



# Firm Overview

Our clients have entrusted our firm with their legal needs for over 30 years. VF&N provides innovative and comprehensive solutions for businesses, municipalities, and individuals.

With nine cross-functional practice areas, our expansive legal team is equipped to handle our client's most complex cases. Our attorneys have a reputation of high-quality service, robust experience, extensive industry knowledge, and a shared passion for helping our clients thrive.

## Our Services:

- Business Law
- Corporate Financing and Lending
- Commercial Leasing
- Employment Law
- Estate Planning, Administration, and Guardianship
- Intellectual Property
- Land Use and Zoning
- Litigation
- Municipal Law

## Industries:

- Agritourism
- Churches and Religious Institutions
- Construction
- Real Estate Brokers and Agents
- Real Estate Development
- Tech Subcontractors and Suppliers

## Awards:



## Core Values:

### Genuine concern for clients.

VF&N attorneys truly care about you and your business. We strive to be your trusted ally by listening to you and focusing on your objectives with honest and informative communication.

### Focus on quality.

Our focus on quality means intensive preparation, extensive insight, and relentless execution. We not only advise on the case at hand but also educate clients on foreseeable concerns or opportunities based on the outcome. We go above and beyond for our clients.

### Giving to the community.

We want our community to thrive and are committed to serving the community. We are active advocates of civic leadership, education, arts, and access to justice.



# Firm Overview

## Our Attorneys:

**Michael Vanderpool**, Of Counsel  
Business Law

**Randolph Frostick**, Partner  
Litigation

**V. Rick Nishanian**, Partner  
Leasing and Lending

**Kristina Keech Spidler**, Partner  
Employment Law

**Martin Crim**, Partner  
Municipal Law

**David Wilks**, Partner  
Estate Planning & Administration

**Karen Cohen**, Partner  
Land Use and Zoning

**Neal Knudsen**, Of Counsel  
Social Services & Guardianship

**Brett Callahan**, Associate  
Litigation

**Brendan Cassidy**, Associate  
Employment Law

**Olaun Simmons**, Associate  
Municipal Law

**Christopher Collins**, Of Counsel  
Intellectual Property

**Robert Beard**, Of Counsel  
Social Services

**Cynthia Edwards**, Of Counsel  
Social Services

**Guys Jeffress**, Associate  
Commercial Real Estate

**Kara Larson**, Associate  
Social Services

**Christopher Schlechte**, Associate  
Business Law

## Community Involvement

Legal Services of Northern VA  
-Board Member

NAIOP (Commercial Real Estate  
Development Association)-  
committee member

Local Government Attorneys-  
Committee member, conference  
speaker

George Mason University-  
Professor, Business Real Estate  
Development Industry Group,  
GMU Foundation, Mason Center  
for Real Estate Entrepreneurship

Matthew's Center for Visual  
Learning-Board Member

Center for the Arts of Greater  
Manassas- Committee member

Leadership Prince William Co-  
founder

Young Professional of NOVA-  
Program director

Virginia Women's Attorney  
Association- President

Prince William County Bar  
Association- President

Prince William Chamber of  
Commerce- Of counsel, Board of  
Directors