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The Green Pages

Serving Northern Virginia & Points South Since 1969

September 2007

Do you know the facts about Carbon Monoxide Poisoning? The following is information provided by the CDC on the causes and what you can do to protect your family.

INSIDE THIS ISSUE

**PREFERRED PROFESSIONAL
CALENDAR OF EVENTS FOR SEPTEMBER
KIM'S KORNER
ACTIVE LISTINGS
ASHLEY'S ACTION PAGE**

Carbon Monoxide is an odorless, colorless gas that can cause sudden illness and even death. CO is found in fumes produced by cars and trucks, small gasoline engines, stoves, lanterns, burning charcoal and wood, and gas ranges and heating systems. CO from these sources can build up in enclosed or semi-enclosed spaces and people and animals in these spaces can be poisoned by breathing it. The most common symptoms of poisoning are headache, dizziness, weakness, nausea, vomiting, chest pain, and confusion. High levels can cause loss of consciousness and death. CO poisoning can be difficult to diagnose because the symptoms mimic other illnesses. People who are sleeping or intoxicated can die before ever experiencing symptoms. All people and animals are at risk but unborn babies, infants, people with chronic heart disease, anemia or respiratory problems are at a greater risk.\

How to prevent Carbon Monoxide Poisoning in your home.

Have your heating system, water heater and any other gas, oil or coal burning appliance serviced every year.

Install a battery operated CO detector and replace the batter when you change the time on your clocks each spring and fall. If the alarm sounds leave immediately and call 911 from your neighbors home.

Seek medical attention as soon as possible if you suspect CO poisoning.

Do not use a generator, charcoal grill, camp stove or other gasoline or charcoal burning device anywhere in your home.

Never leave a car running in a garage that is attached to your home, even if the door is left open.

Do not burn anything in a stove or fireplace the is not well vented.

Do not heat your home with a gas oven.

For more facts and information visit www.cdc.gov or call 800-CDC-INFO or 888-232-6348 (TTY)

SEE WHY EVERY HOME IS AN ORIGINAL.

Bristow Ridge Estate Manor Community



VALLEY VIEW DRIVE | NOKESVILLE | VA | 20181

Serene country setting with mature trees, ponds, and water front lots. This community is located 39 short miles from Washington DC. Situated in western Prince William county this rural crescent is minutes to Route 66, Shopping, Commuter Lots, VRE, Bristow Manor Golf Course, Nissan Pavilion. Luxury estate single family home community located in the heart of Brentsville! 10-acre homesites on Cedar Run Creek.



CHERISH GREEN – SALES MANAGER

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- 6' WIDE ISLAND
- GAS FIREPLACE AND WOOD MANTLE

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12285 Valley View Drive
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Sales: 703-794-8150

Fax: 703-544-3993

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E-mail:

cherish.green@longan

Preferred Professionals

Mortgage Company

Eastern Mortgage Services/Kim Ramey 703-551-4177
George Mason Mortgage/Timur Tunador 703-934-4108
Prosperity Mortgage/Mig Bernier (se habla espanol) 703-986-5700

Tree Service

Tree Bark/Vinny Resch 703-690-6064

Home Inspector

Home Diagnostics, Inc./Bill Meininger 703-583-0967

Home Improvements

Swecker's Home Improvement/Kasey Swecker 703-494-2541

All Around The House Home Repairs

Robert Scott Langford 571-594-2241

Masonry Construction/Painting & General Home Repairs

Craig Avallone 703-615-9319

Cleaning

Guadalupe Quinteros 571-722-9608

Rosa Villalpando 571-723-5935

High End Car Repair

Dave Bergman 703-380-0465

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Title Company

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Mobile Car Wash Detail Service

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Printing Service

Ken's Speed Print 703-494-4545

Carpet & Flooring

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

Heating and Air Conditioning Repair

Weather Chasers (James) 703-393-8444

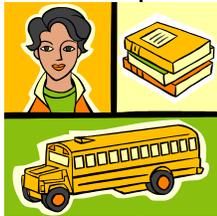
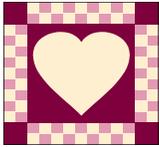
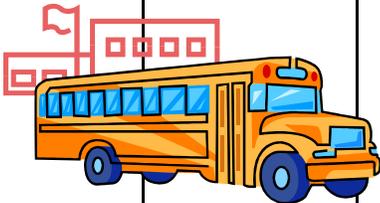
INTERESTED IN A CAREER IN REAL ESTATE

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 703-583-4148 or email cherish.green@longandfoster.com**



The Green Pages are produced by Cherish Green, if you would like to be on our FREE mailing list or want to contribute a letter or photo to next months issue please contact me @ 703-583-4148 or email chersh.green@longandfoster.com

September 2007 Calendar of Events Northern Virginia & Points South

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
BACK TO SCHOOL!						
2 Volkswagen Car Show 8-7 Old Dominion Speedway 703-361-7753	3 Jazz & Wine Festival downtown Herndon 703-787-7300	4 Anniversary Danny & Sheri Dodson	5 Anniversary Shawn & Christine Burke	6	7	8 Ballston Arts & Crafts show 10 am-4 pm 703-828-3527
9 Sully Quilt Show 10-4:30 Chantilly demos, music, door prize & more 703-437-1794 	10	11	12	13	14	15 Centreville Day 10-6 Centreville Historic Site March to Freedom - Woodbridge, Rippon Lodge walk trails used by Gen. Washington 703-792-5632
16 18th Century Craft Fair Mt. Vernon 9-5 crafts, entertain., music, shows 703-780-2000	17	18	19	20 	21 BIRTHDAYS Colby Comas Blackburn Patti Green Missy Bergman	22 International Children's Fest. Wolf Trap music, dances, artists, and more 703-642-0862 Birthday Donna Avallone
23 Children's Festival continues Birthday Alison Resch	24	25	26	27	28	29 Fall for Fairfax 10-4 FFX Government Center crafts, hayrides, music, reptiles, and more Occoquan Craft Show 10-6
30 Occoquan Arts & Crafts Historic Occoquan 10-6						

ACTIVE LISTINGS



10321 Windy Ridge Lane
Nokesville, VA 20181 \$995,950

Luxury waterfront 4 Bedroom Estate on 10 acres with gourmet kitchen, oak foyer stair case, sun room, front porch, 2 story family room, gas fireplace, fireplace mantels, wood floors, wall to wall carpet, Master Bedroom with luxury bath with separate shower and large soaking tub and walk- in closet, and 3 car garage.

12871 Mill House Court
Woodbridge, VA 22192
\$394,999



This rare and unique townhome is a gem to list and show. Conveniently located in Tackett's Mill a cute community with its own shopping, commuter lots, restaurants, banking, etc. Close to 95 and the north most point to Fairfax County this home is ready to go. A former model so it is loaded with details and upgrades. 2 Parking spaces convey and 3 visitors spots located in front of home.



13867 Palisades St
Woodbridge, VA 22191
\$620,000

Gorgeous home with a view of the Belmont Bay and Osprey's Golf Course. This 4Bedroom home features a Master Bath with separate shower, large soaking tub and walk-in closet. It also boasts 9' ceilings on the first floor, a two story foyer, 3rd floor finished loft, Corian counters, wood floors, w/w carpeting, fire place mantels and glass doors, and a rear load 2 car garage with automatic opener. Amenities include a marina club, tennis courts, and it's within walking distance of the VRE commuter rail station.



12285 Valley View Drive
Nokesville, VA 20181 \$850,000

Award winning custom built brick front 5 Bedroom home on 11.2 acres with water front lots available. There are many upgraded features including kitchen with ceramic floors/granite countertops and cook tops, double/dual staircase, fireplace mantels, walk-out level basement, luxury Master Bedroom with walk -in closet and full bath with separate shower and tub. Option include a garage addition and In-Law Suite in basement.

7112 Token Valley Road
Manassas, VA 20112 \$1,200.00

11/5 Acres in central Prince William county off Hadly Road. Acres are divided by Hoadly Road to the north we have 4 Acres and to the south 7.4 Acres. Potential rezoning and subdividing to multiple lots. Currently zoned A-1 surrounding lots SRR. Water available at road.



12553 Chippenham Court
Bristow, VA 20136 \$499,900

Beautiful 4 Bedroom, 3 & 1/2 Bath single family home on landscaped lot with underground sprinkler system situated at the end of a cul-de-sac. It features a fully finished basement that opens to a fully fenced back yard with a covered deck and backs to a wooded refrigerator with icemaker and water and efficiency dishwasher. Master Bedroom boasts a walk-in closet and Luxury Bath with dual vanity and separate shower and soaking tub. This home also features wood floors throughout the main level, chair railing, crown molding, ceiling fans, and 2 car garage with automatic openers.



13881 Napa Drive
Manassas, VA 20112
\$575,000

A rare and unique 4 Bedroom 3.5 Bath 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 square feet of living space.

ACTIVE LISTINGS



**12355 Valley View Drive
Nokesville, VA 20181 \$949,950**

Custom built luxury 4 Bedroom home on 10 acre lot with many award winning features including hardwood floors, vaulted ceilings, gourmet kitchen with granite countertops, dual staircases, wall to wall carpeting, private baths and walk-in closets for all bedrooms, two story living room and 3car garage. The main level Master Bedroom boasts walk-in closets and a luxury bath with separate shower and a large soaking tub. Water front lots with beautiful views are also available!

This brick front single family home has 4 bedrooms and 2 1/2 Baths with a rough-in Bath in the unfinished basement for room to grow. It features a 2 car garage and is located on a quiet cul-de-sac at the end of a pipe stem. Large deck on the rear, neutral décor, large rooms and a great floor plan. The Kitchen is in the heart of the home with a nice island and the Family Room is right off the Kitchen for a great way to entertain. Close to 95, VRE and Slug lines and is close to DC. The community has a nice pool and Community Center and is close to all schools and all sorts of activities.

**2774 Noble Fir Court
Woodbridge, VA 22192 \$499,900 or
rent w/ purchase option \$2,500 mth**



FOR RENT

**711 River Drive
Front Royal, VA 22630
\$1,300 month**



One of the largest homes in the community with lots of space and within walking distance of the Shenandoah River and nearby parks. This home has 3 Bedrooms and 2 1/2 Baths. Features include a full bath in the Master Bedroom, walk-in closet, a fireplace with glass doors, built-in bookcases, and a garage with automatic opener.



This ornament honors the first administration of President Grover Cleveland. He was the only U.S. president elected to two non-consecutive terms and was the only president to marry in the White House.

THE ZONTA CLUB OF PRINCE WILLIAM COUNTY WILL BE SELLING THE 2007 WHITE HOUSE ORNAMENTS

The money raised from this sale goes to High School girls in our community towards their college education.

The cost is **\$18.00** each and can be purchased from any Zonta member and at these locations.

Cindy Fox @ Long and Foster
13875 Hedgewood Drive
Woodbridge
703-583-3508

A Floral Affair
4208 Merchant Plaza
Woodbridge
703-680-2665

MDA Technologies
Chavonne Outerbirdge
Paula Maxey
703-730-9440

Bargain Boxes
Rebecca Barnes
703-580-6649

Ken's Speedprint
1313 G Street
Woodbridge
703-494-4545

ASHLEY'S ACTION PAGE

Summer is ending. Vacations are over and our kids are going back to school. But does that mean that we have to lose that beautiful color and glow that we have all worked so hard to get for the past 3 or 4 months? I would hope not. Here is an article that may help you make the decision to keep your color all year long. Like I've said before, health is very important but in this case your skin doesn't have to suffer.

Sunless Tanning: A Safe Alternative to Sunbathing

You might think you have to choose: Expose your skin to the sun's damaging rays to get a much-loved tan, or avoid the sun and miss out on that sun-kissed glow. But you have another option — sunless tanning products. Sunless tanning products, also called self-tanners or tanning extenders, can give your skin a tanned look without exposing it to harmful ultraviolet (UV) rays. Though generally recognized as safe, sunless tanning products do carry some risks, depending on how they're used and applied.

How do sunless tanning products work?

The active ingredient in most sunless tanning products is dihydroxyacetone (DHA). DHA is the only color additive approved by the Food and Drug Administration (FDA) for use in sunless tanning products. When applied to your skin, DHA reacts with dead cells in the outermost layer of skin (stratum corneum) to temporarily darken the skin's appearance. The coloring doesn't wash off, but it gradually fades as the dead skin cells slough off. In most cases, the color is completely gone after five to seven days. Many forms of sunless tanning products are available for home-use, including lotions, creams, gels and sprays. They typically go on clear, and you might see results after about an hour. Full color appears within eight to 24 hours. Some products contain a tint, which darkens your skin right away. Besides home products, spray-on tanning is available at salons, spas and tanning businesses. These professional applications can provide an even, full-body tan.

Is sunless tanning safe?

Sunless tanning products are generally regarded as safe alternatives to sunbathing. The FDA considers DHA safe when applied to your skin. Spray-on tanning or mist-on tanning from a salon or spa is typically applied to all parts of your body — including your face — to ensure an even color. This creates a potential for the product to get into and around your eyes, near your nostrils or onto your lips. The risks, if any, of inhaling or ingesting DHA are unknown, so special care is needed to be sure that your spray-on tan is safely applied. Be sure to shut your eyes and hold your breath while the tanner is applied. You may also want to request or bring along protective devices such as goggles or nose plugs. You may have seen ads for sunless tanning pills, but these products are unsafe and aren't approved by the FDA. Sunless tanning pills contain large amounts of the color additive canthaxanthin. When taken in large amounts, canthaxanthin settles in parts of your body, including your skin. It can turn your skin orange to brown and can cause canthaxanthin retinopathy, the formation of crystals in the retina of the eye. Tanning pills can also cause nausea, cramps and diarrhea.

Sunless tanning tips: For an even looking tan

Sunless tanning products no longer cause that orange-brown, streaky appearance. Today the products offer an even, natural-looking tan if they're applied correctly and carefully. For best results, follow these tips:

- Choose a light- or medium-toned product, which tends to look more natural.
- Before using the product, wash and exfoliate your skin with a wash cloth or sponge to remove excess dead skin cells. Women should shave their legs for an even application.
- Apply the sunless tanning product evenly and lightly. Use less product on dry skin or thickened skin, such as over your ankles, knees and elbows. These areas tend to absorb more product.
- After you apply the product to your face and body, wash your hands with soap and water to avoid coloring your palms. Be sure to remove any product from under your fingernails. Then use a cotton ball to apply the sunless tanner to the top of each hand.
- To prevent staining your clothes, wait until the sunless tanner dries completely, about 15 to 20 minutes.

Most sunless tanning products don't contain a sunscreen and, therefore, don't protect your skin from sun damage. If you spend time outdoors, be sure to apply a sunscreen with a sun protection factor (SPF) of at least 15 before going outside.

My Quote of the Month: "TEAM - Together Everyone Achieves More"



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



KIM'S KORNER

THE BENEFITS OF DOING BUSINESS WITH A STRONG LENDER

The turmoil caused by the mortgage industry has instilled fear in consumers nationwide, and rightly so. Companies are closing their doors and the uncertainty of how the market will shift is making people wait out the storm before they invest in a mortgage product. This, in turn makes those who want to sell their homes feel anxious and uneasy about the process. During this tumultuous times, one thing should be on a consumers minds: do business with a strong, stable lender.

We can offer you a wide variety of loans programs, rates and terms to meet just about any borrower profile. We offer a diverse menu of mortgage products that will meet your needs. These include conventional fixed rate and ARM loans, FHA, VA, rehab loans, amongst many options.

Even though other mortgage companies are closing their doors, our doors are wide open and I am ready to help you get into that new home, refinance your current mortgage, or renovate. Rates are still and all time lows. It is a great time to buy or refinance. Trust that you are doing business with someone who cares about your financial situation and understands the complexities of the mortgage industry and adapts to them. Remember, it is back to the basics and picking a lender that had the time in the business to know how to structure your loan program. My company and I are ready to serve you.



Long & Foster Realtors
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Woodbridge, VA 22193
703-583-4148
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