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The Green Pages

Serving Northern Virginia & Points South Since 1969 September 2008

Reasons to Get Your Blood Sugar Under Control

For most people having a grip on your blood sugar means having levels between 70 and 130 mg/dl before meals and below 180 mg/dl after eating. You should have these levels checked at least twice a year. Okay, but why does any of this matter? What is the real benefit to keeping the numbers where you want them? Simply put, managing your blood sugar levels can help with:

1. **YOUR MOOD-** When your blood sugar level is high it's common to feel depressed and it's harder to get along with people.
2. **IN THE BEDROOM-** A high blood sugar level can mean less blood flow and nerve function for men. For women, it can cause you to have vaginal infections, or be too tired to get "in the mood".
3. **YOUR SLEEP-** This also suffers when your blood sugar is out of whack. If it's too high you can feel fatigued during the day causing you to fall asleep at the wrong times. Too low at night and you will need to wake up to treat it.
4. **YOUR DRIVING-** Your vision can get blurry when your sugar is too high and that's definitely not good for driving. On the other hand, if it gets too low your reaction times start to lag making you drive as if you were drunk.
5. **YOUR FERTILITY-** Your periods will become more regular making it easier for you to conceive. Also, getting it under control before and during the pregnancy will increase your chances for a healthy little one.
6. **YOUR HEART-** The longer you have high levels, the greater your risk for damage to your heart and blood vessels. If you are a woman you have the same risks as men even before menopause begins.
7. **YOUR EYES-** Besides the blurriness, long-term levels can permanently affect your sight. It causes diabetic retinopathy which happens so slowly that only a dilated eye exam will detect it.
8. **YOUR KIDNEYS-** The higher your sugars and blood pressure, the more stress it puts on your kidneys. When they fail, the only option are dialysis or a transplant.
9. **YOUR FEET AND HANDS-** High sugar levels damage your nerves over time, starting with the finger tips and toes. You will have less feeling which means you could have blisters and sores that will fester out of control. This may result in amputation. Also, high levels can cause carpal tunnel syndrome.

If you haven't been to your doctor for awhile, make an appointment.
To find a diabetes educator in your area visit:
www.diabeteseducator.org

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September 2008 Calendar of Events Northern Virginia & Points South

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Labor Day	2 Back to School! 	3	4  Anniversaries: Danny & Sheri Dodson Kai & Margaret Christensen	5  Anniversary Shawn & Catherine Burke	6
7 Sully Quilt Show 10-4:30 Historic Site Chantilly 703-437-1794	8	9	10	11	12	13 Centreville Day 10-6 Historic District Centrevilleva.org Music at the Marina 6 p.m. Leesylvania Park Woodbridge 703-583-6904
14 150th Birthday Celebration 2-5 Leesburg Town Hall 703-777-1368 Birthday Margaret Christensen	15	16	17	18	19	20 Antique Car Show 10-3 Manassas Museum 703-368-1873
21 Latino Festival Harris Pavilion Manassas 1-6 703-361-9800 Birthdays: Colby Comas Patti Green Missy Bergman	22  Birthday Donna Avallone	23 Kids Yard Sale 9-4 National Science Found. Atrium Arlington 703-888-1885 Birthday Alison Resch	24	25	26 Oktoberfest Fredericksburg 11-7:30 540-538-2379 	27 Arts & Crafts Festival 10-5 Claude Moore Park, Sterling 517-258-3700
28	29 Welsh Festival James Monroe Museum 12-5 Fredericksburg 540-654-1123	30				



The Green Pages are produced by Cherish Green.
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ASHLEY'S ACTION PAGE

The summer has come to an end and all our kids are heading back to school and for those of us who took off for the summer, we are heading back to work. At work or school, we want to be able to perform at our best at all times. Do you want to ace your next exam or presentation at work? Ditch the soda, cookies, and candy.... Instead, load up on the following winning foods!

Pre-Exam Breakfast Ideas

Your pre-test meal should consist of slow-release carbohydrate plus high-quality protein. This winning combination will help stabilize your blood sugar while fueling your brain with continuous glucose. Bottom line -- you remain sharp, alert, and ready to conquer.

1. Oatmeal with Berries: bowl of oatmeal topped with 1-2 teaspoons sugar, fresh berries, and a glass of skim milk.
2. Egg Sandwich: 1-2 scrambled eggs between 2 slices of whole wheat toast; enjoy with a sliced orange.
3. Breakfast Burrito: whole wheat tortilla stuffed with a scrambled egg, shredded low-fat cheese, ½ cup black beans and optional salsa
4. Waffles with Peanut Butter and Bananas: whole-grain waffles, toasted and topped with peanut butter & banana slices.

Pre-Exam Lunch Ideas

1. Turkey/cheese sandwich on whole wheat bread with baby carrots and an apple
2. Cold pasta salad tossed with light canned tuna, vegetables and low-cal dressing.
3. Leftover dinner; chicken stir-fry with rice
4. Bowl of hearty lentil or black bean soup with whole grain crackers

After-school Homework Helpers

- Low-fat popcorn
- Grapes (chilled or frozen) or apple slices with peanut butter
- Soy crisps
- Healthy dry cereal (Puffins, Mighty Bites, Heart to Heart, Multi-Grain Cheerios)
- Baby carrots, pepper sticks (red, green or yellow), or cherry and grape tomatoes
- String cheese
- Raw almonds or cashews

Extra Credit for Overall Brain Health

- Hydrate with plenty of water
- Load up on omega 3 fats (fatty fish, omega 3 fortified eggs, ground flaxseeds, and walnuts)
- Eat foods rich in folic acid (spinach, oranges, broccoli, and fortified breakfast cereals)
- Get plenty of exercise

My Quote of the Month: What part of “NO” did you not understand? The “N” or the “O”?

My Featured Listing of the Month:

14389 Madrigal Dr. Woodbridge, VA 22193 Price: \$1750/month

This spacious 3 bedroom and 2.5 bath town home features hardwood floors on the main level, 9' ceilings, large recreational room, sunny deck off the kitchen and a fenced in yard with patio. It also has a security system installed. There are 2 master suites on the upper level and 1 bedroom on the lower level. Small pets are accept, but no smokers please. This home includes 2 parking spaces, is right of the Prince William Pkwy. and very close to I95. This one won't last long!



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

ACTIVE LISTINGS



**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.



**13881 Napa Drive
Manassas, VA 20112
\$525,000 or rent \$2,400/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.



**4600 S Four Mile Run Drive
Arlington, VA 22209
\$250,000**

This freshly painted, sunny condo features wood floors, updated kitchen and bath, mirrored wall and balcony. Comes with 1 underground parking and secured parking in the rear,. The Condo fee includes all utilities, pool, tennis, exercise room and sauna. Close to metro bus and metro stations.



**16809 Capon Tree Lane
Woodbridge, VA 22191
\$165,000**

Great first time home or investment property, this 3 Bedroom, 3.5 Bath home has a lot of potential. Boasts a large Kitchen and Dining Room with sliding doors to the deck, spacious Living Room, Rec. Room with fireplace and walk-out basement. The community center offers a swimming pool, tot lot and tennis courts. Close to shopping centers, restaurants, schools, and more.

FOR RENT



**5309 Gunston Hall Drive
Woodbridge, VA 22193
\$2295/mth**

This immaculate 4 year old brick front home has it all! A front porch, 2 car Garage, 2 Story Foyer with columns and overlook, Den, Living Room, Dining Room, Family Room with fireplace off the kitchen, breakfast area, large Master Bedroom with sitting area and dual walk-in closets, and much, much more.



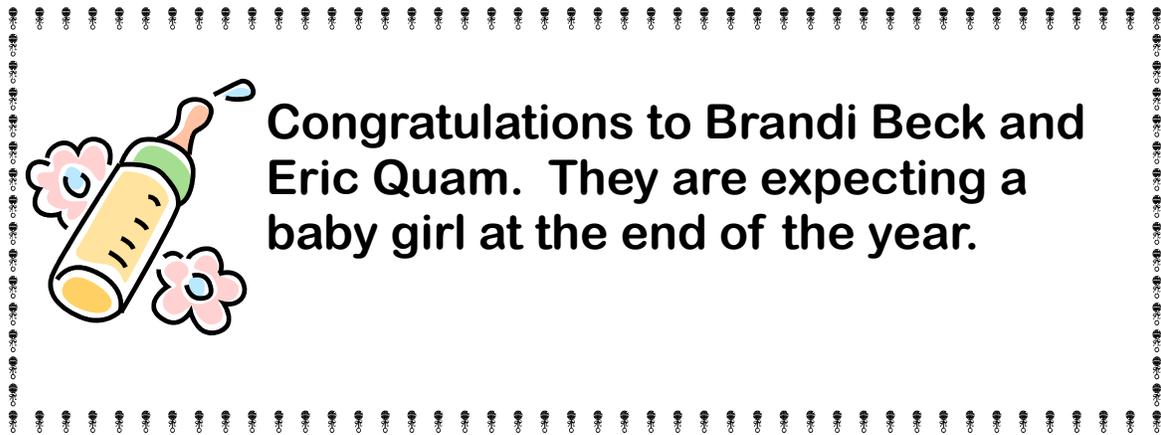
**14389 Madrigal Drive
Woodbridge, VA 22193
\$1,750/mth**

This beautiful townhome features hardwood floors, 9 ft. ceilings, two Mater Suites and one additional Bedroom, security system, large Recreation Room, and a large sunny deck with a fenced backyard. The community offers a basketball court and tot lost and is close to major shopping centers and commuter routes.



**2414 Brookmoor Lane #410A
Woodbridge, VA 22191
\$2,300/mth**

Gorgeous 2 level 3 Bedroom, 2.5 Bath upper level condo with 1 car garage. Hardwood floors on the main level with ceramic tile in the Kitchen and Family Room. This home has a large gourmet Kitchen with island, Family Room with fireplace and balcony, separate Dining Room off the Living Room, stack washer and dryer and plenty of windows. The Master Bedroom boasts a large walk-in closet and Luxury Bath with jetted tub. All the bedrooms are spacious. Close to VRE and I95.



Congratulations to Brandi Beck and Eric Quam. They are expecting a baby girl at the end of the year.

Prices on the everyday essentials have steadily risen over the last few years making many people wonder when it will stop, but how do the prices we pay compare to other parts of the world?

Gallon of Gas

Kuwait \$0.78
 India \$1.33
 Moscow \$2.10
 Hong Kong \$8.30
 Germany \$11.26

1lb. Bag Rice

Kuwait \$0.64
 Hong Kong \$0.90
 South Africa \$2.26
 Germany \$2.49
 Spain \$3.57

1lb. Potatoes

Brazil \$0.89
 Australia \$1.42
 Kuwait \$1.91
 London \$2.31
 Paris \$5.00

1lb. Dry Pasta

Milk

Brazil \$0.38
 Kuwait \$0.95
 Hong Kong \$1.30

Dozen Eggs

India \$0.39
 Hong Kong \$1.80
 Kuwait \$2.33

1/2 Gallon

India \$0.70
 Hong Kong \$2.00
 Moscow \$3.89



THE ZONTA CLUB OF PRINCE WILLIAM COUNTY

is once again selling White House ornaments This is our Fundraiser to provide scholarship money for the recipient of the Young Woman in Public Affairs award in PWC.

PRESIDENT BENJAMIN HARRISON

The 2008 ornament honors the administration of President Harrison (1833-1901), the 23rd president of the United States. Serving one term from 1889 to 1893, Harrison was a centennial president inaugurated 100 years after George Washington. Inspired by the Harrison family's Victorian Christmas tree, this 24 karat gold finished ornament interprets the first recorded tree to decorate the White House.

You can buy your ornament from any Zonta member here at our office.

CINDY FOX, CHERYL HEYWOOD or SHERRILL PUSEY.

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Cleaning Services	
Guadalup Quinteros	571-722-9608
Rosa Villalpando	571-723-5935
Maria's Cleaning Service	703-605-5218
Deming Lawn and Landscape	
Brian Deming	703-670-6767
Family Portraits	
Rob Riebe (specializing in children's portraits)	540-288-3828
Heating and Cooling Repair	
Weather Chasers	703-393-8444
Home Improvements/Remodeling	
Eric Quam	703-785-9820
Home Inspector	
Home Diagnostics, Inc./ Bill Meininger	703-583-0967
Home Portraits	
Alyce Read Watson allieoakly@yahoo.com	
Masonry Construction/Paint & General Home Improvement	
Martin Alvarenja	703-375-0068
Mechanic	
Roger	703-494-7181
Mortgage Company	
George Mason/ Kim Ramey	703-551-4177
George Mason/ Timur Tunador	703-934-4108
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Eric Peterson	703-351-6611
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Tree Bark/ Vinny Resch	703-690-6064
Web Design	
VASI (Sherri Arnaiz)	703-330-8268
AVON	
Erin O'Meara erinomeara@verizon.net	703-987-7088

INTERESTED IN A CAREER IN REAL ESTATE

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