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May Together: Events, People, & Local Stories

May arrives in Southern West Virginia with a sense of renewal that feels both familiar and exciting. Especially after this winter! As I write this on March 17th, (Hope you had a GREAT St. Patrick's Day!) the kids are off school and there's 4 inches of snow. We are appreciative of the green grass, colorful flowers and, longer days to step outside and reconnect with our friends and neighbors. Whether it's a quiet morning walk, an afternoon spent gardening, a round of golf, or a weekend gathering with neighbors, this is the season that reminds us how special it is to call this place home.

This month offers countless ways to enjoy the beauty of spring. It's the perfect time for hiking, picnicking, bike rides and many other outdoor activities. Many of our families begin planting flowers and vegetables, turning backyards into colorful, thriving spaces. Be sure to check out Casto's Greenhouses in Oak Hill!

May is also a time for celebration and reflection. We honor mothers on Mother's

Day, remember those who served on Memorial Day, and celebrate graduations that mark new beginnings for students across our communities. These moments bring us together and strengthen the bonds that make Glade Springs so unique.

This issue is especially meaningful for us, as we proudly mark our 96th edition in print and the beginning of our ninth year serving this community and our valued Preferred Partner Sponsors. What started as a simple idea has grown into a shared space for stories, milestones, and local pride. None of this would be possible without you—our readers, contributors, and neighbors.

As we step into this new season and milestone, we thank you for being part of our journey. Here's to a bright, beautiful May!

Bob Coburn

Area Director
The N2 Company
(304) 860-0099



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.



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Friday, June 12, 2026 WH Friday at The Haven 5pm tee times
Saturday, July 11, 2026 SH Member-Member Shotgun
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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

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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
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WAYNE & GINA BYRGE



Their Life of Love, Community, and the Outdoors

It's a true Glade Springs love story. Wayne and Gina Byrge first met during a night out at Bunker's in 2022. Connecting over their love of travel, the two shared drinks and good conversation, and the rest, is history.

"We're a great couple," Wayne said. We're just meant to be."

When they first met, Gina had recently returned from Barcelona, Spain, and Wayne was getting ready to go to Italy. "I heard her talking about it, and that's how we met each other. We started talking about our trips," Wayne said.

Within two years, they were husband and wife. They married on New Year's Eve in 2024 and have since built a life together in Glade Springs, starting with their home on Lake Chatham.

"It's just the two of us and the dog, and we built this large home. People will ask us why, and we say, 'because we want you to come see us.' We love to entertain," Gina said.

CONTINUED ►

WRITTEN BY JESSICA RUBIN
PHOTOS BY KAREN AKERS



“This is the perfect place to retire because there are so many things to do, and we have such a tight knit community here.”

And that is why they love calling Glade Springs home: the community. “We have found some wonderful friends here. We’ve got a great group,” she added.

Now, they’re looking to the future, as Wayne just recently retired from his 45-year career at the Howerton Honda Car Dealership in Beckley. Although Gina hasn’t retired yet, she plans to slow down during the summer months when it comes to her work as an accountant.

“We’re looking forward to using the activities here at Glade. We’re going to take some golf lessons this summer, and we’ve always used the pool and the fitness center,” Gina said.

The couple share a love for the outdoors, so our slice of heaven serves as the perfect backdrop for many of their hobbies, including kayaking, boating, and golfing. They own a pontoon, so during the summer months, you’ll find them cruising the lake or entertaining outside, taking in the views and the breeze.

“This is the perfect place to retire because there are so many things to do, and we have such a tight knit community here. We don’t have to go on vacation to enjoy our retirement.”

Their family also loves visiting Glade Springs and is looking forward to enjoying a “staycation” here this summer. Wayne has three children, two sons and a daughter, and Gina has one daughter. Together, they share three granddaughters.

“We really like to be out on the pontoon during the summer,” Gina said. You’ll also catch them taking Theo, their goldendoodle, on a golf cart ride every day.

When it comes to living in Glade, Wayne and Gina couldn’t ask for more - the great outdoors, an indoor recreation center, pools, golf courses, and fine dining. Their love for our community is continuously growing, and they’re passing that on to all those who are lucky enough to know them.



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 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!

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

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WRITTEN BY KAREENA PATEL
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Enzo & Zain



An eighth grader at Shady Spring Middle School, Zain keeps an active lifestyle balancing his numerous outdoor recreational activities with his extensive academic schedule. Although he is my little brother, I have learned to appreciate his diverse interests and contagious energy.

Zain has passionately played basketball since he was in kindergarten. First starting on several youth basketball teams such as Shady Elite and the YMCA, Zain gradually developed and honed his skills to eventually play center for Shady's varsity basketball team. Last year, Shady won the county basketball tournament championship. Outside of grueling practices during the regular season, his determination persists as he plays boys from other schools at open gyms and works to solidify his game at the leisure center. If you end up on the court at the same time as Zain with your basketball shoes, he will be eager to pick up a game of 1 on 1.

In addition to basketball, Zain has been a member of the cross country and track and field teams since he was in 6th grade. In cross country, this year Zain achieved All County, an award given to the most diligent runners. In track, his 4x4 relay team won County Champion, and I have seen him working hard to improve his 400 meter time this year.

Aside from his packed schedule on the course, court, and track, Zain has found the energy to pick up hobbies ranging from golf to fishing to skiing. Zain is persistent, motivating his family and friends to try his newfound interest. With his hobbies becoming another passion, he often researches the perfect weather to catch the most fish or to play a successful game of golf. He is often found with an entourage, enjoying the great outdoors. Last summer, Zain introduced me to fishing. Although I was apprehensive about touching a wild fish, his enthusiasm rubbed off, and I found myself stealing his rod for the remainder of the summer. However, I still ask him to unhook the fish. Zain's passion for fishing led him to become a certified junior lifeguard. This winter, with Zain spending most days on the slopes of WinterPlace with his friends, he convinced my parents to get ski gear for the whole family so we could join him!

As a sports fanatic, Zain is a lifelong fan of the Kansas City Chiefs. His prized possession is a Tony Gonzalez jersey, and his fondest memory is attending Super Bowl LVIII, with his family to see the Chiefs beat the San Francisco 49ers in overtime. Not only does Zain like football, but true to his personality he has influenced the family German Shepherd Enzo to enjoy football. Enzo's favorite toy is a Nerf football which Zain will throw for him after school. It goes without saying Zain is Enzo's favorite person.

An academic standout, Zain is an honors student and a member of the National Junior Honor Society, where he dedicates hours serving his local community such as volunteering for the Shady Spring Public Library. For the past two years, Zain has achieved competitive scores on his math testing and represented his school in the county Math Field Day.

While Zain loves the vast nature, he also enjoys traveling and exploring different cultures. Recently, he has become a major foodie. He seems to live on Chick-fil-A but can certainly put away his fair share of sushi. Reflecting on one of his favorite vacations, Zain ranked Sicily and its flavored granita as his favorite. Of course he is always up for any live sporting event, hoping to catch the World Cup this summer.

Despite this hectic lifestyle, above all Zain is personable relating with young kids as well with adults. No matter your age and background, please feel comfortable to say hello and he will be happily involving you with his activities.



While Zain loves the vast nature, he also enjoys traveling and exploring different cultures.

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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

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



JIMMY MORELAND

POA asset brings athletic experience to golf

WRITTEN BY ED MCCALL, PHOTOS BY KAREN AKERS



Glade Springs Village POA assistant golf pro Jimmy Moreland credits his athletic background for many of the current qualities that he brings to his job as Matt Felber's right hand man, with only one regret. "When I was growing up on Raleigh Hill, many of my buddies were getting into golf at a young age. I used to give them a hard time because I was into basketball and saw golf as a 'soft' sport," he says ruefully today, knowing that his buds may have gotten a head start on him.

Nevertheless, many of those intangibles that he learned playing basketball at Greater Beckley Christian Academy for coaches Brian Helton and Dave Barksdale manifest themselves in his job daily. Things like competitiveness, patience, long hours dedicated to your work, teamwork, and a willingness to serve others, while learned on the hardcourt, are easily transferrable to the golf environment. Moreland went on to play a year of prep school hoops in North Carolina (Moravian Prep) before returning to WV for four years running the court at Bluefield State, eventually serving as captain.

When he joined the workforce after acquiring his degree in criminal justice, he signed on as the pro at Dick's Sporting Goods where he met his current boss and developed an interest in merchandizing. After his years at Dick's he took a job working for his old coach (Helton) at Greenleaf Trucking, mainly hauling

fracking sand to jobsites. Although he played his first round as a middle schooler at Black Knight, he didn't get bitten by the golf bug until his job at Dick's. When Matt came calling with an opening on his staff, he jumped at the opportunity and hasn't looked back.



As manager of golf operations, his official title, Moreland has his hand in on many of the aspects of POA golf including scheduling staff, golf shop set up (at the Woodhaven pro shop and Stonehaven starter shed), and retail at both as well as food operations at The Haven. "Matt has given me a lot of freedom when it comes to our retail operations, and I really enjoy working with our younger staff," he said recently after returning from his first PGA Golf Show in Orlando, Florida. Although he feels he had good preparation at Dick's, the PGA Show was eye-opening. "The stuff you see there is mind blowing. Learning about the new technology in putters, and specialty items like \$25K putting goggles was amazing."

While golf allows Moreland an opportunity to keep his competitive juices flowing, he also has a vision for what golf at the POA courses can become. "I'd love to see a First Tee site here. I want to help grow the game, get more kids involved in ways that can teach them about life," he says almost wistfully.

He says the challenges he is looking forward to the most are navigating new relationships with The Resort and Cobb staff. "We're rebuilding a lot of bridges that were burned." Evidence is the cooperation the two staffs are exhibiting to pull off future events like the WV Open, Bunkers Open, WVGA Parent/Child.

One of his favorite events is the Just For Kids Tournament and any benefits that aid the community. He also enjoys the TC Energy outing and is looking forward to the inaugural WVGA 4-ball Match Play State Championship at Woodhaven. "It's a great chance to showcase our beautiful golf course that JW (Hamm) resurrected last summer," he enthuses. Moreland greets visitors and members who enter the shop at Woodhaven with an enthusiasm and smile that make all feel welcome.



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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But curb appeal is just the beginning of this neighborhood architectural gem. There are two fireplaces strategically placed to provide many family memories within the 3500 sq. ft. space. The home boasts 5 bedrooms and 3 1/2 bathrooms. The two-car garage also contains a workshop for all of your handyman purposes.

The beautiful, private, and spacious backyard and brick patio extend the living area for ball games, movie nights, and barbecues with family and friends.

* At the time of this writing this property is for sale. Please contact Zaferatos Real Estate 103 Ramey Ct. Beckley, WV (304) 254-0972. Justin Fairchild, Broker-of-Record.



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But curb appeal is just the beginning of this neighborhood architectural gem.



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PHOTOS BY BETTY CALLENDER WITH KAREN AKERS



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Find Your Next Dog in Rescue: A Story of Second Chances

WRITTEN BY LAUREN FERNALD



Karin & Jasper



Hazel is free after two years in a shelter!



Ace - 3 yrs. old and is bilingual. Romanian & English!

Royal enjoying royalty!



Many people hesitate to consider adopting a rescue dog because they have their heart set on a specific breed. But there is a vast network of breed-specific rescues across the country. Whether it's a Weimaraner, Labrador, Golden Retriever, or nearly any other breed, there is often a rescue dedicated to helping those dogs find homes.

"People often think they have to purchase from a breeder to get a specific breed," says Karin Bakken. "But some of the very best dogs - purebred and otherwise - end up in rescue every day. All they need is someone willing to give them a second chance."

The first rescue dog Karin ever saved was a 10-year-old Weimaraner named Frasier. His owners were moving and no longer wanted him, so Karin drove to Delaware to bring him home. At the time, she had no rescue organization and no formal plan. But Frasier needed help, so she went. That single decision became the beginning of DC Area Weimaraner Rescue. Today, nearly three decades later, Karin has helped over 2,500 of the beloved silver "Gray Ghosts" find loving homes.

FALLING FOR THE GRAY GHOST

Karin's love for the Weimaraner breed began in 1996, when she accompanied a photographer friend photographing show dogs. Seeing the elegant silver Weimaraners captivated her instantly. Soon afterward, she was gifted a pregnant Weimaraner named Connie. When Connie's puppies arrived, Karin kept one—Jasper—and the two became her first personal Weimaraners.

But it was Frasier who introduced her to rescue work. Seeing how easily a loyal older dog could be abandoned made a lasting impression. "There was just a need," she says. "So I sort of just jumped in."

She went on to found DC Area Weimaraner Rescue, a 501(c)(3) nonprofit serving West Virginia, Maryland, Washington D.C., Virginia, Tennessee, and surrounding states.

A FULL-TIME MISSION

Before dedicating herself fully to rescue, Karin served as a police lieutenant. Now retired, she spends her days caring for dogs and helping them transition into new homes.

Most dogs she receives are owner surrenders—families moving, having children, or realizing they cannot meet the needs of this active breed. Others come from shelters, including many from southern West Virginia.

Karin renovated her Virginia home to include kennel facilities and holds a permit to care for up to 12 Weimaraners at a time. She personally oversees each dog's care, from medical needs to placement. The rescue places 50 to 100 dogs each year into carefully matched homes.

LIFE WITH WEIMARANERS

"Weims are Velcro dogs," Karin says. "They're active, they need a job, and they want to be with their people."

She shares her home with two rescued long-haired silver Weimaraners, Rumor, age nine, and Royal, age two. Royal has megaesophagus, a condition that requires him to eat in a Bailey chair, which keeps him upright so food can safely reach his stomach. Despite this, he is a happy, healthy dog and a cheerful greeter at the rescue.

STORIES OF SECOND CHANCES

Rescue work brings both heartbreak and hope. Recently, Karin took in two young Weimaraners, Cinderella and Celine, rescued from a starvation situation involving a backyard breeder. Though frightened at first, these girls are slowly learning to trust again and are now up for adoption.

Another rescue, Hazel, spent two years in a shelter while legal proceedings unfolded after she was removed from an abusive home. Once released to rescue, she quickly found her forever family.

A COMMUNITY EFFORT

Although Karin runs the rescue by herself, she has supporters who help with transports, home checks, and donations. The author has participated in several transports from southern West Virginia. Karin keeps followers engaged through Facebook and Instagram, where people enjoy updates on the dogs. If you are interested in adopting or supporting the rescue, you can find more information at <https://www.shopdcweim.com>

The rescue hosts annual fundraisers including Wine and Weims, held each October at a Virginia winery; and Walk for Weims, where participants raise money while walking their dogs, planned for April 12, 2026. www.walkforweims.org

Many adopters are from southern West Virginia, including families right here in Glade Springs. The graceful silver dog you might see in the neighborhood could very well be a rescue success story.

Karin's work is a reminder that compassion and second chances can begin right in our own backyard. One open door, one willing heart, and suddenly a dog who had nowhere to go has a place to belong.



DC Area Weimaraner Rescue



Lauren Fernald is a freshman in high school with a passion for animals and storytelling. She is actively involved in dance, cheerleading and Girl Scouts. An avid animal lover, Lauren created this article series to shine a light on the incredible work of rescue organizations and the people behind them. She hopes to inspire others to consider adoption and support efforts that give animals a second chance at life.

If you know of a great pet or have one in the family, please contact Bob Coburn at bob.coburn@n2co.com



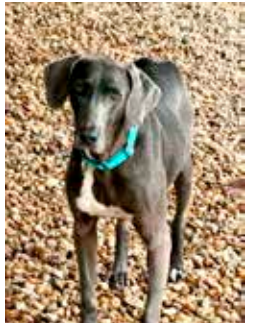
Karin's personal dog, Rumor.



Cinderella - 1 1/2 yr. old Blue Weimaraner



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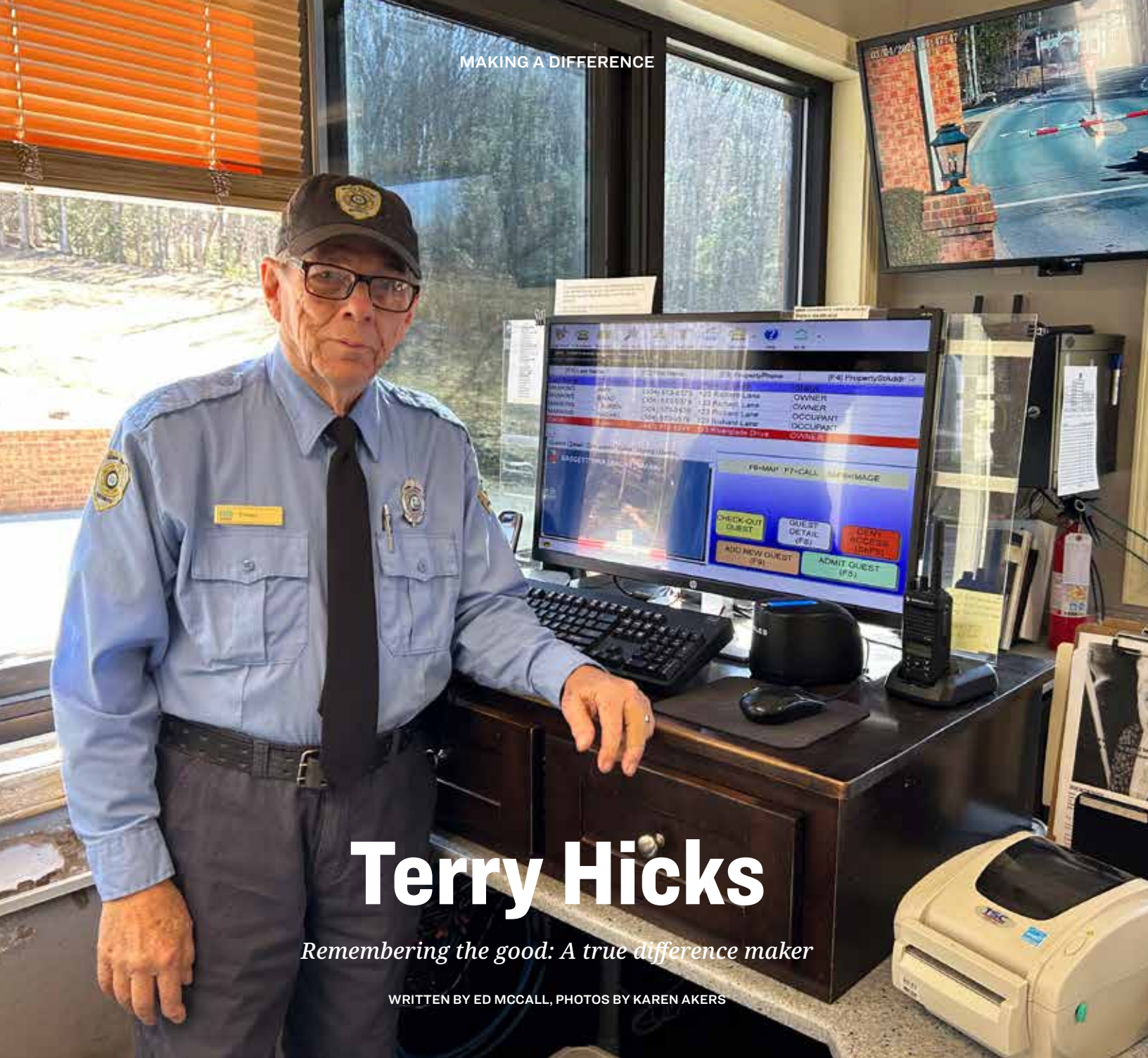


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Terry Hicks

Remembering the good: A true difference maker

WRITTEN BY ED MCCALL, PHOTOS BY KAREN AKERS

Bad things happening to good people is a fact of life. If you have been on this earth for any length of time, you have not only witnessed it, you have lived it. Such experiences always give us pause, and as the community of Glade Springs and the family of Terry Hicks try to come to grips with the recent tragedy that occurred at our front gate, we persist. Not without questioning why, but certainly not without remembering the good.

Make no mistake, Terry Hicks was good. **He was good people, and he was good to people.** The Hicks family came to Glade five years ago. Terry was a retired electrician and member of the International Brotherhood of Electrical Workers. When he and Teresa married, they built a big home in Cross Lanes next to his oldest daughter from another marriage, and by 2020 were looking to downsize. They ended up in Glade, partly because she had a son living in Cool Ridge.

“He was just best person I’ve ever met,” she recalled recently in the living room of their home on Barnstaple. “Who takes on a woman with three young children?” Teresa was then raising her three children alone, ages 8, 10, and 12. After the last of the three left the nest, they barely had two years alone before they found themselves raising grandchildren. First, two of school age, then when they were down to raising one granddaughter, they had to decide on accepting another.

As Teresa wondered whether or not she could do this while now older and working full-time, Terry insisted that the best place for this child was with them. Mireya was four at the time. A few years later, the older granddaughter had the option to leave and live with her father. The youngest, having a different biological father, stayed and became Terry and Teresa’s sole purpose. That he loved them like they were his own is confirmed



“He was the only dad I ever knew. The happiest day of my life was when the court allowed me to change my name to Hicks,”

by the youngest of those three, Mireya, now an 18-year-old senior at Shady Spring High School.

“He was the only dad I ever knew. The happiest day of my life was when the court allowed me to change my name to Hicks,” she says unabashedly. “We talked about everything. He went to my swim meets (his pet name for her was “Baby Duck”), gave me great advice, and was just always there for me.” When Terry was working evenings, she would always stop and debrief him at the gate, giving him the details of her day.

The fondness of wife and daughter can be felt in their words. Mireya says he was her “Spider Killer” and her “Tudors Buddy.” Everyone at Tudors knew him and loved him so when he took her to Tudors for a birthday biscuit, all the employees surprised her by singing “Happy Birthday” to her. As for her spider phobia, Terry always came to the rescue when one of those pesky arachnids had her terrorized.

Despite their recent tragedy, Teresa insists that coming to Glade was the best decision they ever made. “The way this community has wrapped its arms around us during this whole nightmare has been amazing and confirmation of how much they liked Terry.” She says Terry truly loved working as a guard here. It was the perfect way for him to get to

CONTINUED ►



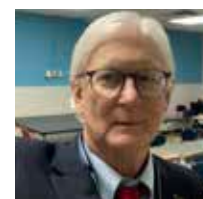


know people. "He came home with so many stories that people shared with him just in that brief encounter at the gate." He once cried when he told her about the lady who had lost her dog. Not surprising when you learn they have four of their own: Gabby (15-year-old Yorkie), Biscuit (7-year-old Schnauzer mix and Terry's fave), and Ellie and Mitzi (both young Cavalier King Charles Spaniels).

To reinforce the connections Terry made with people, Teresa states, "Even the Door Dash delivery guys sent a gift." Mireya says that her high school friends opened up to her dad. "When one of my besties broke up with her boyfriend, she went to dad for consolation and advice. He was a great listener because he truly cared." Her swim teammates showed their affection and respect for her dad by wearing a black patch on their uniforms when they competed at states.

Terry Hicks was a man of faith. He and Teresa met in church, preventing her from returning to an abusive relationship. "He read his Bible and Daily Bread every day," she recalls. Then, he walked the talk as he greeted visitors and residents with a smile and his ever-cheerful demeanor. Teresa says that each year he would vow this was going to be his last in the guard shack, but then he would work another year because he enjoyed the people so much.

Mireya, a member of SSHS national honor society, now contemplates which college to attend next year, knowing she will miss having her proud daddy there to help her move into her dorm. Teresa summons her own strength daily to simply get through the day. While there to bolster one another, both are buoyed by the simple act of remembering the good that was Terry Hicks.



Ed McCall



Karen Akers

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SUBMITTED BY AMANDA KENNEDY

Sauté Together:

- 2 tbsp Butter
- 1/2c diced onions
- 1 sm Jalapeño (optional)

Season Shrimp:

- Salt & Pepper
- 1/2 tsp Cayenne

Mix Together the Baste

- 1 1/2 tsp Ginger (avail in squeeze tube grocery section)
- 1/2 c dark brown sugar
- 1/4 c fresh squeezed Orange (can sub orange juice)
- 1c ketchup

1. Add the sautéed onions and butter
2. Let all simmer
3. Once shrimp are seasoned and wrapped, or bacon bits sprinkled over top, grill or bake, basting frequently.

**you can wrap shrimp w bacon or use real bacon bits and sprinkle over all shrimp. This recipe will also work with store bought frozen meatballs



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Finding Foxtale

MORE THAN FASHION

Tara Miller, Owner & Taylee Evans

WRITTEN BY BOB COBURN



About 20 years ago, Kimberly and Jim Inskeep were concerned about the pressures facing young, tween girls and that things had changed and not always for the better. Having a 10-year-old daughter of their own, the Inskeeps saw an opportunity to help their daughter and many others navigate their most formative years.

They asked themselves several questions at that time. What if commerce didn't just profit from girlhood but protected it? What if brands stood with girls, instead of selling them an image? What if we helped parents navigate the cultural and media forces shaping their daughter's sense of self? Foxtale was invented and founded as an answer to those questions.

Glade Springs resident Tara Miller is in her 3rd year and 6th season as a Finding Foxtale Stylist. She had previous experience with girls clothier Matilda Jane Clothing and was drawn to Finding Foxtale by the integrity of the company and their concern for the wellbeing of young girls today. Foxtale's mission is to help girls feel capable, expressive and confident during the most defining years of growing up. "Through Foxtale we match their story to the style," says Tara. "Style is what we wear on the outside, and story is who we are on the inside. Foxtale believes true confidence comes when those two align—when we feel like our best selves, inside and out." "We create age-right, thoughtfully designed clothing for girls ages 6-13 and sizes 6-16. Our goal is to walk with her through the formative years with confidence-giving, modern and comfortable clothing. Girlhood isn't just a phase. It's the foundation of who she's becoming." Tara is one of only 25 Finding Foxtale stylists in the nation.

A new facet of Finding Foxtale is IMPRINT: An entrepreneurial movement empowering girls for a purpose! This is where the concept of Influence Teams is introduced, as a teen girl and an adult that believes in them join together to go through a hands-on experience of learning business skills including entrepreneurship, sales, marketing, finance, event planning, leadership and philanthropy. The young ladies learn to share their own story, speak clearly with confidence, listen well and then to be able to put all of this into practice with our Signature Style Sesh gatherings, where tween girls and their moms come together to explore Finding Foxtale and discover their personal style and story in a fun and meaningful in-person event, fostering friendship and community. These skills and experiences learned through our IMPRINT program will set them apart in school and beyond.

This season Taylee Evans, Tiffany Vanmeter's daughter, has joined Tara and is currently going through our IMPRINT journey.

"I offer Style Sesh events in my home, as well as other locations in our area, and I am more than happy to bring one to you and your friends!" adds Tara. "I am so excited to share the mission of Finding Foxtale – and of course, the amazing clothing – within my own community!"

Reach out to Tara Miller

at taramiller.style@gmail.com,
text or call (304) 731-3902 or check out
www.findingfoxtale.com/taramiller



Artful Travels

The modern vacation used to be about escape. Now, increasingly, it's about engagement.

BY CAROLINE EDWARDS



ACROSS THE COUNTRY and abroad, travelers are trading passive sightseeing for immersive, skill-based experiences, choosing pottery wheels over poolside chairs and studio time over scheduled tours. In a post-digital world defined by constant scrolling, artful travel offers something refreshingly analog: the chance to make something with your hands.



JOHN C. CAMPBELL FOLK SCHOOL
Brasstown, North Carolina

Tucked into the Blue Ridge Mountains, this storied folk school offers weeklong and weekend intensives in blacksmithing, weaving, woodcarving, bookbinding, and more. The setting is rustic, the pace intentional. Days are spent in studios; evenings unfold with music, shared meals, and conversation — a return to communal creativity.



ANDERSON RANCH ARTS CENTER
Snowmass Village, Colorado

Set against a dramatic Rocky Mountain backdrop, Anderson Ranch blends contemporary art education with an alpine retreat. Workshops range from ceramics and painting to photography and sculpture, often led by nationally recognized artists. It's equal parts rigor and inspiration.

SOTHEY'S INSTITUTE OF ART
New York City

For travelers drawn to the business and history of art, Sotheby's Institute offers short courses that explore the global art market, curation, and collecting. It's an urban immersion — less paint-splattered apron, more insider access to galleries, auction houses, and cultural institutions.

INTERNATIONAL ART RETREATS

From plein air painting in the Italian countryside to textile workshops in Oaxaca, creative retreats abroad combine cultural immersion with studio practice. Participants leave with both a handmade artifact and a deeper understanding of place.

The appeal of these journeys is not simply aesthetic. Travelers return home with more than photographs; they carry new skills, creative confidence, and meaningful connections. In choosing to create rather than consume, the vacation itself becomes transformative.



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A FENCE BETWEEN US

How property lines become personal.

BY CAROLINE EDWARDS

IT OFTEN STARTS with good intentions. A homeowner decides to add a fence for their four-legged companion, a shed for storage, and maybe a garden border to define the yard. The project feels simple, even neighborly. Until someone asks a quiet but loaded question: “Are you sure that’s your property line?”

Few things strain neighbor relationships faster than uncertainty over where one yard ends and another begins. Yet many homeowners rely on assumptions, aging markers, or verbal agreements rather than documented boundaries. A few feet of miscalculation can lead to damaged fences, halted projects, legal notices, and years of tension that far outlast the lumber.

Property lines are not always as obvious as they appear. Original survey pins can shift or become buried. Natural landmarks change. Online parcel maps are often approximations, not legal definitions. And while a fence may feel like a clear divider,

building it without confirming a survey can complicate refinancing, home sales, and future improvements.

Real estate professionals note that boundary disputes are among the most common conflicts between neighbors. The good news is they are also among the most preventable. A professional land survey provides the clearest answer. Reviewing your property plat, confirming easements, and understanding setback requirements before building can prevent costly mistakes. Just as important is communication. A simple conversation before construction begins can avoid suspicion later.

Property lines may be technical, but the impact is deeply personal. Our homes are often our largest investments and our most meaningful spaces. When boundaries blur, so can relationships. A fence should offer privacy and peace. With a little clarity upfront, it can do exactly that.

BEFORE YOU BUILD

Five smart steps to avoid boundary disputes

- ❑ **Review your property plat.** Locate the official boundary map from your closing documents or county records.
- ❑ **Confirm with a survey.** Do not rely on old fence lines or online maps. A professional land survey provides legal clarity.
- ❑ **Check local setback rules.** Municipal codes often require structures and fences to sit a certain distance from property lines.
- ❑ **Identify easements.** Utility or drainage easements may limit where you can build, even within your property.
- ❑ **Talk to your neighbor.** A quick conversation before construction begins can prevent misunderstandings later.

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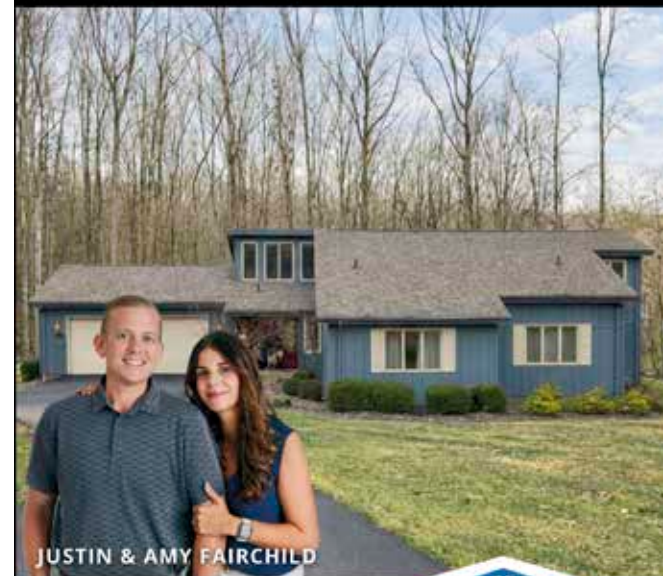


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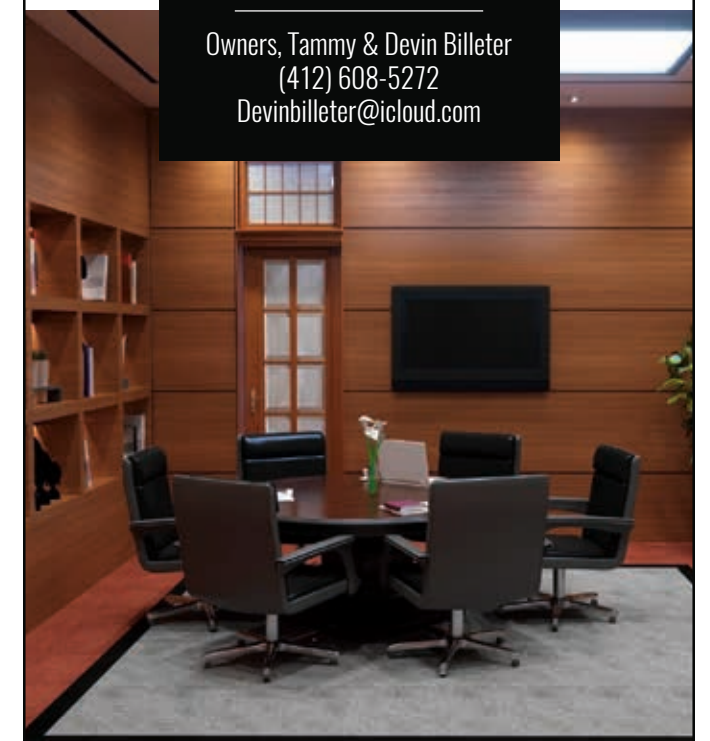
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More Than Just Cake

Carrots reach their sweetest potential in the oven. Roasting draws out their natural sugars and deepens their flavor, making them an ideal centerpiece for a rustic spring galette.

BY CAROLINE EDWARDS

Ingredients

- 1 refrigerated pie crust or homemade pastry dough
- 1 pound carrots, peeled and sliced lengthwise
- 1 tablespoon olive oil
- Salt and freshly ground black pepper
- ¾ cup whole-milk ricotta
- 1 teaspoon lemon zest
- 1 tablespoon fresh thyme leaves
- 1 egg, beaten
- 1 tablespoon honey (optional)
- Flaky sea salt for finishing

Instructions:

1. Preheat oven to 400°F. Line a baking sheet with parchment paper.
2. Toss carrots with olive oil, salt, and pepper. Roast for 18 to 22 minutes until just tender and lightly caramelized. Let cool slightly.
3. Roll dough into a 12-inch circle on the prepared baking sheet.
4. In a small bowl, mix ricotta, lemon zest, thyme, and a pinch of salt. Spread over the center of the dough, leaving a 2-inch border.
5. Arrange roasted carrots over the ricotta. Drizzle lightly with honey if desired.
6. Fold the dough edges over the filling, pleating as needed. Brush crust with beaten egg.
7. Bake for 25 to 30 minutes until crust is golden brown. Finish with flaky sea salt and additional thyme.

CARROT PREP 101

Make the most of this spring staple

CHOOSE SMART

- Smaller, thinner carrots tend to be sweeter and more tender.

STORE LIKE A PRO

- Cut off the greens as soon as you get home. They draw moisture from the root.
- Store carrots in an airtight container with a paper towel to absorb excess moisture.
- Revive limp carrots by soaking them in ice water for 10 to 15 minutes.

COOK FOR FLAVOR

- Roast at high heat (400°F or higher) to caramelize natural sugars.
- Add a splash of acid, such as lemon juice or vinegar, to balance the sweetness.
- Do not toss the tops. Blend them into pesto or chimichurri for a peppery finish.



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The Sandwich Generation

Caring for aging parents while building your own life. BY CAROLINE EDWARDS

There is a particular exhaustion that comes from loving in two directions at once. Take reviewing retirement contributions while arranging your mother's physical therapy, for instance. This is the Sandwich Generation: adults, often in their 40s and 50s, raising children while caring for aging parents.

WHEN ROLES REVERSE

What begins as small support — driving to appointments, organizing medications — can quietly evolve into managing finances, coordinating in-home care, or making housing decisions. The emotional weight is matched by logistical complexity, especially when conversations about health and money have been postponed for too long.

COST OF CARE

Long-term care is one of the largest financial risks facing aging Americans. Medicare does not cover extended custodial care, and Medicaid typically steps in only after most assets are spent down, leaving families to self-fund, liquidate assets, rely on adult children, or turn to insurance.

UNDERSTANDING YOUR OPTIONS

Long-term care insurance (LTCI) is designed to help cover services not paid for by traditional health insurance or Medicare. Policies vary, but generally they provide a daily or monthly benefit for qualified care after a waiting (elimination) period.

STARTING THE CONVERSATION

If you are in this stage of life, or see it approaching, experts recommend three proactive steps:

1. Have the Family Meeting

Discuss health preferences, living arrangements, financial resources, and legal documents. It may be uncomfortable, but clarity prevents conflict later.

2. Review Legal Documents

Durable power of attorney, healthcare proxy, HIPAA authorization, and updated wills are essential.

3. Consult Professionals Early

A financial planner, elder law attorney, or insurance specialist can model different care scenarios and funding strategies.

The Sandwich Generation carries a profound burden, but also a profound privilege. To show up. To protect dignity. To model for their children what care looks like in action. The goal is not to do everything. It is to do what is sustainable. Because one day, the sandwich shifts. And the way we navigate this season will shape the one that follows.



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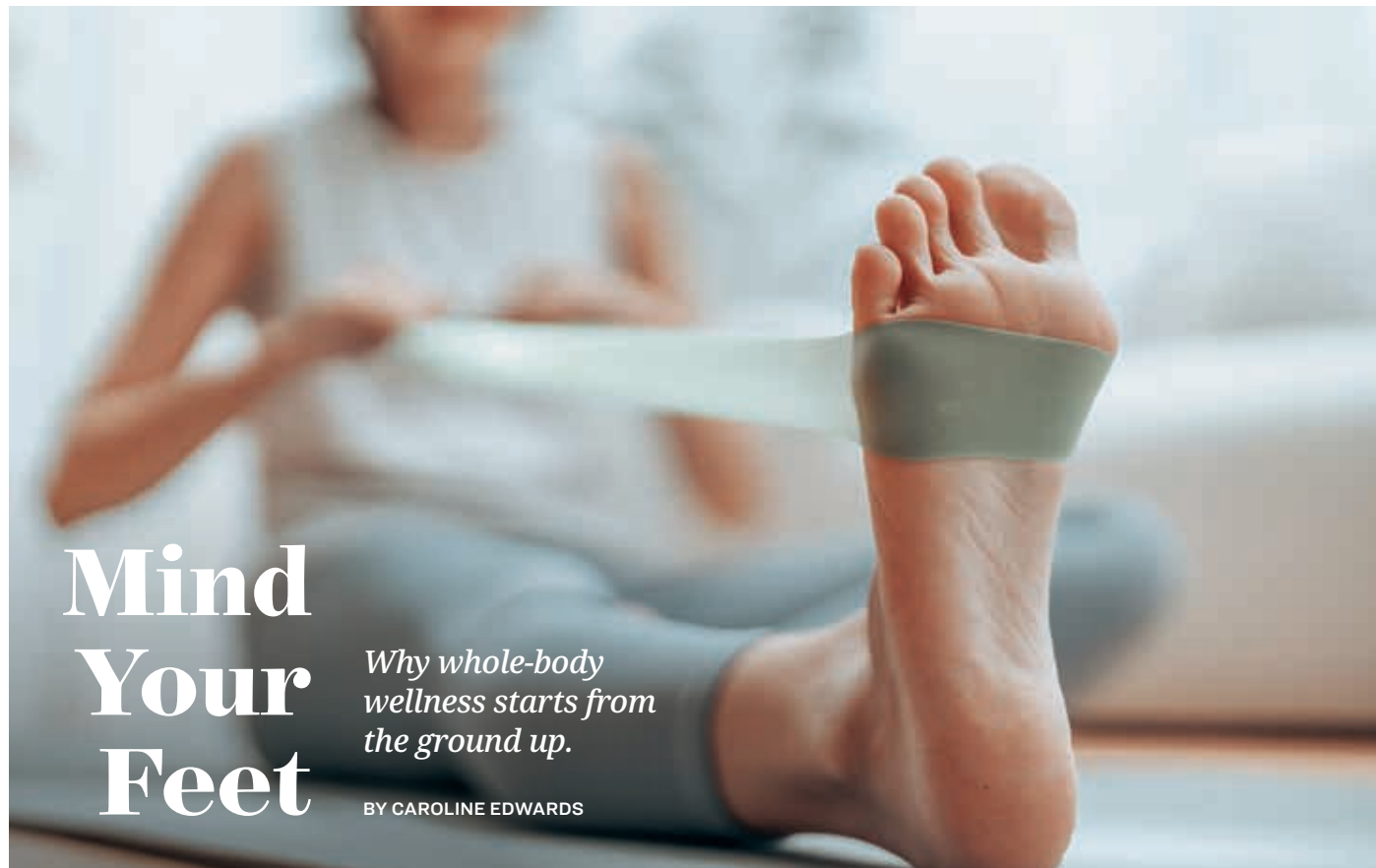


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Why whole-body wellness starts from the ground up.

BY CAROLINE EDWARDS

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WE RARELY THINK ABOUT our feet until they hurt. Yet the average person takes thousands of steps a day, relying on a complex structure of 26 bones, 33 joints, and more than 100 muscles, tendons, and ligaments to absorb impact and keep the body upright. When that foundation falters, the effects ripple upward.

Your feet are the base of your posture, as many chiropractors note. When arches collapse or gait patterns shift, stress travels from the ankles to the knees, hips, and spine. Chronic back pain, joint discomfort, and even headaches can sometimes be traced to an imbalance below. Alignment begins at ground level.

Modern habits contribute to the problem. Long hours on hard surfaces, unsupportive footwear, and prioritizing style over structure can strain connective tissue and weaken intrinsic foot muscles. Over time, neglected foot health may lead to plantar fasciitis, bunions, tendonitis, reduced mobility, and a greater risk of falls, particularly with age.

Podiatrists and physical therapists emphasize prevention. Supportive footwear with proper arch structure, shock absorption, and a stable heel counter helps protect joints and promote healthy alignment. Strength is equally important. Like any muscle group, the feet respond to consistent conditioning.

Simple daily exercises such as toe spreads, calf stretches, and balance drills can improve circulation, stability, and flexibility. Walking barefoot on safe, varied surfaces can also help reengage small stabilizing muscles that modern shoes often restrict. Foot health may not feel glamorous, but it is foundational. Strong, supported feet enhance posture, protect joints, and preserve mobility for decades. The goal is not merely comfort. It is longevity, because the way we move through life depends entirely on what carries us there.

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Going Green

Earth Day does not have to be marked by grand gestures. You can make a meaningful impact from home with a few simple changes.

BY CAROLINE EDWARDS



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Earth Day has a way of making sustainability feel grand. Solar panels. Electric vehicles. Major renovations. But meaningful change often begins somewhere far less dramatic: at the kitchen sink, in the laundry room, along the garden bed just outside the door.

For homeowners, Earth Day can serve as a seasonal reset. Spring invites open windows, fresh starts, and small recalibrations. Sustainability does not have to mean an overhaul. It can mean intention. Start with energy. Switching from incandescent bulbs to LED lighting reduces electricity use and lowers utility bills almost immediately. Sealing drafty windows and replacing worn weather stripping keeps cooled and heated air where it belongs. Even adjusting the thermostat a few degrees can make a measurable difference over time.

Water is another quiet opportunity. Fixing a dripping faucet, installing a low-flow showerhead, or adding a rain barrel for outdoor irrigation conserves resources without sacrificing comfort. In the yard, replacing thirsty turf with native plants reduces maintenance, supports pollinators, and lowers long-term water use. Inside the home, waste reduction may be the simplest shift of all. Composting food scraps, switching to reusable storage solutions, and choosing refillable cleaning products reduce landfill contributions while often saving money.

The goal is not perfection. It is progress. Collectively, small household decisions shape larger environmental outcomes. They also tend to benefit the homeowner directly through lower utility costs, reduced waste, and healthier indoor environments. Earth Day does not require a construction crew. Sometimes it requires only a few thoughtful swaps and the willingness to begin.

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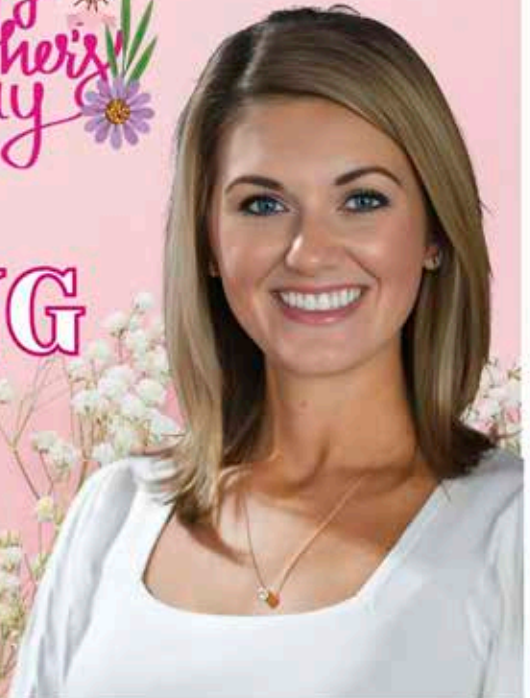
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