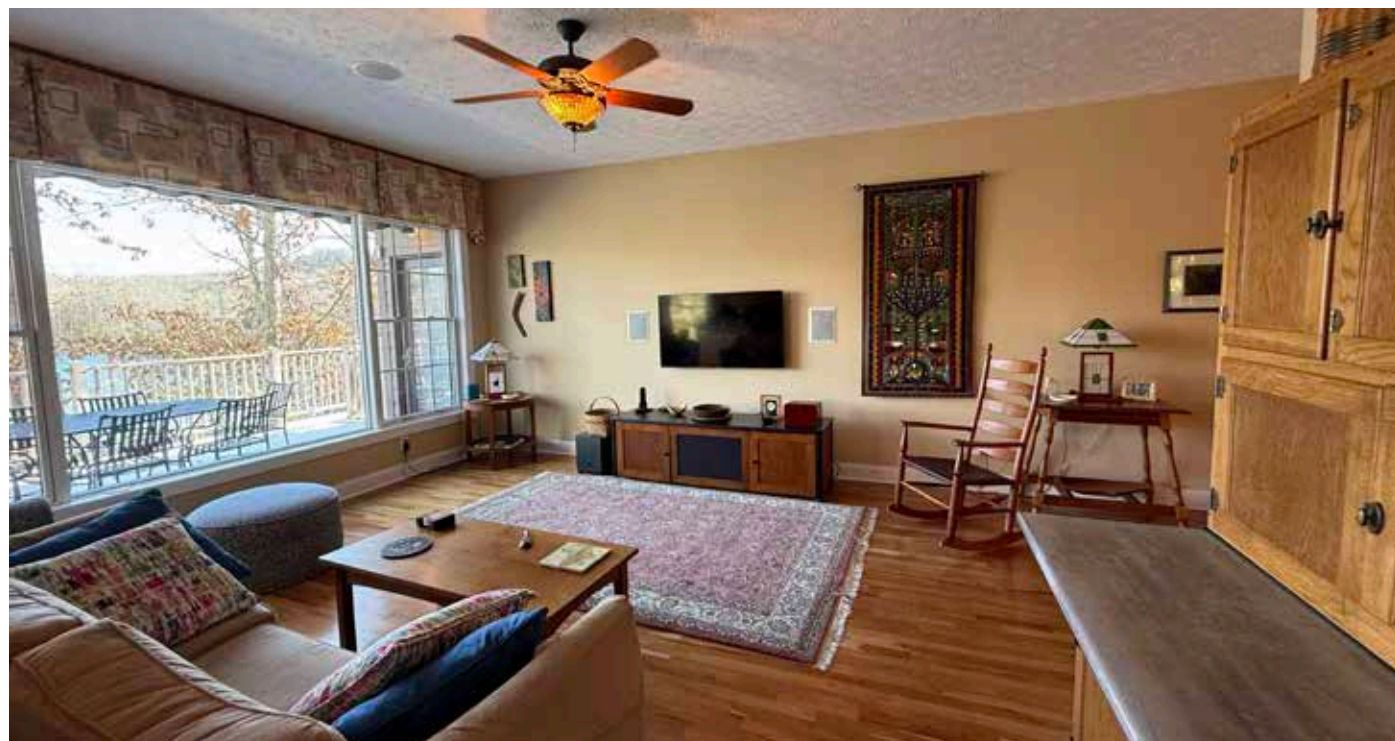
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WRITTEN BY CATHY SMITH, PHOTOS BY ELIZABETH ENGLAND AND KAREN AKERS



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Set along the shoreline of Chatham Lake, this custom-built four-bedroom home blends thoughtful design with the serenity of waterfront living. Expansive windows frame lake views from nearly every room, filling the home with natural light and creating a seamless connection to the outdoors. The main-level primary suite offers convenience and privacy, allowing homeowners to enjoy single-level living while still accommodating guests and family with ease.

Designed for both relaxation and entertaining, the lower level features a spacious family room, private sauna, deck access, secondary bedrooms, full bath, and an elaborate workshop that can also serve as a golf cart garage. Outdoor living continues with evenings spent in the hot tub or down at the private dock — ready for boating, paddleboarding, or quiet moments on the water.

CONTINUED ►



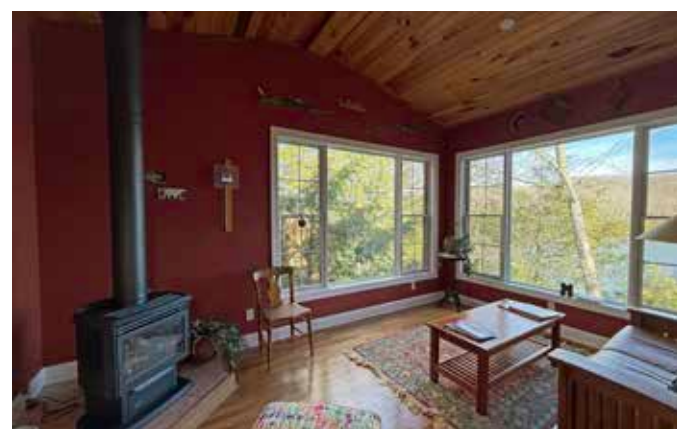
A defining element of the home is its craftsmanship. Late owner Jerry Wait, known for his exceptional woodworking skill, was instrumental in the construction process alongside Tim Hill. Together, they ensured meticulous attention to detail throughout, with Jerry personally designing and building many of the home's custom wood components that add warmth, character, and one-of-a-kind distinction — a lasting legacy reflected in the home today.

This Chatham Lake residence captures the essence of lakefront lifestyle — equal parts comfort, recreation, craftsmanship, and natural beauty.



At the time of this writing, this property is for sale. Contact Cathy Smith at Glade Springs Real Estate 255 Resort Dr. Daniels, W.V. (304) 763-5000 Marla Sinko-Broker of Record.

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



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Hood Action!

PHOTOS BY KAREN AKERS



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

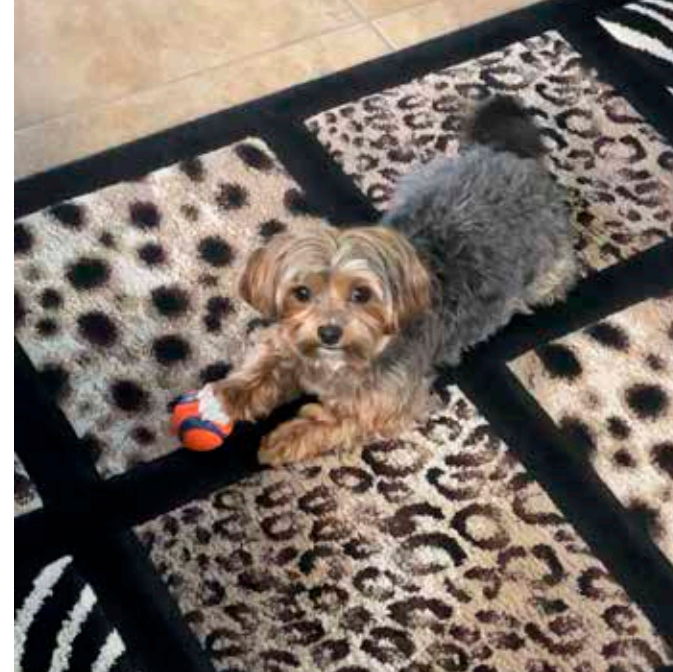
Coco the Cutie!

WRITTEN BY FARRAH MICEK

SCOTT AND KAREN BERNEBURG are the owners of Coco Chanel Berneburg, a two-year-old Morkie who is very loving, energetic, and happy. Coco is very small and has black, brown, and white fur. She originally belonged to Karen's mother, but after Karen's father sadly passed away, she was unable to give Coco the care and attention she needed. Because of this, Karen and Scott welcomed Coco into their home when she was about eight to ten weeks old. Since then, Coco has lived a very active and joyful life.

She loves to spend time with her older sister, Biscuit, who is sixteen years old. Despite their age difference, Biscuit still enjoys Coco's company and is happy to call Coco her sister.

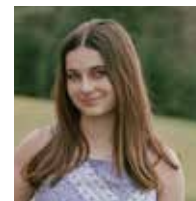
In the mornings, Coco wakes up her family by bringing her toys into their bedroom and wagging her tail until she is confident that they are awake. Throughout her mornings and evenings, Coco loves to do various activities around the house. One of her favorite things to do is play with the many toys she has. Even though her toys are supposed to stay in her basket, they always end up scattered across the floor from being tossed around and chewed on during all her fun playtime.



However, her favorite toys are orange tennis balls, which are a must in her daily routine during the day. Coco loves to chase them, chew on them, and will do almost anything to get you to throw one of them. One of Coco's funniest habits is spinning in circles whenever she wants something. Sometimes she gets so excited that she spins and barks at the same time just to get attention. When Coco runs across the floor chasing toys, she goes so fast that she skids, which sometimes even scares her. Scott says this is one of the reasons Coco is so silly and quirky. Other activities Coco enjoys are watching WWF on the television with her family, sleeping in comfy places around the house, and being around her sister.

Outside of her in-house adventures, Coco does many things outside of the house as well. Coco enjoys taking walks around Glade, mostly around the town square. Recently, Coco went with her family to her first fall festival here in Glade, and she had a blast, meeting new people she had never met before, new smells, and new sights to see. Coco is a very friendly dog and loves people. She strives to become friends with everybody she meets and is always happy to be with them. Another venture that the Berneburg's love to do is travel. Coco has been on many road trips, and to many different places. Some of the states she has visited include Pennsylvania, North Carolina, and Virginia. Coco is very well-behaved when it comes to traveling and relaxing in the car.

Coco loves people, but she loves her family the most. Karen and Scott say she is the smartest, cutest, and funniest dog they have ever known, and they are very thankful for her. If you ever encounter Coco at a local event, taking walks, or simply relaxing outside, make sure to stop by and greet her, because she will love it.



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.

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





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Staying safe in a digital world: Why MFA matters more than ever

CHASE CAPPELLARI WITH BOB COBURN

What Is Multi-Factor Authentication?

Multi-Factor Authentication, or MFA, is one of the simplest and most effective ways to protect your online accounts. Instead of relying on just a password, MFA requires a second step—like a text message code, an authentication app, a fingerprint, or a security key. Think of it as adding a deadbolt to your front door. Even if someone has the key (your password), they still can't get inside without the second lock.

Why It's Critical for Financial Accounts

Your bank, retirement accounts, and credit card portals hold some of your most sensitive information. Scammers often try to access these by stealing or guessing passwords. MFA protects you even if your password becomes compromised.

Email: The Master Key to Your Digital Life

Email is often the most valuable account you own because it connects to everything—password resets, banking alerts, online stores, and more. If someone accesses your email, they can request password resets for many other accounts. MFA helps prevent that.

How MFA Stops Scammers

Many scams rely on tricking you into revealing your password or clicking a fake login page.

MFA blocks most of these attacks. Even if a password is stolen, the scammer can't access the account without the second verification step.

Never Give Anyone Remote Access to Your Computer

Scammers often pretend to be from major companies—Microsoft, Amazon, banks, delivery carriers—and try to convince you to allow remote access to your computer. No legitimate company will call you unexpectedly and ask for this.

Common Scams Targeting Seniors

1. Bank impersonation scams
2. Tech support scams
3. Package or subscription scams
4. Grandparent scams

MFA provides a strong safety net even if a scammer tricks someone into revealing a password.

How to Stay Safe

- Enable MFA on email and financial accounts
- Never share verification codes
- Never allow remote access unless you initiated the call
- Use strong passwords or a password manager
- Hang up on suspicious calls



Chase Cappellari - Photo by Karen Akers

Final Thoughts

MFA is a quick, free way to protect your identity, finances, and peace of mind. If you're not sure how to set it up, Chase Cappellari and his team at Compute One can help you secure your important accounts. Text/Call 304-250-4552 to schedule an in-home appointment.



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- Email Token Authentication
- Hardware Token Authentication
- Software Token Authentication
- Phone Authentication
- Biometric Authentication

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RESIDENT RECIPE

Nashville Hot Chicken Dip!

SUBMITTED BY AMANDA KENNEDY

INGREDIENTS & DIRECTIONS:

Mix Together:

- 1 block Cream Cheese
- 1/3 Cup Sour Cream
- 2 TBSP Ranch Seasoning

Top Mixture With:

- Real Bacon Crumbles
- Diced Jalapenos

Melt:

- 1/2 Stick Butter
- 1/4 Cup Franks Hot Sauce

Pour Over Bacon/Jalapenos

Top with Shredded Rotisserie Chicken
 Bake at 350 Degrees for 20 Minutes
 Top with Dill Pickle Chips
 Serve with Chips or Toast Points. Enjoy!

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

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Henry's son Shea sporting the "Future Boss in Training" shirt and wearing his Grandfather's and past President's hardhat!



October 1st of 2025, Frye Roofing, Inc. of Bluefield, celebrated their 125th year in business. That is an astounding feat

considering 50% of new businesses don't survive past 5 years. 35% make it 10 years. 25% make it 15 and, you get the picture, well less than 1/2 of 1% make it 125 years. Frye Roofing is the oldest roofing company in West Virginia (in the contracting world, 96% go out of business in the first 5 years.)

C.E.O. and owner since 2024, Henry Malkin attributes the longevity to the company slogan, "we strive to do the right thing every day. The right thing by the customer, the company and our employees. We are committed to quality workmanship, customer service, and the well-being of our employees. Our management team has over 245 years of combined experience."



*** Frye Roofing takes pride in educating customers and finding long term solutions to problems with zero corners cut. Period!**

This long-term view and commitment also extends to the local community where Frye Roofing, Inc. donates, purchases and services. "We are committed to service the local community in all we do whether it be supplies or donations." Henry also gives back to the community as president of the local Bluefield Little League.

As a company, Frye Roofing ranks in the top 1/2 of 1% of roofing contractors in the country. They are Hall of Fame award-winning that has installed over 1000 "Perfect 10" installations. A perfect 10 is awarded when the manufacturer inspector doesn't find one mistake during his post completion inspection. Frye is the only roofer in the area to accept a 750-tier Hall of Fame recognition with Carlisle Syntec. (a premier resource in the commercial roofing industry) They also have over 4100 consecutive work-loss-free days, as safety plays a huge role in the industry. JC Robinson, President of Frye Roofing until his passing in 2020 during COVID, played an instrumental part in writing the NRCA (National Roofing Contractor Association) safety manual.

The same quality approach is given to all three divisions of the company. Commercial, Residential and Roof Repair. Business owners want a professionally-installed roof that keeps the business safe, maintains a comfortable working environment, and make a positive impression on both clients and employees. Homeowners understand that the roof is one of the most important parts of the home and that it's essential that it is cared for with regular maintenance, cleaning, and repair when needed. Frye scores high marks in all aspects of roof replacement and service and provides warranties like few others can.

Theresa Robinson Forlines serves as president and has been with Frye roofing for 30 years. She is still a valuable leader and voice in the organization supporting the same values that continue at Frye. "I'm excited with the transition and our focus on quality and doing the right thing every day, lives on. We take care of our customers and treat our employees well. We want to make sure they are safe in their work also. Our longevity is a result of being successful in this approach." Says Theresa.

FOR A ROOF INSPECTION, QUOTE, OR REPAIR, CONTACT

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Frye Roofing, Inc. covers the Virginia's from Galax to Charleston to Lewisburg.

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Henry and Theresa have trained nationally with NRCA via Northwestern University in Chicago.

TESTIMONIALS

"Frye Roofing sent a double crew to work on our house and we were able to complete the job in one day. They were easy to work with and gave us a guarantee that covered both labor as well as materials. We would use them again!"

—BETTY AND JOHN CALENDER, GLADE SPRINGS RESIDENTS

"We had a roof installed by Frye Roofing and we couldn't be happier with the results. Their team was professional, efficient, and did excellent work from start to finish. The roof looks great and they cleaned up EVERYTHING afterwards! We highly recommend Frye Roofing to anyone needing reliable roofing services."

—CHUCK MYSLINSKY, GLADE SPRINGS RESIDENT

"Henry Malkin and Frye Roofing have been so wonderful in their responsiveness to my roofing problem and those friends that I have referred to them. They bring professionalism and care to your property and landscaping! Their job sites are always so well managed. I can't recommend them enough!"

—MACY NOLAN, GLADE SPRINGS RESIDENT

A Season for EXPLORING

Spring is the sweet spot for discovering America's quieter national parks, where cooler weather, fewer crowds, and small surprises make every mile feel personal.

BY CAROLINE EDWARDS



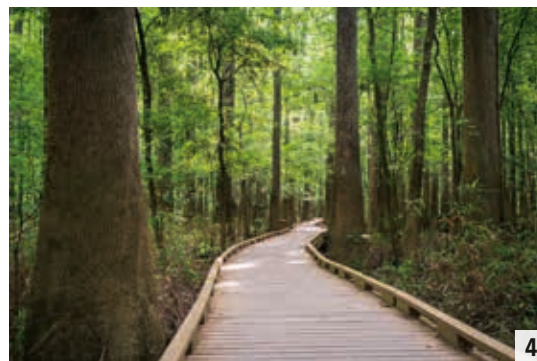
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3



4

MAKE A LIST, CHECK IT TWICE!

Use this checklist as your fail-safe way to have everything you need on a day hike.

- An extra pair of socks
- A lightweight sit pad or bandana
- Lip balm with SPF
- A small towel or packable cloth
- Rain Jacket
- Electrolyte packets or salty snacks
- A fully charged phone plus a backup battery
- Offline maps or screenshots
- A basic first-aid mini kit
- Insect repellent
- Trash bag or zip-top bag

While marquee destinations like Yosemite and Yellowstone draw summer crowds, smaller national parks across the country offer the same sense of wonder with more breathing room. Early spring brings cooler temperatures, emerging wildlife, and trails that feel personal rather than packed. **1.** In Texas, Guadalupe Mountains National Park rewards visitors with dramatic desert landscapes and peaceful hiking. April temperatures are comfortable, and spring wildflowers often dot the lower elevations. The park's trails range from gentle nature walks

to challenging summit hikes, making it approachable for a variety of travelers. **2.** Out west, Great Basin National Park in Nevada remains one of the most underrated destinations in the system. April offers crisp air, snow-capped peaks, and quiet access to caves, alpine views, and dark sky stargazing. While some higher elevations may still be snowy, the sense of solitude is unmatched. **3.** Mesa Verde National Park in Colorado is another standout this time of year. Before peak season begins, visitors can explore ancient cliff dwellings and scenic overlooks without the rush. Spring

weather makes walking the archaeological sites more comfortable, and ranger programs often feel more intimate. **4.** For those drawn to water and wetlands, Congaree National Park in South Carolina comes alive in April. Boardwalk trails wind through towering trees and floodplain forests, offering a unique and serene experience as the landscape transitions into warmer months. These smaller parks invite travelers to slow down, explore thoughtfully, and enjoy nature without distraction. April is a reminder that some of the most rewarding adventures happen off the busiest paths.

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Memory Lane

In 2026, many gardeners are planting with nostalgia at the heart of their landscapes.

BY CAROLINE EDWARDS



Gardens have always been places where memories abound, and lately, many homeowners are leaning into that nostalgic feeling. Classic plants like peonies, hydrangeas, lilacs, and roses are finding their way back into modern landscapes, prized not only for their beauty but for the stories they carry.

These plants often remind people of childhood homes, family celebrations, a favorite neighbor's yard, or in the background of their favorite comfort TV show. A row of lilacs can recall spring evenings. A blooming rose bush might echo a tradition passed down through generations. In times of change, these familiar blooms offer comfort and continuity.

Today's gardeners are pairing nostalgia with practicality. Many traditional varieties now come in cultivars that are more disease-resistant and better suited to a range of climates. Hydrangeas thrive in containers or foundation plantings, peonies return year after year with little fuss, and roses have shed much of their high-maintenance reputation thanks to newer hybrids.

Planting with nostalgia does not mean recreating the past exactly as it was. It can be as simple as adding one meaningful plant to an existing garden or choosing flowers that feel personal rather than trendy. The goal is connection, not perfection.

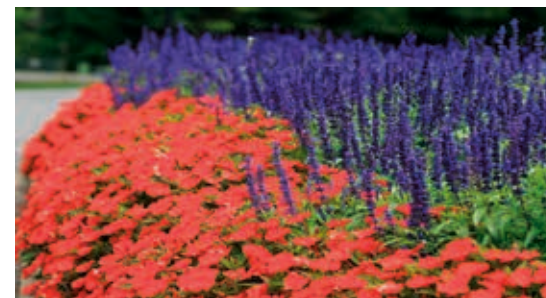
As these plants grow and change with the seasons, they create a living link between memory and the present. In that way, a garden becomes more than a design choice. It becomes a quiet reminder of where we have been and what we hope to carry forward.



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MAKE & BAKE



Strawberry Rhubarb Galette

Rustic, bright, and unfussy, this galette lets seasonal fruit shine without requiring perfection. It is ideal for Easter because it can be made ahead, travels well, and looks beautiful straight from the oven.

BY CAROLINE EDWARDS

Ingredients

FOR THE CRUST:

- 1 ¼ cups all-purpose flour
- 1 tablespoon sugar
- ½ teaspoon salt
- ½ cup cold unsalted butter, cubed
- 3 to 4 tablespoons ice water

FOR THE FILLING:

- 1 ½ cups sliced strawberries
- 1 ½ cups sliced rhubarb
- ⅓ cup sugar
- 1 tablespoon cornstarch
- Zest of 1 orange
- 1 teaspoon vanilla extract

TO FINISH:

- 1 egg, beaten
- Coarse sugar for sprinkling

Instructions:

1. In a bowl, whisk together flour, sugar, and salt. Cut in the butter until the mixture resembles coarse crumbs. Add ice water one tablespoon at a time, mixing just until the dough comes together. Form into a disk, wrap, and chill for at least 30 minutes.
2. Preheat oven to 400°F. Line a baking sheet with parchment paper.
3. In another bowl, gently toss strawberries, rhubarb, sugar, cornstarch, orange zest, and vanilla until evenly coated.
4. Roll the dough into a rough 12-inch circle. Transfer to the prepared baking sheet. Spoon the fruit mixture into the center, leaving a 2-inch border. Fold the edges over the fruit, pleating naturally.
5. Brush the crust with beaten egg and sprinkle with coarse sugar. Bake for 40 to 45 minutes, until the crust is golden and the filling is bubbling.
6. Let cool slightly before serving. Enjoy warm or at room temperature, with whipped cream or vanilla ice cream if you like.

MAKING A DIFFERENCE

FAITH IN ACTION

Thanks to the support of our readers and advertisers, this magazine helps All God's Children International unite thousands of children with their forever families, creating new life chapters filled with love and stability.

BY SHAUNA OSBORNE, NATIONAL EDITOR

“When I came to the House of Hope, I was able to be loved and be like a child again!”

—FENEAN

All God's Children International (AGCI) is the world's leading child advocacy and trauma disruptor organization, dedicated to creating brighter futures for children worldwide. This magazine proudly supports AGCI, donating a portion of all advertising dollars from local sponsors to fund its life-changing work. Founded in 1991, AGCI empowers local leaders to advocate for vulnerable children in need of family. Committed to emptying institutions for good, AGCI and its holistic solutions address the deep-rooted cycles that keep children in institutions, working instead toward their integration into loving families. Guided by faith, AGCI has provided life-changing support to thousands of children and families across more than 42 countries.

Fenean's* life is a powerful testament to the transformative

impact of AGCI's compassionate guidance. Seeking better educational opportunities, she left her village at the age of 12 to live with family in Ethiopia. Unfortunately, she endured severe abuse and ran away after just three months. Living on the streets, she was at extreme risk of being trafficked, until she was discovered by local police and referred to the AGCI & Tim Tebow Foundation House of Hope. During her time at the House of Hope, Fenean received trauma-informed counseling and was slowly restored to her confident, loving self. She was reunited with her family last year; AGCI provided the necessary tools and support to ensure they would remain together.

As in Fenean's case, AGCI endorses a tailored approach, collaborating with leaders in each region they serve to address the specific challenges faced by those communities. Together with their

local teams, AGCI develops effective, culturally appropriate and sustainable solutions. By flipping through this magazine and supporting the local businesses that advertise, you help empower AGCI's life-changing mission to break the cycle that traps children in institutions, perpetuates systemic poverty in families and prevents vulnerable young adults from pursuing their dreams.

*Pseudonym





Tax Refund Reality Check

This tax season, shift the focus from reaction to reflection and use the moment to strengthen your financial footing.

BY CAROLINE EDWARDS

FOR MANY AMERICANS, tax season reveals where things stand, whether that comes in the form of a welcome refund or a balance due. Either outcome can feel emotional, but this moment is less

about judgment and more about opportunity. It is a natural pause point to check in, reset, and make thoughtful choices that support the months ahead.

If a refund arrives, it can be tempting to treat it as found money. While a small indulgence is not off limits, consider starting with one practical move that brings peace of mind. Paying down high-interest debt, building or replenishing an emergency fund, or covering a necessary expense can provide lasting relief. Even setting aside a portion for summer travel or upcoming expenses helps reduce stress later on. For those who do not receive a refund or who owe more than expected, this season still offers valuable insight. A balance due can highlight areas to adjust, such as updating withholding, tracking spending more closely, or planning ahead for next year. Small changes made now can make a meaningful difference over time.

This is also a good moment to revisit goals. Are your savings habits still working for your lifestyle? Have priorities shifted since the start of the year? A simple review, even one done over coffee at the kitchen table, can help align money decisions with what matters most. Tax season does not have to be a source of stress. With a calm approach and a few intentional steps, April can become a turning point that leads to greater confidence and steadiness as summer approaches. Need help understanding your taxes or how to file? Reach out to a local financial advisor who can help you make strategic decisions.

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The Social Connection

As spring invites people out of their routines, small social gatherings are quietly supporting better mental health.

BY CAROLINE EDWARDS

Have you noticed your mother-in-law heading out for Mahjong night or your brother constantly talking about his running club? These kinds of group activities seem to be everywhere lately, and spring is often what nudges them back onto the calendar. As schedules open up and days grow longer, people are reaching for simple ways to reconnect.

What might look like a casual habit actually plays a meaningful role in mental health. Regular social routines offer structure, connection, and a sense of belonging, all of which help reduce stress and lift mood. Unlike big social commitments, these groups tend to be low pressure. There is no expectation to perform, impress, or overcommit. You simply show up!

These routines are more than enjoyable habits. Scientists say social connection is a basic human need that affects mental and physical health in profound ways. Research shows that people with meaningful social ties tend to have lower levels of anxiety and depression

and even better long-term health outcomes compared with those who are isolated. Feeling connected can boost emotional resilience and help people cope more effectively with stress and everyday challenges.

This science helps explain why even casual activities have value. A walking group or book club may feel simple, but showing up, laughing with others, and sharing small achievements actually reinforces bonds that protect mental well-being. In a time when loneliness and isolation are on the rise, building these connections can act as a buffer against stress and contribute to a stronger sense of self and community.

WANT TO START A CLUB?

You do not need a big plan or a formal structure to create a connection. Just a good idea and a few interested acquaintances!

Walking or Running Group
Meet once a week at the same time and place. Pace can be flexible, and conversation is optional.

Knitting or Craft Group
Part craft circle, part social hour, knitting clubs are relaxed spaces where conversation flows as easily as the yarn. Skill levels vary, and beginners are almost always welcome.

Mahjong Club
American Mahjong has been a huge trend in the past couple of years, and it's only growing! Each year, a new card is released by the National Mah Jongg League. It is strategic, social, and often learned best by playing with a friendly group.

Pickle or Padel Club
These tennis-like paddle and ball games have swept the nation in the past couple of years, thanks to their "anyone can do it" playing style and required skill level. Young, old, short or tall, all are welcome to try their hand-eye coordination at a match!

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At its best, Spring cleaning is an act of editing, a thoughtful process of curating what truly belongs in your home.

BY CAROLINE EDWARDS

Every spring, we are told to clean. Open the windows. Clear the closets. Start fresh. But the most meaningful resets happening in homes right now have less to do with shine and more to do with intention.

Over the past year, I have noticed a quiet shift in how people talk about their spaces. The conversation is no longer centered on trends or dramatic makeovers. Instead, it is about alignment. Does a room support how life actually unfolds within it? Does it allow for rest, creativity, gathering, or focus without friction?

In this context, spring cleaning becomes an editorial process. Before anything is donated, replaced, or rearranged, it is worth asking what each space is meant to do. A dining room that hosts weekly dinners needs durability and ease. A living room used for reading and unwinding benefits from softer lighting and fewer visual interruptions. When the function is clarified, decisions follow naturally.

This season, sustainability plays a practical role as well. Repairing, repurposing, and rethinking what is already owned is no longer framed as a compromise. It is a design choice rooted in longevity and care. A well-considered home does not need to announce itself. It supports daily life quietly, confidently, and without excess. That is the kind of spring refresh worth pursuing.

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The information contained herein has been obtained through sources deemed reliable by The N2 Company, but cannot be guaranteed for its accuracy. Any information of special interest should be obtained through independent verification.

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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
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864 Club Circle	Old Glade	\$184,000	\$175,000	11/24/25	1	1	916	\$191.05
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146 Glen Orchard	Stonehaven	\$350,000	\$350,000	12/03/25	4	4	3,156	\$110.90
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214 Mountain Laurel Rd.	Old Glade	\$990,000	\$905,000	02/05/26	5	4.5	7,668	\$118.03
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
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