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Eliza, Brandon,
Sara, and Lilly

PHOTO BY KAREN AKERS

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A Quiet Swan & A Loud Fourth in Glade Springs!



The Beckley Raleigh County Convention Center hosts its family Fourth of July Celebration on July 3rd with vendors, food, and fireworks to kick off the weekend. Our own Resort at Glade Springs traditionally follows with a Fun Fair, car show, and golf cart parade around Town Square, and you will find the brunch tables full again on Sunday morning.

Music travels well in the summer air.

The Branch Mountain Bluegrass Festival runs July 15-18 with live pickin' and jam sessions for all ages. Closer to Beckley, the Mountain Lake Reptile Expo lands July 18-19 for the curious and the brave. Down the road in Charleston, the Sternwheel Regatta fills the riverfront July 2-5, and this year it coincides with America's 250th birthday celebration. The month closes out with Boots in the Gorge on July 31, and the

West Virginia State Water Festival opens July 26 and runs into August with music, vendors, and food trucks.

Now, a quieter piece of news that has stopped more than a few of us on our morning walks. A lone white swan has taken up residence on Mallard Lake and on occasion, her second home at Chatham. She glides early, before too much traffic and activity and then seems to go "bottoms up" for the rest of the day! No one is quite sure how far she traveled to find us, but she seems content to stay awhile.

Swans are not common here, and beauty like that feels like a gift we did not ask for. Thanks to resident Charlie Keeling for recommending we give her just due!

From all of us at *Stroll Glade Springs Village*, have a safe, grateful Fourth, and enjoy the long light of a mountain July.

Bob

Bob Coburn
Area Director and Publisher
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Neighbors, July has come to the mountains the way it always does here in southern West Virginia: slow evenings, lots of Lake Chatham activity, and that particular blue haze that settles over the ridges after a thunderstorm. It is a good month to be a Glade Springs resident!

If you are marking your calendar, there is plenty to do close by. Independence Day remains the anchor.



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

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 Sheets Family



A Close-Knit Family in the Driver's Seat

PHOTOS BY KAREN AKERS • WRITTEN BY NANCY KEATLEY

Occasionally when couples are asked about how they met, there is an interesting story about a chance meeting or friends introducing them. With Brandon and Sara Sheets, it was a friendship that as Brandon says “blossomed” into a relationship. Sara lived in Richlands, Virginia, and Brandon in Tazewell, and it was at Tazewell High School where they met and later became “high school sweethearts”.

After graduation, Brandon and Sara both went to Radford University, earning undergraduate degrees in Management and master’s in business administration. They were married in August 2007, living first in Bluefield, Virginia and then moving to Glade Springs in May 2022.

Joining the family business, Brandon partners with his uncle, Dennis Sheets owning Sheets Chrysler Dodge Jeep Ram. While still in Richlands, Sara was Executive Director of a nonprofit organization, Mountain Kids, Inc. She now sits on the Board of Directors. This organization uses a 50-acre farm on the Clinch River belonging to Sara’s dad. Kids come to the farm in the summer and experience a variety of activities. Sara now coordinates parent activity and anything concerning the library at Shady Elementary.

Sara and Brandon have two girls, Lillian (Lilly) who is 14 and in the 8th grade and Eliza, 10 years old and a fifth grader. Lilly really enjoys leadership roles – she is in the Honor Choir and serves as **CONTINUED ►**



“It was the best chance for the girls to get off on the right foot”



president of Tri M, the music honor society. Eliza takes lessons in ballet, tap, jazz and baton at Rhythm of Grace. She has just started tennis lessons from Claire Willson, a recent Stroll subject.

Brandon and Sara like to travel, often with his uncle, Dennis and wife Cindy, but more often with the girls. Brandon says they try to take one big trip every year so that Lilly and Eliza experience something new. They love Arizona, especially Sedona.

Sara lists her hobbies as running an E Bay store just for fun, which she has done since college, and taking walks in the neighborhood, meeting with some “pretty wonderful” neighbors. When they did some remodeling, she stayed busy as liaison with the contractor. Brandon plays golf and always looks forward to the Member/Guest Tournament.

Sara was quick to mention why the move to Glade Springs – “it was the best chance for the girls to get off on the right foot”. She probably won’t get any argument there!



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!



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

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Kareena Patel

Reflections

WRITTEN BY ED MCCALL
PHOTOS BY KAREN AKERS

An obviously fatigued, but still energetic, Kareena Patel sat down with me on a sunny spring day at the newly renovated Small Talk Café to reflect on her educational journey, past, present, and future. Fatigued, because I caught her amid a week of AP exams and all the study, preparation, and pressure that goes into passing those tests which carry with them the weight of college credit for all that time and effort. Though she may have preferred to be taking a nap or refreshing her memory of all things learned previously before her next exam, the recently featured Stroll Difference Maker graciously agreed to meet and share.

Early in our conversation it became clear that we had a common perspective. I have always viewed athletics (sport) as a metaphor for life. Having danced since she was three years old, Kareena views her passion and art form the same way. “I learned so much through dance...discipline, the value of hard work, commitment, sacrifice, perseverance, and teamwork. Dance has given me confidence and taught me how to present myself in a confident, positive way.” All things which will continue to steel her for what awaits and have brought her to the top of her graduating class at Shady Spring High School where she will be a featured speaker at the 2026 commencement.

While her 1080 project, a tutoring program designed to help students across Raleigh County pass the SAT with a score of 1080 and thus qualify for the Promise Scholarship, has given her great satisfaction, it isn't her only attempt at making her community better. She initiated “Barre 2 Barre” in partnership with two local dance studios, her own Beckley Dance Theatre and Legacy Dance Company, to repurpose dance wear such as leotards, skirts, and warm-ups. “Dancers may have to perform in 8-10 recitals per year,” she pointed out, “and that can be expensive, even cost prohibitive for some families.” Barre 2 Barre can relieve some of that financial burden so that dancers can continue to do what they love doing without breaking the family bank. She collects lightly worn dance wear, displays the gear on a website complete with sizes, and arranges drop-off and pick-up of the needed attire, making dancing more affordable for all who take advantage of the project's offerings.

Another project close to her heart at SSSH was the revitalization of the Key Club (a student service organization that is part of Kiwanis International). With fellow members they raised the club from its ashes and got busy, collecting over 400 books they donated to the Shady Spring public library. They also initiated a drive to collect winter clothing, gloves, and blankets

which they donated to the Beckley Warming Center. Members also volunteer for the United Way of Southern WV, serving as hosts and hostesses for the organization's major fundraiser, Dancing with the Stars.

Kareena's eyes sparkled when she spoke of a fond memory from her St. Francis school days. While a student in Mrs. Hinkle's class, she placed first in the state social studies fair. Her winning project was on Leonardo da Vinci and how he was able to merge the disciplines of math, science, and art into his greatest achievements. Such background information will come in handy this summer when the Patels head to northern Italy and Milan for a family vacation. While there she is hoping to view several of the artist's most famous works, *The Last Supper* and *Portrait of a Musician*.

When pondering her high school days, this dancer-scholar knows she has maxed out the AP curriculum at SSSH and pushed herself to academic heights while giving back to her community and immersing herself in the rigors and joys of dance.

Two senior memories stand out. In the fall she hosted a Financial Forum in collaboration with NRTC that was attended by 50 young people from around Raleigh County who learned basic financial skills including managing a checking account, saving, credit cards and debt, and understanding the basics of the stock market and how it works. The forum was highlighted by local business owner and art aficionado Jose Rizzo (El Mariachi) sharing his inspiring journey with those in attendance.

A light-hearted memory was her participation in the homecoming powder-puff football game where she performed as a wide receiver. An ardent Kansas City Chiefs fan (she and her family once attended a Chiefs' game), she got to experience the thrill of being on the field of play firsthand.

In the fall she will be heading to Philadelphia where she has been accepted into her school of choice, the Wharton Undergraduate Program at the University of Pennsylvania, an achievement she describes as the greatest accomplishment of her high school days. Till then she plans to kick back here at Glade and do some relaxing pond fishing with brother Zain, and her summer evenings will be spent taking long walks with German shepherd pal Enzo and her mom and dad, Jamie and Dr. Raj Patel.



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



Photo by Jamie Kimonas Photography





CLAIRE WILLSON

Take a bow, Claire! (on stage or at the net)

WRITTEN BY ED MCCALL, PHOTOS BY KAREN AKERS



Claire Willson knows how to bring the curtain down on a great academic and athletic career. The 18-year-old Shady Spring Tiger will finish her final year of high school ranked at the top of her class academically and will be a featured speaker at the class of 2026 graduation ceremony, an achievement for which she has worked very hard. Prior to that she will lead her Tiger tennis team to the state tennis tournament in Charleston. Again, a feat for which she has worked very hard and which required nail-biting heroics in the regionals.

Her daily schedule would break a lot of lesser backs. Five AP courses (chemistry, calculus, English literature, human geography, and psychology) coupled with an athletic agenda that included two sports whose seasons overlapped, swimming and basketball and then tennis. “Winter days were long,” she intimated looking back on the coldest, snowiest winter we’ve experienced in some

time. “After school I practiced basketball until 5:00 or 5:30 each day, then drove to the Y in downtown Beckley for swim practice. I got home between 8:00 and 8:30, got something to eat, and then studied until bedtime.”

Experts tell us that a lack of time management skills is the downfall for most college freshmen who find themselves behind the 8-ball after their first year away from the structure of home life. Willson won’t have to worry about that next fall when she begins her college journey at the University of Louisville where she will major in biology with an eye toward direct admission after 2 years into their prestigious dental school.

Tennis isn’t the first sport in which Willson has qualified for states. In the regionals in Huntington, her 4 x 100 relay team qualified for states to be held in Morgantown. Not a minor achievement when one factors in what happened to one of their teammate’s fathers who lost his life in the senseless tragedy at the Glade guard shack during that time. The event brought the team even closer as they grieved with their teammate and tried to be there for her.

After a stalwart season on the basketball court where she provided tenacious defense, a rugged, inside presence for her Tiger team, and often sang a beautiful rendition of the National Anthem prior to tip-off, Willson grabbed her racket and headed for a different kind of hard court, one with a rubberized coating. Having picked up tennis for the first time as a freshman, she has worked

her way to one of the top seeds on the girls’ team while playing for her father, David, and in front of her #1 fan, mom Amber.

The girls state qualifying came down to the wire, with Willson clearly on the hot seat. With the trip to states hanging in the balance the girls were tied with Liberty at 3-3. Willson was facing off with an opponent she had beaten 3 times during the regular season. Leading 5-2, her opponent rallied tying the match at 5 all and then forging ahead 8-7. With her back against the wall, Willson rallied, forcing a tiebreaker where she immediately fell behind 2-0. At that point she took control and finished off the match with 7 consecutive points for a 7-2 win and punching the Tigers’ ticket to Charleston.

When the most was a stake, Willson stayed true to her colors. She describes herself as a cerebral/strategic player. “My backhand is my strongest stroke. I use my forehand to move opponents around. I don’t try to hit winners with my forehand,” she muses. “I’m basically a baseliner who is going to try and wear you down. I’ve got a solid flat serve that is dependable.” Sounds as if she is describing herself as a person as well as the people she likes to hang with, or as she calls them, “my people.”

To qualify as “my people,” one must be a stable friend, low on drama, have a sense of humor, possess confidence, and enjoy conversation. One thing is certain; her maturity and those qualities have stood her well in the classroom as well as in her athletic endeavors and will most certainly accompany her to Kentucky in the fall.

Take a bow, Claire Willson!



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

“My backhand is my strongest stroke.”



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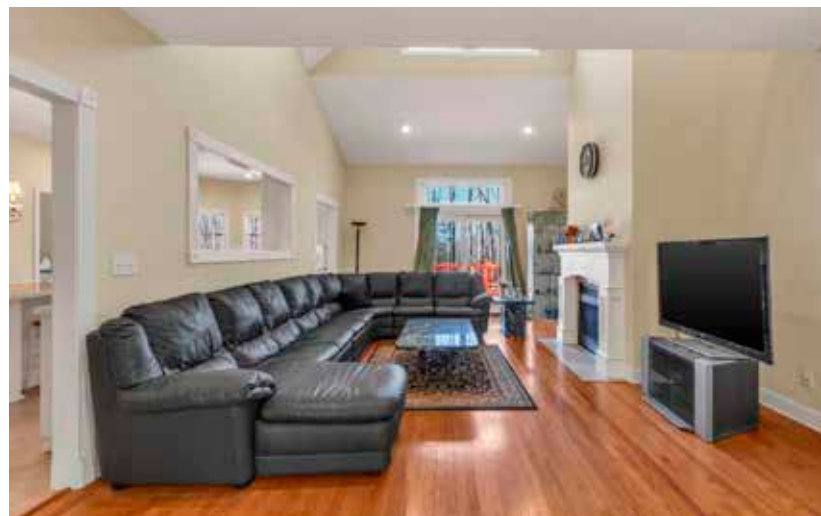
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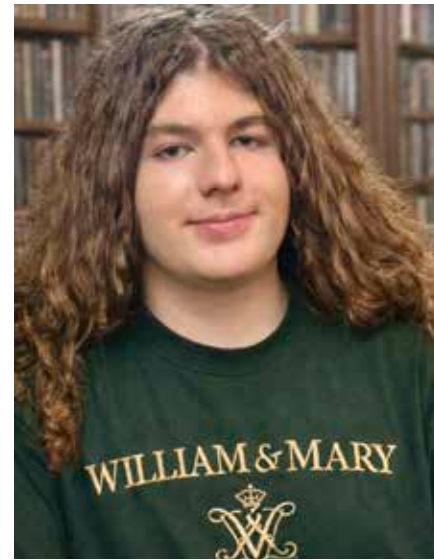
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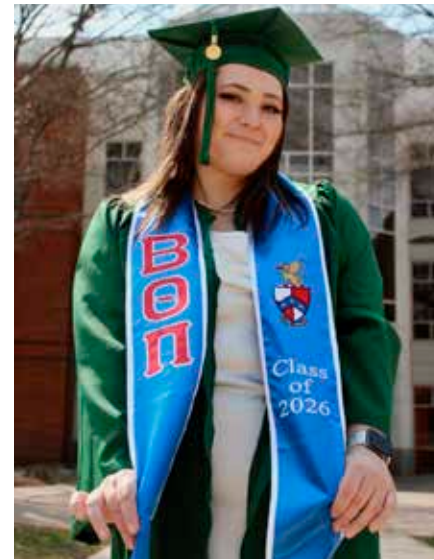
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Pharmacy, Univ. of Charleston



DR. CHLOE ANDERSON - Doctor of Pharmacy,
MBA, Univ. of Charleston

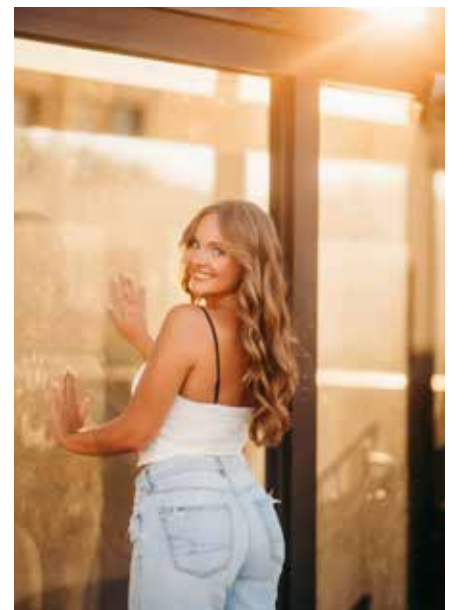


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Univ. of Charleston

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MIREYA HICKS - Shady Spring H.S.



CLAIRE WILLSON - Shady Spring H.S.



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Healing Hearts & Changing Lives at A Broken Spur Riding Academy

WRITTEN BY LAUREN FERNALD

TUCKED INTO THE HILLS of Jumping Branch, A Broken Spur Riding Academy is creating something special — a place where horses help heal people, rescued animals find purpose and riders of all abilities are welcomed with open arms.

Founded by co-founders Sarah Dorsey (formerly Sarah Hawkins) and Madison Greene, the 501(c)(3) nonprofit equine therapy and riding facility serves children and adults with physical, cognitive, emotional, social, and psychological disabilities through adaptive horseback riding, equine-assisted services and therapeutic horsemanship programs.

For many Glade Springs residents, Sarah and Madison may already be familiar faces. Both worked at the Glade Springs Equestrian Center from 2015 to 2018. When the stables closed several years ago, Sarah purchased Reno — a beloved 27-year-old Appaloosa who once called Glade Springs home. Today, Reno remains one of seven equines helping riders build confidence, balance, independence and emotional connection at A Broken Spur.

Sarah's love of horses began around age eight when she started taking riding lessons. She later pursued certification through PATH International, the Professional Association of Therapeutic Horsemanship. Her training included time in Wyoming, where she rode before high-level judges and learned how to safely work with both able-bodied and disabled riders. Sarah began the certification process in 2017 and became fully certified in 2019, continuing more than 30 hours of professional education each year to maintain her credentials.

Today, Sarah and Madison are building much more than a riding stable. Their vision is to create a place where healing happens for both people and animals.

In addition to Reno, the academy is home to rescue horses Envy and Reba; Mazy the mule; Quarter Horses Stormy and Shay; and Pedro, a three-year-old Shetland pony who has become a favorite in the community. Through the academy's "Pony Pals Mini Mountaineer" outreach program, Pedro visits schools, nursing homes, scout groups and community events to introduce people to horses through grooming demonstrations, horsemanship education and equine-assisted learning activities.

According to Sarah, the academy is meant to serve everyone, "riders from ages 4 to 104," and offers adaptive riding, traditional



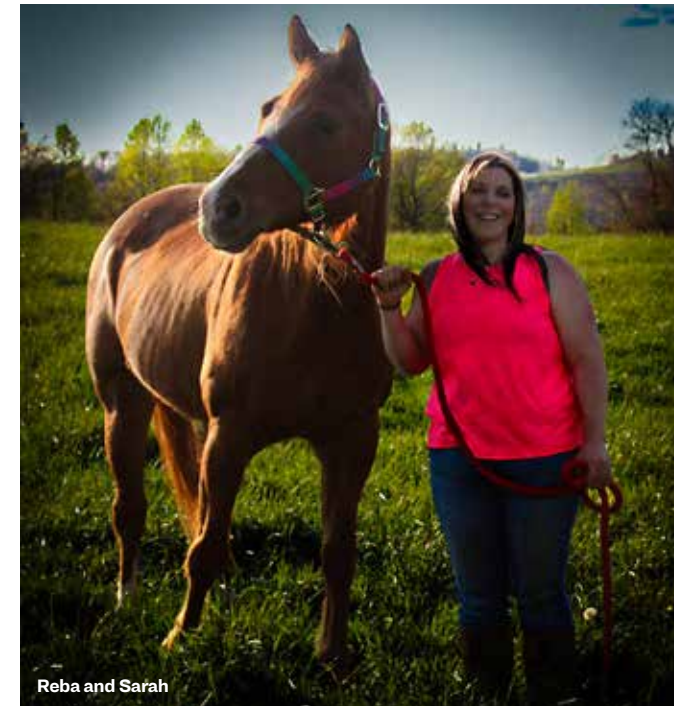
Stormy, Co-Founders Madison Greene and Sarah Dorsey and Reba



A 28 year old Appaloosa, once a Glade Springs resident, now a big part of the therapy team!

horseback riding lessons, beginner barrel racing, English and Western riding instruction and equine-assisted learning experiences.

Sarah and Madison are also pursuing degrees in social work and hope to continue expanding the organization's therapeutic services to include an equine-assisted psychotherapy program and hippotherapy through partnerships with occupational and physical therapists. Despite the name, hippotherapy is not therapy for horses. Instead, licensed therapists use the horse's movement as part of



Reba and Sarah

treatment plans to help improve balance, coordination, posture, communication, sensory processing and emotional regulation.

Veterans are another important focus of the organization. A Broken Spur partners with the Wounded Warrior Project to provide riding services and therapeutic support for veterans, using horses to help foster trust, confidence, emotional connection and healing.

As a nonprofit organization, community support plays a vital role in keeping the program running. Donations help provide feed, veterinary care, facility upkeep, and sponsorships for low-income riders. Volunteers are also welcome to assist as sidewalkers, horse leaders, caregivers, and facility helpers. The riding academy accepts the HOPE Scholarship, goods and services from the Medicaid I/DD waiver, and they have a financial aid scholarship program available to qualified applicants.

A Broken Spur Riding Academy is located at 3487 Ellison Ridge Road in Jumping Branch, just a short drive down Route 19 from Glade Springs.

To learn more, volunteer, sponsor a horse or rider or make a donation, visit www.abrokenspurwv.org or follow the organization on Facebook and Instagram.

At A Broken Spur, healing often begins with something as simple as a quiet horse, a patient hand, and the chance to believe in yourself again.

If you have a great pet in the family contact Bob Coburn at bob.coburn@n2co.com



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.



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Guidance you can trust from community leaders

WRITTEN BY BOB COBURN, PHOTOS BY SHEENA PENDLEY

Adam Taylor, fresh out of the West Virginia University College of Law, started his practice in his garage in 2013. The downtown Beckley practice has grown in the past thirteen years with partners Amber Hinkle and Adam's wife Amanda, three employees, and an intern. They practice general law with a focus on empathetic and effective litigation. These three attorneys have over forty years of combined experience in family law including divorce, criminal defense, auto accidents, workplace injuries, medical malpractice, employment law, estate planning for families and businesses, sexual harassment and assault.

"We cater to each client's needs through open communication, honest guidance, and experience," says Adam. "We're based here in Raleigh County but also serve, Nicholas, Fayette, Mercer, Summers,

and Wyoming. We serve a broad area of West Virginia. Amanda is the best attorney I know. Amber and I provide a well-rounded set of skills and along with our experience puts us in a unique position to serve our clients and their families in the best way possible."

Taylor, Hinkle & Taylor doesn't just make a difference with their clients, they give back to the community in many other ways. Adam is the incoming Board President of Legal Aid of West Virginia, a statewide nonprofit organization providing free legal services and advocacy that ensures dignity and equal justice is available to all West Virginians, not just those who can afford it. They also provide leadership in the West Virginia Collective Appalachian Arts Organization. They provide a deep appreciation for West Virginians and their history through art,



performance, and media. Youth play a huge role in this effort as evidenced by the WV Collective's Soooo Dramatic Youth Theatre Camp this summer where the students explore acting, design and performance while preparing a live showcase. This is a tremendous help to kids in lots of ways who might not otherwise have such a wonderful learning opportunity and experience.

If that's not enough on your plate, Adam is an avid runner and marathoner and coaches the Stanford Elementary Run Club as well as coaching soccer at the YMCA REC League.

If you are looking for a legal firm that cares about your needs, has the highest integrity and will listen first and advise second, look no further than Taylor, Hinkle and Taylor, Attorneys at Law Inc.

They can be reached at (304) 894-8733 or at thtwv.com and are located at 115 1/2 S. Kanawha St. Beckley, WV.



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



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



Adam Taylor



Amanda Taylor

"Adam Taylor and staff went above and beyond to ensure that our children are financially secure in the event that something should happen to Cindi and I. Planning for a life for your children without us is a devastating thought, but they made the process painless and thought of everything to make sure our children have a jump start on their future."

—DERICK PUGH, GLADE SPRINGS RESIDENT.

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RESIDENT RECIPE

Pizza Cupcakes!

SUBMITTED BY GRACE COBURN



Cut home style biscuit dough pieces in half

Grease cupcake pan with butter

Add 1tsp shredded Italian cheese to each slot of cupcake pan

Roll/press biscuit dough pieces in each slot

Now layer with 1/2tsp marinara, thick piece of mozzarella, another layer of biscuit dough, 1/2tsp marinara, mozzarella cheese & mini pepperonis

Melt 2tbsp butter in the microwave with 1tbsp garlic & parsley

Pour garlic butter over tops of biscuits

Bake at 375 for 15min

Top with grated parmesan

If you have a favorite recipe you would like to share, please contact Bob Coburn at bob.coburn@n2co.com



Grace is a sixth grade student at Shady Spring Middle School and has fallen in love with baking!

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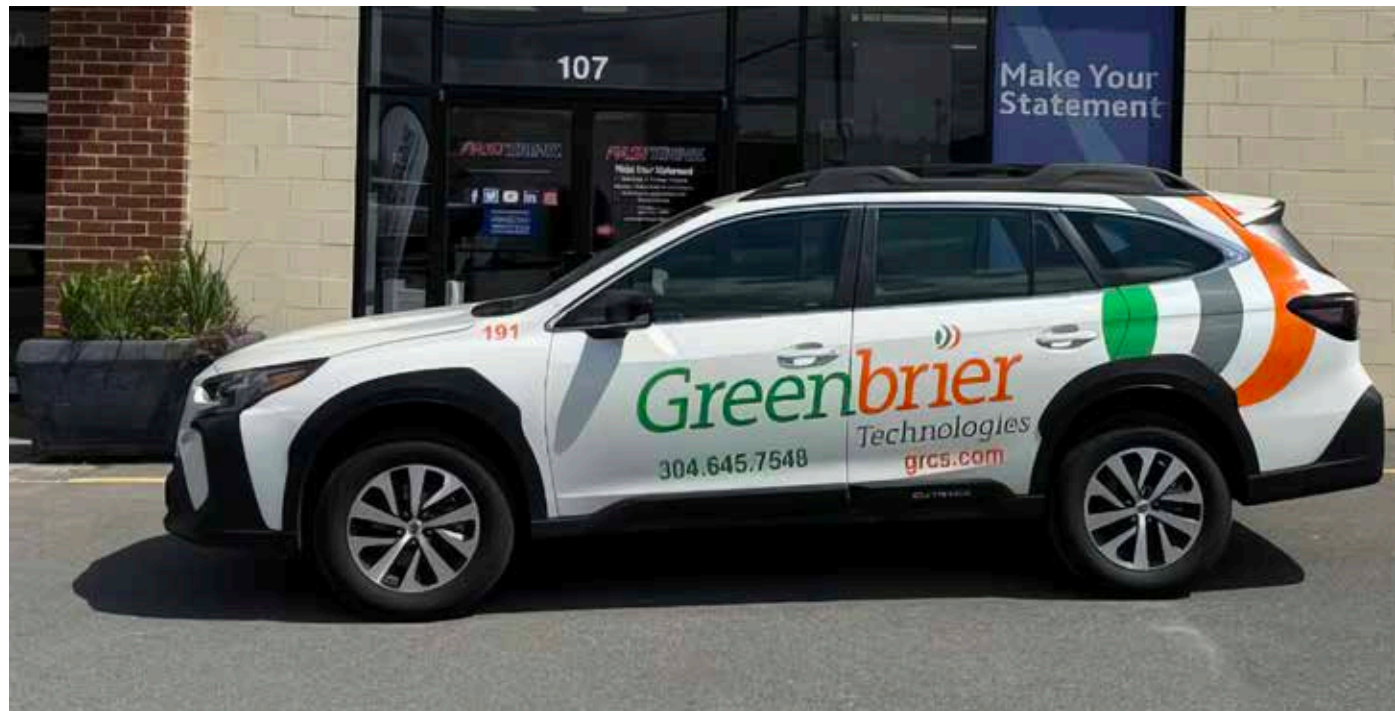
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WRITTEN BY BOB COBURN WITH BILL LENHERR

PHOTOS BY SHEENA PENDLEY

Greenbrier Technologies Business Partners Allen Carson, Matt Wykle, Bill Lenherr, and Tom Campbell



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Founded in 2001, the Lewisburg-based company has grown from a small communications and networking business into a full-service provider of IT services, electrical contracting, surveillance systems, access control, networking, generators, and smart home automation. Today, the company is known for combining technology and electrical expertise to provide complete turnkey solutions for both residential and commercial clients.

President Bill Lenherr says *"The company was built through relationships and a passion for solving problems."*

"Back in the 90s, friends and local business owners would call me to help with computers, networking, and new technology," said Lenherr. *"I enjoyed helping people understand how technology could make their lives easier and businesses run more efficiently."*

That passion eventually became Greenbrier Technologies & Electric, with support and encouragement from local entrepreneur Allen Carson, who recognized the need for dependable technology expertise in the area.

Today, the experienced team at Greenbrier Technologies & Electric helps clients determine which technologies truly add value while avoiding unnecessary complexity and expense. Services include managed IT support, cybersecurity, backup and disaster recovery, cloud solutions, communications systems, structured cabling, LED lighting, generators, surveillance cameras, access control, audio/video systems, and home automation.

Whether it's securing a business network, installing backup power, or creating a fully automated smart home, the company focuses on practical, reliable solutions backed by local service and long-term relationships.

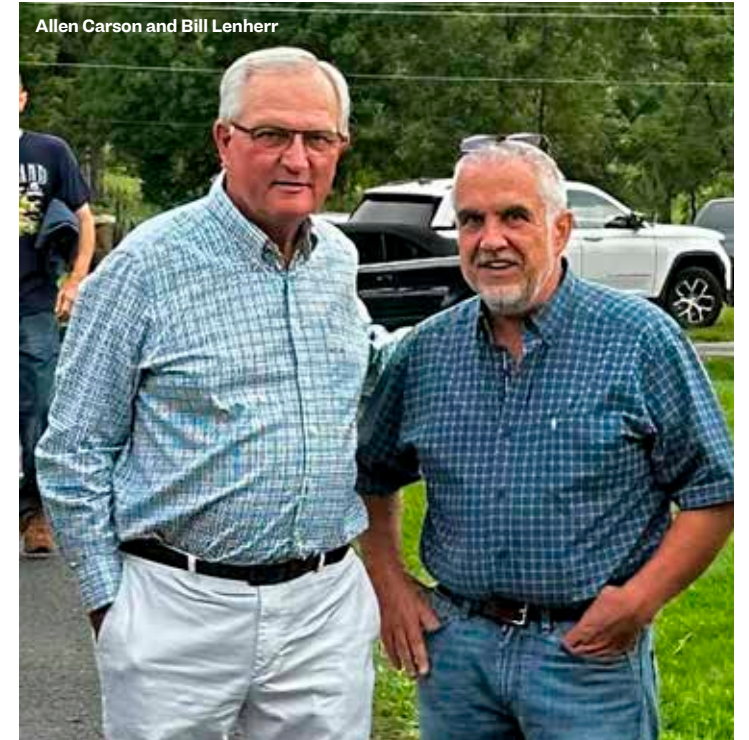
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Sheena Pendley



Bob Coburn



Allen Carson and Bill Lenherr



Bill Lenherr, President and CEO



Beyond the CHERRY TREE

Spend a history-steeped weekend in Fredericksburg, Virginia. BY NICOLE LETTIS

AS THE NATION celebrates its 250th anniversary on July 4th, there is a renewed interest in history-based travel, and Fredericksburg, Virginia, a circa 1728 city just 50 miles from D.C., is a revolutionary spot to experience the country's foundations. It is, after all, George Washington's hometown. Here, visitors can see the founding father's childhood home, visit the Masonic Lodge where he was once a member, and stroll the very streets he walked, all while dining in restaurants helmed by Michelin Star chefs and sleeping in luxuriously appointed inns.

WHAT TO DO

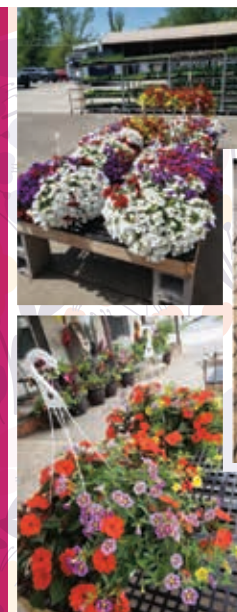
Begin historic explorations at Ferry Farm, the boyhood home of George Washington, before heading into town to the James Monroe museum. The Hugh Mercer Apothecary presents costumed interpreters who demonstrate 18th-century medical practices that are equal parts fascinating and unsettling. The Rising Sun Tavern exemplifies the kind of place where colonial Americans would have slept, imbibed, and socialized. On your way back to your accommodations, swing by the Fredericksburg Masonic Lodge No. 4. Here, the bible in which George Washington was sworn into the brotherhood is sometimes on display.

WHERE TO STAY

Marriott Courtyard is in the thick of downtown (and an excellent option for road warriors and points gatherers), but for a boutique experience, check into the Ironclad Inn. Touted as the best stay for "bed, breakfast, and bourbon," the nine-bedroom property is housed in a circa 1793 home and offers C.O. Bigelow bath products. Art throughout the house is curated by a local gallerist, adding a personal touch. Don't miss the garden-level, speakeasy-style bar, The Bourbon Room & Bottle Shop. Designed to mimic a sitting room, there are ample corners and tables for intimate conversations. Be sure to order a glass of bourbon from the inn's sister company, Ironclad Distillery.

WHERE TO EAT

Fredericksburg punches well above its weight when it comes to dining. Start your morning at Eileen's Bakery and Café, a converted 1833 colonial church where classically trained Chef Trista Couser turns out fresh-baked goods worth the trip alone. For lunch or dinner, FOODE by Chef Joy Crump delivers elevated Southern cooking with soul, while Locavore, helmed by Chef Daniel Perron, whose résumé includes time alongside James Beard winners and in Michelin Bib Gourmand kitchens, rounds out a food scene that feels more big-city than small-town.



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- Donald and Christine Davidson



BERRY & CREAM CROSTINI

A refreshing, no-fuss summer appetizer that pleases every crowd.

THIS RECIPE is one that requires few ingredients and little time, but receives bountiful compliments. Toasted baguette slices receive a swipe of cream cheese, a tumble of fresh blueberries and raspberries, a drizzle of honey, and a sprig of mint for extra pizzazz. They come together in minutes and disappear just as fast. Serve them at a Fourth of July gathering, a summer brunch, or any occasion where you want something that looks beautiful on a board without spending hours in the kitchen.

INGREDIENTS

- 1 baguette, sliced on the diagonal into ½-inch rounds
- 8 oz cream cheese, softened
- 1 cup fresh blueberries*
- 1 cup fresh raspberries*
- 2–3 tablespoons honey
- Fresh mint leaves for garnish

*Sub with any blue/red fruit of your choice (blackberries, cherries, etc).

STEP ONE: TOAST THE BAGUETTE

Arrange the baguette slices in a single layer on a baking sheet. Toast in a 375°F oven for eight to ten minutes, flipping once halfway through, until the edges are golden and the centers are firm. Remove and allow to cool.

STEP TWO: SPREAD THE CREAM CHEESE

Using a butter knife or small spatula, spread a generous layer of softened cream cheese onto each toasted slice.

STEP THREE: ADD THE BERRIES

Top each crostini with a mix of fresh blueberries and raspberries. You can keep them separated by variety for a graphic, intentional look, or mix them freely for something more relaxed and abundant. Either way, pile them on generously and have fun with it. This is a great step to involve the kids!

STEP FOUR: DRIZZLE WITH HONEY

Using a honey wand or a spoon, drizzle honey lightly over each finished crostini. A little goes a long way; add just enough to give a slight shimmer and touch of sweetness.

STEP FIVE: GARNISH AND SERVE

Tuck a small fresh mint leaf alongside each crostini for a pop of color and a hint of freshness. Arrange on a platter and serve. It's wonderful to enjoy while the bread is still slightly warm, but this one does just fine at room temperature, too. After all, there's a party to be had!

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Fringe Benefits



Introducing the high-style, dramatic world of ornamental trimmings.

BY NICOLE LETTS

THE MODERNIST ARCHITECT Ludwig Mies van der Rohe first applied his famous quote, "less is more," to architecture. But even he might have raised an inquisitive, admiring eyebrow in 2026. In the age of grandmillennial maximalism, more is decidedly more.

That over-the-top philosophy is particularly trending for passementerie. Ornamental trimmings such as fringe, tassels, and braids (and beyond) are having a design renaissance, transforming standard upholstery and drapery into something that feels considered, crafted, and entirely one-of-a-kind.

Think of these details the way a stylist thinks about jewelry. A room can be well-dressed without them, but the right finishing touch is what elevates it from beautiful to altogether memorable. Oversized bullion fringe along the skirt of a sofa or armchair adds dramatic movement and a sense of grandeur. Hand-tied tassels at the edges of throw pillows bring an artisanal quality that signals intention. Scallop-edged braid along the leading edge of a curtain does the quiet work of framing a window like a painting, adding dimension and interest.

Trimmings work best as punctuation, not the whole sentence. Choose one or two pieces per room to receive the treatment. Think a skirted ottoman, a set of linen drapes, or a bench at the foot of the bed. Keep other items streamlined so they recede into the background of the space, allowing the accented items to become the stars of the show.

If you're not quite ready to go all in on fringe, consider the motif for cabinet hardware or even overhead lighting. Both offer a nod to the trend without a major design investment. Even if you start small, the effect is staggeringly sophisticated.

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WE WILL ROCK YOU

A comprehensive manual for the diverse world of garden stone.

BY NICOLE LETTS

The secret to a low-maintenance, high-impact landscape isn't more plants, bales of pine straw, or bags of mulch; it's better stone. Unlike the aforementioned solutions, which break down, fade, and need annual replacement, stone is a true buy-it-once investment. Garden stone has quietly become one of the most versatile tools in a homeowner's outdoor arsenal, serving as both a functional workhorse and a design statement. Here, we explore the wide world of stone: the ultimate set-it-and-forget-it landscaping accessory.

Before heading to the garden center and loading up on heavy materials, take time to evaluate your needs. Climate matters more than many homeowners realize. In drought-prone areas, stone mulch outperforms wood chips, retaining soil moisture while reflecting heat. In wetter climates, permeable options like pea gravel prevent pooling and erosion.

Next, consider the stone's purpose. If drainage is your priority, pea gravel and crushed granite are your top choices. Both allow water to move through them freely, reducing runoff and protecting your soil. For high traffic areas, such as paths, crushed granite is the best option as it compacts slightly over time. Pea gravel stays loose, which makes it ideal for flower beds and around trees where roots need room to breathe.

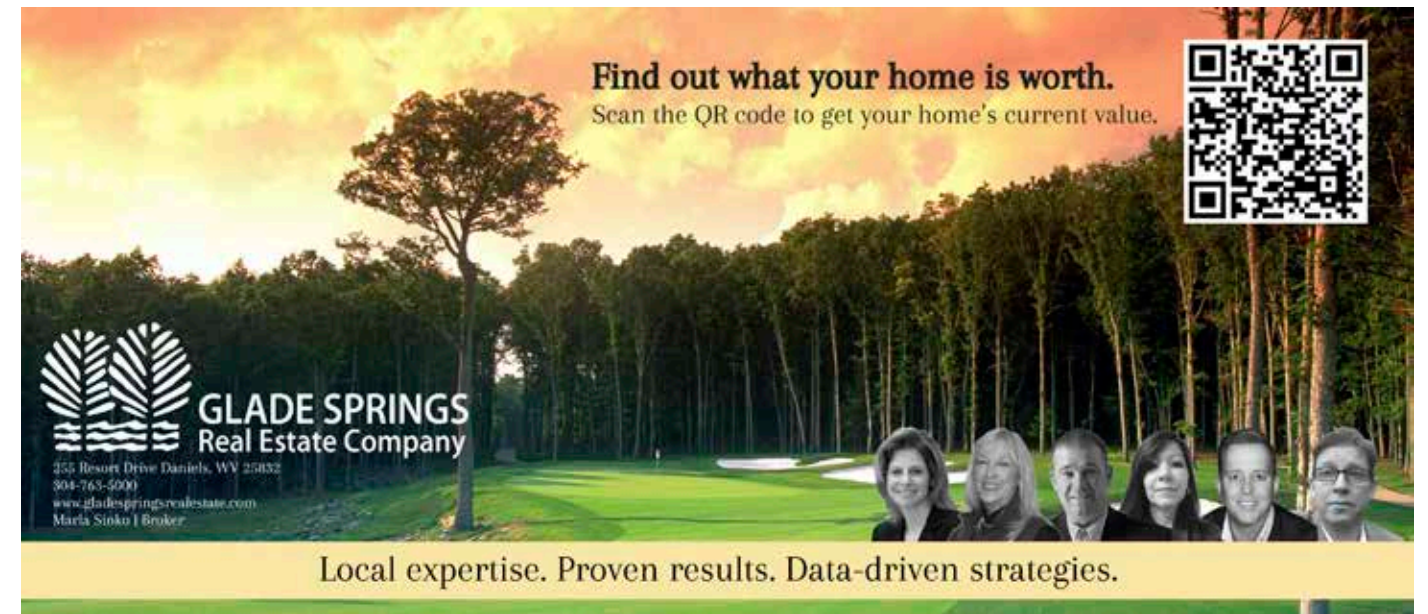
To maintain or add curb appeal, bigger is better. Oversized sandstone pavers bring warmth and texture to patios and garden borders, and their neutral tones complement nearly any exterior palette. Similarly, Western river rock is naturally tumbled, with a varied surface that adds organic character to everything from fire pit surrounds to poolscape. The most polished landscapes tend to mix scales. A large paver anchored by smaller gravel creates visual contrast and a more finished look.

The number one tip is to calculate coverage. One ton of most garden stone covers roughly 100-120 square feet at two inches deep. And the adage holds: measure twice, order once. The payoff is a yard that looks intentional year-round and holds its own through every season...and likely without a single weed.



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The Creative Dividend

Side hustles have become something more interesting and more valuable.

BY NICOLE LETTS

Side hustles were once framed as a financial necessity, providing extra earnings to bridge an income gap. But in recent years, a different side hustle story is emerging. The story of choice, not necessity. For those with established careers, extra income isn't needed...which is precisely the point.

Professionals in the second or third decades of their career are quietly building second acts: consulting practices and speaking engagements that leverage decades of experience, Substacks that dish trade secrets, or creative outlets that tap into that right-brain itch. It's no longer managing assets; it's opting for agency.

After years of structured roles, a side venture offers what a primary career cannot. There's creative control, flexibility, and self-defined success. It's work, but it feels different. There are, of course, financial benefits: diversification, protection from volatility, and even a soft retirement runway. The day-to-day grind becomes less about climbing the ladder and more about designing the ladder itself.

Thinking about optimizing a side hustle? Establish some personal ground rules. First, set your limits so it doesn't become a second full-time job. For public speaking, for example, limit appearances to Zoom or short, drivable distances to avoid travel expenses. Track your hours invested versus the income generated, and be honest about whether the return justifies the cost to your primary career and personal life.

A padded bank account is a nice side effect, but the real side hustle return is a fuller day-to-day.

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The Return of Quiet

Why reading is becoming the new status wellness habit.

BY NICOLE LETTS



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IN A WELLNESS CULTURE long defined by optimization (faster workouts, smarter tracking, and measurable results), a quieter status symbol is emerging: the ability to unplug and focus. Reading, once relegated to leisure, is being reimagined as a form of mental fitness.

Traditional reading races toward a destination, but mindful reading is slow, distraction-free, and nonjudgmental. Reading isn't about productivity. It's not about completing a certain number of pages or titles to feel accomplished; it's about prioritizing mental recovery. Opening a book becomes an intentional habit and a daily ritual as common as pouring a glass of wine while cooking dinner. It's a replacement for evening phone scrolling or reality television. It reflects control, intention, and the luxury of uninterrupted time, especially for adults who are increasingly protective of their attention. Unlike the page count or books finished, that dedicated time spent in silence is the destination. And research supports the reframe. A 2024 study published in the American Journal of Health Behavior found that reading measurably reduces work stress and improves job satisfaction.

Reading is evolving into a modern wellness marker, shifting concentration away from constant stimulation toward something far more restorative. The ritual requires nothing more than a quiet corner and thirty minutes. No subscription, no equipment, and no instructor. Even Barnes & Noble, which closed 150 stores over the prior decade, opened more than 60 new locations in 2025. These days, it seems as though you're as likely to find a small bookstore as you are a boutique fitness studio. The goal isn't to just build a reading list. It's to build a recovery practice. Books, it turns out, are excellent medicine.

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