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HAPPY AUGUST!



August in Glade Springs has a way of slowing the pace just enough to notice what matters. The mornings start a little cooler off the mountains, the lake at Glade Springs reflects that late-summer light, and neighbors find more reasons to gather before school buses start running again.

Around Glade Springs and Raleigh County
This month brings several traditions we look forward to all year: Several important golf tournaments and events (check your golf calendar to make sure it's on your radar!)
Great summer pool time continues!

Across the Nation
The 2026 Little League World Series begins mid-month in Williamsport. Closer to home, many of us will be watching college football kickoff the last weekend of August!

None of what makes Glade Springs special happens without the people who invest in this community every day. To our local business sponsors — from the restaurants, to the realtors, banks, and health providers and home services businesses who support our publication — thank you! Your commitment gives us a higher quality of life in this wonderful community where we are blessed to reside in with the products and services that you provide. Again, we Thank You!

August is a month of transition, but also connection. Whether you're squeezing in one more lake day, cheering at the Fair, or just waving to a neighbor in Glade Springs, we hope you feel that sense of community that defines us.

Here's to a strong finish to summer, and to the businesses and residents who make Daniels, WV and Glade Springs feel like home.

See you around the hood!

Bob

Bob Coburn
Area Director and Publisher
The N2 Company
(304) 860-0099



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



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Golf Calendar!

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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*****

* If you are interested in playing in the 18 hole ladies golf group, call Lori Vargo at (304) 573-5754. Looking for a golf group to join? Call the golf shop at (304) 763-3332 for group leader information for 9 or 18 hole men's and ladies groups!

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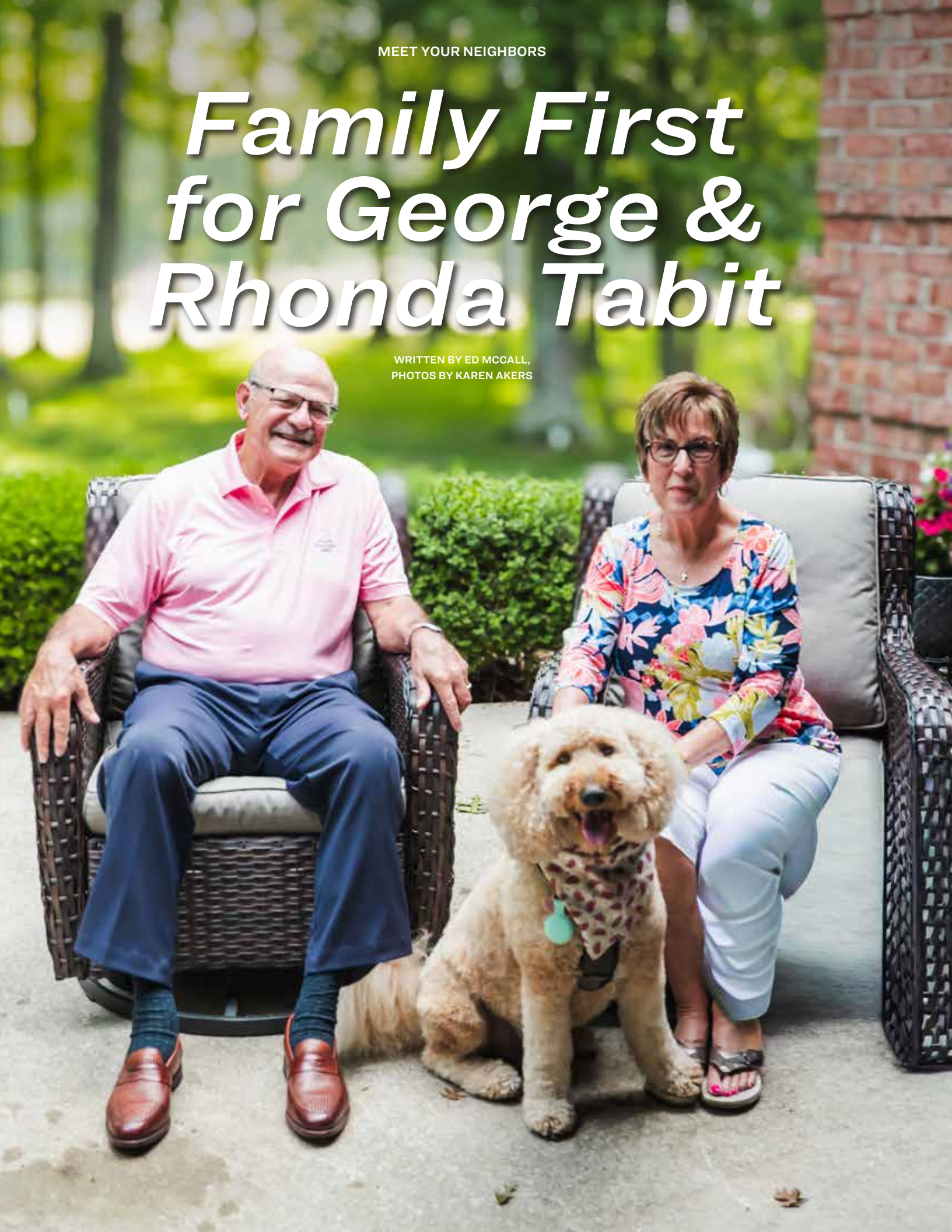
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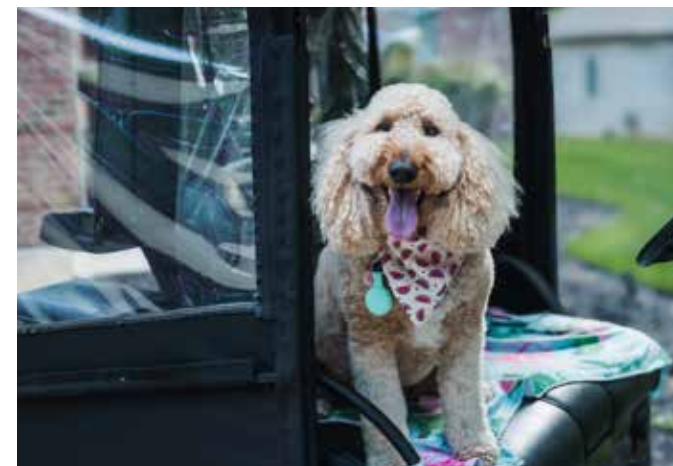
WRITTEN BY ED MCCALL,
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It was family that first brought George and Rhonda Tabit to Glade Springs, and it was family that brought them back to Glade Springs to stay, not that they ever really left. Having spent most of their adult lives in Fayetteville where they raised their two sons, Dr. John Tabit/wife Kate of Glade Springs and George/wife Lori of Fayetteville and soon to be of Glade Springs, George and Rhonda have rotated winter living in Venice, Florida, with warm weather months spent in their native mountain state since both retired from successful working careers.

Rhonda indicates that their foray into Florida living was motivated by the idea that warmer climes and sandy beaches would lure the kids and grandkids south, but that proved not to be the case because life here kept them grounded in the mountains. “We were driving back from Florida and stopped in the Pinehurst area thinking it would put us in closer proximity. In the end we just thought Pinehurst was still too far away to see family as often as we’d like.” By then John and his family had situated in Glade, so mom and dad just followed suit, and it has been a great fit for family activities and the lifestyle they wanted for themselves.

Rhonda, a Nicholas County native (Richwood High graduate) retired from Fayette County Schools after 15 years as a school nurse. Prior to that she worked in general, pediatric, and emergency nursing. “Each stop along my nursing journey prepared me for my real calling,” she reflected recently. “One of my rotations in my nurses training (at WV Tech) was with a school nurse at East Bank Middle School. I realized then that



was where my heart lay, and that all of the other nursing jobs I had were just preparing me to be a school nurse.” She spent most of her days as a school nurse in the Valley and Plateau school districts and can’t hide her passion for helping kids. “I was a health care provider, a confidant, a counselor, and a trusted ally for so many kids who came from such disadvantaged backgrounds. People just don’t realize the challenges that so many kids have to overcome.”

George finished his working career right where he started it, at Union Carbide (later Elkem) in Alloy, WV. A 1968 graduate of East Bank High School where he ran track and played football, George was guided by one of his high school educators to pursue a college education. He earned a degree in electrical engineering technology (EET) at WV Tech in 1970, which led to his employment with Union Carbide. Early in his career, while working the evening shift, he returned to school to earn a BS in business administration, which paved the way for him to become a supervisor and to advance through management to become plant manager in 1980. He spent his last 12 years with the company as head of marketing and sales for North America. This role involved international travel to many countries, including Elkem Co. headquarters in Oslo, Norway. These trips allowed he and Rhonda and the family to create many wonderful memories.

They resided in Fayetteville for 42 years and in 2009 built their first home in Florida. They sold it 5 years later and built a second Florida home, which they lived in for 5 years before

CONTINUED ►



building their 3rd and final home in the sunshine state in 2019, which they just recently sold. Now they are anxiously awaiting the completion of their final building project right here at Glade, a beautiful lake home overlooking Chatham from 124 Oliver Place, just down the street from son John. Son George and wife Lori could soon become owners of their current home on Far Country Drive.

Meanwhile, grandson Dr. Tylor Tabit (Access Health) and wife Sydney (along with great grandson Cooper) are close to finalizing the purchase of a home on Far Country Drive, giving the entire Tabit family Glade Spring addresses, and except for the other grandchildren who are still pursuing their educations, making family celebrations and get togethers so much easier for all to enjoy.

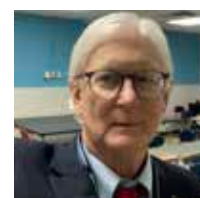
In many ways, they've come full circle, something that could have been cut short, if not for Rhonda's forgiving nature and sense of humor. Soon after their first meeting...Rhonda was in her senior year of nursing and working as an RA at Ratliff Hall, when a group of her dormmates insisted she accompany them to one of Montgomery's newest "hotspots." When the gals spotted the handsome graduate (George) one of them inquired, "Who's that?"

Rhonda quipped, "That's my future husband." The story could've ended right there with "and the rest is history," but they still had to overcome issues during their first official date. Rhonda was dying to see a recent movie release, **Murder on the Orient Express**. George chauffeured his lovely date to the theatre in Charleston, no doubt trying to make a good impression. Those good intentions went awry when George fell asleep during the movie. To this day, George is clueless about **Murder on the Orient Express** and laughs that he "still doesn't know what happened in that movie," but is grateful he dodged a bullet that night long ago. All is well that ends well though and with 2 sons, 5 grandchildren, one great-grandson, and of course their precocious pooch, Max, a three-year-old mini-golden doodle, all the Tabits are or may soon be under the Glade umbrella.

Rhonda enjoys Glade golf with both the 9-holers and occasionally the 18-holers, her Glade Church bible study group, and evening walks with the aforementioned Max. George loves the golf groups he plays with each week, following his Mountaineers in all sports, and romps with his four-legged pal, but after 51 years of marriage both are happiest when they are celebrating a holiday, graduation, or birth with the rest of the Tabit clan. After all, family is what brought them to Glade in the first place.



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



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NOELLE BEATTY

An aspiring lawyer

WRITTEN BY KAREENA PATEL,
PHOTOS BY KAREN AKERS



At just 21 years old, this West Virginia native has already built a clear vision for her future. Raised in a close-knit family, she grew up alongside her younger brother and a nine-year-old family dog named Bowie and a two-year-old Miniature Dachshund named Darla.

Although her journey into the world of criminal justice was not always part of the plan, college helped her discover where she truly belonged.

As a freshman at West Virginia University, Noelle initially arrived without a defined career path. That changed when she enrolled in courses related to criminal justice and forensic science. Through

these experiences, she discovered a passion for forensic examination and realized that a career in law was the direction she wanted to pursue.

One class, in particular, made a lasting impact. Her introductory criminal justice course opened her eyes to the many opportunities within the field and helped shape her vision for the future.

Beyond academics, Noelle has immersed herself in campus leadership and extracurricular activities. She serves as a senior member of student government and is actively involved in the university's Forensic Investigation Association. Her academic interests include forensic science and legal studies,

disciplines that continue to strengthen her understanding of the justice system.

Graduating with honors cum laude from West Virginia University Institute of Technology, Noelle plans to attend law school beginning in fall 2027. She hopes to build her career in either West Virginia or North Carolina and is interested in working with state agencies as she gains experience in the legal field.

Like many college students, she admits that balancing academic demands can be challenging, but she remains focused on her long-term goals. Her advice to incoming students reflects the lessons she has learned throughout her own college experience: trust the process. She believes college has a way of guiding students toward the paths they are meant to follow, even when the destination is not immediately clear.

Outside the classroom, Noelle values time with family and friends. Whether she is relaxing by the pool, listening to music, grabbing a meal with loved ones, or simply enjoying a quiet day off, she prioritizes maintaining balance amid a busy schedule.

This summer, she is gaining valuable professional experience through an internship with Taylor, Hinkle, & Taylor Law Firm. Her summer plans also include a beach trip to Myrtle Beach and attending a concert by her favorite artist, Ariana Grande!

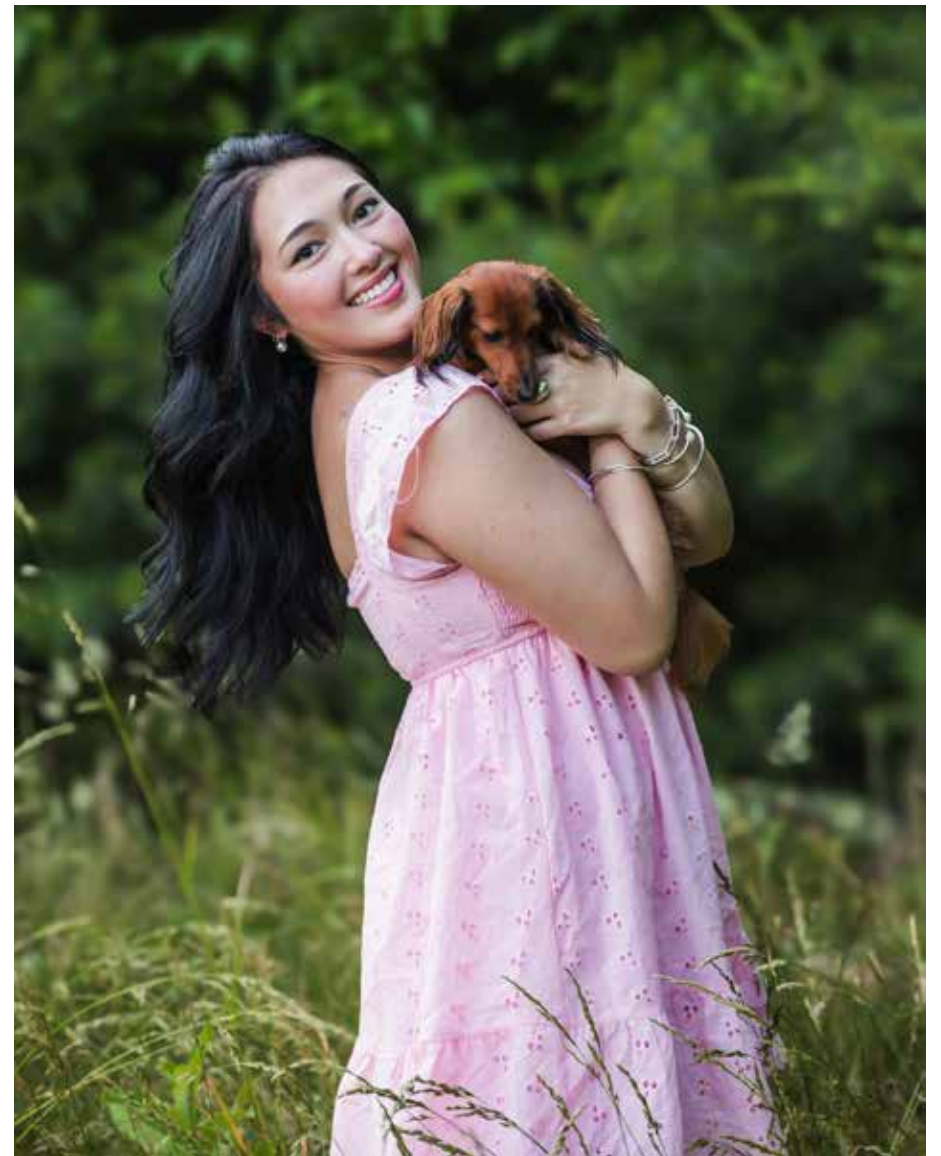
As she looks ahead to law school, Noelle is most excited about the opportunities that lie ahead and the chance to create her own path in the legal field.



Kareena is off to the prestigious University of Pennsylvania for her Freshman Year of studies which promises to be the beginning of a great academic experience! We THANK YOU for your contributions to *Stroll Glade Springs Village* and wish you the very best in all you do!



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





ARIANNA WADE

*Rhythm, Rx, and rescue:
meet the lifeguard
doing it all*

WRITTEN BY NANCY KEATLEY,
PHOTOS BY KAREN AKERS



ONCE AGAIN STROLL FEATURES one of the busy, hard-working teens who seem to be everywhere in this community. Arianna Wade is working her 2nd summer as a lifeguard at the Glade Springs pool.

Arianna, a 2026 graduate of Woodrow Wilson High School graduated 20th out of 276 maintaining a 4.0 average. She also has 24 college credits which will make her just short of sophomore status when she heads to WVU this fall to major in Dance and Pharmacy. Fortunately, she was eligible for the Promise Scholarship and another scholarship in dance offered by the WVU Creative Arts Dance Program. For this scholarship, she had to audition before a committee which she says was “stressful” but, of course, produced the desired results.

Arianna, daughter of Sherry and Hunter Wade says she started dancing at age 5, first at Rhythms of Grace and then Beckley Dance Theater. She danced for two years in Nutcracker and last year danced the role of Clara. At WWHS, she was on the Dance Team, member of National Honor Society, and of the Game Day Club, a student-run spirit organization and Sub Deb Club which plans the Snowball Dance and the Prom.

Arianna says she tries to go to the gym every day but sometimes can’t fit it into her busy schedule. She enjoys spending time with her parents, brother Zechariah, dogs Hank and Roxy, and cat, Smoky. They all love sports and have season tickets to WVU football games. They go to the family farm at Winona where they fish, hunt and ride 4-wheelers. The family attends Faith Community Church where Arianna is on the social media Team.

While discussing life-long professions, she says about Dance, “I love it, and I am young, so I may teach or travel with a dance team”. She plans to spend some time with her Uncle Matt at Eppy’s Pharmacy to see how she feels about pharmacy as a profession.

When asked about going away to college, Arianna said, “With a double major, I will be pretty busy, but I’ll try to learn the ropes and take time to meet people”.



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



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PHOTOS BY JON SINKO



In a community known for its golf, amenities, mountain setting, and beautiful homes, finding an updated property with four bedrooms, four baths, and a full finished basement for under \$100 per square foot is a rare opportunity.

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The main level features a large living room with vaulted ceilings, a fireplace, and access to a sunroom. The kitchen was refreshed in 2025 with new countertops and appliances, along with fresh paint and numerous finishing updates. The primary suite provides a private retreat, complete with its own deck and an additional balcony off the dressing area. Its bath was remodeled in 2021 with updated tile, vanity, and tub.

Each bedroom has its own private bath, a feature that makes the home especially appealing for visiting family, multi-generational living, or a second-home setup. Downstairs, the full basement adds even more versatility with a family room, kitchenette, storage room, and flexible space that can adapt to a game room, media room, guest area, office, or hobby space. Life on Dogwood Ct. is a great experience. Close to the gate to get home quick. Low maintenance and great neighbors. How can you have it so good for such value?

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PHOTOS BY KAREN AKERS AND BETTY CALLENDER



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Austin Caperton

In memoriam

WRITTEN BY ED MCCALL

Less than a year before his passing, I asked Austin if he would serve as our tour guide on a trip back in time to Slab Fork, a town founded by his ancestors in 1907 and built around Slab Fork Coal Company.



Ed McCall and Austin

I COULD START A STORY about what a difference maker Austin Caperton was by detailing a litany of his business, academic, philanthropical, and athletic successes, but that has been done. I prefer to share a story about our friend and neighbor that illustrates perfectly how his kindness, willingness to put others first, and sense of humor helped him make such a difference in the lives of so many. Less than a year before his passing, I asked Austin if he would serve as our tour guide on a trip back in time to Slab Fork, a town founded by his ancestors in 1907 and built around Slab Fork Coal Company. Two of my fellow travelers were not native West Virginians, and I am always eager to share the great stories of the people and places that make our home Almost Heaven, and I knew that a living history lesson from someone who had lived it would be a wonderful way to spend a morning.

Despite not feeling well and in the midst of his own battle, Austin agreed to lead our excursion. We loaded into my little truck and set off for Slab Fork. Along the way we learned the history we sought, Austin pointing out rival coal towns to Slab Fork and their owners' mansions situated high on hills overlooking their operations along our way. We were totally absorbed as our guide lectured us on how populated towns could seemingly almost overnight become ghost towns, such stark contrasts to their hey-days when coal was booming and jobs were plentiful.

He eagerly pointed out where the men and women of Slab Fork Coal lived, where they shopped, played baseball, bought gasoline, and went to the movies. Through Austin's words and

recollections, we saw where they and their families attended church, mailed their letters, and where their children attended school, even though the physical evidence had long disappeared. We heard tales of what daily life in a coal camp was really like both in its prime and as it began its inevitable decline. As the final president of Slab Fork Coal took us through town and up Caperton Holler to his own boyhood home, you could hear in his voice the caring and genuine concern and gratitude for the men who went underground and for the families that prospered above ground. It was an attitude that previous Capertons had taught him as they ran the business that fueled not only that town but also this country.

Austin recalled that one day while serving as president, he was out in his truck visiting various operations that were going on that day, when he came upon one of his employees who worked a later shift and was out breaking up red dog to fill pot holes and repair a bridge over a tiny tributary that ran under the main road in front of his house. Instead of sitting in his truck and waiting for the man to finish so he could pass, Austin got out of his truck and offered to help. As the two worked together, the miner, not recognizing his employer and head of the company, began to lambast the company and its leadership for not only failing to repair the road but for general mismanagement of the entire mining operation.

Austin never blinked. Never said a word, just nodded agreement and doubled his strikes with the

CONTINUED ►

Bob Coburn, Hugh and Austin



Austin Caperton
MAN ABOUT GLADE

Glade Living is a community where neighbors help neighbors. Austin Caperton is a resident of Glade Living who has been helping his neighbors for many years. He is a member of the Glade Living community and has been helping his neighbors for many years. He is a member of the Glade Living community and has been helping his neighbors for many years.

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GLADE living
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Austin learned to care about others while growing up in that remote, close-knit community, where he observed families looking after each other

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sledgehammer he was using to bust up the hard coal residue. When the road was sufficiently repaired, he thanked his fellow worker for being civic minded enough to do the repair work, returned to his truck, and continued on his way, never mentioning who he was or the power he might have wielded over his unsuspecting critic. Instead, he chuckled inwardly and vowed to make sure his own decisions regarding the company were the right ones, including minor road repairs.

That was Austin Caperton and just as his brother, neighbor, and best friend Hugh Caperton said, “It illustrates how Austin never wanted any fanfare. How he wanted his state, southern West Virginia, and his community to be better. He was a great listener, the smartest in the Caperton clan (and most often the smartest person in the room), and a great big brother who was never judgmental toward any of his siblings.”

A third generation Hokie, Austin supplemented his engineering degree from Virginia Tech with a law degree from WVU before returning home to run the family business. The foundation for such an education was laid right there in his hometown at Slab Fork School, where he graduated from the eighth grade tied for the title of valedictorian of the ancient school. Hugh remembers, “The tie was broken with a handwriting contest, which Austin lost.” No favors or special privileges were granted to the son of the owner of the mines.

Austin learned to care about others while growing up in that remote, close-knit community, where he observed families looking after each other, neighbors helping neighbors through the rigors of daily life, and he also had the wonderful example set by his father and the town’s patriarch.

That compassion and passion for others followed him throughout his life journey and manifested itself in every one of his life’s endeavors, be it Appalachian Salmon (his final project to raise salmon in the pristine, mountain waters stored in old, closed coal mines...a renewable food source providing economic development/jobs for southern WV), president of Slab Fork Coal Company, head of the Tennessee Division of Massey Energy, officer/secretary of the Royal Dutch Shell Company, owner-operator with wife Brenda of Beckley Hardware, as a cabinet head for Governor Jim Justice (Dept. of Environmental Protection), or the head of his own firm, Caperton Consulting.

In every instance, his caring was at the forefront of all decision making and leadership because he knew that his state, his community, and his neighbors would all benefit from doing things the right way, the smart way. It is why Austin Caperton was such a difference maker.



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.

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Lemon Mascarpone Strawberry Trifle

SUBMITTED BY KRISTINA KILLEN



This Lemon Mascarpone Strawberry Trifle is the perfect dessert for summer gatherings, potlucks, or whenever you need something impressive at the last minute. It can be assembled in individual cups for a pretty presentation or layered in one large trifle dish for easy serving.

Despite how simple it is to put together, the flavor feels surprisingly elegant—bright lemon, rich mascarpone, sweet strawberries, and soft layers that come together into a dessert that tastes much more complex than the effort involved.

Easy, refreshing, and always a crowd favorite. If you can, make it a few hours ahead of time to let the flavors meld together—the result is even better.

And if you can't find lemon curd, don't worry—it's surprisingly simple to make at home, though it will require a little extra time.

Perfect for those moments when you need a beautiful dessert without spending all day in the kitchen.

INGREDIENTS:

Makes about 10 individual servings

- 1 loaf store bought pound cake
- lemon mascarpone cream (recipe below)



- 1 quart fresh strawberries (sliced or halved)
- for the lemon mascarpone cream:
- 2 cups whipping cream
- 8 ounce container mascarpone cheese
- 8 ounces cream cheese, room temperature
- 2 tablespoons powdered sugar
- ½ cup lemon curd
- 2 teaspoons lemon zest

INSTRUCTIONS:

1. Combine all the ingredients for your lemon mascarpone cream in a large mixing bowl and combine using a hand mixer (you could also use a stand mixer for this). Mix until smooth and creamy.
2. In individual mason jars (I used 8 ounce jars), start by adding a layer of chopped strawberries to the bottom of each jar (about one handful).
3. Layer next with one scoop of cream (I piped mine into the jar using a frosting bag + piping tip).
4. Slice your pound cake into 2 inch pieces then cut each slice into thirds. Add 1-2 pound cake pieces to your jars on top of the cream.
5. Add one more scoop of cream on top then garnish with one or two more sliced strawberries (I used some with the stems on top for an extra pop of color!).

If you have a favorite recipe in the family,
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Coach Caperton!

WRITTEN BY FARRACH MICEK

Kathy and Hugh Caperton are the proud owners of Coach, a loyal, energetic, and friendly dog. At around two years old, Coach has a big personality and loves spending time with his family. Whether he is relaxing at home, playing outside, or traveling to visit family, Coach is happiest when he is with the people and pets he loves. He also enjoys spending time with his cat siblings, Eloise and Priscilla, and gets along well with both people and other animals.

Before adopting Coach, Kathy and Hugh had a beloved dog named Auggie, who lived to be 16 years old before passing away last August. Although they still had their cats, they weren't sure if they were ready for another dog. Then one day, a friend told them about Coach. They immediately knew he was the right fit and welcomed him into their family. Coach adjusted to his new home quickly and has been a happy member of the family ever since.

Coach especially enjoys spending time with Eloise, who loves to snuggle and relax with him. He also travels with Kathy and Hugh to visit their daughter in North Carolina, where he enjoys playing with her German Shepherd.

When Coach first joined the family, he weighed about 50 pounds. Today, he weighs around 65 pounds. He is a Catahoula dog with a mostly black-and-white coat and beautiful brindle markings. Catahoulas are known for their unique coats, colorful eyes, intelligence, and strong work ethic. They are loyal, athletic, and protective, which perfectly describes Coach.

Coach loves being outdoors. He enjoys chasing squirrels and deer and playing with his favorite toy, a pink pig named Pinkie. He also likes going on walks around Glade with Kathy and Hugh. After a busy day outside, Coach enjoys taking long naps. He usually sleeps in his dog bed, but if the sun is shining, he prefers to find a warm sunny spot. His favorite place is lying on the driveway, where he can relax and soak up the sunshine for hours.

Coach is a playful, loving, and loyal dog who keeps a close eye on his home while still being friendly to everyone he meets. Whether he is riding in the car with his family, playing outside, or sleeping in the sunshine, Coach is always happy and brings joy to everyone around him.



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



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WRITTEN BY BOB COBURN



Prestige Motors is growing, and with it comes even more opportunities for residents to get behind the wheel of their dream vehicle—without the markup. Known for sourcing high-end, hard-to-find cars for affluent clients, Prestige Motors has just opened a second location at **1301 Ritter Drive**, complementing their established lot on Harper Road.

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Shell-Shockingly Gorgeous

From West Coast to East Coast, decorate with shells in a way that feels chic and sophisticated without the clutter and kitsch.

BY NICOLE LETTS



Summer might be fading, but incorporating shells into interior design is a classic look that's here to stay. Shells have been used for decoration for centuries, serving as both building materials and motifs. The entire Rococo movement even took its name from the French word *rocaille*, meaning shells, rock formations, and scrolls, and art aficionados will certainly recognize shells in famous works like Botticelli's *Birth of Venus*. In 2026, however, shell decor is understated but maintains sophistication.

To avoid the coastal clichés, opt for design moments that uniquely showcase shells. A mirror encircled in shells is a timeless choice. The mirror can be a simple circle or have an elaborate, shapely motif, but the style will be at home no matter where you live. Instead of filling a bowl with your finds, have special shells or sand dollars mounted on your favorite wallpaper or grasscloth and framed as a collection. Oyster shells with their mother-of-pearl inside become salt cellars in your kitchen or trinket dishes on your bedside table. For larger pieces such as conchs, incorporate them into your bookshelf styling, perching them on a stack or using them as delicate bookends.

Shells also translate beautifully into textiles and wallcoverings. Look for fabrics or wallpaper with subtle shell or scallop motifs to add pattern without overwhelming a space. A scallop-edged throw pillow or lampshade, for example, adds just enough nod to the theme without being too on the nose. When in doubt, remember the sage rule that less is always more. One well-placed shell will always outperform a shelf full of them.

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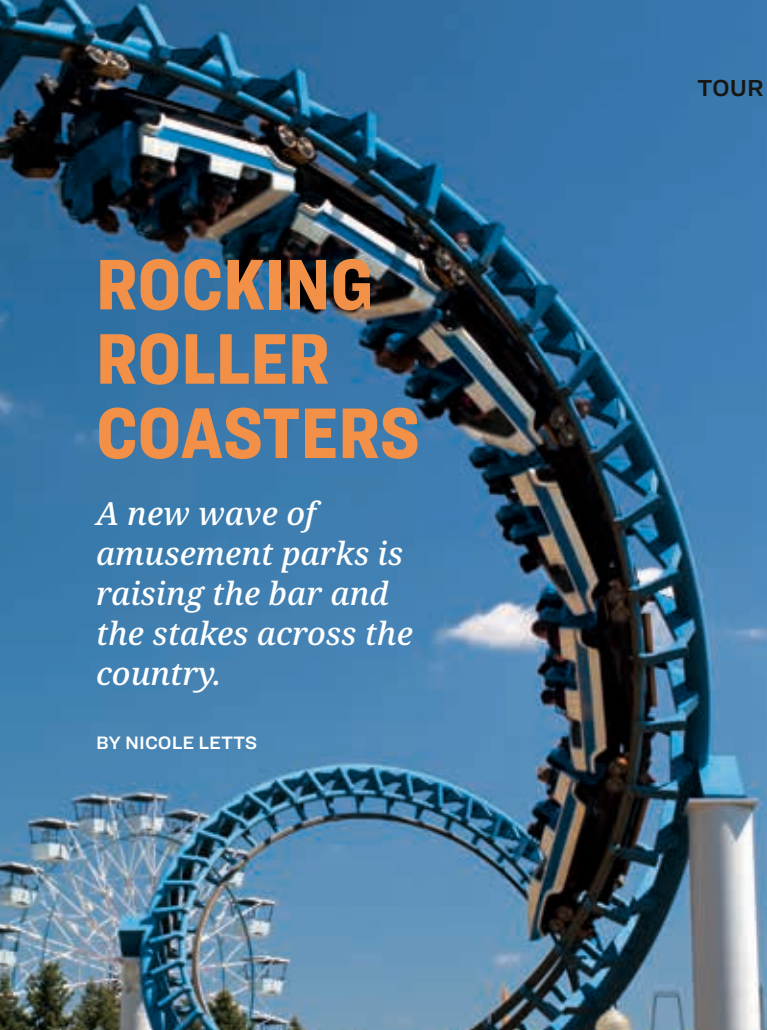
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ROCKING ROLLER COASTERS

A new wave of amusement parks is raising the bar and the stakes across the country.

BY NICOLE LETTS

WE ARE IN an amusement park resurgence. Do you feel the need for speed? These exciting new amusement parks across the country might just be the answer you’ve been (thrill) seeking.

Thrillz in Atlanta, Georgia

Opened early summer, this indoor adventure park features 22 distinct experiences, including a 35-foot indoor mega slide tower (the only one in North America), a 40-foot indoor drop tower, a 10,000 square foot soft play jungle gym, and a fully indoor roller coaster. Thrillz is a reason to extend your layover in Atlanta; in fact, it might be worth an entire trip.

Kalahari Waterpark in Spotsylvania, Virginia

Once open this December, the African-inspired waterpark resort near Fredericksburg will boast 50+ attractions in 175,000 square feet, making the location the largest waterpark in Virginia. A boomerang-effect raft ride, a four-lane head-to-head racing slide, and a record-breaking water coaster that holds the title of longest in North America make this park unmissable.

COTALAND in Austin, Texas

Built alongside the legendary Circuit of the Americas, this new park blends rides, family attractions, and iconic motorsport energy. Attractions include Palindrome, the first infinity shuttle coaster in the U.S. and the only steel coaster to soar over an active road, and Hot Lap, a ride-along on the nation's only purpose-built Formula 1 track.

Netflix House in King of Prussia, PA

Your binge-watching era just got a physical address. Netflix House spans more than 100,000 square feet of immersive entertainment. Step into a “Wednesday”-inspired twisted carnival, play nine holes of Netflix-themed mini golf, or go full main character in a Squid Game or Stranger Things virtual reality experience.



YOUR FAVORITE PARKS, UPGRADED

Dollywood’s NightFlight Expedition, the world’s first hybrid coaster and whitewater raft ride, takes guests on a 5.5-minute journey through the Tennessee Smoky Mountains at night.

Kings Island in Ohio brought back the beloved Phantom Theater as an all-new interactive dark ride with modern animatronics and flashlight gameplay.

Universal Studios Hollywood in California debuted Fast & Furious: Hollywood Drift. Topping out at 72 miles per hour, it’s the fastest roller coaster in the Universal Destinations & Experiences portfolio.



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Watermelon & Feta Salad

The salad that belongs on every summer table.

BY NICOLE LETTS

BE THE TALK OF THE COOKOUT with a crisp salad that makes watermelon the star. Cubes of sweet, ice-cold watermelon are tumbled with creamy feta, torn mint leaves, a drizzle of good olive oil, and a squeeze of lime. It comes together in minutes and disappears even faster.

INGREDIENTS:

- 1 seedless watermelon, cut into 1-inch cubes
- 6 oz feta cheese, cut into small cubes*
- ½ cup fresh mint leaves, torn
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon fresh lime juice
- ½ teaspoon flaky sea salt
- ¼ teaspoon freshly cracked black pepper

*Crumbled feta works too, but cubed gives you those satisfying salty bites.

STEP 1: Cut the Watermelon

Slice your watermelon into 1-inch cubes. Pat the pieces gently with a paper towel to remove excess moisture. This keeps the salad from going watery and helps the dressing cling to every bite.

STEP 2: Prep the Feta

Cut the feta into rough cubes about the same size as your watermelon pieces. Resist the urge to crumble it too finely. The bigger the chunk, the better. Combine the feta with the watermelon, gently tossing to avoid breaking up the cheese.

STEP 3: Add Mint

Scatter the torn mint leaves over the top. Tuck some leaves underneath and let others sit on top for a layered, abundant look. This is a great step to get the kids involved!

STEP 4: Dress & Season

Drizzle the olive oil and lime juice evenly over the salad. Finish with flaky sea salt and cracked black pepper. Remember: a little flaky salt goes a long way. Too much salt will drain the watermelon of its moisture.

STEP 5: Serve

Watermelon releases juice as it sits, so this one is best enjoyed fresh. If prepping ahead, keep the components separate and assemble just before guests arrive. Enjoy!

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show up and press play. We adapt to pace, energy, and mood in real time, by reading the crowd and adjusting so the event feels effortless for the hosts and memorable for everyone else.” If you are planning a private party, corporate social, mixer, luncheon, soiree, or family reunion, roast, press conference, ribbon cutting or wedding, talk to DJEJ. It will be an experience that you and your guests will never forget! Check him out at @playdjej on Instagram/Facebook/TikTok, playdjej.com, or call (304) 813-5892

*** Hopefully you had a chance to see DJEJ’s amazing talents on display at the 4th of July Celebration! Book him now for an amazing event/party/experience!



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.

ELECTROLYTE EQUALITY

What to look for and avoid when shopping for your next hydration drink.

BY NICOLE LETTS

Not all electrolyte beverages are created equal. Some opt for high sodium content, others eliminate sugar, and some have additives like caffeine. That's before you decide on your format of canned, bottled, tablet, or powder. What should you look for in electrolyte drinks? What, if anything, should you avoid? We're tackling those questions and other tips to know about this trending beverage below.

At a minimum, a good electrolyte drink should contain sodium, potassium, and magnesium. Sodium gets most of the attention, but potassium and magnesium are equally important for fluid balance and muscle function. For everyday hydration, look for a product with a moderate sodium range and minimal added sugar. A small amount of sugar can actually help your body absorb sodium more efficiently, but too much turns your hydration drink into juice. When in doubt, shorter ingredient lists are usually a better sign. Avoid artificial coloring and sweeteners, but also be wary of vague terms like "proprietary blend." A good rule of thumb is, if you can't pronounce it or identify it, put it back on the shelf.

Since electrolyte drinks are classified as supplements, they aren't regulated by the FDA the same way food and medicine are. Use research from other reliable sources, such as NSF (National Sanitation Foundation) and testing publications such as *Forbes* or *Bon Appétit*, to guide your decisions.

As for which format is best, the answer is easier than you might think. Decide which one you are most likely to consume. For example, if you travel a lot, you might prefer a TSA-friendly tablet or powder over a pre-canned option. The format is only the vehicle. It's what's inside that counts.

When in doubt, shorter ingredient lists are usually a better sign.

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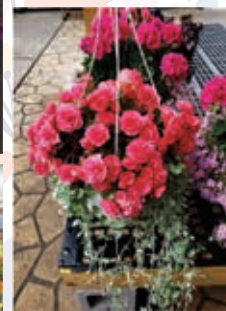
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FAMILY MATTERS

The most important financial conversations don't start in the classroom; they start at home.

BY NICOLE LETTS

FINANCIAL FITNESS

Kids are always watching. Long before they understand the word "budget," they're forming ideas about money based on what they see and hear at home, at school, and in the media. That's why teaching good financial habits isn't a one-time conversation. It's an ongoing practice, and the earlier it starts, the better.

The good news? You don't need a formal sit-down to get started. Money lessons for kids work best when they're woven into everyday moments. A trip to the grocery store becomes a lesson in comparison shopping. A birthday gift of cash becomes a chance to talk about saving versus spending. A family vacation in the planning stages is the perfect opportunity to show kids how a goal becomes a reality.

For younger kids, offer them two or even three ways to keep track of their money (spend, save, and/or give). For teenagers, start introducing them to low-stakes money lessons, such as price comparing at the grocery store or at their favorite shop. Consider a local money and investing class for kids and teens. Remember, the goal here is to empower them with knowledge, not instill anxiety.

Involve them in setting tangible family financial goals together. Something as simple as saving for a family pizza night gives everyone a goal to work towards and establishes success from the jump. Teaching them early helps good financial habits form naturally.

You don't need a multitude of apps or gadgets to get your family's financial fitness on track. A spreadsheet can serve as a household budget, a shared note can hold your savings goals, and a family calendar can remind you when something is due, or when it's time for a money check-in (if monthly is too much, try a quarterly convo). Involve your children by sitting and showing them how much it costs to run your household. More specific tools, such as Greenlight and Acorns Early use expense tracking, savings goals, and financial literacy lessons or gaming to encourage healthy habits.

The tools matter far less than the habit of using them consistently. Start with whatever feels most approachable, and build from there. The best system is the one your family will actually stick to.



OUTDOOR SPACES

Seeing Green

Your comprehensive guide for growing lush grass just before (and after!) the leaves change.

BY NICOLE LETTS

Did you know that late summer or the first few weeks of fall are the best time of year to plant grass? A few weeks before the first frost, the ground stays warm while the air cools down, creating an ideal environment for germination. Plus, there are fewer weeds, more reliable rainfall, and less opportunity for disease (fungus is caused by humidity, after all). A little effort now pays dividends come spring. The well-established lawn that goes into winter is the one that comes back lush, thick, and ready for spring.



Know Your Grass Type

Cool-season grasses, like Kentucky bluegrass, tall fescue, and perennial ryegrass, thrive in fall conditions and are most common in northern regions. Warm-season grasses, like Bermuda, zoysia, and centipede, peak in late spring and early summer and are better suited for southern climates. Whatever your region or grass type, aim to plant at least 45 days before your expected first frost.

Prep Your Soil First

Before you scatter a single seed, the soil needs attention. A healthy lawn starts with at least four to six inches of good, weed-free topsoil. If your soil is compacted or nutrient-poor, consider aerating it first and incorporating organic matter or fertilizer into the top six inches. A quick soil test, available at most garden centers, can tell you exactly what your lawn is missing and save you guesswork down the road.

Seed with Intention

For even coverage, use a drop spreader rather than scattering by hand. Apply half your seed moving horizontally, then apply the other half moving vertically. This checkerboard method ensures you won't miss any patches. Once seeded, apply a starter fertilizer to give your new grass a strong foundation.

Tend with TLC

The work doesn't stop once the seed is down. Water daily for the first few weeks, keeping the soil consistently moist but not waterlogged. Hold off on mowing until the grass reaches three to four inches tall, and when you do mow, set the blades high to avoid stressing the young growth.

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294 Far Country Drive	Stonehaven	\$525,000	\$525,000	03/26/26	3	3.5	2,400	2 Car	\$218.75
1036 Lake Drive	Old Glade	\$595,000	\$595,000	04/02/26	3	2	2,613	2 Car	\$226.71
359 Far Country Drive	Stonehaven	\$545,000	\$542,500	04/02/26	3	3.5	2,810	2 Car	\$189.51
205 Barnstaple Drive	Stonehaven	\$399,900	\$391,900	04/13/26	3	2	1,666	2 Car	\$235.24
119 Montgomery Lane	Stonehaven	\$459,000	\$459,000	03/06/26	3	3	2,300	2 Car	\$199.57
624 Club Circle	Old Glade	\$999,000	\$999,000	04/20/26	3	3.5	4,000	3 Car	\$249.75
102 Pembroke Lane	Stonehaven	\$369,000	\$350,000	04/21/26	3	2	1,850	2 Car	\$189.19
134 Cathedral Lane	Woodhaven	\$495,000	\$488,000	04/27/26	3	2.5	2,140	2 Car	\$228.04
127 Sandsfoot Lane	Stonehaven	\$449,000	\$435,000	04/30/26	4	3	2,824	2 Car	\$154.04
1221 Lake Drive	Old Glade	\$595,000	\$610,000	04/30/26	5	3.5	3,506	2 Car	\$173.99
114 Bowman Lane	Stonehaven	\$489,000	\$482,000	05/08/26	4	3.5	3,200	2 Car	\$150.63
117 Ludlow Lane	Stonehaven	\$315,500	\$310,000	05/27/26	3	2.5	2,641	2 Car	\$117.38
128 March Chapel Ln.	Stonehaven	\$359,900	\$359,900	05/14/26	3	2	2,073	2 Car	\$173.62
571 Barnstaple Drive	Stonehaven	\$549,500	\$525,000	05/15/26	4	2.5	3,757	2 Car	\$139.78



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