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The Green Pages

Serving Northern Virginia & Points South Since 1969

July 2008

Independence Day Celebrations and Trivia

- ◆ America's Freedom Festival in Provo, Utah is one of the largest festivals with one of the largest Fourth of July parades and the Stadium of Fire.
- ◆ In Downtown Columbus, Ohio, an estimated crowd of 500,000 to 750,000 people attends the Midwest's largest fireworks display called "Red, White, and Boom" on the last weekday before July 4th.
- ◆ The oldest continuous Independence Day celebration in the United States takes place in Bristol, Rhode Island. This celebration has been happening since 1785!
- ◆ The Nathan's Hot Dog Eating Contest in Coney Island, New York is said to have started on July 4, 1916 as a way to settle a dispute between four men as to who was the most patriotic. It's estimated that Americans will consume about 150 million hot dogs on July 4th.
- ◆ New York is also known for the Macy's Fireworks Display over the East River which is televised nationwide.
- ◆ Minor and Major League Baseball games are played on the fourth. Nascar has held the Pepsi 400 on the fourth or the Saturday of Independence Day weekend since 1959
- ◆ In Washington, D.C., a free concert, "A Capitol Fourth" happens before the fireworks display and attracts over half a million people.
- ◆ John Adams and Thomas Jefferson both died on July 4, 1826 on the 50th Anniversary of the United States. President James Monroe died 5 years later on July 4, 1831.
- ◆ The 30th President, Calvin Coolidge, was born on July 4, 1873.



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July 2008 Calendar of Events Northern Virginia & Points South

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Birthday Troy Butcher Sr.	2	3	4 Independence Day Anniversary David & Nimfa Cloud	5
6	7  Birthday Sheila Wadsworth	8	9	10 Reptile World 10 am Locust Shade Park, Triangle 703-221-8579 	11	12 Arts & Crafts Market 10-4 Arlington 703-528-3527 Music at the Marina 6 pm Leesylvania Park Woodbridge
13 Reston Festival 10-7 Town Center 703-375-8423 Birthday Margaret Davis	14  Birthday Charles Hammer	15 Birthday Holly Resch	16	17  Birthday Kim Ramey	18	19 Summer Concert 6:30pm Manassas Museum Lawn 703-330-2787 
20  Anniversary Charlie & Patti Green	21  Birthday John Connor O'Meara	22	23  Birthday Andy Sylvester	24	25 Birthday Derek Fox	26 Kids Fishing Tournament Leesylvania Park Woodbridge 
27 Occoquan River Festival Town of Occoquan 10-10 703-491-4045	28	29 Loudon County Fair Leesburg 703-777-5936 through Aug. 2	30	31  Birthday Matthew Harner	More Happy Birthday wishes to Carrie Arrington Angelica Wombles Carrie O'Neill	



The Green Pages are produced by Cherish Green. If you would like to contribute please contact me @ 703-583-4148 or email me at: cherish.green@longandfoster.com

ASHLEY'S ACTION PAGE

With summer heating up full-speed ahead, I figured what better time to talk about summertime cocktails and alcoholic drinks. I'm a firm believer in the "everything in moderation" motto (even indulgences) and when the temperature starts rising, dewy glasses of refreshing white or rosé wine start dancing through my head. What screams summertime more than hanging out with friends and coworkers while sipping a frosty beverage? One beverage can easily multiply, however, posing a slight roadblock when you're trying to stay on track with healthy-weight goals. A few things I try to keep in mind: Take it slow and enjoy (rather than guzzle) what you're drinking; stay well-hydrated, particularly in hot weather, and have a glass of water or seltzer between drinks (this also serves as a sneaky tip to curb the amount of alcohol and excess calories you're knocking back); be smart about the type of cocktails and coolers you're choosing--3 or 4 light beers are equivalent to that 400-calorie frozen mango margarita that's loaded with excess sugar.

Here's my top 5 list of summer's 'heavy-hitter' drinks along with some sly-and-slim cocktail picks:

Heavy-hitters

Frozen margarita - 300-500 calories (depending on brand and amount)

Daiquiri and pina colada - 449 calories

Long Island iced tea - 276 calories

Margarita on the rocks - 170 calories

Vodka tonic - 169 calories

Sly-and-slim

Mojito and Sangria - 149 calories

White or Rose Wine - 110 calories

Corona light with lime - 99 calories

Vodka and Club Soda - 97 calories

Wine Spritzer - 40 calories (2 ounces of wine + 4 ounces seltzer)

*calorie amounts above are per serving

We all have one...what's *your* favorite calorie-smart summertime cocktail?

My Quote of the Month: Always tell the truth, no matter what.

My Featured Listing of the Month:

2414 Brookmoor Ln. Woodbridge, VA 22191 Price: \$2300/month

This gorgeous upper level condo is 2 levels with 3 bedrooms, 2.5 baths, and 1 car garage. Hardwood on main level with ceramic tile in kitchen and family room. Large gourmet kitchen with island. Family room with fireplace and balcony. Separate dining room off living room and plenty of windows and sunlight. Master bedroom with large walk-in closet and luxury bath with jetted tub and separate shower. All bedrooms and spacious. Stack washer and dryer. Wonderful community center with workout rooms, pool, and rock climbing wall. Right across from brand new Wegmans Food Store and close to VRE and I95. This home will impress even the pickiest of tenants.



This page was produced by Ashley Spencer.. If you have any interesting facts that you would like to share or would like additional information about what's published on this page contact me at 703-986-5813/703-598-9385 or email me at Ashley.Spencer@LNF.com

ACTIVE LISTINGS



**16330 Taconic Circle
Dumfries, VA 22025
\$225,000**

Great 3 Bedroom end unit condo conveniently located just minutes from 95, Commuter lot, Omni bus and shopping. This home offers 2.5 Bathrooms, Eat-in Kitchen, formal Dining Room, wood burning fireplace in Living Room, Deck, Patio and a fully fenced rear yard for added privacy. No Exterior Maintenance is required for this home and the Condo Association is going to replace all of the windows this year!



**13522 Kaslo Ct.
Woodbridge, VA 22193
\$202,000**

This is a charming well kept 4 bedroom, 2.5 bath with 1 car garage on a cul-de-sac. Combo living room-dining room with fireplace. Extension on the second floor can be used a family room. Eat in kitchen with side by side fridge and built in microwave. Sunroom off kitchen leads to deck and fenced in backyard. This is a short sale and appraisal is completed. Bank offering 3% in closing cost help.



**4371 Ensbrook Lane
Woodbridge, VA 22193
\$250,000**

Immaculate townhome with new paint, carpet, flooring, and updated ceramic tile in the bathrooms. With 3 finished levels, landscaped lot and fenced rear yard, eat-in kitchen, large Family Room, fireplace with glass doors, Master Bath and it's convenience to schools, shopping and commuter bus stop, this home is perfect.



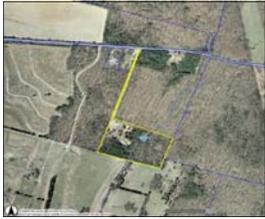
**13881 Napa Drive
Manassas, VA 20112
\$525,000 or rent \$2400/mth**

A rare and unique 4 Bedroom 3.5 Bat home on 2.64 acres in central Prince William County. This well maintained home has a private landscaped lot and deck in the rear. It features 2 Master Suites, 3 car garage and 2653 sq. feet of living space. This home is a Must See!



**7112 Token Valley Road
Manassas, VA 20112
\$1,150,000**

11.5 Acres in central Prince William county off Hoadly Road. Acres are divided by Hoadly Road. To the north we have 4 acres and to the south 7.5 acres. Potential for rezoning to multiple lots. Currently zoned A-1 surrounding lots SRR. Water available at road.



**13551 Warrenton Road
Catlett, VA 20119
\$285,000**

This 10 acre lot is ready for your custom home. A builders dream. Come experience this quiet serene area. This lot is zoned A-1 and has not been perked. It contains a small pond and a 1 bedroom, 1 bath cabin being sold as is. Long easement allows your new home to sit away from the road, providing tons of privacy.

FOR RENT



**12658 Dara Drive #302
Woodbridge, VA 22192
\$1200/mth**

This wonderful 3rd floor end unit condo is located very close to Historic Occoquan and the Occoquan River. It backs to the trees and calming stream and features 3 spacious bedrooms and 1 1/2 bathrooms with large balcony. All rooms are cable ready. Laundry room is in building on lower level. Gas, water, trash and basic cable are included in the rent. Small pets accepted. Very close to Rt. 123 and I-95. Available immediately.



**10572 Bristow Station Drive
Bristow, VA 20136
\$2,300/ mth**

This beautiful home with over 2664 sq. feet of living space has 4 Bedrooms, 2.5 Baths, 2 car rear load garage and faces the park. Freshly painted with a First Floor Study and Laundry Room, upgraded Kitchen, Formal Living and Dining Rooms and walk-in closets.



**3529 Nexus Court
Woodbridge, VA 22192
\$1,650/mth**

This rare and unique townhome is a gem to list and show. Conveniently located in Woodbridge in a great community close to shopping, Potomac Mills, commuter lots, restaurants, banking, etc. Almost everything has been replaced so it is move in ready.



**12713 Gordon Blve. #89
Woodridge, VA 22192
\$1,500/mth**

This 2 Bedroom condo features a view of the Occoquan River and is in walking distance to the marina and Historic Old Town Occoquan. Totally renovated with new cabinets, paint, carpet, appliances, and baths.



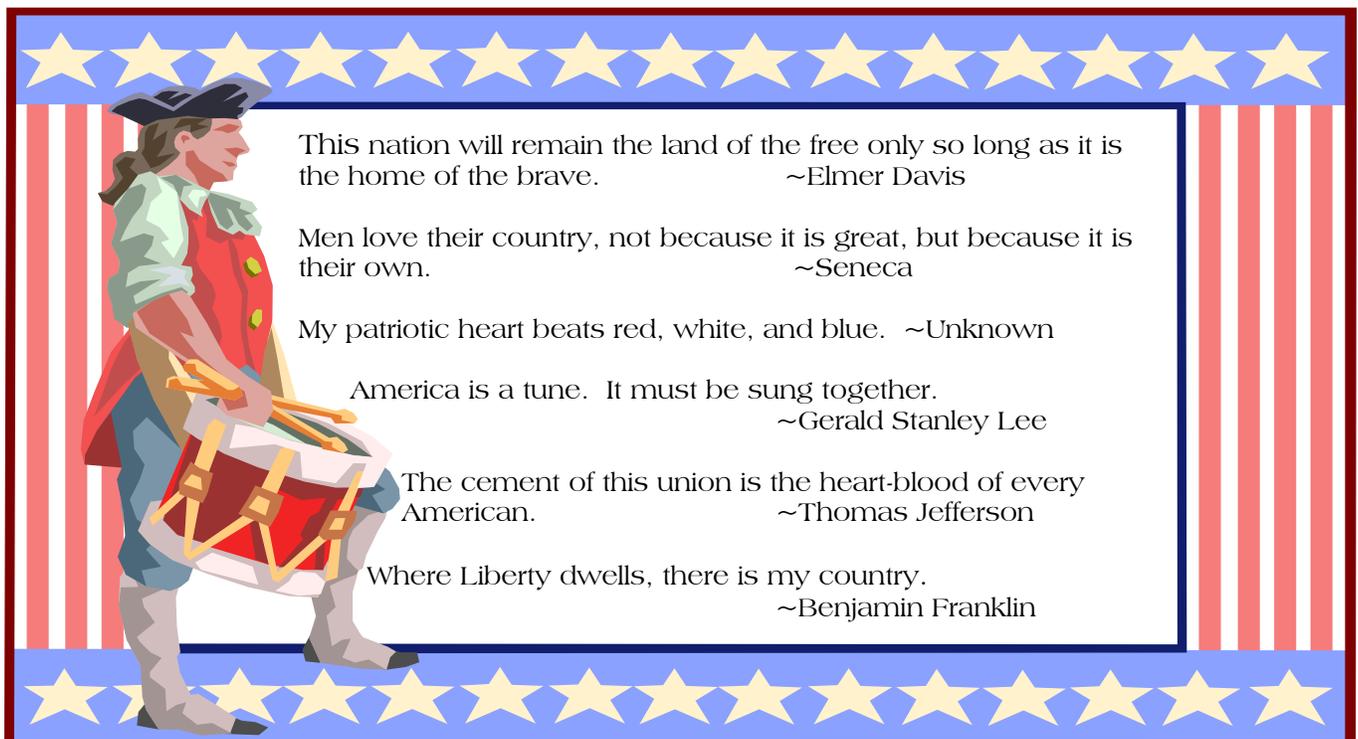
3 Ways your mortgage lender can help you

Tough times are falling on many homeowners causing huge foreclosure rates, but your mortgage company may be able to help you while you get back on your feet.

Forbearance: This allows you to suspend and/or reduce payments for a short period of time, then use another option to bring your loan current (such as an investment or tax refund).

Mortgage Modification: Your lender can change the terms of your original loan. You pay the lender a few hundred dollars in exchange for a reduced interest rate on the current loan. You keep the same loan you have but the interest rate has been modified.

Partial Claim: This is offered by the Federal Housing Administration and al-





Long & Foster Realtors
13875 Hedgewood Drive
Woodbridge, VA 22193
703-583-4148
www.sellingvirginia.com



What is the Prince William County Tax Relief Program, and do I Qualify?

Senior Citizens and Disabled persons who meet certain criteria may be granted tax relief from all or part of real estate taxes, solid waste fees, vehicle license decals and personal property taxes. Qualifying limits may change from year to year. The basic parameters for qualifying are income and age or if you are permanently disabled. Tax Relief is granted on an annual basis and renewal applications must be filed annually by 4/15.

Call the Real Estate Assessment Office at 703-792-6780 or use the following link to apply and check your eligibility:

<http://www.pwcgov.org/docLibrary/PDF/007515.pdf>

If you have a real estate related question and would like it featured in our newsletter email me at: cherish.green@longandfoster.com