



Hanover News

Tax Preparation Assistance: The Hanover Department of Social Services, beginning January 31st, will offer free "e-filing" tax preparation assistance for low-income working families. To qualify, your family must have earned less than \$12,120 (or \$14,120 if married filing jointly) with no qualifying children; less than \$32,001 (or \$34,001 if married filing jointly) with one qualifying child; or less than \$36,348 (or \$38,348 if married filing jointly) with more than one qualifying child. Qualifying Hanover residents can receive the free assistance on Wednesday evenings through April 11th from 4:30-8:00 PM. Taxpayers must bring all W-2s for the year, your spouse if filing jointly, photo ID, and social security cards for all parties (including children). No exceptions. Assistance will be provided on a first-come, first served basis. Call 365-4100 for more information.

Organization Classes: Hanover Parks & Recreation is offering the "File It! Don't Pile It!" class which is designed to help you regain control of the hoards of paper that inundate you. The class will be held at Pole Green Community Center on Sunday, February 11th from 1:30-4:30 PM. The cost of the class is \$70 per person. Call 779-7948 for more information.

IMPORTANT NOTICE:

All Hanover County government offices will be closed on Monday, February 19th for observation of President's Day.

CLASSIFIEDS

FOR SALE BY OWNER: Dishes and other miscellaneous household items. Contact Mr. John Atkinson (10471 Comanche Lane) at 798-4929.

FOR SALE BY OWNER: 10457 Comanche Lane. 3 bedrooms, 2 baths. Newly renovated. \$12,000 OBO. Call 267-9175.

FOR SALE BY OWNER: 1997 Oakwood (16x72). 2 bedrooms, 2 baths. New appliances. Handicap ramp, fenced yard, shed, deck, and screened porch. \$20,500 OBO. Call 301-1708.

NEED A HANDYMAN/PLUMBER? Will inspect the piping under your home for free and give honest estimate/recommendation of work that needs to be done. Check valves, insulation, and heat tape installations. Local/neighborhood references available. Call Ken Parady at 798-7223 or 400-3221.

PAINTING SERVICES: Need some painting done? Call Robert Spence at 253-3900 or 798-4046 for an appointment.

NOTARY SERVICES: By appointment. Call Sonja after 5 PM weekdays and anytime weekends. Call 798-4046

News You Can Use

Leaf Collection: The leaf collection program has ended. If you have not already done so, you will need to rake your yard, bag the leaves, and dispose of them properly. As a reminder: Leaves are not to be dumped in the woods along the property line. Residents found doing so will be charged a maintenance fee for the removal cost.

New Pets: If you obtain a new cat or dog, you are required to provide our office with this information immediately. New pets must be added to your lease. Proof of rabies vaccination and county dog license is required. Kittens can be vaccinated as early as 3 months; puppies 4 months. If you obtain a puppy or kitten who is not old enough to be vaccinated, you must still contact our office to start the process of getting your new pet listed on your lease. There is a monthly pet fee of \$10 for pets under 20 lbs and \$20 for pets over 20 lbs. Remember: We do not allow pit bulls or pit bull-mix breeds in our park.

Cat Traps: Our office does employ the use of cat traps to help reduce the stray cat population. These traps are only used during our normal office hours and are checked frequently. Cats who have a collar and tags are released. Those without are turned over to Animal Control. Therefore, it is important, if you have an outdoor cat, to make sure they are wearing their collars and tags. The contact number for Animal Control is (804) 365-6485

KOSMO VILLAGE MOBILE HOME PARK & CAMPGROUND



Valentine Traditions

Did you ever stop to wonder while indulging yourself with that delicious box of chocolates (or gazing upon that beautiful bouquet) why you are getting them? Valentine's Day is rich with folklore. So here's a few things you might not know about the "holiday of love":

- ♥ In 270 A.D., Roman Emperor, Claudius II, didn't want any marriages to take place during wartime. He felt married men made poor soldiers. Bishop Valentine, however, continued to perform marriage ceremonies against the Emperor's wishes. This led the bishop to be jailed and executed on February 14th.
- ♥ Even though Hallmark may sell millions of Valentine's Day cards, they didn't actually come up with the idea. The first written valentine appeared around 1415 and was written by the Duke of Orleans, Charles, who was imprisoned in the Tower of London. The duke reportedly passed his time by writing romantic verses for his wife in France.
- ♥ In the early 1700s, Charles H of Sweden introduced the "language of flowers" to Europe, penning floral dictionaries that explained the exchange of romantic secrets via a lily or lilac. According to his works, an entire conversation could take place within a bouquet of flowers. The more popular the flower, the more tradition and meaning were associated with it. The red rose, believed to be the favorite flower of the Roman Goddess of Love, Venus, became universally accepted to represent romantic love.
- ♥ Chocolate contains more than 300 chemicals, including several stimulants, that when combined, scientists believe may lift your spirits and improve your mood. Chocolate lovers rejoice! Dark chocolate is even healthy for your heart.
- ♥ The ancient Egyptians are credited for the origins of the wedding ring. It was believed that the "vein of love" ran through the finger of the left hand directly to the heart.

Management Memos

Since it is the month of love, please remember to do something nice for yourself! Valentine's Day doesn't just have to be about someone else loving you—it should also be about feeling good and loving who you are. So why not buy a new outfit, try a new hairstyle, or get your nails done? Indulge yourself by taking some personal time and cozying up with your favorite book or movie. And don't forget to enjoy some heart-healthy chocolate!



Fun Facts!

How many hearts are in this newsletter? The answer can be found inside!

Community Meeting/Newsletter Update

Congratulations to **10434 Sioux Lane**, the winner of the drawing for the Early Bird Contest. They will receive \$30 off their next month's rent. ***We will be discontinuing the quarterly community meetings. Any future meetings will be announced in a newsletter a month in advance. There will be no newsletter for the month of March.***

Thought For The Month: "My father always used to say that when you die, if you've got five real friends, then you've had a great life." ~Lee Iacocca

Fun Facts Answer: If you guessed 77 hearts, you were right! There were 54 hearts pictured and 23 instances of the word “heart” contained in this month’s newsletter.

Healthy Hearts

What better way to start off the new year than by resolving to take better care of your health? More than 71 million people in the United States have heart disease—a disease that causes 6 million hospitalizations each year and death on average of every 34 seconds. Preventing heart disease means maintaining a healthy lifestyle for life. Here are several really good tips to help you have a healthy heart, but remember that it is always best to consult your physician before starting a diet or exercise plan:

- ♥ Exercise regularly. 30 minutes of exercise 3 days a week can reduce your risk of cardiovascular complications. Low-impact aerobics, running, jogging, or even brisk walking are excellent ways to get your heart pumping. Exercise strengthens the heart and appears to lower blood pressure even if you’re not dropping pounds.
- ♥ Eating more carbohydrates and fiber while consuming less saturated fat can reduce your cholesterol and help you lose excess weight (both major contributors to high blood pressure).
- ♥ Eat more fish. The omega-3 fatty acids found in fish help blood be less able to clot, lower triglyceride levels, and reduce blood vessel inflammation. Women who eat 5 or more servings of fish per week, cut their risk of heart attack by 50% over a 16-year period; men 81%. Salmon, trout, mackerel and tuna are particularly rich in omega-3.
- ♥ Decrease your salt intake. Eating less than 1 tsp of salt a day can reduce your risk of stroke by 42% and heart disease by more than 20%. Americans on average get 8-10 times more salt than they need. You can significantly cut your consumption by eating fewer processed foods and more naturally low-salt whole foods like fruits and vegetables.
- ♥ Read food labels. They contain information about how much salt (sodium), cholesterol, sugar, fat and calories are in each serving. Look for the American Heart Association stamp of approval for heart-healthy foods. Avoid saturated fats and pay attention to serving sizes. One can of soup is generally 2 servings.
- ♥ Don’t smoke. Smoking doubles your risk of having a heart attack. It speeds up just about every process that contributes to heart disease: reduces blood flow by narrowing arteries, raises blood pressure and contributes to the formation of plaques that make it easier for blood to clot around obstructions.
- ♥ Talk to your doctor about aspirin. This anti-inflammatory has proven to be very effective in the battle against heart disease. In addition to its pain relief properties, aspirin makes clot forming particles in the blood (platelets) less able to stick together. Taking aspirin every day (with approval from your doctor) could reduce your risk of heart attack by 60%.
- ♥ Supplement your diet with folic acid. This B vitamin has been shown to lower levels of homocystein, a substance linked to heart disease risk. A multivitamin each day, will supply you with a healthy dose of folic acid as well as other vitamins and minerals.
- ♥ Finally, follow up with your doctor and have a physical done annually. The best prevention is through early detection!

Spay and Neuter Month



The month of February has been designated as “Spay and Neuter Month” across the nation. Why not do your part to help prevent the overpopulation of homeless cats and dogs? The easiest way to contribute is to start by making sure your own pets have been spayed or neutered. Maybe you could even consider sponsoring a spay or neuter surgery for an orphaned pet? Do you feed local stray cats? The Richmond SPCA has a feral (stray) cat program where they spay/or neuter these cats for free and will not require you to assume “ownership” of the cat. Spaying or neutering stray cats will dramatically reduce the overpopulation of cats in our area.

The Richmond SPCA is in its last year of its 3-year Spay/Neuter Campaign; having performed more than 11,000 surgeries. They provide free surgeries to residents of the City of Richmond, Chesterfield, Hanover, Henrico and Goochland who are on government assistance, have an annual income less than \$30,000, full-time college students, owners of pit bulls and feral (stray) cat caregivers. Rabies vaccinations are usually included in this service. Free transportation may also be provided. For those who don’t meet the above qualifications, the SPCA does offer low-cost surgeries (ranging from \$20-\$50). For more information about the SPCA programs call 521-1300.

There are all sorts of myths regarding spaying and neutering. Here are just a few:

#1: *My pet will get fat/lazy.* The truth is that most pets get fat and lazy because their owners feed them too much and do not give them enough exercise.

#2: *It’s better to have 1 litter first.* Medical evidence actually shows that females spayed before their first heat are typically healthier. Many pets are actually spayed or neutered as young as 8 weeks.

#3: *I want my dog to be protective.* Spaying or neutering does not affect a dog’s natural instinct to protect home and family. This instinct is formed genetically not by sex hormones.

Heart Smart Recipes

Chicken & Spanish Rice

Ingredients: 1 cup onions (chopped), ¾ cup green peppers, 2 tsp vegetable oil, 1 can (8 oz) tomato sauce, 1 tsp parsley (chopped), ½ tsp black pepper, 1¼ tsp minced garlic, 5 cups cooked brown rice, and 3½ cups diced chicken breasts (cooked, skin and bone removed).

Instructions: In a large skillet, sauté onions and green peppers in oil for 5 minutes on medium heat. Add tomato sauce and spices. Heat through. Add cooked rice and chicken. Heat through.

Health Information: This recipe makes 5 servings with a serving size of 1½ cup. To reduce sodium, use one 4 oz. can of low sodium tomato sauce and one 4 oz can of regular tomato sauce. Calories: 428, Total Fat: 8 g, Saturated Fat: 2 g, Cholesterol: 80 mg, Sodium: 341 mg, Protein: 35 g, Carbohydrate: 52 g, Calcium: 50 mg, Magnesium 122 mg, Potassium: 545 mg, Fiber: 8 g.



Cutting Utility Costs

Checking for water leaks, starting with your toilet, is a quick way to lower the utility costs. A leaky toilet is the most common reason for a spike in water bills. It is estimated that a leaky toilet can waste as much as 300 gallons of water a day without any one noticing. That could cost well over \$200 a year. The process of checking for toilet leaks is very simple. Place 10 drops of food coloring in the tank portion. Wait 30 minutes and if the water in the bowl has even a hint of color when you return, you have a leak. In most instances, it is as simple as replacing a \$5 flapper to fix the leak. Please take a few minutes to check your toilets. Because the cost of water is included in your lot rent, doing your part to quickly repair water leaks in your home will help keep the rent costs down for everyone in our park.

Yard of the Month

The winner of the Yard of the Month contest will be announced in our next newsletter. The winner will receive \$30 off their next month’s rent. **GOOD LUCK!**

