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The Green Pages

Serving Northern Virginia & Points South Since 1969

March 2008

IT'S TAX TIME AGAIN

If you bought or sold a home last year and are wondering what costs you can deduct from your taxes, you may find these tables helpful.

BUYER

DEDUCTIONS:

- ◆ Interest paid on mortgage
- ◆ Real estate taxes paid from the date of sale
- ◆ Loan origination fees or "points" (even when paid by seller)

INCREASES BASIS OF PROPERTY

- ◆ Attorney's fees
- ◆ Real estate commission paid by buyer
- ◆ Title examination and surveys
- ◆ Stamp taxes, title insurance, recording fees
- ◆ Utility service installation

SELLER

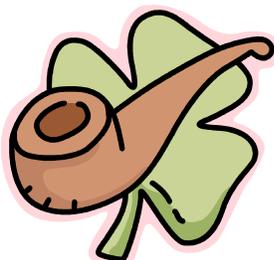
DEDUCTIONS

- ◆ Interest paid on loan up to date of pay-off
- ◆ Real estate property taxes paid up to the date of sale

REDUCTION IN AMOUNT REALIZED

- ◆ Attorney's fees and closing costs
- ◆ Commissions paid on sale
- ◆ Loan origination fees paid at closing
- ◆ State transfer tax paid at closing

This information is not intended as legal advice but for informational purposes only. For more information, please consult a tax attorney, certified public accountant or the Internal Revenue Service.



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Plants and Pets

With the coming of spring many of us are eager to start this year's gardens. You may not realize it but many plants are harmful to Fido and Fluffy and should either be avoided or planted in an area they don't have access to. Below is the ASPCA Animal Poison Control Center's list of the most common garden and household plants that can be poisonous to your pets.

- ◆ **Bulbs:** Amaryllis, Autumn Crocus, Daffodil, Day Lily, Elephant Ears, Gladiolas, Hyacinth, Iris, Lily of the Valley, Narcissus, Orange Day Lily, Tulip
- ◆ **Ferns:** Aparagus Fern, Australian Nut, Emerald Feather (aka Emerald Fern), Lace Fern, Plumosa Fern
- ◆ **Flowering Plants:** Cyclamen, Hydrangea, Kalanchoe, Poinsettia
- ◆ **Perennials:** Charming Diffenbachia, Christmas Rose, Flamingo Plant, Foxglove, Morning Glory, Nightshade, Onion, Tomato Plant, Tropic Snow Dumbcane
- ◆ **House Plants:** Ceriman (aka Cutleaf Philodendron), Chinese Evergreen, Cordatum, Corn Plant (aka Cornstalk Plant), Cutleaf Philodendron (aka Ceriman), Devil's Ivy, Dumb Cane, Golden Pothos, Green Gold Nephthysis, Marble Queen, Mauna Loa Peace Lily, Nephthytis, Peace Lily, Red-Margined Dracaena, Striped Dracaena, Taro Vine, Warnecke Dracaena
- ◆ **Lillies:** Asian Lily, Easter Lily, Glory Lily, Japanese Show Lily, Rubrum Lily, Stargazer Lily, Tiger Lily, Wood Lily
- ◆ **Shrubs:** Cycads, Heavenly Bamboo, Holly, Jerusalem Cherry, Mistletoe, Oleander, Precatory Bean, Rhododendron, Saddle Leaf Philodendron, Sago Pal, Tree Philodendron, Yucca
- ◆ **Succulents:** Aloe
- ◆ **Trees:** Avacodo, Buddist Pine, Chinaberry Tree, Japanese Yew, Lacy Tree, Macadamia Nut, Madagascar Dragon Tree, Queensland Nut, Schefflera
- ◆ **Vines:** Branching Ivy, English Ivy, European Bittersweet, Glacier Ivy, Hahn's self branching English Ivy, Needlepoint Ivy
- ◆ **Uncategorized:** American Bittersweet, Andromeda, Japonica, Azalea, Bird of Paradise, Buckeye, Caladium hortulanum, Calla Lily, Castor Bean, Clematis, Fiddle-Leaf Philodendron, Florida Beauty, Fruit Salad Plant, Golden Dieffenbachia, Gold Dust Dracaena, Heartleaf Philodendron, Horsehead Philodendron, Hurricane Plant, Mexican Breadfruit, Mother-in-law, Panda, Philodendron Pertusum, Red Emerald, Red Princess, Ribbon Plant, Satin Pothos, Spotted Dumb Can, Sweetheart Ivy, Swiss Cheese Plant, Variable Dieffenbachia, Variegated Philodendron, Yesterday/Today/Tomorrow



If you think your pet has been poisoned contact your veterinarian immediately or the ASPCA National Control Center at on of these numbers.

1-888-4ANI-HELP (1-888-426-4435

There is a cost of \$45 per case (Visa, Mastercard, Discover or American Express). The Center will do as many follow-up calls as necessary in critical cases, and at the owner's request will contact their veterinarian. The Center also provides via fax specific treatment protocols and current literature when indicated.

1-900-443-0000

There is a cost of \$45 per case charged to the owner's phone bill. The Center will do as many follow-up calls as necessary in critical cases, and at the owner's request will contact their veterinarian. The follow-up calls can be made to 1-888-299-297

ASHLEY'S ACTION PAGE

This might be coming to you a little too late, but I thought you would find it very informative and very helpful. One in three Americans suffers from the common cold each year, but this year it doesn't have to be you! Fight the flu and combat your cold with these immune-boosting strategies and remedies.

Prepare for Cold Season!

The best natural protection from cold and flu is to keep your immune system going strong and to practice preventative measures. Wash your hands frequently with soap, and wash your face at least twice a day. Also, protect your upper back and neck area, because this is where most of the colds will attack the body. The activities listed below will help you build your immunity.

6 Simple Ways to Boost Your Immunity

1. Rest up.

Studies show that your immune system function drops by an average of 60% after just three nights of poor sleep, so be sure you are getting plenty of quality rest, at least eight hours each night.

2. Lessen your stress.

Keep your stress level low with meditation, tai chi or yoga.

3. Eat sweet potatoes and mushrooms.

These foods help optimize your body's immunity function. Sweet potatoes contain higher amounts of vitamin C (a famous immune support) and beta-carotene than carrots, as well as being rich in DHEA, a potent immunity booster. Certain types of mushrooms, like shitake, maitake and reishi, contain polysaccharides, sterols, coumarin, vitamins, minerals, and amino acids that increase your immune function.

4. Pick potent herbs.

Eat lots of potent herbs and spices, especially garlic, ginger, cilantro, and oregano.

5. Astragalus: the immunity super herb.

Astragalus has been used in Asia to prevent cold and flu for more than 2,000 years. This herb stimulates the body's production of interferon, which is a potent immune protein that boosts your ability to fight infections and diseases.

6. Keep your middle warm.

In Chinese medicine, the abdomen is considered the storehouse of the body's energy. Keeping your abdomen warm and protected from weather extremes has immense immune benefits. A good way to replenish your energy bank is to regularly place a hot water bottle on your abdomen. Also beneficial is applying abdominal wraps soaked in rejuvenating herbal solutions, or pouches containing similar herbs.

Natural Remedies and Relief for Cold and Flu

If it's too late to prepare, and you are already suffering from the runny nose, headache and fever of cold and flu, these recommendations can help you get you back on your feet in no time!

- At the first sign of a cold attack, drink scallion and ginger tea, and lots of liquids.
- Fasting or light eating is sometimes recommended when you have a cold, so as not to detract from the body's healing by having to digest heavy foods. In general, eat as little solid food as possible to avoid burdening the immune system, but drink plenty of warm fluids such as soups, porridges and tea.
- Get plenty of rest and don't engage in exercise. When you have a cold, exercise depletes the body of qi, the vital energy needed to fight pathogens.
- Taking up to 50 milligrams of zinc a day may help reduce the symptoms of the common cold.
- It is helpful to inhale eucalyptus, oregano, and lavender, which are antibacterial, antiviral, and decongesting.

Feel free to share any of your own personal health and longevity tips with me anytime.

May you stay healthy, live long, and live happy!

My Quote of the Month: Happiness is where we find it, but rarely where we seek it.



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

March 2008 Calendar of Events Northern Virginia & Points South

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 St. Patrick's Day Parade 10:30 am City Hall, Alex.
2	3	4	5	6  Birthday Danielle Brabon	7	8 Arts & Crafts Show 9:00-4:00 Ida Lee Park Leesburg Birthday Patti Schwab
9 VSA Musical Production \$8 Purcellville 540-751-2326 Monterey Jazz Festival 7:00 GMU Center for the Arts 703-993-8888	10  Birthday Sienna Lambert	11	12	13	14	15 Parade 11:00 Old Town Manassas Parade 11:00-3:30 Spotsylvania Business Park Town of Dumfries Spring Festival 11:00 Birthday Vinny Resch
16 Manassas Ballet Theater "Stars and Stripes Forever" 5:00 Metz Middle Sch. 703-257-1811	17 St. Patrick's Day 	18	19	20	21  Birthdays Hannah Meixner Dave Bergman	22
23 EASTER 	24	25	26	27	28	29 Birthday John Ramer 3rd Annual Fredericksburg Home & Garden Show Expo & Conference Center 540-548-5555
30 Home & Garden Show continues	31  Birthday Chloe Savin					

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!



17289 Vaughn Lane
Dumfries, VA 22026
\$310,999

<http://17289vaughnlane.nowoffered.com/>

Conveniently located in Southbridge, this home is close to shopping, commuter lots, banking, community center, pool, tennis court, and more. Boasting 4 Bedrooms, 3.5 Baths, eat-in Kitchen, GE appliances, fully finished basement with fireplace, recessed lighting, bay window, plantation shutters and 42" cabinets, this home shows like a model.



13881 Napa Drive
Manassas, VA 20112
\$525,000

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!

12553 Chippenham Court, Bristow, VA 20136
\$474,950
<http://12553chippenhamct.nowoffered.com/>



Beautiful 4 Bedroom, 3.5 Bath single family home on landscaped lot with underground sprinkler system situated at the end of a cul-de-sac. It also features a fully finished basement that opens to a fully fenced backyard with a covered deck that backs to a wooded common area. The Kitchen offers a high efficiency refrigerator with ice and water and an efficiency dishwasher. Master Bedroom has a walk-in closet and Luxury Bath with separate shower and soaking tub. Wood floors throughout the main level, chair railing, crown molding, ceiling fans and 2 car garage with automatic openers are also featured.



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.

ACTIVE LISTINGS



**13551 Warrenton Road
Catlett, VA 20119
\$300,000**

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



**12848 Mill Brook Ct.
Woodbridge, VA 22192
\$1,550/month**

This lovely 4 level town home has 2 master suites and 3.5 baths. One of the master suites has a large loft up above which can serve as an additional room or work space. The country kitchen is warm and inviting with a fireplace and sliding glass doors to the deck. Lower level can function as a third bedroom and opens up to a patio and small yard. You'll love the gorgeous hard wood floors, the ceramic tile, the moldings, the charming dormers and Williamsburg style. Located in Lake Ridge, this home is very close to Tackets Mill Shopping, commuter lots, and I 95.



**13907 Spotswood Furnace Rd.
Fredericksburg, VA 22407
\$1200/Month**

This is a must see! Gorgeous retreat of nature on 3.38 acres. This 3 level, 3 bedroom, 2 full bath home features a front porch, spacious kitchen with original oak cabinetry, large rec. room with woodstove, oversized family room with wood burning fireplace, new washer and dryer, fresh paint, new vinyl siding, upgraded windows, huge double carport, and electric wired shed off driveway. Minutes from Route 3.



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

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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**

Preferred Professionals

■ Mortgage Company	
■ George Mason/Kim Ramey	703-551-4177
■ George Mason Mortgage/Timur Tunador	703-705-6360
■ 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
■ Peterson Chimney Sweeps & Home Repairs	703-351-6611
■ Eric Peterson	
■ Masonry Construction/Painting & General Home Repairs	703-675-0068
■ Martin Alvarenja	
■ Cleaning	
■ Guadalupe Quinteros	571-722-9608
■ Rosa Villalpando	571-723-5935
■ Title Company	703-583-2222
■ 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)	703-494-4747
■ Web Design	
■ VASI (Sherri Arnaiz)	703-330-8268
■ Family Portraits	
■ Rob Riebe (specializing in children's portraits)	540-288-3828
■ Cleaning Service	
■ Maria's Cleaning Service	703-605-5218
■ cleaningmarias@yahoo.com	
■ Home Computer Help	
■ John O'Meara	703-221-8112

WELCOME TO THE WORLD!



Carson Michael Cassano
Born February 10
8 lbs. 21 inches

Congratulations to
Joe Cassano & Danielle Brabon



Long & Foster Realtors
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