

The Grove

GAZETTE

COMMUNITY NEWSLETTER

AUGUST - OCTOBER 2013
VOLUME 2 • ISSUE 3 • GROVEHOA.COM

THE GROVE HOA COVENANTS CORNER

Please be sure to keep your lot properly mowed and maintained. The Design Review Committee will send out demand letters to those in violation of Article IV, Section (b) of the Covenants and Restrictions regarding maintenance of lawns and plantings. If the owner fails to perform such maintenance in a reasonable amount of time, the HOA shall have the right to have this work done and bill the cost back to the owner of the lot under Article VII of the Declaration.

To view the covenants, visit grovehoa.com.

GREETINGS FROM THE PRESIDENT

I hope everyone had a great summer. I wanted to quickly mention to those of you who are not registered on the HOA website, please go to grovehoa.com and do so in order to receive up to date news on the community. I know that there are quite a few homes that have never registered.

For anyone who has not heard, effective August 1, Neighborhood Services Corporation had taken over the management of the HOA at The Grove. The HOA has just become too big for Caliber to run on its own and we feel that this will ultimately be positive for the neighborhood. NSC currently manages over 100 HOAs in the OKC Metro and will bring valuable knowledge and experience to our community. This does not change any of Caliber's plans for future development and we will still be involved in all decisions being made.

NSC is already handling all Great Room rental responsibilities, which means you will now pick up and drop off all key fobs from their office, located at 1322 Fretz Drive, Edmond, OK 73003. Pick up times are Monday through Friday, 9 a.m. - 3 p.m. Payment must be made by a check or money order. All phone calls and emails will go directly to them. Again, I believe this will be a good thing for The Grove.

If you should have any questions please feel free to contact me at the information below.

Sincerely,

Jarod Tarver



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405-231-2121

Pothole Hotline
405-631-1111

Trash/Recycling
405-297-1950

WWW.GROVEHOA.COM
WWW.GROVENEIGHBORS.COM

 THE GROVE NEIGHBORHOOD

 **Clubhouse Address**
3300 E. Orchard Avenue
Edmond, OK 73012



INTERESTED IN PLANNING COMMUNITY EVENTS?

The Grove Events Committee is looking for a current resident to lead the events team and help plan community events. If you are interested, please contact Lisa Sein at lisasein@gmail.com ASAP. There are currently no events or book club meetings planned for the remainder of the year.



Did you know The Grove Gazette Newsletter is printed by a local printing and mailing company managed by one of our own Grovers, Vernon Milliron? Thanks to Vernon and his team, the Grove Gazette is distributed to almost 300 homes each quarter. For all of your printing and mailing needs, make sure to contact Vernon at Presort First Class!

Presort First Class, Inc.

2621 Southeast 15th St • Oklahoma City, OK 73129
405-677-9633 • presortfirstclass.com

CALLING FOR SUBMISSIONS!

Would you like to proudly announce the newest addition or graduate in your family? Have some fun family photos taken in neighborhood? How about a yummy recipe to share? Email your submissions to thegrovegazette@live.com today to be added to the next newsletter!

WELCOME GROVIE



JANSSEN LEWIS DICK

May 1, 2013

8 lbs, 10 ounces • 22 inches
Proud parents Colby & Meg Dick

NEIGHBORHOOD SAFETY REMINDERS

- Watch for and immediately report ANY suspicious activity that you see to 9-1-1 and give the dispatcher as many details as you can.
- Get to know your neighbors and what vehicles they drive so that you are aware when suspicious activity is occurring.
- Turn your exterior lights on at night.
- Park your vehicles (especially those with expensive after market wheels & tires) in your garage.
- Never leave anything of value in an unattended vehicle that's not parked in your garage.
- Never leave your garage door remote in an unattended vehicle.
- Keep unattended overhead garage doors closed & secure.
- Keep the door between the garage and the house closed and locked when unattended.
- Keep fence gates closed and locked when not in use.
- If you have a security alarm on your house, it should be armed when you are away and when you retire for the evening.
- Your security alarm should have a LOUD outside sounder that is not accessible from the ground.
- Keep compact valuables (jewelry and handguns) in a non-portable safe.
- Keep accurate records of your valuables. Those records should include images, make, models and serial numbers.

FITNESS FACILITY RULES

With the addition of more and more homeowners in The Grove it might be a good time to remind everyone of the rules of the fitness facility. Please abide by these and don't be bashful to politely let others know as well.

- Hours are 4:30 a.m. to midnight. Be sure to wipe down the equipment after use.
- NO ANIMALS allowed at any point - no exceptions.
- No one under the age of 16 unsupervised. There is no need for kids to be in the facility, but if they must go in, make sure they are supervised.
- This is not a facility that you should use for your whole soccer/basketball/baseball team to train. It is okay to bring the occasional guest in every once in a while. It is okay to bring in a trainer that you have hired. It is not okay to bring the same friend to work out with you every day - this facility does not exist for them to cancel the membership that they have at a gym. This is an amenity for GROVE RESIDENTS primarily. Please be respectful of your other homeowners and their entitlement to equal use of the facility.
- Turn off the lights and TVs if you are the last person to leave.

For questions, please contact Jarod Tarver at call 405-600-1110 or email jdtarver@calibercompanies.com.



EARN

\$5

for our Neighborhood Association

OG&E will donate \$5 to your neighborhood association for every neighbor that signs up for the SmartHours Price Plan or Wind Power, using your neighborhood code.

Here's How

Go to OGE.com and click on the Great Neighborhoods link. You'll need your Neighborhood Code to get started:

NTHEGROVE

Listen to this great program!

OG&E's Create GREAT Neighborhoods program can make money for our Neighborhood Association while saving you energy and money at home.

How does it work?

Step 1 A representative from our neighborhood filled out an application with Neighborhood Alliance to begin the program. Now we have a **Neighborhood Code** that anyone in our Neighborhood Association can use when they opt in to any of the energy saving programs with OG&E.

Our Code is **NTHEGROVE**

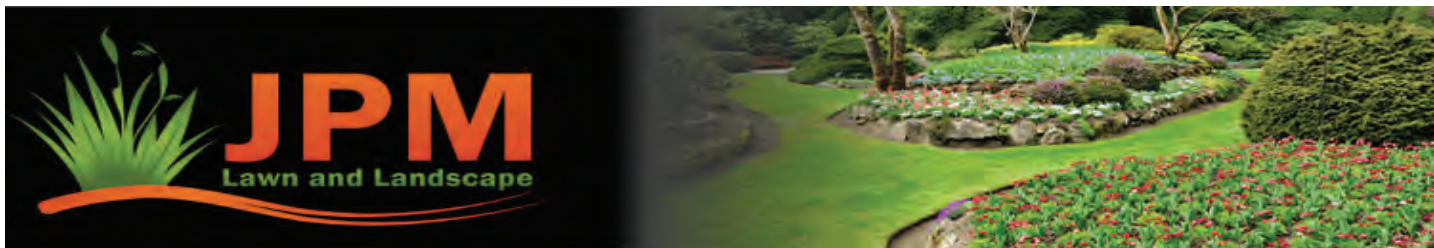
Step 2 Now, when you sign up for the some of OG&E's energy-conscious programs our neighborhood association receives money. We'll get **\$5.00 for every home signing up** for SmartHours by September 30, 2013 and **\$5.00 for every home** opting in to the OG&E Wind Power Program. But **you must use our Neighborhood Code for us to get credit.**

SmartHours Plus Price Plan is designed to lower peak energy demand between 2pm and 7pm, weekdays, June 1 through September 30. After you sign up, you will receive special lower rates the other 19 hours of the day, plus all day weekends and holidays. *Cost savings is guaranteed by OG&E* with their "risk free" guarantee the first year of the plan. If you can just shift some of your energy use this summer to non-peak hours, you will save even more!



Learn more and sign up for OG&E SmartHours at oge.com.

Get credit for our neighborhood by clicking on **"How did you hear about this?"** Select **"other"** and **enter our neighborhood code** or call 877-898-3834 and **remember to give the neighborhood code!**



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BETH SPERLING

FITNESS INSTRUCTOR & PERSONAL TRAINER

Like a lot of people, Beth was not always on a healthy track! For most of her life, she had an on-again/off-again attitude towards fitness and nutrition. As her young son was getting older, she came to the life-changing realization that she was setting a very bad example for him. She started eating healthier and taking better care of herself and started her fitness career in 2000.

What brought you here to Oklahoma?

My wonderful husband, DJ, and I both grew up in Florida. For us, Jacksonville has always been home since it is where most of our family still lives. But, 3 years ago, he got a promotion, which moved us here. Our 15-year-old son, Connor, and both of us immediately fell in love with Oklahoma. We are now huge Thunder fans too!

How did you acclimate yourself to your new home?

DJ stays very busy with work and Connor stays very busy with keeping his straight A's in school, playing football for the Antlers and his biggest passion, playing guitar. I decided the best way for me to meet new friends here was to get involved in our beautiful neighborhood. Last year I headed up "The Grove's Biggest Loser" and I am the Coordinator for our Block Captains. I also serve on the Events Committee and Newsletter Committee. This has allowed me to meet so many new friends and get to know so many of our wonderful neighbors! I am also very excited about teaching the Water Fitness classes at The Grove's pool.

How did you get started teaching Group Fitness classes?

Back in 2000, because of my background having a Black Belt in Taekwondo, I was asked to teach Kickboxing classes. I was hooked! This became my career and my passion. I also teach Water Fitness, Indoor Cycling, Power Sculpt (cardio and strength training with free weights) and I am also a certified Personal Trainer. Currently I am teaching at Body Language Gym (across from Rose Creek) and all 3 local Gold's Gyms.

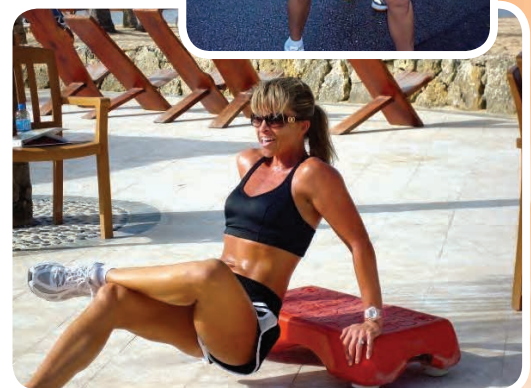
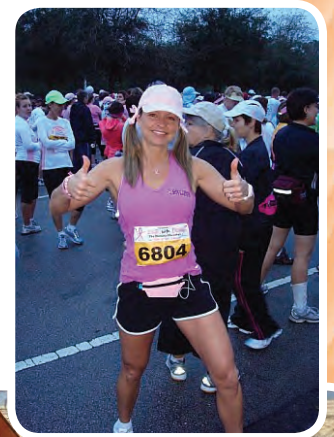
What is your philosophy towards nutrition and fitness?

Everything in moderation and I'm not a big fan of dieting. It implies it is temporary. Lifestyle changes are the only way to get lifetime results. I believe in "Don't get hungry, don't get full." This simple statement can change your relationship with food and when and how much you should eat. I believe that if you look at exercise as a chore that you dread, you will never stick with it. That's why I try to make my classes challenging, always changing and most of all... lots of fun, too! The energy from a group exercise setting pushes you farther than you would go alone and the accountability of knowing your friends are there can be just enough of a push to get you off the couch and get to class! You will never regret it!

You can reach Beth at donbeth42@cox.net. She also has a Facebook page for the Water Fitness classes at The Grove pool. Email her if you would like to be added to that group or if you would like email updates.



DJ, CONNOR & BETH SPERLING





Deer Creek ANIMAL CLINIC

Labor Day is coming up. Does your pet need to be boarded?

If so, come by Deer Creek Animal Clinic, your local companion animal clinic that is interested in meeting your pet's needs. Our goal is to be convenient and economical.

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Saturday 8:00am-2:00pm



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BUS STOP ETIQUETTE

As Grove residents, we take pride in providing a safe, clean and reliable neighborhood for our children. In order to best maintain our standard, we also depend on the cooperation and commitment of all residents, parents and students for school bus safety and transportation. Here are some general guidelines regarding bus stop "etiquette."

Please review and enforce this etiquette with your children:

- Although we expect students to be waiting for the bus when it arrives, students should not arrive any earlier than 5-10 minutes before their scheduled pick up time. In these cases, having students unsupervised for that length of time can be dangerous.
- While waiting for the bus, students should remain on the sidewalk or in public areas. Students and those waiting with students should not congregate on lawns, driveways or other private property.
- Please do not litter while waiting. Be considerate of the homeowner's property.
- Keep noise to a minimum. Speaking in conversational tones should not disturb residents around the stop, however, yelling, practicing cheers, etc., can be bothersome.
- Do not use the homeowner's driveway to turn your vehicle around. Also, for safety reasons please do not block driveways or park in such a way as to impede the bus as it continues on the route.
- Ensure your children treat bus drivers and monitors with respect. Our caring and skilled bus drivers and monitors deserve the utmost respect from our students.

Thank you very much
for your cooperation.



SPRITE AND GUMMY BEAR POPSICLES

INGREDIENTS

- Popsicle mold
- Gummy Bears
- Popsicle sticks
- Sprite

4 EASY STEPS!

1. Fill molds about 3/4 of the way full
2. Drop in gummy bears
3. Place popsicle stick into mold
4. Freeze until frozen all the way through



VISIT DEER CREEK SCHOOLS ONLINE!



[facebook.com/DeerCreekSchoolDistrict](https://www.facebook.com/DeerCreekSchoolDistrict)



[@DCANTLERS](https://twitter.com/DCANTLERS)

IMPORTANT CONTACT INFO

GROVE VALLEY ELEMENTARY SCHOOL

405-359-3195 • www.grovevalley.org

DEER CREEK MIDDLE SCHOOL

405-348-4830 • www.deercreekms.org

DEER CREEK HIGH SCHOOL

405-348-5720 • www.deercreekhs.org



8 TIPS FOR EXERCISING IN THE HEAT

BY: JOE DECKER
FOR ACTIVE.COM

Summer is the perfect time to go outside and have fun. It's one of my favorite times of year because there are so many outdoor activities to choose from. Everything is more fun outside, whether you're swimming, running or cycling.

But the summer heat can be a problem if you're not careful, particularly in areas with extreme heat and humidity.

One of the biggest problems when exercising in the heat is staying hydrated and maintaining your body's electrolytes and salt. When you sweat, your body loses not only water, but electrolytes and salt, too. This delicate balance of water and electrolytes is crucial to keep your body functioning properly.

If you don't drink enough water, you can get dehydrated and suffer from light-headedness and nausea. If not recognized, dehydration can even result in kidney failure and or, in extreme cases, death. However, if you drink too much water without replenishing your electrolytes, you can experience hyponatremia. This can lead to confusion, nausea, muscle cramps, seizures or even death in extreme cases.

You may not be racing in the desert, but there are some things to keep in mind when it comes to exercising in the heat:

The time of day is important. Unless you are training for an event that takes place in the daytime heat, avoid exercising from 10 a.m. to 3 p.m. It is the hottest part of day. Generally, the early morning is the best time to workout, especially if it's going to be scorching that day.

Wear loose, light-colored clothing. The lighter color will help reflect heat, and cotton material will help the evaporation of sweat. You may also want to try specially designed, "hi-tech" running shirts and shorts. They are often made from material meant to keep you cool.

Sunscreen is a must. Try SPF 45 just to be safe. It's important to protect your skin. You can get burned and suffer sun damage to your skin even on cloudy days.

Stay hydrated. Before you go out, drink a glass or two of water. Carry a bottle of water or even a hydration pack such as the CamelBak. Take a drink every 15 minutes, even when you're not thirsty. When you're done with your workout, have a few more glasses of water.

Stay hydrated. Replenish your electrolyte and salt intake while exercising. I like to use SUCCEED capsules--small, simple packs of sodium and electrolytes that keep my system in check.

If you can, choose shaded trails or pathways that keep you out of the sun.

Check the weather forecast before you start your workout. If there's a heat advisory, meaning high ozone and air pollution, you might want to take your workout indoors. These pollutants can damage your lungs.

Most importantly, listen to your body. Stop immediately if you're feeling dizzy, faint or nauseous.

If you're looking for some specially designed clothing for working out in the sun, check out Sun Precautions.

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Rebecca Colvard

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- Train Out of My house
- B.S. Kinesiology/Exercise Fitness Management
- beccaacole@gmail.com
- (405) 570-5321 or (405) 341-1593

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HEY NEIGHBORS!

Do you have a yummy recipe you would like to share or tips on how you make your garden beautiful? The Grove Gazette welcomes submissions for fitness tips, landscaping advice, event info and photos, recipes, birth and graduation announcements, school events and anything else you think can help make our community even better. The next newsletter will be distributed in July and submissions are due June 15th. Watch for reminders! Please send submissions to thegrovez Gazette@live.com. We look forward to hearing from you!

FOR ADVERTISING INFORMATION, PLEASE CONTACT SARAH O'NEAL AT SARAHK.ONEAL@GMAIL.COM

KIDS EAT FREE! (OR CHEAP!)

Alfredo's Mexican Cafe: Kids eat free on Mon nights

Applebee's: One child (12 and under) eats free on Mon with the purchase of an adult meal. Additional children can dine for \$1 from the kid's menu

Buffalo Wild Wings: Kids (12 and under) can select items from the kids menu for \$.99 on Mon from 5-9 p.m.

Chick-Fil-A: Kids eat free on Tues

Denny's: Kids eat free meal deals every Tues & Sat from 4-10 p.m.

El Chico: \$.99 Kids meal all day on Thurs

Fazoli's: \$.99 Kids meal option from 5-8 p.m. on Tues

Golden Corral: Kids (3 and under) eat free daily

IHOP: Kids (12 and under) eat free every Tues & Thurs from 4-10 p.m.

Lotsa Noodles: Kids eat free from 3-9 p.m.

Marie Callender's: Kids (12 and under) eat free meals daily with adult entrée purchase

Moe's Southwest Grill: Kids eat free every Tues from 5-9 p.m.

Nino's Mexican Restaurant: Kids eat free on Tues from 4-9 p.m.

Pioneer Pies: Kids (12 and under) eat free Mon & Tues from 4:30 p.m.-close

Poblano Grill: Kids eat free every Mon after 5 p.m.

Swadley's: Kids (10 and under) eat free on Mon from 5 p.m.-close with adult entrée purchase

Qdoba: Kids eat free on Tues

Red Robin: Kids (10 and under) eat free on Mon

Taco Cabana: Kids eat free on Weds

Texas Roadhouse: Kids (12 and under) eat free with adult entrée purchase all day on Tues

TGI Friday's: children (3 and under) eat free with a paid adult on Mon

MYKIDSEATFREE.COM

* Be sure to call ahead to make sure these deals still apply!

H & 8TH NIGHT MARKET

Aug 30 and Sep 27

Food trucks and live music.

h8thokc.com

SUNDAY TWILIGHT CONCERT SERIES

Every Sunday through Sep 15

Family-friendly performances.

artscouncilokc.com/twilight-concerts

SUNSET RIVER CRUISE

Every Friday through Sep 27

Enjoy an hour and a half sunset cruise with music, appetizers and soda. Cash bar available on board.

okrivercruises.com

LIVE ON THE PLAZA

Second Friday of every month through Dec 13

Featuring live music, featured artists, special events and local shopping.

plazadistrict.org

FAMILY FUN NIGHT AT JUMPZONE

Every Tuesday & Thursday through Dec 31

Includes 2 adults, 2 children, 1 large pizza and a 2 liter of pop for \$25.

jumpzoneparty.com

JUST BETWEEN FRIENDS FALL CONSIGNMENT SALE

Aug 25-31

The Nation's Leading Children's and Maternity Consignment Sales Event!

okc.jbfsale.com

VISIT THESE SITES FOR MORE LOCAL EVENT INFO THROUGHOUT THE YEAR!

visitokc.com/events

bricktownokc.com

eventful.com/oklahomacity/events

OKTOBERFEST

Aug 30-Sep 7

Unique German cuisine, local and imported beers and German entertainment.

choctawfestival.org/oktoberfest.html

MULTICULTURAL ARTS FESTIVAL

Sep 6-8

A fun-filled arts festival bringing "Cultural Connection" within the community.

facebook.com/artinthecityfestival

OKLAHOMA STATE FAIR

Sep 12-27

Enjoy carnival rides, concerts, shopping, handicrafts and famous fair food!

okstatefair.com

OKLAHOMA REGATTA FESTIVAL

Oct 2-6

Family festival featuring live music, a children's area, food, a wine garden and a front row seat for all the boat racing!

oklahomariverevents.org

COCKTAILS ON THE SKYLINE

Every Thursday through Oct 31

Offers a full bar, complimentary chips & salsa and live music with a view of the Oklahoma City skyline.

okcmoa.com/eat/cocktails-on-the-skyline

LABOR DAY
MONDAY, SEP 2

HALLOWEEN
THURSDAY, OCT 31

okgazette.com/oklahoma/events
metrofamilymagazine.com/Calendar

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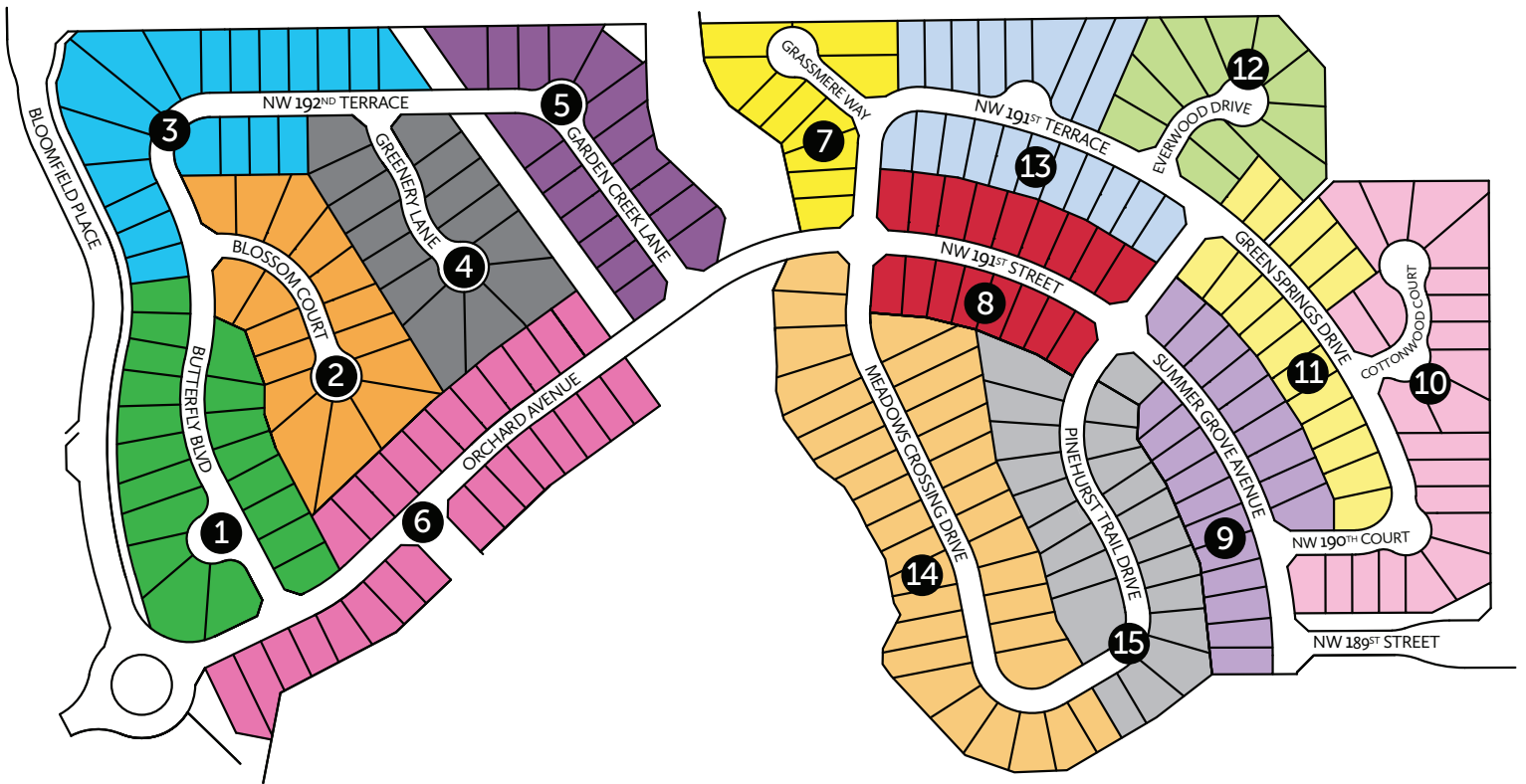
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OWNER

“This is old-school, New York-style pizza at its finest. I like to think the thing that caught Tony Soprano's attention in the final scene of the final episode of “The Sopranos” was a big slice of pizza like the one I had at Moni's.”

- DAVE CATHEY
FOOD CRITIC,
THE OKLAHOMAN

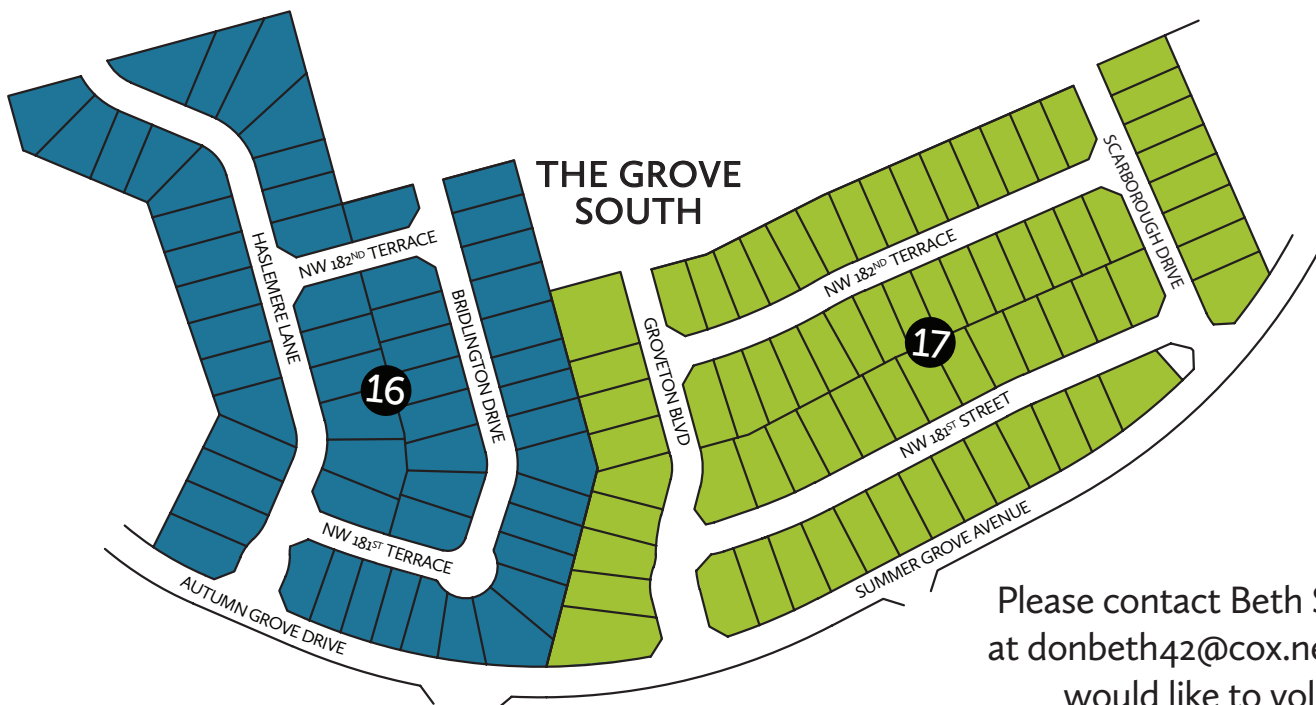
Read the full article online at:
okne.ws/Zs0tM4

PASTA | PIZZA | VEAL | CHICKEN | SEAFOOD | STEAK | SUBS



BLOCK CAPTAINS

- | | | | |
|--------------------|--------------------|------------------|-------------------------------------|
| ① Beth Sperling | ⑥ Mary Pins | ⑪ LeAnn Kanatzar | THE GROVE SOUTH |
| ② Courtney Hudson | ⑦ Brooke Hayes | ⑫ Mindy Cook | ⑬ Micah Highfill |
| ③ Christina Catron | ⑧ Nicole Woodson | ⑬ Cheri Velasco | ⑭ Danielle Saiki |
| ④ Lisa Sein | ⑨ Raoulene Prothro | ⑭ Holly Emig | - Groveton Blvd & NW 181st Street |
| ⑤ Shanna Lee | ⑩ Sarah O'Neal | ⑮ Jesse Hyden | Ashish (Ash) Chaurasia |
| | | | - 182nd Terrace & Scarborough Drive |



Please contact Beth Sperling at donbeth42@cox.net if you would like to volunteer.