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June rolls into West Virginia with front porch weather and a full slate of reasons to get out and celebrate. This year, summer officially begins on Sunday, June 21st and gives us the longest day of the year to enjoy everything our wonderful community has to offer!

What a weekend that will be with Saturday the 20th being West Virginia Day as we enjoy 163 years of statehood and birthday spirit everywhere. (including my daughter's birthday) It's a Wild, Wonderful occasion to be sure.

Sunday the 21st is also Father's Day. It's a special day for us dads to soak in the blessings of fatherhood and enjoy time with family and loved ones. What could be better?

For golf fans, the weekend also hosts the U.S. Open Championship at famed Shinnecock Hills Golf Club where the champion will have a very special Father's Day gift. Raymond Floyd and the late Payne Stewart come to mind among many others who have achieved this magnificent feat.

None of these stories within would reach your mailbox without the friends who make this magazine possible. To our local business sponsors – Thank You! You can find these trusted and valued partners in the front of the publication. They are listed alphabetically by industry in the Preferred Partner Index. When you support them, you support *Stroll Glade Springs Village* magazine and our work in connecting neighbors with neighbors.

So here's to June: to sunshine, state pride, fairway dreams, and the neighbors who make it all happen. See you out there.

Bob

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



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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, 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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Isabella, Alex, Rachel, & Sophia



The Giambancos

IT'S ALL ABOUT FAMILY!



Sophia



Isabella



WRITTEN BY NANCY KEATLEY

At the beginning of the interview with the Giambancos, it was obvious that their lives revolve around family and work. Alex and Rachel live at 103 Upton Way with their daughters, Isabella, age 7, Sophia, 5, a Beagle named Hazel, and two bunnies, Luna and Pearl.

Rachel was originally from Princeton and Alex grew up on 4-H Lake Road. When her family moved to Flat Top Lake and she attended Shady Spring High School, she and Alex met. She went on to WVU after graduation and earned her degree in Speech Language Pathology and Alex went to Bluefield State to pursue a degree in business. They were married outside the Glade Springs Hotel as Alex says, "with horse and buggy and the whole deal". They lived at Glade Springs from 2008-2012, moved to Flat Top Lake and then back to Glade in July of 2021. Rachel says their house at the lake was small and she credits a friend with a post on Facebook saying that her "dream house" was for sale.

Alex is Vice President of Sales for Omeza and Advance Solution (OCM), a medical sales company dealing with regenerative medicine such as stem cells and Peptides. He is also involved in a couple of other ventures, Buyers of **CONTINUED ►**





Beckley, LLC, which buys cars from the general public, and a property development company called Shady Boyz, LLC. He is a Shriner and very involved in the work they do for children.

Rachel, who works for the Raleigh County Board of Education says, "we are really into family time". Both sets of parents live close and the girls love to shop with Rachel and her mom. They own a farm at Talcott and a place in Myrtle Beach, so most travel involves one or the other of these two places. Alex also mentioned a house in Sicily, where his dad is from, which they are renovating. They plan to take the girls there in June.

Isabella and Sophia are involved in sports – softball and soccer – and dance as well. Rachel says, "we love summer and riding around in the golf cart". She also loves flowers and decorating. They enjoy boating and "hanging out" with friends.

When asked about hobbies, Alex whose work territory covers the whole country said, "I used to play golf and offshore fish, but there just isn't enough time". They are members of the Glade Community Church and do try to entertain friends but at the top of their list is spending time with family.



Nancy Keatley is a retired educator who enjoys golf, travel, and spending time with family and friends.

If you know of a great family or individual in the community and would like to recommend them for the Meet Your Neighbors feature, please contact Bob Coburn at bob.coburn@n2co.com

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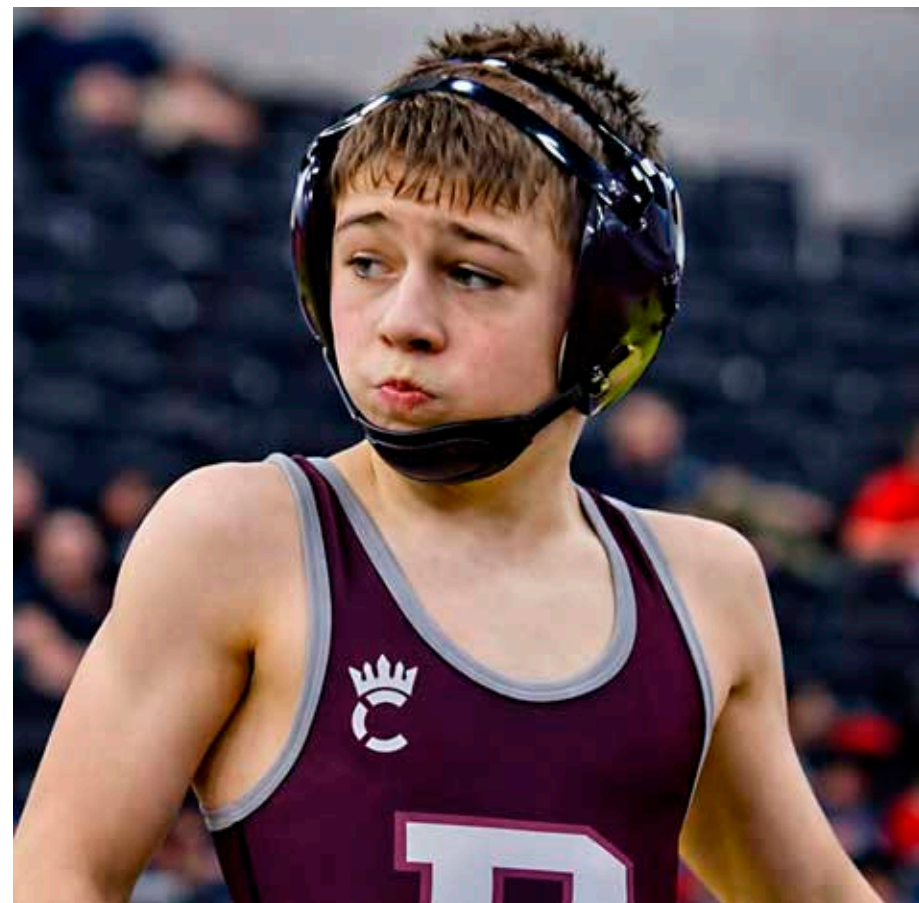
All State and Rising: Wyatt Kennedy

WRITTEN BY KAREENA PATEL

AT JUST 14 YEARS OLD, Wyatt Kennedy has built an impressive balance between athletics and academics. With years of wrestling experience and a growing list of accomplishments, he continues to push himself both on the mat and beyond.

Wrestling has been a central part of Wyatt's life since he was five years old. After his first year wrestling at the high school level, he prepares to compete in the Tournament of Champions wrestling competition in Wheeling. Wyatt's dedication is already paying off! He is an All-State wrestler, placed 6th at states, and earned the title of Region 3 Champion during this past season. Known for his discipline and relentless work ethic, Wyatt continues training and improving his skills for the next season.

When asked about his role model, Wyatt names Spencer Lee, a two-time national wrestling champion from Iowa.



Inspired by Lee's work ethic and success, Wyatt aims to compete at the collegiate level along with a possible future in engineering as well.

Outside of wrestling, Wyatt enjoys a wide range of activities. He spends much of his time enjoying the outdoors, including, hunting, fishing, and golfing, especially with friends. One of his proudest achievements is catching a 37-pound catfish! At home, Wyatt maintains his own catfish pond, where he spends time monitoring their growth and taking care of them.

Wyatt also likes being outdoors with his parents and older sister McKinley. They enjoy hiking at their favorite trail - Seneca Rocks. During the summer, he channels his work ethic into gardening, growing and selling his own vegetables to his local community.

At home, Wyatt shares a special bond with his two Labrador retrievers, who clearly see him as their person. Whether he's outside working on his pond or just at home, his dogs are never far behind. When it comes to food, Wyatt keeps it simple with his favorites including bacon, egg, and cheese croissants, pasta, and steak.

With a strong foundation of family support, personal drive, and a clear vision for the future, Wyatt Kennedy is more than just a talented young wrestler. He's a well-rounded individual with the determination to succeed in whatever path he chooses.



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 community, please contact Bob Coburn at bob.coburn@n2co.com



He spends much of his time enjoying the outdoors, including, hunting, fishing, and golfing, especially with friends.

Rebecca Lorincz

Lorincz brings refreshing outlook to competitive running

WRITTEN BY ED MCCALL, PHOTOS BY KAREN AKERS

Tired of soaring gas prices, the rhetoric and violence of war, a legislature that ignores basic needs like clean water? Prefer refreshing? Meet Rebecca Lorincz! She is like the proverbial breath of fresh air and the blossoming spring flowers that abound throughout Glade Springs. The WVU Tech freshman brings a unique approach to her place on the Golden Bear track team, one that places an appreciation of the beautiful sunsets she experiences at practices on Pete Culicerto Track on the WWHS campus on par with accomplishing personal bests while competing.

Home schooled until her freshman year of high school, Rebecca graduated from Victory Baptist Academy and because the Saints did not field a track team, she ran track for the Shady

Spring Tigers where she excelled in the 400 meters, 4 x 400 relay, and the 4 x 100 relay. She says her Shady coaches (Beckett and Hegele) both made favorable impressions on her. Before each race she and her teammates would form a prayer circle which allowed her to combine her athletic journey with her ongoing spiritual journey. While competing for Shady she consistently recorded good times and improved her own personal bests throughout the season. Collegiately she has set school records in each of her events for the Golden Bear harriers.

At Tech she competes in both the indoor season and the outdoor season in the same events she excelled at in high school and is blessed she says to be able to compete and train with an old Shady teammate and good friend, Jady Farmer. She and her training buddy love their workouts out in the warmer weather and enjoy the health benefits of exercise under the backdrop of those majestic sunsets. Sometimes those early evening spring skies are so spectacular that they give her pause to stop running and soak them in, often capturing on her phone the fading sun as it disappears from its red sky and slowly sinks behind the West Virginia mountains. "The sheer beauty gives me a chance to reset after a busy day. Kinda keeps things in perspective," she muses.

This past winter Rebecca competed at indoor meets at VMI, Marietta, Marshall, and Ohio University. So far this outdoor season she has traveled to meets at West Liberty, Ohio University, and Concord University. Her training schedule includes at least 2 days per week at Woodrow combined with roadwork here in Glade where she tries to always include some hill work. Inclement weather sometimes chases her indoors to train on the elliptical.

While the first-year nursing student remains passionate about running, she says track has given her wonderful opportunities to witness to her faith as a Christian. After her faith, a top priority for the daughter of Cornelia and Dr. Stefan Lorincz is her academic goals. Once Rebecca has achieved her BSN, she plans a life of service, using her nursing skills to serve on medical missions.

In these troubled times, meeting a personable young athlete like Rebecca Lorincz who is grounded in her faith, passionate about her sport, and intent on a life of service, is certainly refreshing.

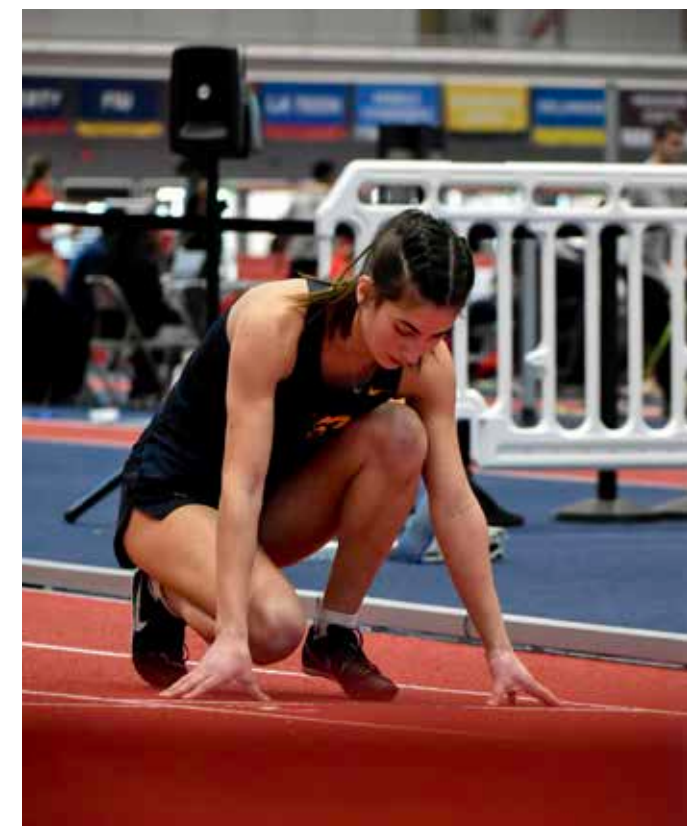
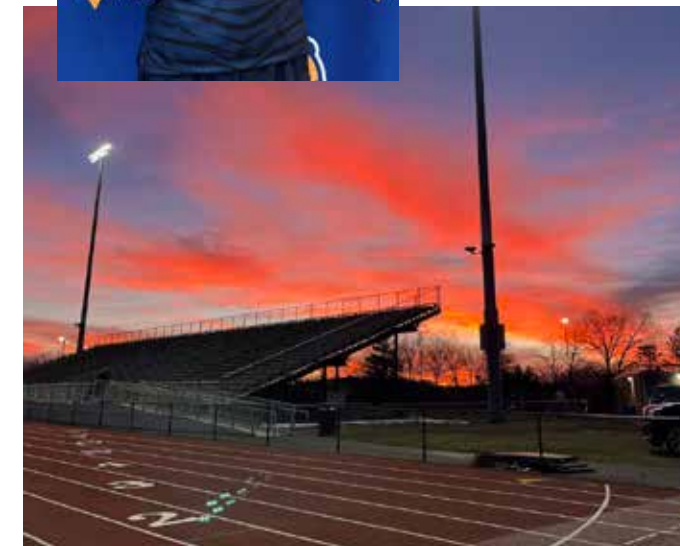
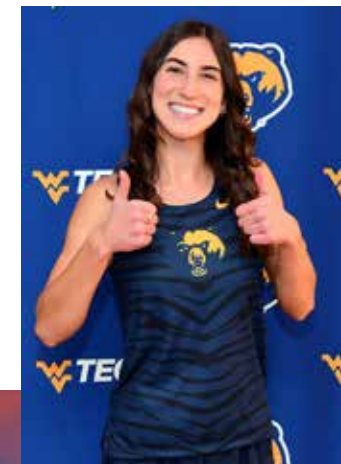


Ed is a WVU grad who spent 40 years as a teacher, administrator and coach for basketball, football, golf, track, and wrestling. He spent 20 years on the WVGA Exec. Committee with 2 terms as President. He has worked for 26 years as a starter at the Greenbrier and announced for the PGA and LIV Tours. Ed 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.



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

Karen Akers



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HOME OF THE MONTH

Not All Luxury is Visible - This One Goes Deeper

WRITTEN BY JON SINKO, PHOTOS BY JON SINKO



Set on over two acres in The Farms, this French country-inspired estate offers more than 7,000 square feet of thoughtfully designed living space, where craftsmanship extends well beyond what meets the eye.

While the home's architecture and finishes are undeniably impressive, its true distinction lies within the systems that support it. This residence was designed not only for beauty, but for performance.

A high-efficiency fresh air ventilation system continuously introduces clean, filtered air while removing stale indoor air—capturing and reusing existing heat or cooling in the process. The result is a more comfortable, balanced indoor environment experienced daily, yet rarely seen.

CONTINUED ►



This commitment to quality continues throughout, with in-floor radiant heat in the basement and primary bath, as well as a commercial-grade generator—features that speak to durability, efficiency, and long-term livability.

In a market often driven by surface-level upgrades, this home represents a more intentional approach—one where construction quality and performance are as important as design.

This is more than a luxury residence. It is a home built to a higher standard.

* At the time of this writing, this property is for sale. Please contact Jon Sinko at Glade Springs Real Estate. (304) 763-5000
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Around the Hood

PHOTOS BY KAREN AKERS



Karen Akers

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[Watch Live Services at gladec.org](http://gladec.org)



Meet Wrangler!

WRITTEN BY FARRAH MICEK

One of his favorite things to do when he is tired is sleep in unusual positions, like upside down with his paws in the air or tucked in close to his body.

Emily Stevens is the owner of Wrangler, a loving, energetic, and loyal dog who is always up for adventures and activities. Emily and Wrangler live on Club Circle, and throughout the day, the two of them spend most of their time together. Whether indoors or outdoors, there is always a way for them to find some fun. Wrangler is a Toy Poodle, and his fur coat features bold colors of black, brown, and a touch of white on his chest, which makes him look even more endearing and adorable. He is currently six months old and stands roughly around five inches tall. He is still very small, but that doesn't make his personality any smaller; in fact, it is quite the opposite.

Wrangler has a big heart when it comes to people. He loves his family, his friends, and even the strangers he occasionally meets on walks out in public. When it comes to Emily, Wrangler never leaves her side. He is completely loyal to her, and they both share a strong companionship and relationship with each other. They enjoy many activities together, such as walks. Wrangler loves the outdoors

and frequently goes on walks around Glade and beyond with Emily, including visits to her boyfriend's farm, where he loves to run around and explore. Some of Wrangler's favorite places to walk in Glade are near Bunkers and along the many golf cart paths throughout the area. He especially loves going on walks with Emily's younger niece and cherishes all the time he can spend with her. He loves not only his family but also his friends and the strangers he meets, always greeting them happily.

When Wrangler isn't outside and prefers to relax, he is usually indoors. One of his favorite things to do when he is tired is sleep in unusual positions, like upside down with his paws in the air or tucked in close to his body. However he sleeps, it works for him, and he is comfortable. When he isn't sleeping, Wrangler enjoys spending time with his sibling, Patches. Patches is a nine-year-old cat who is also fond of Wrangler and loves him just as much. However, most of the time when Wrangler wants to play, Patches prefers to be calm, comfortable, and relaxed. Despite their differences in looks and personalities, they still get along well and are very close.

Wrangler is a small dog with a big personality. He is highly affectionate, lively, and loyal. He is always in a good mood and looks forward to both adventurous and relaxing days ahead. He is constantly playful, active, affectionate, and especially social. He is loved and cherished by everyone he meets. Whether taking a walk around Glade or going on car rides around town, he never fails to bring a smile to someone's face.



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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WRITTEN BY BOB COBURN, PHOTOS BY KAREN AKERS



Managing significant life transitions such as the loss of a loved one, downsizing for retirement, or settling an estate requires a partner you can trust who is transparent and gets results. Entrusted Auctions is that partner who specializes in navigating the conversation of household contents, curated collections, and high-value assets into liquid capital through a respectful and efficient auction process.

And this process is not what you think of when you think of a traditional auction. Instead of limiting potential buyers to a specific time at an auction house or your front yard, Entrusted Auctions operates virtually with customers and potential customers across the globe.

Owner Jarrod Hines, a 5th generation auctioneer, leads Entrusted Auctions and sets the tone for building a lasting legacy of trust, excellence, high ethical standards, and unmatched professional results.

“Most of our employees are ‘auction junkies’, including myself. Our many years of experience provides us with the ability to value the item or collections professionally and strategically market them to the right buyer or buyers all over the world. We are also sensitive and empathetic to the fact that many times these transitions are difficult times for our clients,” says Jarrod. “We provide an all-inclusive service and are a single point of contact from the first inventory to the final sale. We handle the sorting, listing, and marketing of all personal property. We want our clients to have peace of mind.”

Entrusted Auctions has helped many Glade Springs Residents over the years including Susan Landis, Nancy Smith, and most recently Glenda Wait.

Some of the asset classes Entrusted Auctions provide expertise in are as follows:

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- Collectibles & History: Firearms, militaria, and musical instruments.
- Home & Décor: Fine furniture and general household valuables.
- Vehicles & Transportation: Classic and late-model automobiles, watercraft, boats, and ATVs.
- Machinery & Industrial: Tools and machinery, farm machinery, and industrial vehicles.

Entrusted Auctions not only works in our local communities but they give back by lending their professional skills by sponsoring vital organizations with emcee services (The United Way of So. WV. Wonderland of Trees), The American Heart Association, and the Historical Society of Western Virginia.

If you would like to let Entrusted Auctions take the burden off your shoulders, contact them for a confidential, no-obligation meeting to discuss your personal property or estate.

<https://www.entrustedauctions.com/contact>

If you know of someone who is “Making A Difference” please contact Bob Coburn at bob.coburn@n2co.com



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—GLENDA WAIT, LONG TIME RESIDENT OF GLADE SPRINGS WHO RECENTLY MOVED TO NORTHERN VIRGINIA AFTER THE PASSING OF HER HUSBAND JERRY.



Karen Akers

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Lasagna

SUBMITTED BY MISSI MOORE

This recipe is to taste and not exact.

INGREDIENTS for meat sauce:

- Two onions chopped
- 1-2 tablespoons of olive oil
- oil
- 5 minced garlic cloves
- cloves
- 1-2 pounds ground beef 80/20 (depending on how much meat you like in your lasagna)
- A can of basil, garlic, and oregano, diced tomatoes
- Two cans of 6 oz tomato paste
- A can of basil, garlic, and oregano, tomato sauce
- bay leaf
- 1-2 teaspoons of dried Italian season (or more to taste)
- salt and pepper

DIRECTIONS

1. Sauté onions in the olive oil until tender then add the garlic for one minute then add the meat. Once the meat is cooked, add the tomato paste and then the remaining ingredients. I'll let this simmer for about 30 minutes with a bay leaf (don't forget to remove the bay leaf before layering the lasagna)
2. While simmering I mix a 16 ounce container of a ricotta cheese, two large eggs and approximately 1/4 cup of grated Parmesan cheese.
3. Once your lasagna noodles are cooked, add some tomato sauce to the bottom of the pan and then start layering with the noodles, meat sauce, ricotta cheese mix, and slices of mozzarella and cheddar cheese.
4. Make sure the oven is preheated to 350°. Bake covered for about 50 minutes then uncover and bake for the last 15 to 20 minutes until you get the crispy noodles you want.
5. Highly recommended you let it cool off for a while before you start to cut in; otherwise, it could become a little messy!

If you have a great recipe in the family and would like to share, please contact Bob Coburn at bob.coburn@n2co.com



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WRITTEN BY BOB COBURN



Pioneer Community Bank CEO Greg Shupe



Pioneer Community Bank, West Virginia founded, and West Virginia proud has expanded its footprint in Southern West Virginia by

breaking ground in two locations. Fayette County's Oak Hill and close to home Daniels are the 7th and 8th branches to join the Pioneer family and the banking institution that started in 1931 in McDowell County.

President Greg Shupe, who oversees the expansion plan, says "a big part of our mission is to give back to the community. Actually 99% of our deposits are reinvested back into our communities in southern

West Virginia and we take pride in providing economic growth for personal households and small businesses."

The proof is in the pudding as the new, state-of-the-art facility will house a locally owned Hilltop Coffee Company Shop along with the full service banking at the 1169 Ritter Drive, Daniels location. November of 2026 is the expected grand opening of the operation.

"We are excited to offer longer open hours to accommodate customers travelling to and from work. In these busy times, it's important to provide convenience with a personal touch and one-to-one personal

service. We want to get to know our customers and build trusted relationships with them. It's difficult to do that if you're not open," says Greg.

Pioneer Community Bank offers a wide range of personal banking products, including checking accounts with free instant issue Visa debit cards, Hero Checking Accounts for nurses, doctors, first responders and teachers as well as mobile banking services.

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Honeymooners Delight



The wedding bells have rung, and now it's time for the trip of a lifetime. These destinations are this year's hottest spots to tap for the perfect honeymoon and start of a wonderful marriage! BY CAROLINE EDWARDS

THE QUINTESSENTIAL HONEYMOON is a journey that marks the beginning of a shared life. For 2026, the discerning pair is gravitating toward a sophisticated blend of time-honored romance and unapologetic luxury, with five destinations claiming global favoritism: Hawaii, Italy, Japan, the Maldives, and Greece. The European mainstays, Italy and Greece, remain the touchstones for classic, effortless romance. Italy beckons with the dramatic grandeur of the Amalfi Coast, a serpentine masterpiece of charming villages, world-class culinary scenes, and historic ambiance. For those whose fantasy centers on exotic, absolute luxury, the Maldives is the definitive choice. This constellation of

islands is globally renowned for its private overwater havens, granting direct access to crystalline turquoise waters — the ultimate tableau for intimacy and relaxation. It is the sanctuary for couples whose sole mandate is to completely disconnect. Alternatively, Hawaii continues to captivate, offering a compelling blend of adventure, tropical splendor, and accessibility. From traversing Maui's volcanic landscapes to exploring historical landmarks, Hawaii offers a dynamic honeymoon that caters to both the intrepid spirit and the desire for laid-back indulgence. However, the destination experiencing the most dramatic ascent in popularity for 2026 is Japan. It presents a

truly singular honeymoon narrative, skillfully juxtaposing the profound stillness of ancient temples and Zen gardens with the pulsating, electric dynamism of modern metropolises like Tokyo. Couples can immerse themselves in bustling street markets one day and find serenity in a traditional ryokan the next, solidifying its status as the perfect cultural odyssey for those who seek an experience that transcends the conventional beach holiday. The imperative for a perfect honeymoon is simple: select a locale that authentically echoes your shared sensibilities, be that a thirst for historical discovery, an appetite for beachside indulgence, or a curiosity for cultural immersion.





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THE DOG DAYS

Create a dedicated, outdoor cleaning space for your pup, from simple DIY setups to permanent wash stations, to keep the dirt outside and your floors spotless this summer.

BY CAROLINE EDWARDS

Tired of chasing your muddy pal through the house after a fun romp outside? Keep the dirt and dog hair where they belong by setting up a convenient and functional outdoor dog washing station. This DIY project is a game-changer for summer, turning bath time from a chore into a quick, pleasant routine. The beauty of an outdoor station is that it can fit any budget or space. For a simple setup, start with a portable plastic utility tub (the kind used for mixing cement) placed on a sturdy block of wood, combined with a simple hose sprayer attachment. This is quick, budget-friendly, and easy to store.

If you're ready for a more permanent solution, consider a raised, waist-high basin plumbed into an existing outdoor water line or a sloped concrete pad. Essential materials include non-slip surfaces — such as rubber mats or sealed stone — to keep both you and your dog safe. For drainage, a simple French drain or a connection to a lawn-safe greywater system works well.

When choosing a shower head, opt for a multi-setting handheld sprayer with a long hose, which makes rinsing those hard-to-reach spots effortless. Your dog (and your clean floors!) will thank you all summer long.

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Beat the summer heat with these seasonal faux cocktails.

BY CAROLINE EDWARDS

REFRESHING MOCKTAILS are the perfect, vibrant beverages for backyard gatherings, picnics, or simply cooling down on a warm afternoon. They taste just as good as they look, especially when you feature seasonal berries and fresh herbs.

Here are three simple, hydrating recipes to get your mixology started:

- **STRAWBERRY BASIL COOLER:** Muddle a handful of fresh strawberries and 3-4 basil leaves in the bottom of a glass. Fill with ice and top with sparkling lemon water. The basil adds a surprising, peppery lift to the sweet strawberries.
- **RASPBERRY ROSEMARY FIZZ:** In a small saucepan, simmer a cup of raspberries, a few sprigs of rosemary, and a splash of water until the berries break down. Strain the mixture to create a simple syrup. To serve, add a tablespoon of the syrup to a glass filled with ice and top with plain sparkling water.
- **BLUEBERRY MINT MOJITO (NO-JITO!):** This is a classic twist. Muddle fresh mint and blueberries with a teaspoon of lime juice. Add crushed ice and top with club soda.

MIXING AND PRESENTATION TIPS: To elevate your mocktail, use large ice cubes or frozen fruit instead of small, fast-melting cubes. Always "muddle" herbs and fruits gently to release their flavor without making them bitter. Finally, use beautiful glassware and garnish generously with fresh herb sprigs or lime wedges for a professional, eye-catching finish.

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4 ESSENTIALS FOR A LONG RUN

Intimidated to start a long run? Don't be! With these five essentials, tackle the road mile after mile with confidence.

- 1. The Right Running Shoe:** Don't let the wrong footwear derail your routine. We dive into the features to look for in a running shoe, ensuring you find the perfect fit for comfort and performance.
- 2. Sunscreen:** Protect your skin while enjoying the outdoors. Find out how to choose the right SPF and application tips to keep you safe from the sun's rays.
- 3. Energy Booster:** Hit the wall? Not anymore. Reach for the best quick-fuel options to keep your stamina up and your pace strong. Great options include energy chews, goos or a power waffle.
- 4. Headphones + a good playlist:** The secret weapon against monotony is a killer playlist.

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Stop training injuries before they start. Learn how the right gear, smart fueling, and a balanced schedule are the keys to crossing the finish line healthy.

BY CAROLINE EDWARDS

Ready to tackle a half or full marathon? That finish line might seem far away, but every great race starts with one smart step. Training for 13.1 or 26.2 miles is an incredible journey, and with a realistic roadmap and a warm spirit, you can get there safely.

The foundation of any successful training cycle is building endurance safely. Don't increase your mileage too quickly; the "10% rule" — never increasing your weekly mileage by more than ten percent — is your best friend for preventing common running injuries. Structure your multi-week schedule to include variety: a long, slow run, speed work (e.g., tempo runs or intervals), and strength-training days are all essential. Remember, rest days are not optional. They are essential to allow your muscles to rebuild and get stronger. To keep your body happy, focus on proper nutrition and hydration throughout. Before race day, "mastering the fuel" is critical. Practice what you'll eat and drink during your long runs, experimenting with gels, sports drinks, and whole foods until you find what works for your stomach.

Finally, don't forget mental preparation. Envisioning success and developing a simple mantra will help you push through tough miles. Trust your training, show up at the starting line prepared, and remember: you are ready.

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IT'S EASY TO focus on the big expenses — the mortgage, car payment, or a major vacation — when trying to save money. But often, the real drain on your finances comes from a collection of small, persistent "leaks" that go unnoticed. These little drips, over time, can erode your savings and throw your budget off track. The good news is, identifying and plugging them is easier than you think.

One of the most common leaks is subscription creep. We sign up for a streaming service, a monthly delivery box, or a premium app trial, and then forget about it. Take an hour to review your bank and credit card statements. Cancel any service you haven't used in the last month. You might be shocked at how quickly those \$10 and \$15 charges add up.

Another frequent offender is convenience spending. That daily \$5 coffee run, the \$12 takeout lunch because you "didn't have time" to pack, or the high fees at an out-of-network ATM. These transactions seem small, but if you spend \$10 a day on convenience items, that's over \$3,600 a year. Pre-planning your meals and making coffee at home are simple ways to seal this leak.

Finally, tackle the "set it and forget it" leak on recurring bills. You should shop around annually for your insurance policies, phone plan, and internet service. Companies often offer better rates to new customers. A quick phone call or comparison shop could save you hundreds a year. Stopping financial leaks is less about drastic cuts and more about mindful awareness of where your money is actually going. By plugging these small holes and spending just a few hours a year doing it, you create a stronger, more resilient financial foundation.

Are You Leaking Money?

Stop the slow drain on your bank account by identifying and plugging these common financial leaks.

BY CAROLINE EDWARDS

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The Summer Checklist

Combat rising temperatures and utility costs with essential prep work. This comprehensive checklist will get your home summer-ready, from cooling systems to outdoor living spaces.

BY CAROLINE EDWARDS



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AS THE WEATHER WARMS, a strategic preparation of your home is crucial for comfort and savings. This goes beyond simple spring cleaning; it's a proactive defense against high utility bills and unexpected breakdowns.

Your most critical investment is in your HVAC system. Schedule a professional tune-up immediately. A certified technician will meticulously clean coils, verify the refrigerant charge, and address minor issues that could lead to a major breakdown on the hottest day. Complement this by checking your home for air leaks. Every door and window that allows cool air to escape is money wasted. A quick application of weatherstripping and caulk offers a monumental return on efficiency.

Next, revitalize your outdoor spaces. Give neglected patio furniture a deep clean with warm water and gentle detergent. Inspect your deck or patio for hazards like loose nails and consider applying a fresh coat of protective sealant to preserve its structural integrity and enhance curb appeal.

Finally, prepare for the inevitable summer chaos: the influx of wet towels and sandy feet. Establish an organized entry or mudroom. Install sturdy hooks for gear, designate an accessible bin for flip-flops and water toys, and ensure there is a clear "drop zone." By completing this checklist, you are fortifying your home to fully and effortlessly embrace the long, joyous summer season.

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REAL ESTATE RESOURCE

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

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143 Glen Planters Lane	Stonehaven	\$395,000	\$395,000	03/03/26	3	2	2,195		\$179.96
121 Rothfield Circle	Stonehaven	\$540,000	\$525,000	03/16/26	4	3	3,084		\$170.24
294 Far Country Drive	Stonehaven	\$525,000	\$525,000	03/26/26	3	3.5	2,400		\$218.75
1036 Lake Drive	Old Glade	\$595,000	\$595,000	04/02/26	3	2	2,613		\$226.71
359 Far Country Drive	Stonehaven	\$545,000	\$542,500	04/02/26	3	3.5	2,810		\$189.51
205 Barnstaple Drive	Stonehaven	\$399,900	\$391,900	04/13/26	3	2	1,666		\$235.24
119 Montgomery Lane	Stonehaven	\$459,000	\$459,000	03/06/26	3	3	2,300		\$199.57
864 Club Circle	Old Glade	\$184,000	\$175,000	11/24/25	1	1	916		\$191.05
604 Club Circle	Old Glade	\$779,000	\$775,000	12/01/25	4	5	4,400		\$176.14
146 Glen Orchard	Stonehaven	\$350,000	\$350,000	12/03/25	4	4	3,156		\$110.90
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702 Club Circle	Old Glade	\$459,000	\$429,000	01/16/26	3	2.5	2,300		\$186.53
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
465 Barnstaple Drive	Stonehaven	\$565,000	\$500,000	12/05/25	5	3	2,839		\$176.12

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