



The Grove Homeowners Association  
www.TheGroveHOA.com

Volume 13, Issue 1  
February - April 2016

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## HOA Election Results

On Thursday, November 12, 2015, The Grove HOA held its Annual Meeting and Election of Officers. Up for consideration were three seats on the Board.

Having reached the mandatory quorum of

returned proxies by homeowners, the election was conducted. As a result, Gerry Mancuso (President), Earl Nunnally (Vice President), and Kathy Morris (Director) were re-elected to serve on the Board. Continuing to serve are John Romano (Treasurer) and Gary Powers (Secretary).

## HOA Assessments OVERDUE!

The annual **Grove HOA** assessments for 2016 should have been received no later than January 30th. Any unpaid amounts are subject to late penalties, which accrue until all fees are paid in full. Homeowners in **Krim Point**, **Ridgemoor**, and **Scotter Hills** must

remit assessments to their individual HOA as well as dues to The Grove.

If you missed the January 30th assessment deadline, please contact Lisa Wagner at Community Group *immediately* at 804-270-1800 or lwagner@communitygroup.com to make payment arrangements.

## Property Inspections Begin

To ensure The Grove's "curb appeal" meets covenant requirements, Community Group will begin its annual inspection of our subdivision's properties in March 2016. Among other exterior elements, they will target mailboxes, shutters, and sheds. Now is the time to plan power washing and maintenance on your property! Should you have questions about the Grove covenants, please visit <http://thegrovehoa.com/covenants-by-laws>, and contact Owner Services, 804-270-1800 ext. 1, if you need answers on a specific compliance item.



## Next HOA Meetings

**March 10th**

**May 12th**

6:30 p.m.

@ The Clubhouse

**(Second Thursday bi-monthly)**

## Community Yard Sale

*Add Some Cha-ching this Spring!*

The Grove's Semi-Annual Yard Sale

Saturday, April 16, 2016

(Rain date April 23)

8 am to 12 pm

The HOA will purchase an ad in the newspaper and post signs at entrances. Please remove your signage promptly after the sale.

## The Grove 2016 Board of Directors

[boardofdirectors@lists.thegrovehoa.com](mailto:boardofdirectors@lists.thegrovehoa.com)

Gerry Mancuso, 804-897-0853  
[president@thegrovehoa.com](mailto:president@thegrovehoa.com)

Earl Nunnally, 804-379-4493  
[vicepresident@thegrovehoa.com](mailto:vicepresident@thegrovehoa.com)

Gary Powers, 804-477-2102  
[secretary@thegrovehoa.com](mailto:secretary@thegrovehoa.com)

John Romano, 804-379-1238  
[treasurer@thegrovehoa.com](mailto:treasurer@thegrovehoa.com)

Kathy Morris, 804-543-4249  
[director@thegrovehoa.com](mailto:director@thegrovehoa.com)

## The Grove's Full Service Community Manager is **COMMUNITY GROUP** (Covering Biggin Pond, Coalbrook, Gravity Hill, Hawkins Woods, Kingham, Krim Point, Mitford)

Lisa Wagner or Owner Services, COMMUNITY GROUP, 3901 Westerre Pkwy, # 100  
Henrico, VA 23233

**804-270-1800 or 804-270-1800 ext.1**

[lwagner@communitygroup.com](mailto:lwagner@communitygroup.com)

[www.communitygroup.com](http://www.communitygroup.com)

For neighborhood violations, repairs, assessments, architectural modifications, vendor management, etc.

## Scotter Hills/Ridgemoor Full Service Community Manager

Tracey Talbert, 804-273-1333

Stellar Community Management, LLC.

[stellartalbert@comcast.net](mailto:stellartalbert@comcast.net)

**Board of Directors: See Page 4**

## Grove Contacts

### Architectural Modifications

Lisa Wagner, 804-270-1800  
[lwagner@communitygroup.com](mailto:lwagner@communitygroup.com)

### Clubhouse

Shelley Neofotistos, 804-897-8279  
[clubhouse@thegrovehoa.com](mailto:clubhouse@thegrovehoa.com)

### Newsletter

Cathy Allen, Editor, 804-379-1862  
[newsletter@thegrovehoa.com](mailto:newsletter@thegrovehoa.com)

### Pool

[president@thegrovehoa.com](mailto:president@thegrovehoa.com)

### Grounds

Susan Kiger, 804-794-3954  
[kiger2obx@verizon.net](mailto:kiger2obx@verizon.net)

### Social

Open, [socials@thegrovehoa.com](mailto:socials@thegrovehoa.com)

### Neighborhood Watch

Open, [president@thegrovehoa.com](mailto:president@thegrovehoa.com)

# HOA Connection

## Architectural Review Rules

Any changes or additions to your home or landscaping need prior ARC approval. Major additions must be staked for visual reference to assess impact to adjoining properties. A homeowner must be in good standing to submit projects to ARC. All applicable HOA assessments be current and any late fees or fines are satisfied. Scotter Hills and Ridgemoor residents need to be current with both their townhouse and Grove HOA assessments and fees. Townhouse residents must apply to their board for approval PRIOR to submitting an ARC to The Grove. No applications will be considered without the town house board consent. For complete details see [www.thegrovehoa.com](http://www.thegrovehoa.com) Covenants & Bylaws tab.

**COMMUNITY GROUP NORMAL BUSINESS HOURS COVERAGE: IF LISA WAGNER IS NOT AVAILABLE, PLEASE CONTACT OWNER SERVICES AT 804-270-1800 EXT. 1.**

## COMMUNITY GROUP AFTER HOURS COVERAGE

To report urgent or life threatening issues after normal business hours (after 5 p.m. and before 9:00 a.m.), **please contact Community Group, 804-270-1800 and follow the prompts for the 24 hour On Call Manager.** Please DO NOT call Board members or leave messages on the regular Community Group inbox – those calls are not returned until the following business day. **The On Call Manager can handle any urgent request immediately.** Items needing immediate attention are: Irrigation zones running for extended periods of time, broken irrigation heads, fire or damage to the Clubhouse or common areas, etc. Please direct questions or concerns to Lisa Wagner at 804-270-1800 or [lwagner@communitygroup.com](mailto:lwagner@communitygroup.com).

## Disclosure Packages Required for Grove Home Sales

ALL Grove home SELLERS must provide a current Grove HOA disclosure package to Buyers during the contract period. New homeowners can cancel a contract without an updated package. Purchase online at [www.communitygroup.com](http://www.communitygroup.com) by clicking "Selling & Refinancing" tab, then "Place Order Here" tab.

Sellers of properties in Krim Point, Ridgemoor, and Scotter Hills must purchase a disclosure package from their neighborhood HOA in addition to The Grove disclosure package. For questions or help call Community Group, Owner Services 804-270-1800 or visit the "Contact Us" tab.

THE GROVE, THE GROVE MINER AND EDITOR ARE NOT RESPONSIBLE FOR ANY TYPOS OR OMISSIONS, NOR DO WE NECESSARILY ENDORSE THE PRODUCTS, PEOPLE, ISSUES AND/OR SERVICES OFFERED IN THE NEWSLETTER OR WEBSITE THROUGH ARTICLES, PAID ADS OR FREE CLASSIFIEDS.

Ads and submissions for the May-July issue are due April 15th

Submit all ads and articles to:  
Cathy Allen, Editor  
[newsletter@thegrovehoa.com](mailto:newsletter@thegrovehoa.com)  
or call 804-379-1862

Make checks to: Grove HOA and mail to:  
13436 Mitford Dr., Midlothian, VA 23114  
(Note: This address is for newsletter only.)



The Grove Miner is a quarterly publication of The Grove Homeowners Association of Midlothian, VA, Inc.

## RATES FOR 2016

Bus. Card size - \$40

Quarter page - \$75

Half page - \$105

Full page - \$195

Back cover - \$200 (sold out)

Advertiser provided insert \$99  
(800 copies needed)

Ad design: \$40/hr. See website for details: [thegrovehoa.com](http://thegrovehoa.com)



### Save Pool Passes for 2016 & Beyond!

Getting organized? Clearing out stuff? PLEASE don't throw away your pool passes! You WILL need them for the 2016 pool season. The HOA will continue using stickers to update the passes for 2016 and beyond. Lost pass replacements are \$2 per pass. Please make checks payable to The Grove HOA. No cash payments are accepted. Should you have any questions please contact Gerry Mancuso by email only [president@thegrovehoa.com](mailto:president@thegrovehoa.com).

### Pool Pass Volunteers Needed

Pool I.D. distribution and validation will start sometime in May, and only takes only a few hours to work a shift. To volunteer, please contact Gerry Mancuso at [president@thegrovehoa.com](mailto:president@thegrovehoa.com).

### Spring Forward!

Daylight Savings Time officially kicks off Sunday, March 13 at 2:00 a.m., so remember to set your clock for one hour ahead before you go to bed on March 12!



### Little Library at The Grove Clubhouse

"Take a book, leave a book" at this Little Library in The Grove! The library is a book exchange where residents can take or leave a book free of charge. Its function is to promote reading by making it accessible to all residents. The library is meant for all ages, and can contain any type of book, picture, novel, reference, etc.

(Photo Courtesy of Gerry Mancuso)



### Street Light Repair

To report street light outages, please contact Richard Leonard of Chesterfield County at 804-751-4178. To help

Richard locate the outage, make sure you can provide the physical address of the light OR the intersection/cross street of light OR the pole number. Also let him know if the light is totally off, blinking, or on during the day.

### Yard Clean Up Reminders



Whether it is snow, grass clippings, or leaves, please do not dump any debris from your residence into the common areas. Also, trash cans should not be visible from the street. They must be screened or placed out of sight after your refuse company picks up the trash.

### ARC Guidelines Regarding Trees

#### Planting & removal of trees requires ARC approval!

ARTICLE VII - ENVIRONMENTAL COVENANTS: In order to protect the natural beauty of the vegetation, topography or other natural features within the Subdivision, the following environmental controls are hereby established.

7.01. Trees. To the extent reasonably practical, the clearing of mature trees on Lots shall be limited to those areas required to accommodate the residence to be constructed thereon and its normal and customary accessories, open front yard areas and those areas required to permit utility services and drive-ways. No trees measuring six (6) inches in diameter at a point two (2) feet above ground level which are located more than twenty (20) feet away from the residence or structure constructed on the Lot, shall be removed without the prior written approval of the Architectural Control Committee.

### The Grove's Social Media Pages

Stay on top of neighborhood news and alerts through the Grove Email Listserv. Its purpose is to broadcast occasional official HOA messages and community alerts only. Solicitations and spam are not allowed. Joining the listserv grants you a password and access to rent The Clubhouse through the Grove website. To sign up go to [thegrovehoa.com](http://thegrovehoa.com) home page. At the top left side of the page, there's a "News and Alerts" section. Click on subscribe, complete the form and submit. **(Continued on Page 4)**





### Grove Clubhouse Information

Time flies when you're planning a special event! With the wedding and graduation season on the horizon, our Clubhouse books up quickly. So if you want to use the Clubhouse for your special celebration, **book now** to secure your date! Reserving your spot is easy! Go to the Clubhouse tab on [thegrovehoa.com](http://thegrovehoa.com), click on the "Clubhouse Pricing and Reservations" link, then select the "Reserve Now" link. *You must be a Grove resident in good standing to book the Clubhouse.* This means you must be current with HOA assessments and any other fees due to the HOA. Complete the required information and submit the form. Our Clubhouse Coordinator, Shelley Neofotistos, and she will respond within 48 hours.

Clubhouse rates are only \$125.00 for 6 hours and \$10 for any additional hour(s). A 3 hour block is available for \$75.00 with no additional time permitted. A \$75 refundable deposit is required at time of booking.

Included in the rental rate:

8 7' Folding Tables  
3 Folding Bar Height Tables  
50 Folding Chairs  
Moveable Sofa, Loveseat, Coffee Table  
TV with VCR/DVD (no channels)  
Full service kitchen complete with stove, oven, microwave and refrigerator  
Walkout patio and picnic tables  
**NO POOL USAGE!**

For more information, contact Shelley at [paris972@msn.com](mailto:paris972@msn.com), [clubhouse@thegrovehoa.com](mailto:clubhouse@thegrovehoa.com), or 804-897-8279, <http://thegrovehoa.com/clubhouse>.

### Grove Mailboxes

Approved dark hunter green boxes (item #E1600G00) can be purchased in-store at

Pleasants Hardware  
Midlothian Station Shopping Center, or ordered online (not in stores) at [www.homedepot.com](http://www.homedepot.com).



### Scotter Hills/Ridgemoor News

By Kathy Morris

Homeowners in Scotter Hills have expressed concerns about the potential danger from children playing in the streets. The homeowners are experiencing difficulty while driving and being able to park in their driveways. They are also concerned about hockey pucks and soccer balls hitting their cars and homes. Parents, please be aware that it is difficult to see your children when turning into Lawford Lane. No one wants any of the children to be harmed. Also please discourage your

children from climbing in the small trees in Scotter Hills for their safety and to prevent damage to the trees.

Our mailboxes will be replaced in the next few months in both Scotter Hills and Ridgemoor.

The next Scotter Hills/Ridgemoor board meeting is scheduled for 6:45 pm on April 12, 2016.

### 2016 Scotter Hills/Ridgemoor Board

President: Kathy Morris  
Vice President: Bertina Lee  
Secretary: Sandy Sneade  
Treasurer: Sylvia Warner  
Member at Large: Debra Bosko

### Stay OFF the ICE!

Parents, please warn your children about the dangers playing on The Grove pond during the winter. Our pond is quite deep in some areas, and may not be frozen in all areas.

**SOCIAL MEDIA continued:** You can also join within "The Grove Email Listserv" description, using the same form.

The Grove's Facebook page is a great way to meet and share ideas with fellow residents. Although it is not the official site for The Grove HOA, nor meant to broadcast official Grove information, it's a good sounding board for community happenings. **Note:** items for sale or some type of trade or giveaway must be posted on the Grove BUY SALE TRADE GIVEAWAY page, not the Grove Residents page. To join the Grove Facebook page (run by residents) and/or the BUY SALE TRADE GIVEAWAY page, go to the [grovehoa.com](http://grovehoa.com) and click on the listserv link located halfway down the home page. *Scotter Hills/Ridgemoor Residents* can join a page dedicated to their concerns using the link located on the [thegrovehoa.com](http://thegrovehoa.com) home page.

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### Healthy Eating for a Healthy Weight

Mac and cheese on a diet? You bet! It's all about portion control and a healthy eating plan. According to the *Dietary Guidelines for Americans*, a healthy eating plan emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products. It

includes lean meats, poultry, fish, beans, eggs, and nuts, but is low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars. Above all, it stays within your daily calorie needs and follows orders from your physician.

Eat healthfully and enjoy it. A balanced diet opens up your mind to new foods (cont. p. 7)

**Most homes are underinsured by an average of 19%**

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**(Healthy Eating for a Healthy Weight cont.)** and new taste possibilities. If "healthy eating" makes you think about the foods you **can't** have, try refocusing on all the new foods you **can** eat.

**Fruits** — don't think just apples or bananas. Try some "exotic" fruits, too. How about a mango? Or a juicy pineapple or kiwi fruit! When your favorite fresh fruits aren't in season, use a frozen, canned, or dried variety. Check all processed fruits for added sugars or syrups, especially if you are diabetic or other sugar related sensitivities. Choose canned varieties of fruit packed in water or in their own juice.

**Vegetables** — try something new. You may find that you love grilled vegetables or steamed vegetables with herbs. You can sauté vegetables in a non-stick pan with a small amount of cooking spray. For a quick side dish, microwave and serve frozen or canned vegetables. Look for canned vegetables without added salt, butter, or cream sauces. Explore the produce department for a new veggie to try each week.

**Calcium-rich foods** — you may automatically think of a glass of low-fat or fat-free milk when someone says "eat more dairy products." But what about low-fat and fat-free yogurts without added sugars? These are available in a wide variety of flavors and can be a great dessert substitute for those with a sweet tooth.

**A new twist on an old favorite** — if your "go-to" recipe calls for

frying fish or chicken, bake or grill instead. Substitute dry beans in place of higher-fat meats. Ask around or search the internet and magazines for recipes with fewer calories — you might be surprised to find you have a new favorite dish!

#### **Do I have to give up comfort food?**

No! Healthy eating is all about balance. You can enjoy your favorite foods even if they are high in calories, fat or added sugars. Just eat them once in a while, and balance out the increase in calories with healthier foods and more physical activity. Some general tips for comfort foods:

Eat them less often. If you normally eat these foods every day, cut back to once a week or once a month. You'll be cutting your calories because you're not having the food as often.

Eat smaller amounts. If your favorite higher-calorie food is a chocolate bar, choose a smaller size or half a bar.

Try a lower-calorie version. Use lower-calorie ingredients or prepare food differently. For example, if your macaroni and cheese recipe uses whole milk, butter, and full-fat cheese, remake it with non-fat milk, less butter, light cream cheese, fresh spinach and tomatoes. Remember to not increase your portion size. For more ideas on how to cut back on calories, see [Eat More Weigh Less](http://www.cdc.gov/healthyweight/healthy_eating/energy_density.html)([http://www.cdc.gov/healthyweight/healthy\\_eating/energy\\_density.html](http://www.cdc.gov/healthyweight/healthy_eating/energy_density.html)).

(From [http://www.cdc.gov/healthyweight/healthy\\_eating/](http://www.cdc.gov/healthyweight/healthy_eating/))



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Contact Debbie Hardy 909-3190 or [debbiehardy2003@yahoo.com](mailto:debbiehardy2003@yahoo.com)

## Kindergarten Registration

April 14, 2016

9 a.m. to 7 p.m.

J. B. Watkins Elementary\*

Kindergarten registration forms are now available online through the Chesterfield County Schools website. You still must register your child in person at the school but you can fill out the paperwork ahead of time. Per Virginia State Law, children have to be 5 years old on or before of September 30, 2016 to enroll in Kindergarten for the 2016-2017 school year. To view eligibility and registration forms as well as required forms of ID and medical records, go to <http://mychesterfieldschools.com/parents/preparing-for-school/student-registration/>.

\*All Chesterfield County Public Elementary Schools hold Kindergarten Registration on the same day, April 14, 2016.



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**YOUTH SUNDAY EVENING PROGRAM - 5:00-7:00 P.M.**

**Sunday Worship, Charter Colony Campus**

9:00 a.m. - Traditional Worship ♦ 11:00 a.m. - Contemporary Worship

• • •



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Your Grove Neighbor



## VIRGINIA Oral & Facial SURGERY

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**Brandermill Office**  
6031 Harbour Park Dr. | Midlothian, VA 23112  
804.608.3200 | 804.608.3201 – Fax



### Traffic Alert!

The Annual Sweetheart 8K will take place Sunday, February 7 from 8 to 11 am. The course goes through The Grove, Mid-Lothian Mines Park, and the surrounding areas, so please be on the lookout for runners while driving during that time.



## VILLAGE CONCEPTS

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### Grass Roots Personalized Lawn Care Recommendations

Are you frustrated with the condition of your lawn? Tired of throwing away money on seed and fertilizer, only to see no improvements? Get to the ROOT of the problem with a Master Gardener consultation! **The Grass Roots program is only available March through June, and is limited to the first 400 clients. Program cost: \$25, which includes one soil sample. Additional samples are \$11 each.** Grass Roots is available through the Virginia Cooperative Extension Chesterfield County [http://offices.ext.vt.edu/chesterfield/programs/anr/GrassRoots/Grass\\_Roots\\_2015.html](http://offices.ext.vt.edu/chesterfield/programs/anr/GrassRoots/Grass_Roots_2015.html), 804-751-4401.

### ***Inclement Weather Driving Tips***

Chesterfield winters can be as perilous as any in this country. The following checklist for winter driving preparedness can help you have a safer winter driving experience.

1. Make sure your vehicle is serviced and ready for winter (tire pressure, antifreeze).
2. Make sure your tires have plenty of tread depth.
3. Pack an emergency kit, including a winter emergency survival kit. The following items are recommended:
  - Ice scraper, snow brush, rags and paper towels
  - Jumper cables, basic tool kit, antifreeze and no-freeze windshield washer fluid
  - Shovel, traction mats or old rugs, tire chains, salt, kitty litter or sand
  - Blankets and extra clothing, including hats, socks, waterproof

boots and coats

- Non-perishable, high-calorie food
  - Flashlight with extra batteries, flares or roadway reflectors
  - A basic first-aid kit
  - A cellular telephone with a backup power source, which might be the single most important safety item available
4. Learn and practice winter driving techniques before you need them
  5. Plan your trip and check road conditions
  6. Remove all snow from your vehicle before each trip, not just from the front windshield
  7. Give yourself extra travel time in bad weather
  8. Avoid using overdrive and cruise control on slippery roads
  9. Use fog lights if equipped, but not your high beams
  10. Slow down and wear your seatbelt!

(from Chesterfield Co. Crime Prevention Newsletter)



### ***Irrigation Backflow Prevention Tests Mandated***

To ensure public water remains potable, the State of Virginia Health Department and Building Codes require annual inspections

of all irrigation system backflow prevention units. The yearly inspection and test must be performed within thirty days of irrigation system start-up. Homeowners who do not comply with the mandate can be fined.

Before hiring a backflow inspector, confirm they are a certified "Backflow Prevention Device Worker."

For more details, go to [www.chesterfield.gov](http://www.chesterfield.gov). On the left side of the Utilities page, click on "Cross Connection Control and Backflow-Prevention Program."

## **Dr. Thomas Olivero, Jr. Family Practice Dentistry 794-2802**

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located next to The Goddard School



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(For Grove Residents Only)***

**Mailbox Repair/Home Services**

**Mailbox 911** - Biggin Pond resident **Dale Murphy** offers mailbox repair or replacement services to Grove neighbors. Post repair available in wood or vinyl. Call Dale at 405-1023.

Hawkins Wood resident **John Romano** offers vinyl mail box replacement to Grove home owners. Wood is good but vinyl is final. John also installs wall safes. Call John at 379-1238.

**Child Care Services**

**Babysitter** - Upcoming college sophomore with a car looking for summer nanny/babysitting position. Familiar with all ages. Years of experience in a church nursery, and within The Grove. Please call/text/email **Laura** at 804-519-0350, lgottschalk@radford.edu.

**Babysitter**-College student seeking babysitting/nanny job. Lots of experience, CPR certified, and reliable transportation. Loves working with babies and children! If interested, please contact **Lexi Contner** at (804) 489-0628 or by email at alexiscontner@gmail.com.

**Child Care** - Are you a stay at home parent that needs to run errands or keep appointments from time to time without children? I can provide daytime child care in these instances. Please call **Marielle Pool** at 464-2836.

**Pet Care Services**

**Pet Sitting** - Retired Krim Point resident is available to do pet sitting. Call **LoisLynn** at 804-301-9696.

**Pet Sitting** Retired resident in Krim Point provides pet care services. Call **Linda Hartz** at 804-897-0764.

**Pet Care** - 9th grade Grove teen with past job experience as a dog walker & (cat & dog) pet sitter looking for a job in that field. For more details, please call (804) 379-3595, and ask for **Aaron** or e-mail at aaron.uva.soccer@gmail.com.

**Pet Care** - Dependable high school sophomore, with a passion for animals, would love to help with your pet care needs. Biggin Pond resident with lots of experience. Please contact **Emily** (804) 912-3089.

**Articles Wanted:** The Grove Miner is always looking for human interest stories or articles that can benefit our community. If you have a story to share, please email Cathy Allen at newsletter@thegrovehoa.com.

**WELCOME TO THE  
GROVE!**



Cathy Butterworth, 713 Biggin Pond Road  
David Fry & Susan Parker, 654 Ridgemoor Court  
Mark & Lacey Knoll, 1431 Goswick Ridge Road  
Sunil Narang, 509 Scotter Hills Lane  
Frank & Aleithia Perry, 1212 Kingham Drive  
Michael & Lisa Stid, 1013 Kingham Drive  
Kathryn G. Wentworth, 639 Scotter Hills Place  
Roger G. Wyatt, 507 Coalbrook Drive

Just moved in? For a gift and a smile, contact  
Grove Welcome Committee Chair  
Lynne Labott  
at grovewelcome@thegrovehoa.com!



(Photos by Arthur Allen)

**The Difference is YOU!**

Want to preserve The Grove's reputation as one of the best neighborhoods this side of the Rivah? Then join an HOA committee! Our subdivision has many opportunities for residents wanting to improve the community, and it's a good way to meet fellow "Grovers"!

You can make a BIG difference with a small time commitment. Pool pass validation occurs annually; newsletter delivery happens once a quarter, etc. The Welcome Committee can always use extra hands. For more details, contact Gerry Mancuso president @thegrovehoa.com.

**Personal Training Services**

Specific Sports Conditioning and Running training/coaching for all ages. AFFA Certified Trainer with over 23 years of collegiate coaching experience. Discount to Grove residents and small groups. Contact **Rick Wagenaar** at (804) 739-9207.

**FACT:**

Social and emotional intelligence may be the most important determinant of a child's future success.



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