

The ompass

Newsletter of the Cameron Station Community Association, Inc.

Volume 20 Issue 3 • May - June 2019

Spring Eggstravaganza: A Hopping Good Time!

The Activities & Events Committee, in partnership with David and Stephanie Thorpe, recently hosted its annual Spring Eggstravaganza. Held at the Kilburn St. and Donovan Drive Pocket Park, hundreds of Cameron Station residents enjoyed the festivities, featuring the kids' egg hunt, face painting, a balloon artist, music provided by David Thorpe, and a visit from the Easter Bunny. Delicious sandwiches were provided by Silver Diner, along with drinks and desserts. Despite the rainy weather earlier in the week, the weather turned out just fine, and the event was a great success!

Happy Spring to everyone!



SAVE THE DATE

Cameron Station Annual Pool Party

Coming in August! See upcoming e-mail blasts for date/time information.

Enjoy the fun and food! Please remember to bring your Cameron Station ID card to obtain a lunch ticket from the attendant in the Fitness Center lobby. A maximum of two guests per household will be admitted to the party, and they must be accompanied by a Cameron Station resident who presents a Cameron Station facilities visitor pass. In the case of inclement weather, all activities, except the moon bounce, will move inside the Cameron Club.

Road Closure Notice:

A portion of the party will take place on Kilburn Street, between Cameron Station Boulevard and Medlock Lane. The street will be closed the evening before the event and will reopen following the event. There will be no parking in this area during that time. Vehicles that have not been moved from visitor parking and/or the street by 6pm on the evening preceding the event will be relocated at the owner's risk and expense.

Questions? E-mail us at events@cameronstation.org.



Photo credit: David Thorpe

Little Free Library Comes to Cameron Station

By Marian Cavanagh

On Saturday, May 4, Alexandria City Mayor Justin M. Wilson cut the ribbon to open our neighborhood's first Little Free Library, located in the median on Ben Brenman Drive, across from the Cameron Station Boulevard circle.



Photo Credit: David Thorpe

The Library and the ribbon-cutting event are the result of the generosity of neighbors David and Stephanie Thorpe of Thorpe Homes and the culmination of six months of their hard work and careful planning. The celebration began at the circle at 3pm and featured music, beverages, and colorful balloons. A representative

from the Literacy Coalition came to encourage volunteers to help area students increase their reading skills. Many Cameron Station families and friends were on hand to express their enthusiasm and gratitude for this new addition to our neighborhood.

It was then time for a short walk across the Boulevard for the ribbon-cutting. Everyone cheered as the Mayor made



Photo Credit: David Thorpe

it official—our Little Free Library was open! As a bonus, Mayor Wilson gave an exuberant reading of *The Berenstain Bears*.

It's clear that Cameron Station is a perfect location for the Little Free Library because its goal is to inspire a love of reading, build community, and spark creativity by fostering neighborhood book exchanges around the world. It's gotten off to a great start,

say the Thorpes, who purchased, built, and painted the structure, patiently waited for warmer weather to arrive before installing it, and then hosted the opening ceremony. "It's getting a lot of activity and is always full," said David. "Every time I go by, I see people sitting on benches reading, and it makes me smile."



Photo Credit: David Thorpe

Please take full advantage of this great new neighborhood opportunity—spread the word, visit often, and don't forget to share!

Join the Civic Association!

The Cameron Station Civic Association is a growing group of Cameron Station residents who focus on civic affairs in the broader Alexandria community that have an impact on our community. It also serves as a conduit of information to residents.

The Civic Association is separate and apart from the Homeowners Association (which every homeowner automatically becomes a member of). The Civic Association has been around since 2000 and been the key on numerous projects such as getting the tot lot in Ben Brenman Park and reducing emissions from the nearby asphalt plant.

Membership is open to any resident, real property owner, or business establishment owner of a property located in Cameron Station. Membership is only \$10 a year.

If you'd like to become a member, please contact Sash Impastato at simpastato54@gmail.com.

Calling for Volunteers!

Cameron Station residents who would like to volunteer and be added to the volunteer list to help assist those residents with physical limitations during snow storms/snow removal, please contact the Management office 703-567-4881 or managers@cameronstation.org. Thank you!

Join the Club, or Start One!

Do you have a special interest or talent you'd like to share with others (e.g., walking or bicycling, knitting or sewing, Scrabble or bridge)? If yes, contact *The Compass*, and we'll be happy to connect you with other neighbors who share your interests. Send your information, including name and contact information, to thecompass@cameronstation.org.

About . . . *The Compass*

The Compass is the newsletter for the Cameron Station Community Association and is run entirely by volunteers.

The Compass welcomes your articles and photo submissions, as well as your suggestions for future issues.

Please send us an email at TheCompass@cameronstation.org.

Previous issues of *The Compass* are available online at www.cameronstation.org.

Go under the "News" tab on the home page and click on "Community Communications" on the left hand side.

Editor-in-Chief: Megan Skinner

Editorial Staff: Carla Besosa, Judy Coleman, Lily Engle, Marian Cavanagh, Scott E.Z. Franklin, Pat Sugrue, and Maureen Zimmer

Recurring Contributor: Susan Birchler **Photographer:** David Thorpe

Committee Corner

HARD AT WORK ON BEHALF OF OUR RESIDENTS

BOARD OF DIRECTORS

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Meetings are the last Tuesday of every month,
unless otherwise indicated.

CSCA COMMITTEES

ACTIVITIES & EVENTS PLANNING COMMITTEE

(events@cameronstation.org)

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Committee Corner

HARD AT WORK ON BEHALF OF OUR RESIDENTS

Activities & Events Planning Committee

By Andrew Yang

In addition to the Eggstravaganza (see page 1), the Spring Yard Sale was also held at the end of April. In addition to the Eggstravaganza (see page 1), the Spring Yard Sale was held at the end of April (see page 13). Many residents were able to take advantage of this opportunity to do a little “Marie Kondo-ing” of their own. There will be another de-cluttering opportunity in September with the Fall Yard Sale.

As always, the committee is looking for volunteers. Without volunteers, a lot of these events wouldn't be possible. Be sure to sign-up to receive the weekly Cameron Station e-mail blast to find out about all of our events, including the Annual Pool Party, which is planned for early August. For questions or suggestions, e-mail events@cameronstation.org.

Cameron Club Facilities Committee

By Ray Celeste

The pool season is upon us! Please treat our lifeguards with respect, as they are here to support us and guard the lives of those who use the pool. We may meet our maximum number of “bathers” allowed in the pool area, which is 125 and is based upon the square footage of the pool not the pool deck. This number is set by the City of Alexandria per city ordinance. Once that number is reached, no other people are allowed into the pool area.

Swim lessons are available by American Pool our pool management company. If you are interested in swim lessons for your child, please contact Neely Cohen of American Pool at Ncohen@americanpool.com. There is no private pool instruction available outside of American Pool Services. As you know, you must have a current Cameron Station Identification card.

We have extended our management hours on Saturdays during the month of May from 8am – 1pm to help accommodate our residents who are getting up-to-date resident identification cards. Make certain to bring your Cameron Station identification card to access our Fitness Center and our pool. All children, including babies, need this identification. Please make this a priority if you would like to use the amenities offered at our clubhouse. Your consideration is very much appreciated!

Our pool hours of operation are listed below.

Monday – Friday

Lap swim only: 6am – 8am
10:30am – 8:30pm

Saturday – Sunday

10:30am – 8:30pm

We always have one lane reserved for lap swimming. On weekdays, from 7:30pm – 8:30pm, there are two lap lanes reserved for lap swim.

Below is a friendly reminder of our pool rules.

The pool manager and pool management contractor are responsible for the safe and orderly operation of the pool. The pool manager and lifeguards have been provided with copies of the Cameron Station Pool Rules and have also been instructed in the rules of the pool, by the CSCA Management Staff. Any questions/concerns about the rules or enforcement must be addressed to the CSCA manager. If concerns are not resolved, issues should be addressed to the Board of Directors.

Children under the age of 12 are not permitted in the swimming pool area unless accompanied by a Facilities pass holder who is 18 years of age or older. Residents ages 12 – 15 may use the pool unaccompanied after they have passed a swim test administered by a Cameron Station lifeguard. Residents age 16 and older may use the pool unaccompanied.

Cameron Station Facilities pass holders may bring only four (4) guests per household to use the pool area at any one time. Guests must be accompanied by at least one (1) Facilities pass holder 18 years of age or older. Residents may request an exception to the Guest Pass Policy requiring Facilities pass holders to accompany their guest(s) as follows: (1) The request must be in writing and be submitted to the management office no later than 48 business hours prior to the date for which the exception is requested; and (2) the request must include the name and address of the resident; the name(s) of the guest(s); and the date(s) of visit. If granted, the exception will be for weekdays only (no weekends or holidays).

Additionally, the same rules pertaining to guest pass use (i.e., age restrictions, numbers of guests, and number of days the pass) will apply. If capacity levels are reached in the fitness center, pool, or gymnasium, residents will have priority over unaccompanied guests in using the facilities. Management has the option of revoking the exception should the guest(s) violate Cameron Club rules while using the facilities.

The pool will be cleared by the pool manager/lifeguard for a lap swim for the last 10 minutes of each hour. Children under 18 months of age shall be permitted into the pool with their parent or guardian during lap swimming.

Persons who have obvious infections (e.g., colds, lesions, open sores, inflamed eyes, nasal or ear discharge, communicable diseases) will not be allowed in the pool

area. Sanitary habits are a responsibility of everyone, and anyone displaying improper behavior will be asked to leave the pool area by the pool manager.

The decision to refuse access of a person to the pool shall be in the sole and reasonable discretion of the pool manager, life guard, and/or CSCA manager. The pool will be immediately closed upon the occurrence of any person vomiting, urinating, or defecating in or around the pool. The pool will remain closed until the incident is properly cleaned. The pool manager, lifeguard, and/or CSCA manager may require this pool user to leave the pool area and may deny access to the individual for a period of time until the pool/lifeguard supervisor is satisfied, in his or her sole and reasonable discretion, that the problem has been remedied.

All swimmers must first shower before initially entering the pool. The pool may be closed at any time due to breakdown or operational problems, and/or at the discretion of the pool manager, CSCA manager, and/or the Club manager on duty. The pool and pool area will be closed during electrical storms and/or when rain makes it difficult to see any part of the pool or pool bottom clearly. The pool will be closed at the first sound of thunder and/or sighting of lightning and will remain closed for 30 minutes after the last sighting.

No person shall use the swimming and wading pools unless the pools are officially open. Unauthorized persons entering the swimming and wading pools when they are closed will risk prosecution for trespassing in addition to the suspension of privileges up to the legal maximum provided under Virginia law.

Please see the general pool rules below.

- Parties are not permitted in the pool area.
- Abusive, offensive, or profane language is prohibited.
- Loud noise disturbance is prohibited.
- Smoking is not permitted in the pool, pool deck, or in locker rooms.
- Breakable objects are not permitted in the pool or on the pool deck area.
- Food and drinks must be consumed at least (six) 6 feet away from the pool water.
- No gum is permitted in the pool or on the pool deck.
- Users must wear proper swimming attire in the pools. Persons whose swim attire causes a safety hazard will be asked to change attire or leave the pool area. No cut-offs, dungarees, or similar attire will be permitted in the pool.
- Baby strollers must have operational brakes when parked on the pool deck.
- No diving is allowed, except for sanctioned swim team practices or events.
- Running, pushing, wrestling, excessive splashing, standing or sitting on shoulders, or causing undue disturbance in/or around the pool area is prohibited.
- Spitting of water or similar unhygienic actions is not allowed.
- No hanging or sitting on the lane markers is permitted.
- Items that may be potentially hazardous or annoying to another swimmer are not permitted (e.g., hard balls, water guns) This excludes floating devices used by parents to contain and keep infants safe in the water.

- Large rafts, oversized toys, or other floating objects used by children or adults over the age of four (4) may not be permitted for use in the pool to be determined at the sole and reasonable discretion of the pool manager.
- All children ages three (3) years and younger or those not yet potty-trained must wear swimmers' diapers.
- Children will not be admitted without a swimmers' diaper, and the diaper must be worn at all times within the pool or pool area.
- Disposable diapers, cloth diapers, or plastic/rubber pants are not substitutes and will not be permitted. If a child has a hygienic accident in the pool, the pool manager should be notified immediately. The CSCA staff will generate a report of this incident if the incident results in the pool closure.
- All children using inflatable armbands, water wings, or any approved Coast Guard flotation device must be supervised one-on-one by an adult who is in the water and is within arm's length of the child. At the pool manager's discretion, certain flotation devices may not be permitted.
- Except for official helper dogs (e.g., seeing-eye), no pets are allowed in or around the pool.
- Tables on the deck area may not be reserved by placing towels and/or personal belongings on them. The use of privately owned chairs and tables is prohibited.
- Persons under the influence of alcohol will not be allowed in the pools.
- Loud noise-causing disturbance of the reasonable peace and enjoyment of other persons using the pool will be determined in the reasonable and sole discretion of the pool manager.

The pool staff does not supervise the wading pool; accordingly, the pool is to be used at the individual's own risk. CSCA is not responsible for any improper use or incidents that occur in or around the wading pool. The wading pool is for children who are six (6) years of age and under and must always be supervised by a Facilities pass holder 18 years of age or older, who remains alert on the pool deck in the vicinity of the wading pool. The gate to the wading pool shall remain closed at all times. All children must shower before entering the wading pool. All safety rules that govern the swimming pool also apply to the wading pool.

Communications Committee

By Kimberly Dillon

The Communications Committee is continuing our work to overhaul the website's copy and navigation. As this project is a large undertaking, we are still pushing through to get it completed. After successfully revamping the E-blast, our newest project is creating a committee to welcome new residents. We have started to meet in separate groups to go over our overall plan. Either each month or each quarter, we would like to hand deliver (1) a special Welcome Packet to introduce ourselves so that new residents at least know a friendly face in the neighborhood and (2) coupons from local vendors in the West End. We believe that this initiative will make new residents feel welcome and know that they have someone to reach out to if they have any questions.

Samuel W. Tucker Elementary School's Rene Paschal Named 2019 ACPS Principal of the Year!

From Alexandria City Public Schools News

Tucker Elementary Principal Rene Paschal has served 36 years in education and is known as a leader focused on growing others to their fullest potential in every position he has held. Paschal, who started out as a teacher and school counselor, will now also be the ACPS finalist for the *Washington Post* Outstanding Principal of the Year award.

Members of his team describe Paschal as having the patience of a saint, the vision of a masterful coach and the commitment of a marathon runner. The strong relationships that Paschal has cultivated and his limitless compassion, patience, and dedication are at the heart of his leadership. As a manager, he empowers teachers to lead and has created an environment where staff members feel safe exploring and trying new things and where making mistakes are part of learning and growing. Paschal embraces and celebrates the school's rich culture and diversity and works to ensure that equity is an integral and constant goal throughout the school. He has collaborated with the PTA to ensure that Tucker is welcoming and accessible to all Tucker families and that they have avenues in which to get involved. The school hosts math nights, after-school



Paschal receiving his award through a video of student tributes shown during a pep rally on April 5 at Tucker Elementary. Photo credit: ACPS

programs and professional development for teachers to empower them with additional ways to support students with specific learning needs. Paschal builds deep trust and strong, lasting relationships and supports individual families through difficult times.

Congratulations, Principal Paschal!

Friends of Beatley Library

Alexandria's Beatley Central Library, across from Cameron Station's Duke Street entrance, is a valuable community asset. The Friends of the library are donors, advocates, and hands-on sponsors of fund raising events such as the twice yearly used book sale. Many Friends members are Cameron Station residents and new members are

always welcome. If you have even a little available time to contribute (opportunities are very flexible), it will be well spent in support of our library.

The Friends offer a special invitation for Cameron Station residents to a meet-and-greet at the London Curry House June 6th from 6:30pm to 7:45pm. Get acquainted with your neighbors who are members and find out more about the Friends. There will be a short presentation at 7:00pm about the organization and how it supports our library's programs and resources. We look forward to sharing this time with you. The Friends will be serving Bar Bite hors d'oeuvres and a cash bar will be available. Please RSVP to friendsofbeatleylibrary@gmail.com by June 1st.

CLASSIFIED AD

PIANO LESSONS – Cameron Station Residents has an opening for private piano lessons from beginners to late intermediate. All ages welcomed. 30 year's experience. Please email : linataousakis@gmail.com

How Many Stars Do Your Guest Accommodations Rate?

By Pat Sugrue

It's late spring in the nation's capital, and while the cherry blossoms are always a major draw, this beautiful area attracts visitors all year long. Chances are, you are often welcoming overnight guests to your home, but how often have you thought about the comfort of your guest's accommodations?

My husband and I were lucky enough to do a lot of traveling this winter, staying with family and friends along the way. Accommodations ranged from a pull-out couch in an in-home office to a spacious bedroom with a private bath and a door that opened to a patio and pool! We were comfortable in every home, but it did get us thinking about what amenities we really appreciated along the way and whether we provide the same at the "Sheraton Sugrue."

Following is a totally subjective list of things we value when we are staying in someone's home.

- A mirror in the bedroom: If you are traveling solo, this is probably not an issue as long as there is one in a bathroom. However, if you have a traveling companion and one needs a mirror to shave and the other to apply makeup, not having to wait to get into the bathroom is a great stress reliever.
- Reading lights – on both sides of the bed: Many people like to read before going to sleep. If you have a backlit Kindle, this is probably not an issue. But having to use an overhead light or your cell phone's flashlight to read that newspaper or novel is hardly sleep-inducing.
- A bedside table or nightstand: A place to put down that reading material and maybe a glass of water is always a nice amenity. If you have a bed of regular height, your guests can probably put them on the floor. However, some of today's mattresses are so thick and high, you may find your guests on the floor as they lean over to put their items down!

Actually, those are the only "musts" on our list, but if you're looking for some extra stars, check out the suggestions below.

- A choice of pillows (i.e., soft vs. hard or feather vs. polyester) is a nice feature as some folks are allergic.



- A decent mattress on a sofa bed can make all the difference. Our daughter told us about a wonderful replacement mattress for a pull-out sofa that has a top that inflates like an aero bed, but when deflated, the entire mattress rolls up inside the couch. It is unbelievably comfortable!
- Wastebaskets in the bedroom and bathroom are convenient.
- A Kleenex box in either room, or both, is a nice touch.
- A clock with a lighted dial is always helpful, as it is hard to see a watch face in middle of night, and many folks prefer to tuck their phones away.
- Extra blankets are always nice to have available — even in summer, as some folks like to sleep beneath covers.
- Reading material is also nice to provide.

As you can see, it is our opinion that you don't need a king-size bed with 600-count Egyptian sheets, nor an en suite bathroom, nor a 54-inch bedroom TV to make your guests comfortable, but this is just our opinion. If you have other recommendations, we'd love to hear them and will publish a follow-up article in the September/October issue. Please send your ideas to thecompass@camerystation.org.

Happy traveling and happy hosting!

Cameron Station Civic Association General Membership Meeting Hosts Developers Looking to Revitalize the West End

By Jeff Powers

There was a nice crowd for the General Membership Meeting of the Cameron Station Civic Association, which was held May 1 in the Victoria Hebert Great Room in the Cameron Club. Several developers presented their visions for helping to revitalize the West End into a place to live, work, and play.

Doug Firstenberg with Stonebridge Associates and Kenneth Wire were in attendance to discuss the Victory Center, the large building on Eisenhower Avenue that has been empty for almost 16 years. A redevelopment plan is still going

(Continue on page 8)

In Memoriam: Margaret Ann Dodson Turner

Cameron Station has lost one of its long-time residents of 15 years. Margaret Turner, Senior Major Gifts Officer, National Museum of African American History and Culture, Smithsonian Institution, and "Great Fundraiser" as spotlighted in *The Chronicle of Philanthropy* (August 14, 2014) passed away suddenly February 19, 2019. Margaret lived on Colonel Johnson Drive. Ms. Turner, who could have been mistaken for White was "African American and proud of it" as she often stated. She was preceded in death by her husband, Dr. John Turner, Jr.; one sister; and four brothers.

Years ago, Margaret met Cab Calloway, the Cotton Club's legendary jazz singer and bandleader, and his wife, Nuffie, on a project to document the Harlem Renaissance at Fisk University. That was just the beginning of her journey on the way to meeting many influential and amazing donors and philanthropists. She brought in one \$2-million gift, ten \$1-million gifts, 26 donations of \$25,000 to \$500,000, and many



smaller contributions since she took the job five years ago. They were broken hearted with her passing.

Ms. Turner was herself very spiritual, loving and giving. She loved children.

She frequently donated to the Concerned Citizens Network of Alexandria (CCNA). She was especially passionate about the middle school students they tutored and mentored in their flagship program, Reach and Rise for Excellence (RARE), at Hammond Middle School.

She was looking forward to retiring and downsizing here in the Cameron Station community that she loved. Margaret Turner was a phenomenal woman and will be greatly missed by her family and friends.

Margaret was a graduate of George Washington Carver High School, Martinsville, VA. She earned her Bachelor of Fine Arts from Howard University in Washington, DC, and a Master of Education from Harvard University in Cambridge, MA. She was a member of Alpha Kappa Alpha Sorority, Inc., (AKA) a member of The Links Incorporated, Arlington/Alexandria Chapter, and a devoted member of the Alfred Street Baptist Church here in Alexandria, VA.

(continued from page 7)

forward, and a closing date of May 21st for acquisition is expected. The project envisions a mixed-use residential, retail, and government tenant. There was consideration of adding a 4- to 5-story annex, which would add 200,000 square feet to the project. Concerns were raised about standoff distance from the ethanol transloading facility. Firstenberg stated that the legal requirements of both 50- and 82-foot standoff distances were met. Firstenberg shared that residential development could start as early as the 4th quarter of this year.

Richard Greenberg, Executive for Greenhill Realty Capital; George Eisenberger, Principal for Winstanley Architects; and Bud Hart, Partner with Hart and Gibbs P.C., represented The Greenhill Companies. They shared their vision of both the Greenhill South and Greenhill North sites. The Greenhill South (south of Pickett Street) development is a part of the Eisenhower West Small Area Plan (SAP) and the Greenhill North (Pickett and Edsall area), which is a part of the Landmark Van Dorn SAP. Projections are for Greenhill South to be about 6.2 acres and Greenhill North to be about 16 acres. This is a 10- to 15-year plan, which could include 5- to 15-story buildings in a mixed-use town center. Open space in Backlick Run was discussed as a priority. They are expecting June/July approval from the city. The real estate market will determine

if the residential builds would be rental or ownership. Some rezoning will need to occur to make this project a reality.

Cody Sullivan, Plant Manager; Dave Horton, Regional Manager; and Bud Hart, Partner with Hart and Gibbs P.C., were in attendance representing Virginia Paving. Hart reviewed all of the environmental and nuisance improvements that have been made. It was shared that \$4 million in plant improvements has been made over the past few years. Overall, plant production and night time operations are significantly down. Sullivan reported that Virginia Paving paid \$180,000 in property taxes last year and saved the city \$314,000 in paving costs. Upcoming community meetings are planned to discuss the plant's Special Use Permit (SUP) and possible sunset clause, which would set in motion the plant's need to cease operations over the coming years. Some attendees shared that the plant emits unpleasant odors and is an eyesore. Virginia Paving shared that it is not a significant environmental threat, and emissions are closely monitored.

There are a lot of exciting developments happening around us, and the next few years look to be bright for helping make the West End a more vibrant, dynamic place to live.

If you are interested in being a part of the Civic Association, please e-mail Sash Impastato at aimpastato@gmail.com or Jeff Powers at jefpow@comcast.net.



By Victoria Gravini, MSNW, NASM CPT FNS

Summer produce boasts various delicious fruits and veggies that we wait all year to enjoy. Watermelon, juicy cantaloupe and berries bursting with flavor are a few of my favorite summer treats. The summer months are often filled with loads of outdoor activities which leave your schedule jam-packed. For good reason, these summer months are what memories are made of and what your children look forward to as they dredge through the cold winter months.

But a lot of time outside can leave less time in the kitchen, which is precisely why I commit to choosing a few simple, healthy snacks for the kids (and myself) as we are out and about, and rotate them through the season. Healthy eating doesn't have to be complicated, and a quick snack doesn't have to be a bag of potato chips. It can be much, much more delicious...

Here are a few of my favorites:

Fruit Kabobs. Slide any of your favorite fruits on a kabob stick, and you've got a portable snack with no guilt. Some delicious fruit in season during summer include: blackberries, cherries, strawberries, and melons. All of these are excellent choices for fruit kabobs

Apple Donut. No, not really a donut (sorry) -- but it's quite delicious. Slice apples into rounds that resemble a donut and top with your favorite nut butter. You can even make a sandwich out of it by putting the nut butter between two slices of apple rounds.

Cucumber Rolls. Thinly slice cucumbers into long slices that you can then use to roll toppings inside. Use toppings such as tuna salad, cherry tomatoes, guacamole, whatever your heart desires. These are great little bite-sized snacks for when hunger strikes.

Granola Bites. There are an endless amount of energy ball recipes you can choose from. They typically involve almond butter, raw cacao powder, granola, and dates. It's not quite that simple, but the energy balls are a perfect little snack to carry along, and with the cacao in it, it tastes like an absolute treat. Two or three energy bites later, and you're most certain to be tied over until dinner.

Celery, Nut butter & Grapes. An oldie but a goodie. You can bring along celery sticks with almond butter on the side for dipping, or you can fill the inside of your celery stick with almond butter and chopped grapes. It's always a crowd pleaser.

Preparation is the biggest factor in eating healthy, in my opinion. If you have healthy food around (and the absence of junk food), you'll make healthy decisions. Setting yourself up for success is the biggest gift you can give yourself and your family, so make a plan each week of what healthy snacks (and meals) you'll have ready for a moments notice, and enjoy your time living and enjoying your life!

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Only If You Missed Our Own Farmers Market!

By Pat Sugrue

If you read the article on the West End Farmer's Market, you'll agree that it's the best in town! However, if you just can't get there some Sunday and can't live without fresh farm produce until the next Sunday rolls around, check out some of the local farmers' markets that are held on other days.

Thursdays

Annandale Farmer's Market, Mason District Park, 6621 Columbia Pike, May 2–November 7, 8am–noon

Fridays

Kingstowne Farmers Market, 5870 Kingstowne Towne Center, March 3–October 25, 4–7pm

Saturdays

Del Ray Farmers Market, 2311 Mt. Vernon Avenue, Alexandria, year 'round, 8am–noon

Old Town Farmers Market, 301 King Street, Alexandria, year 'round, 7am–noon

Tuesdays

FRESHFARM Crystal City Market, 1900 Crystal Drive, Arlington, April 4–November 21, 3–7pm

Wednesdays

McCutcheon/Mt. Vernon Farmers Market, 2501 Sherwood Hall Lane, Alexandria, May 1–December 18, 8am–noon

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Annual Spring Yard Sale

The Cameron Station Spring Yard Sale returned in April, and residents hit the streets to hunt for some hidden treasures. The yard sale is always a great opportunity for neighborhood fellowship, and this year was no exception! There were some great deals on some unique items, and it is always exciting to see participation growing each year. Thank you to all of the neighbors who participated in the yard sale, and a big thanks to the early-bird shoppers who made the day a huge success!



Photo credit: David Thorpe



Yard
Sale



By Carla Besosa, Cameron Station Foodie

"I have the right to life, liberty, and chicken wings"

– Mindy Kaling, Actress/Comedian/Writer/Producer

Last year, Americans consumed 1.35 billion chicken wings! Throughout the year, you ask? NO! During Super Bowl weekend alone! How crazy is that? Why has the "Wing Thing" craze grown to such epic proportions? I have my theories:

- They're relatively inexpensive.
- No utensils are needed.
- They have little handles to hold onto.
- They have a good skin/meat ratio.
- They have contrasting textures — crispy outside with tender inside.
- They go great with beer!

Everyone's got their own notions about who serves the best wings. Here are a few of my suggestions, which are

all conveniently located, and some of which may not have occurred to you.

Glory Days Grill, 3141 Duke St (Alexandria Commons)

I like the fact that Glory Days has an 11-point Wing Alarm Meter...or W.A.M.! They offer Teriyaki, Honey Old Bay, Old Bay, BBQ, Mild, Korean #2, Glory, Nashville Hot, Garlic Buffalo, Medium, and Hot. My favorite is the Honey Old Bay! The assertiveness of the Old Bay is perfectly countered by the honey. The purists will choose bone-in; however, I prefer the practicality of the boneless. These are great for game watching on Glory Days Grill's widescreen TVs (with your own speaker). The staff is friendly, and the atmosphere is festive.

Sugar Palm Thai, 5580 Vincent Gate Terr.

Thai Wings may not be on your radar. Try Sugar Palm's version; these are fried and then tossed in a Sriracha Honey Glaze. Start your meal by waking up your taste buds with a bit of a flavorful kick, or sit at their cozy bar (conducive to chatting with other patrons), and make the wings your main event. Time it right, and you can capture the sunset from the bar. Bird (the proprietor) and his staff will treat you right.

Chi-Mc Chicken & Beer, 6653 Little River Tpk & now also at 6410 Landsdowne Ctr

You have two choices, and frankly that's all you need with Chi-Mc's delicious wings! They serve up Spicy for the hardcore wingsters and Soy Garlic. I love the Soy Garlic, which I find to be bursting with flavor. Factor in the crunch of the double-fried Korean-style chicken, and it's simply tantalizing to the taste buds! You can request Wings, Strips, Drumstix, or a combination. You can also go half-and-half on the flavors. Sit at the bar (no one ever sits at the bar, so make yourself comfortable), and add a pitcher of their ice-cold beer! Due to the manner in which the chicken is prepared, allow 35 minutes for your order. I suggest you start on the beer, and enjoy their Fried Dumplings in the interim.

La Casa, 4551 Duke St (Foxchase Shopping Center)

With a nod to *The Compass* Photographer, David Thorpe, I'm including La Casa's wings. Floridians fancy themselves quite the wing connoisseurs, and since moving from Florida to Cameron Station, David swears by our La Casa neighbors! The options are Hot or Mild. The wings are consistently big, plump, juicy, and crisp on the outside. He recommends ordering the wings plain and getting the hot sauce, blue cheese, and ranch on the side. You will always run into Cameron Station neighbors there, and we all love the staff!

London Curry House, 4906 Brenman Park Dr (Cameron Station, of course!)

Don't forget to look in your own backyard! During their Monday–Thursday Happy Hour, London Curry House serves up some delightful Honey Ginger Wings. The contrasting flavors complement one another, resulting in some very tasty wings that are not too spicy and not too sweet. I discovered these when they were included on their Super Bowl buffet. They disappeared like hotcakes! They can be a bit messy/sticky, but just suck it up...literally. Pair your wings with one of their cold beers. Hover at the bar, or relax in the bar lounge area. This choice gets extra points for being walkable!

Go on a Wing Fling, and do the Wing Thing! Experience the variety of flavors that await you!

Buffalo, New York, is considered to be the hub of the American Chicken Wing! The record is 444 wings consumed in 26 minutes. Can you beat that?

Neighbor in the News



Photo credit: Pat Sugrue

Neighbor Mayu Molina Lehmann entertained young and old alike at the Cameron Café with a sing-a-long and a reading from her children's book, *A New Life for Candy*. Mayu is a playwright as well as an author and, with her brother, has just written a play on immigration. Stay tuned for news of its production!

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Advertising & Submissions Policies & Procedures

Advertising:

The *Compass* newsletter is published bimonthly and distributed to approximately 1,800 residences, as well as displayed on the Cameron Station website. Advertising space is filled on a first-come, first-served basis, and the ads published in each issue are solely at the discretion of the newsletter staff or Communications Committee. **Only one ad per advertiser per issue is permitted. Ads must be submitted NO EARLIER than the 15th of the month preceding issue date and no later than the 30th (see box).** Payment must accompany all ads. Artwork must be camera-ready in JPEG or TIFF format: 65 line screen or 300 dpi. ELECTRONIC SUBMISSIONS ARE PREFERRED. Ads appear in black/white in printed copies; but are displayed in color on the website. Advertisers will receive a copy of the newsletter in which their ad appears. Estimated (not guaranteed) time of delivery for the next issue is the last week of the last week of March to the first week of April.

Article Submissions:

Any submissions for publication must include the writer's name, address, and phone number and must be received **by the 30th of the month preceding issue date (see box)**. The newsletter staff, Communications Committee, or Board of Directors reserves the right to edit submissions. They will also determine the newsletter to be "full" at their discretion. Articles are to be factual and of public interest. Editorial content may be deemed inappropriate at the discretion of the newsletter staff, Communications Committee, or Board of Directors. Photographs submitted will be returned to sender if accompanied by a self-addressed, stamped envelope.

Publishing Deadlines

January/FebruaryDecember 30
 March/AprilFebruary 28
 May/JuneApril 30
 September/OctoberAugust 30
 November/DecemberOctober 30

Advertising Rates:

Display Ads (*Camera-ready*)
 1/4 page (3.5" x 4.5").....\$150
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Checks should be payable to Cameron Station Community Association and sent with camera-ready artwork to *The Compass*, 200 Cameron Station Boulevard, Alexandria, Virginia 22304. Artwork may be emailed to admin@cameronstation.org.

Note: The included advertisements, articles, or references to websites of third parties do not indicate an endorsement by Cameron Station Community Association, Inc. and are not verified for accuracy. *The Compass* will not be responsible for poor ad reproduction due to the quality of the material provided by advertisers.

Book Clubs

Monday Night Book Ball

If you are interested in joining Monday Night Book Ball book club, please contact PJ at sottilepj@aol.com. We'd love to have you.

Reading Between the Wines

June: *Shroud for the Archbishop* by Peter Tremayne
 July: *The Girl with Seven Names* by Hyeonseo Lee
 August: *Code Girls* by Liza Mundy
 September: *The Fallen* by David Baldacci

Third Thursday of the Month Book Club

June: *The Nightingale* by Kristin Hannah Suggested
 July: *Fatal Pursuit: A Mystery of the French Countryside* by Martin Walker
 August: *The Billionaire's Vinegar: The Mystery of the World's Most Expensive Bottle of Wine* by Benjamin Wallace
 September: *Eleanor Oliphant Is Completely Fine* by Gail Honeyman

New members are welcome!
 Contact Christina Finch at christina.finch@gmail.com.

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Carla's Picks

By Carla Besosa

Anacostia Playhouse (DC)

May 19-Jun. 16 *Klytmenstra: An Epic Slam Poem*

Anthem Stage (DC Waterfront)

Jul. 26 Elvis Costello & Blondie

Atlas Performing Arts Center (DC)

May 15-Jun. 16 Mosaic Theater: *Sooner/Later*

Jul. 19-Jul. 21 Mosaic Theater: *Twisted Melodies*

The Barns at Wolf Trap (Vienna)

May 3-4 32nd Annual Evening of Comedy

Bethesda Blues & Jazz Club (Bethesda)

Jun. 30 Tribute to the Music of Motown

Birchmere (Arlandria)

Jun. 28 The Righteous Brothers

Jun. 29 Laurel Canyon: Golden Songs of Los Angeles 1966-73

Jul. 29 The Association

Aug. 4 1964: The Tribute

Aug. 19 Bob James, David Sanborn & Marcus Miller

Aug. 23 Manhattan Transfer

Aug. 21 West Coast Jam: Richard Elliott, Peter White, DW3, West Coast Horns

Blues Alley (Georgetown/DC)

Jul. 2 Memphis Gold - Otis Redding Tribute

Jul. 18-21 Poncho Sanchez

Jul. 26-28 David Benoit & Marc Antoine

Aug. 1-4 Marcus Johnson

Aug. 9-11 Melba Moore

Aug. 15-18 Freddy Cole

Aug. 22-25 Cyrus Chestnut

Capital One Arena (DC)

Jun. 23 John Mayer - Summer Tour 2019

Jul. 7 Jennifer Lopez - It's My Party Tour

Jul. 30 Queen with Adam Lambert - The Rhapsody Tour

City Winery (DC)

Jul. 31 Stevie Wonder Tribute

Aug. 9 Bumper Jacksons

Aug. 18 Gloria Gaynor ("I Will Survive!")

Creative Cauldron (Falls Church)

Jun. 6-23 *Beauty & the Beast*

Jul. 12-Sept. 14 Summer Cabaret Series

Dance Place (DC)

Jul. 13-14 Emerging Tap Dance Choreographer's Showcase

DAR Constitution Hall (DC)

Del Ray Artisans Gallery (Del Ray)

Aug. 2 Opening Reception "Fresh Meat"

Dulles Expo Center (Chantilly)

Jul. 20-21 D.C. Flea & Antique Market

Aug. 16-18 International Gem & Jewelry Show

Epicure Café (Fairfax)

Jul. 12, Aug. 9 Eclectic Jam with Cristian Perez

FIREWORKS!, etc.

Jun. 29-30 Fireworks at Mount Vernon

Jul. 3 City of Fairfax Independence Day Eve Show & Fireworks

Jul. 3 4th of July Concert, Parade, & Fireworks (Dulles Airport)

Jul. 4 DC's Independence Day Parade

Jul. 4 4th of July Hometown Celebration & Parade (Great Falls)

Jul. 4 Herndon's 4th of July Celebration

Jul. 7 Alexandria/USA Birthday Celebration

Gunston Arts Center Theatre Two (Arlington)

May 30-Jun. 30 *A Misanthrope*

The Hamilton (DC)

Jun. 28 Livingston Taylor

Hub Theater (Herndon)

Jul. 12-Aug. 4 *American Spies*

Jammin Java (Vienna)

Jul. 19 Skip Castro Band

Aug. 11 Dan Navarro

Jiffy Lube Live (Bristow)

Jun. 26 Dead & Company

Jul. 20 Dave Matthews Band

Jul. 27 Hootie & the Blowfish / Barenaked Ladies

Aug. 14 Santana & The Doobie Brothers

Keegan Theater (DC)

Jun. 15-Jul. 6 Ripcord

Aug. 3-25 Legally Blond

Kennedy Center (DC)

Jun. 15-Aug 1 *The Second City's America; It's Complicated!*

Jun. 28-29 NSO Pops: 50 Years Over the Rainbow: A Judy Garland Celebration

Jul. 9-Aug. 4 *The Band's Visit*

Jul. 18-Sept. 7 *Disney's Aladdin*

Aug. 6-Sept. 8 *Dear Evan Hansen*

Lincoln Theater (DC)

Jun. 21 Dido

Jul. 30 Corinne Bailey Rae

Little Theater of Alexandria (Old Town)

Jun. 8-29 *A Fox on the Fairway*

Jul. 21-Aug. 11 *Jesus Christ Superstar*

Lorton Workhouse (Lorton)

Jun. 1-30 *Little Shop of Horrors*

Jun. 8 Drum Circle with Tom Teasley

Merriweather Post Pavillion (Columbia)

Jul. 11 Pitbull

Aug. 8 Hootie & The Blowfish / Barenaked Ladies

Aug. 13 Heart, Joan Jett & The Blackhearts, Elle King

MGM Theater (National Harbor)

Jun. 21 Air Supply

Jul. 25 Dave Koz

Aug. 8, 10, 13 Aerosmith

Olney Theater (Olney)

Jun. 21-Jul. 21 *Matilda*

Jul. 17-Aug. 8 *Tiger Style!*

Aug. 28-Oct. *Cabaret*

Round House Theater (Silver Spring)

Jun. 5-30 *A Doll's House, Part 2*

Signature Theater (Shirlington)

Apr. 30-Jun. 16 *Octet*

Sonoma Cellar (Old Town)

Aug. 16 Janna Audey

The State Theater (Falls Church)

Jun. 22 The Stranger - Billy Joel Tribute

The Strathmore (Bethesda)

Jun. 24 El Gran Festival de Musica Cubana

Jul. 9 Pilobolus

Studio Theater (DC)

Jun. 19-Jul. 7 *Every Brilliant Thing*

Jun. 28-Aug. 30 Limited-Run Engagements

Jul. 9-28 *Bright Colors & Bold Patterns*

Synetic Theater (Crystal City)

Jul. 17-Aug. 18 *Treasure Island*

Union Stage (DC Waterfront)

Jun. 29 That Big 80's Party

Warner Theater (DC)

Aug 16 The O'Jays - The Last Word Tour

Aug. 17 Bandhouse Gigs Celebrates Woodstock's 50th Anniversary

Aug. 25 Electric Hot Tuna & Dave Mason

Wolf Trap (Vienna)

Jun. 22 Pink Floyd's The Wall

Jun. 25 Pat Benetar & Neil Girando / Melissa Etheridge

Jun. 27 Diana Ross

Jun. 28 RAIN - Beatles Tribute

Jul. 2 Earth, Wind & Fire

Jul. 3 Jackson Browne

Jul. 7 Josh Groban

Jul. 15 Lionel Richie

Jul. 17 Tedeschi Trucks Band

Jul. 18 Sheryl Crow

Jul. 28 Reba McEntire

Jul. 31 Steve Miller Band / Marty Stuart

Aug. 3 Sarah McLachlan

Aug. 4 ABBA the Concert

Aug. 10-11 Ringo Starr & His All-Star Band

Aug. 13 Stray Cats

Aug 16 Jazz at Lincoln Center Orchestra with Wynton Marsalis

Aug. 17 Tony Bennett

Aug. 18 Mark Knopfler

Aug. 24 *Sound of Music* Sing-A-Long

Aug. 25 The Beach Boys

Aug. 26 Sting

Sept. 5 Jennifer Hudson with NSO

Sept. 6 The PianoGuys

Sept. 8 Gipsy Kings

Woolly Mammoth (DC)

May 27-Jun. 25 *Describe the Night*

Days to Celebrate

By Carla Besosa

Jul. 1 - International Chicken Wing Day (See Jul. 29)

Jul.15 - Cow Appreciation Day (Skip the hamburger)

Jul. 21 - National Junk Food Day (What ever happened to Cheez Waffies?)

Jul. 24 - National Tequila Day (Try Tequila & Taco in Carlyle)

Jul. 29 - National Chicken Wing Day (See Jul. 1)

Aug. 2 - International Beer Day (Try Hops & Shine)

Aug. 3 - Grab Some Nuts Day (I'm leaving this one alone!)

And Another Thing...

(newsy notions & other fun facts!)

Did You Know...

London Curry House patio to open soon with a new look!

Kung Fu Chicken open at 3233 Duke St (Alex Commons).

The Halal Guys opening at 3167 Duke St (Alexandria Commons)

Village Brauhaus now open at 710 King St.

Inca Chicken has replaced Chicken Pollo at 408 S.Van Dorn St.

L.A. Mart International Foods opening at 5730 Edsall Rd (Edsall & S.Van Dorn).

Yunnan by Potomac Noodle House opened at 814 N. Fairfax St.

Chi-Mc opened a new location near Wegman's at 6410 Landsdowne Centre Dr.

Toastique Gourmet Toast & Juice Bar opened at 1605 King St. (This looks like fun!)

Silpancho's House (Bolivian) opened at 3401 Mount Vernon Ave.

Emily's Kitchen opened at 3601 Eisenhower Ave.

Las Cazuelas (Mexican) opened at 8368 Richmond Hwy.

Elfign Ethiopian Grill & Bar opened at 5703A Center Ln. (Bailey's Crossroads).

Hobby Lobby opened at 6200B Little River Tpke (Landmark Plaza).

M&Ms come in Coffee Nut flavor!

Carpenter's Cook-Off Winners...

People's Choice: **Catch on the Avenue**

Judges' Choice / Sweet: **Tempo** for their Panna Cotta

Judges' Choice / Savory: **Tequila & Taco**

London Curry House was a first-time participant and Chef Ram's Butter Chicken was an attention getter! Great job, guys!

James Beard Winners

Two of this year's winners are local:

***Kith/Kin**, Chef Kwame Onwuachi (801 Wharf St SW, DC/ Waterfront) - Caribbean

***Bad Saint**, Chef Tom Cunanan (3226 11th St NW, DC/ Columbia Heights - Filipino

Books to Explore...

Ike's Mystery Man: The Secret Lives of Robert Cutler by Peter Shinkle

One Woman or Another by Cameron Station neighbor Jane Gardner

Asking the Moon to Leave by Johnny Hunt; coming out this summer

What Am I Listening to?

Barnaby Bright "The Longest Day"

Boz Scaggs "Come on Home"

Billie Eilish "When We Fall Asleep Where Do We Go?"

Heather Aubrey Lloyd "A Message in the Mess"

Damien Escobar "Boundless"

The West End Farmers Market Is Back!

By Pat Sugrue

Our local West End Farmers Market opened Sunday, May 5, in the southern parking lot of Ben Brenman Park. The market was founded 11 years ago by former Cameron Station neighbor Susan Birchler. Susan has moved out of our community, and we thank her for all of her hard work establishing such a wonderful market. The new owners are Rubie Williams and Bernice Williams, and they are very excited about the upcoming season.

The full list of vendors have not been finalized, but you can count on freshly picked, locally grown vegetables and fruits, cheeses, olive oils, free-range meat, coffee, fresh-squeezed orange juice, a variety of baked goods, and homemade crafts.

For more information throughout the season and an up-to-date list of vendors, go to www.westendfarmersmarket.org. The market will be open every Sunday through November 17, 2019.



Photo credit: David Thorpe

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