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The Green Pages

Serving Northern Virginia & Points South Since 1969

June 2009

***** Celebrating 40 Years of Service*****

Make Every Day Earth Day!

Here are a few things that can help all of us be better to our Earth:

Carpool to work, school or shopping. According to The State of Green Report for 2009 by Greenbiz, carpooling in the U.S. happens less now than it did a decade ago. With higher gas prices and with many people spending fewer hours at work, it's time to start carpooling again. This step is a great way to reduce carbon footprint and save money.

Plant a small vegetable garden. Take some space in the backyard or purchase a few inexpensive wooden garden boxes or barrels and plant tomatoes, beans, lettuce, peppers or other fresh vegetables. This is a triple benefit. It greens up the environment, it saves money at the grocery store, and the fresh vegetables are healthy.

Install a high-tech, programmable thermostat in your home or office. Program the thermostat to reduce the amount of heat or air conditioning at night or when no one is there: again, a double savings, on energy and on heating and air conditioning costs.

Update your window treatments. Reduce energy consumption and heating and air conditioning costs by installing low-cost blinds or shades on your windows. Pull down shades start round \$10 each. For more energy use reduction, you could spend a few more dollars and install insulated drapes and curtains. These do cost more but will save more in the long term.

Keep recycling or start to recycle paper, bottles, plastic and cans. It takes little effort and even less money to recycle newspapers, magazines, printer paper, soda cans, glass bottles and plastic jugs.

Use the low-cost cloth shopping bags for grocery, retail, clothing and all types of shopping. The earth-wise bags are available in all sizes these days and most cost very little and some are insulated so that you can carry cold foods. Many people have been using these bags in grocery stores for a while now but they can really be used for mall shopping and all other kinds of shopping too.

Seal up leaks in your house or office. This is another easy-to-do, low-cost, low time investment that will save on energy use and bills. Sealant can be purchased at local hardware and discount stores. Use it to seal up cracks around windows and doors.

Do your banking and pay bills online. Banking online is fast, easy, safe, and free. Once you get setup for online banking and paying your bills online, it becomes as easy as clicking on an option!

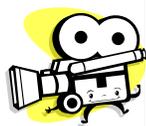
Cite: http://www.ehow.com/how_4881745_green-tight-economy.html
(May 2009)

INSIDE THIS ISSUE

**CALENDAR OF EVENTS
ASHLEY'S ACTION PAGE
ACTIVE LISTINGS
MARKET ANALYSIS**



June 2009 Calendar of Events Northern Virginia & Points South

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Spanish is fun- Bull Run Library 12-2	3	4	5	6 Book Sale Potomac Library 10-4 
7 Pam & Ella Grubaugh's Birthday 	8	9	10 Potomac Nationals vs WS 7:05 p.m.	11	12 	13 Music on the waterfront Leesylvania State Park
14 U.S. Army 234th Birthday 	15	16 Potomac Na- tionals vs. WIL 7:05 p.m.	17 	18 County of Supervisors Meeting McCourt Bldg @ 7:30 p.m.	19	20 Alexandria Waterfront Festival
21 Father's Day 	22 Shawn Blackburn 6 years old!	23	24 Ident-a-Child @ Chinn Library 11-1	25	26 Friday Flicks Central Library 10:30 a.m.	27 
28	29 Beginning with books 12-24m 10:30 a.m.	30 				



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

Memorial Day weekend should not have been the end to all your hard work that you've been doing since the first of the year. So what happened? You promised yourself you would eat just one hot dog, a couple bites of potato salad and a small slice of cherry pie during this Memorial Day picnic; but two hot dogs, one cheese-burger, four beers, and a half a pie later, you're left wondering how you'll ever undo the damage.

Fear not! Indulging in a holiday food fest like Memorial Day doesn't mark the end of a diet, nor signify that you've thrown it all away, just be prepared to wake up the next morning right where you left off. Even though you've worked hard to fit into your bikini for the upcoming summer season, we have five sure ways to put you right back on track with your weight loss and beach plans.

1) **Do Not Starve Yourself:** Don't allow yourself to fast the day after your Memorial Day binge. You risk sending your metabolism on a roller coaster ride and set yourself up for further binging. Instead, reduce the amount of calories and portions of food while increasing the frequency of meals. Aim for five small meals throughout the day, with each one totaling 200 - 300 calories.

2) **Fill-up with Fiber and Protein:** You'll want leafy salads with lean protein, egg white omelets with bell peppers and grilled salmon with steamed broccoli. The fiber and protein will aid digestion and give your metabolism an extra boost.

3) **Sweat it out:** Exercise will make you feel much better physically and mentally, plus the burst of activity will reduce bloat and kick your metabolism into high gear. Rather than a long 40-minute run at a constant pace, try interval training. A study in the Journal of Applied Physiology showed that exercising at a high intensity increased the body's fat burning capabilities. You'll want to exercise hard enough for one to four minutes so that you're out of breath, recover for three to five minutes and repeat until your workout is complete.

4) **Eat a Clean Diet:** This won't be too hard to accomplish after eating all that processed food, but committing to eat a whole foods diet for one to three days following your Memorial Day feast will help clean your system and provide your body with the nutrients it needs. Try oatmeal and berries at breakfast, salads for lunch, steamed greens and lean and plain proteins for dinner.

5) **Flush the Bloat:** Sipping green tea throughout the day will keep hunger at bay and give your metabolism a healthy boost. A study in the International Journal of Obesity showed that green tea extract increased calorie and fat burning to support weight loss. Green tea also contains powerful antioxidants which may help to reduce risk of heart disease and some cancers.

Quote of the Month: "Failure is not an option. It's just a nagging possibility that keeps us focused."

My Featured Listing of the Month:

2492 Eastbourne Dr. Woodbridge, VA 22191

Price: \$1800.00/month

Located in highly sought after Potomac Club Community. Upper 2 level condo w/ 3 bedrooms, 2.5 baths & 1 car garage. Huge master bedroom w/ 2 closets & large bath w/ sep. tub & shower. Gourmet kitchen w/ island, double ovens, stainless appliances & granite counters. Balcony off kitchen. Bay window off living room. Tons of closets. Will be painted & professionally cleaned. 1 oven to be replaced ASAP. Rec. center w/ indoor & outdoor pools, exercise rm. & rock climbing wall. Right across from Wegman's and new community. Very close to I95, VRE, and shopping.

To view more on this community please go to

www.kettler.com/communities/potomac_club



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 Ash-

FOR SALE



**7112 Token Valley Road
Manassas, VA 20112
\$1,1500.00**

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.



**8853 Screech Owl Court
Gainesville, VA 20155
\$300,000**

Come check out this 4 bedroom, 3.5 bath short sale located in historic Gainesville. Hardwood floors, Granite Counter Tops, Cherry Cabinets, GE Appliances, Fireplace and main level bedroom and a finished basement. Home is just 2 years old and perfect



**18546 Kerill Road
Triangle, VA 22172
\$399,900**

This wonderful 4 bedroom, 3.5 bath short sale will not be on the market long! Fire-place, unfinished basement, wall to wall carpet, and walk in closets. Come get it now.

FOR RENT



**13867 Palisades Street
Woodbridge, VA
\$2,400.00 month**

This gorgeous 4 bedroom, 3.5 bath model home is located in the beautiful Belmont Bay. Two story foyer, hardwood floors, Corian countertops, and finished 3rd floor loft, fireplace, and two car garage. Community has plenty of features including, walk to the marina & train station, and a golf course. Lease to buy.



**2492 Eastbourne Drive #311
Woodbridge, VA 22191
\$1,800.00 month**

Check out this wonderful upper two level condo with 3 bedrooms and 2.5 bath. Gourmet kitchen, stainless steel appliances, granite countertops. Huge master suite with 2 closets and luxury bath. One car garage and lots of storage space! Recreation center has indoor pool, gym, rock climbing wall and so much more!



**3202 Cardiff Court
Woodbridge, VA 22192
\$1,850.00 month**

This wonderful 4 bedroom 2.5 bath is located on a cul-de-sac within the great community of Lake Ridge. You will find new paint and carpet throughout. The master bedroom has a walk-in closet. The wood burning fireplace and a beautiful backyard with deck are just more reasons to call this your home.

Local Market Updates

A free research tool from MRIS, Inc.



Prince William County

April

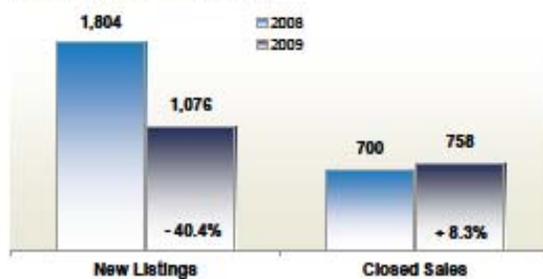
Year to Date

	2008	2009	Change	2008	2009	Change
New Listings	1,804	1,076	-40.4%	6,572	4,229	-35.7%
Closed Sales	700	758	+8.3%	1,966	2,921	+48.6%
Pending Sales	945	1,196	+26.6%	2,704	4,075	+50.7%
Median Sales Price*	\$265,000	\$180,000	-32.1%	\$275,000	\$179,950	-34.6%
Percent of Original List Price Received at Sale	90.1%	96.2%	+6.8%	89.6%	94.1%	+5.0%
Average Days on Market Until Sale	126	89	-29.2%	124	97	-21.1%
Single-Family Detached Inventory	3,436	1,227	-64.3%	-	-	-
Townhouse-Condo Inventory	2,305	617	-73.2%	-	-	-

*Does not account for seller concessions.

Some of the figures referenced in this report are for only one month worth of activity. As such, they can sometimes look extreme due to the small sample size involved.

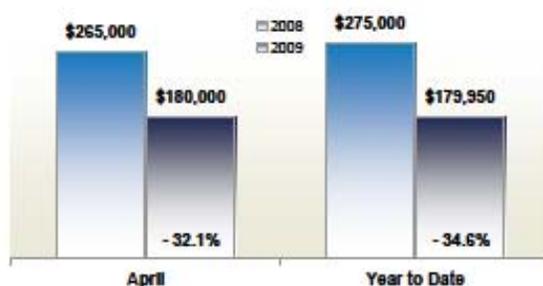
Activity—Most Recent Month



Activity—Year to Date



Median Sales Price



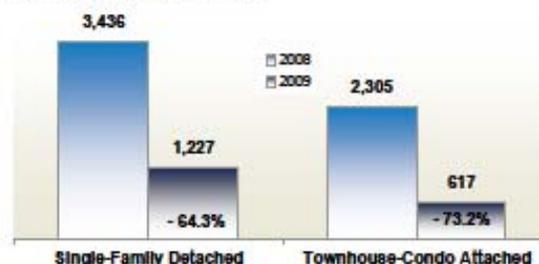
Percent of Original List Price Received at Sale



Days on Market Until Sale



Inventory of Homes for Sale



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\$10,000 Grant Back for 1st Time Home Buyers in 2009

By Tony Denk, Mortgage Consultant - Virginia Heritage Bank

There are several great 1st time home buyer programs out there for those who are looking to become home owners, but one program in particular continues to shine above the rest. Virginia Heritage Bank's most popular first-time homebuyer program from 2008 is back for 2009. Our **\$10,000 grant** program to 1st time homebuyers returned on April 1 and should remain available until funding runs dry near the end of the summer. The guidelines for this program have changed little since last year when we funded 78 \$10,000 grants in 2008 (basic program guidelines remain the same: borrower(s) must be first time homebuyer(s), and borrower(s) income must meet program guidelines. Call for details). The program continues to be straight forward and easy to use. ***When combining the \$10,000 grant with the \$8,000 tax credit from the Federal Government, first-time homebuyers can actually pocket a substantial sum of money by buying a home in 2009.*** Combine the \$10,000 grant and the \$8,000 tax credit with low home prices and record low mortgage interest rates and you have a "perfect storm" opportunity to purchase your first home. If you or a friend, family member, or co-worker is a first-time homebuyer and has questions, please call me at 703-628-5726 or drop me a line at tdenk@vhbmortgage.com. I'm happy to answer any questions you may have. Cherish and I look forward to helping you take advantage of this great opportunity!



Tony Denk, Mortgage Consultant - Virginia Heritage Bank
703-628-5726 or email me at tdenk@vhbmortgage.com.



Pay to the
Order Of

You! The First Time Home Buyer

\$

10,000.00

*Ten Thousand and 00/100 ******

DOLLARS



Member
FDIC

Virginia Heritage

Non-Negotiable

Not Redeemable for cash. Must qualify and meet FHLBA guidelines. Limit one per household

Preferred Professionals

Mortgage Company	
George Mason/Kim Ramey	703-551-4177
George Mason Mortgage/Timur Tunador	703-934-4108
Tree Service	
Tree Bark/Vinny Resch	703-690-6064
Home Improvement	
First Class Contracting/Craig Avallone	
Peterson Chimney Sweeps & Home Repairs	
Eric Peterson	703-351-6611
Masonry Construction/Painting & General Home Repairs	
Martin Alvarenja	703-675-0068
Cleaning Services	
Guadalupe Quinteros	571-722-9608
Rosa Villalpando	571-723-5935
Maria's Cleaning Service	703-605-5218
Title Company	703-491--9600
RGS	
Faux, Murals Interior & Exterior Painting & Wallpapering	
Michaela Langford	703-680-1483
Pleasure Paradise/All Natural Products for Mind, Body & Spirit	
Michelle Talbot	703-670-0877
Heating & Cooling Repair	703-393-8444
Weather Chasers	
Printing Service	
Ken's Speed Print	703-494-4545
Carpet & Floorin	
Carpet & Floor Outlet (Nadar)	703-497-4747
Web Design	
VASI (Sherri Arnaiz)	703-330-8268
Family Portraits	
Rob Riebe (specializing in children's portraits)	540-288-3828
Tastefully Simple	
Meagan Ross	703-303-9867
Tastefullysimple.com/web/mross	
Home Computer Help	
John O'Meara	703-221-8112
Paper Craft, Fine Stationery	
Langdon Gibson	703-978-6500
American Cabinet Refacers	
Keith Ferencz	703-503-6600
Property Management	
Selling Virginia	703-217-3278

INTERESTED IN A CAREER IN REAL ESTATE

Free Career Counseling If you are considering a new career in real estate or are transferring from another company, Patti Green & Company is looking for sales associates to join our team. Give us a call and we will tell you more. Prospective Sales Associates are given all the information they need to decide if a career as a Real Estate Associate at Long & Foster's Patti Green & Company is right for them. No time for a full time career in real estate contact our office regarding becoming a referral agent. **Call today for more information**

703-217-3278 or email:cherish.green@longandfoster.com



Long & Foster Realtors
 13875 Hedgewood Drive
 Woodbridge, VA 22193
 703-217-3278
 www.sellingvirginia.com



Announcements & Comments

Do you have something that you want to share with the Green Page Community? Drop us an email to share: mfjabrooks@verizon.net

WELCOME TO THE WORLD
 Kian Christopher Carroll
 May 11, 2009
 8:02 pm, 8lbs 10oz, 20in.



6175 Oaklawn Lane
 Woodbridge, VA 22193
 \$274,000
 4 bedroom, 2.5 bath

The cost of postage has gone up to .44 cents! Also, priority and most other mail options have risen since Jan. Make sure you check your letters before they go out.

