

The compass

The Official Publication of the Cameron Station Community Association

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There's No "Masking" Generosity

By Marian Cavanagh

Over the last couple of months, members of the Cameron Station community - from residents to local businesses - have demonstrated a remarkable spirit of resilience, resolve, patience and generosity as we've experienced the COVID-19 pandemic together.

Our neighbors have regularly volunteered to go grocery shopping and pick up medications and other necessities for those of us who can't risk being in busy locations. Children (and adults) have left colorful drawings on walking paths and placed rocks decorated with encouraging messages under our trees. During the month of April, The Little Free Library was turned into a Little Free Pantry, and there was a bulletin board in the gazebo where neighbors posted photos, poems, drawings and messages. Food truck visits were organized, scheduled, and enthusiastically received.

Many have worked together (while apart) to make an extraordinary number of masks and headbands to donate to needy - and very grateful - hospital workers here and around the country, as well as to our neighbors. Others have collected and donated food and funds to area food banks and hospitals.

Our local businesses have adjusted their hours and services, but are still open to serve the community during this difficult time. Our mail continues to be delivered, and trash



Photo credit David Thorpe

and recycling are collected regularly. And while there was no Egg Hunt this year, a Spring Bunny rode through Cameron Station, waving and smiling at neighbors.

That's just a few of the good things that are taking place here in Cameron

Station. You'll get further details in the stories included in this issue of *The Compass*, our last until September/October comes around. There's a lot to appreciate and be grateful for, so thanks to everyone, and let's not forget that we're all in this together. Oh, and the turtles are back!

ATTENTION RESIDENTS

The previous issue of *The Compass* stated that it would be the last one printed and mailed unless you specifically requested that option when you registered for your CSCA 2020 Resident ID sticker. We're aware of and apologize for any confusion that caused. And due to the current unsettled situation, there will be no changes to the way you receive your newsletter until further notice. If you run into problems, please contact the HOA office at 703-567-4881 or admin@cameronstation.org. Thank you!

The Parks in Cameron Station

By Linda Greenberg

Count them! And then visit each of the 18 parks in Cameron Station. Each is a special place. Some are small, some much larger; each offers a pleasing perspective. They are refreshing, particularly at this time of the year.

When you say “park,” most residents and visitors picture the gazebo area at the round-about. The gazebo is a Cameron Station landmark that offers space for events and a grassy lawn for children to play on. It is also very attractive, with flower arrangements at each intersection that reflect the season and its colors.

That is the first large park; then there are John Ticer park, Donovan Place park and Knapp Place park. All are large and offer an attractive green oasis for residents. John Ticer park features a classical domed pavilion; Donovan Place park features a fountain; and Knapp Place - just rejuvenated - features two sitting areas for spending time with friends or a good book.



The gazebo and the Little Free Library at the round-about entrance to Cameron Station.

What constitutes a park, you may wonder? To me, a park, in addition to having shrubs, trees, green grass and flowers, has benches so that visitors can feel comfortable being there, not just walking through. (While the pandemic continues, you may want to wipe down the bench before and after taking a seat.)

Some parks are less traditional looking. Consider the long, grassy park running the length of Brenman Park Drive with its brick walkway, benches and Little Free Library at the round-about end, as well as the similarly designed tree-shaded park running the length of Minda Court. The Minda park is the perfect place for children to ride trikes and for parents to gather (while social distancing, of course). So that's six!

Another long park expanse is the Linear Park bordering the southern side of Cameron Station. Its path is a favorite place to jog, dog walk, stroll, teach children to ride bikes or ride them yourself, ride scooters, as well as bird watch and listen to the continuous “bird talk.” The linear park has

numerous crepe myrtle trees, deciduous smaller Saucer magnolia trees and Star magnolias (even shorter and more bush-like) and a few of the Grandiflora magnolias, also known as southern magnolias, as well as many arborvitae trees, pine trees and sweet-smelling viburnum shrubs. On the townhouse side of the path are ornamental crabapple trees interspersed with Princeton elm trees. If you walk from Somerville to the path's end at the parking lot, you have walked a half-mile.

Don't forget the dog park, across the bridge at the Somerville end of the path. Dogs have their special play place, too.

One small out-of-the-way park is on Martin Lane. It is a shady green spot for resting on a warm summer afternoon.

Another seldom-noticed park is behind the parking lot behind Cameron Station Boulevard near Woodland Hall. It too is a shady place to sit back and reflect.

Quite the opposite is the park at California and Helmuth lanes. It has the most interesting and atypical selection of flowering perennials and bushes, thanks to a previous resident's gardening predilections.

If you like day lilies, there is a circle of them at the small park at the intersection of Cameron Station Boulevard, Tancreti Lane and Ferdinand Day Drive. This park offers a great vantage point to watch the traffic, or if you are up and out early on a weekday, the students going to Samuel W. Tucker Elementary School, when in session.

Along Cameron Station Boulevard there are four small parks. Two are on the south side of

Donovan Drive and two are on the south side of Knapp Place. Both feature Saucer magnolia trees. The trees are short and their flowers are a pink-purple color and tulip-shaped. In fact, these magnolia trees and the brightly flowering crepe myrtle are the most common and best growing decorative trees in Cameron Station.

Going further west on Cameron Station Boulevard, there are two pocket parks on each side of Bessley Place. On the right is a park with plenty of grass for playing ball or practicing gymnastics - you can do handstands with space to spare.

On the opposite side of the boulevard is another pocket park with a lush wisteria arbor between two smaller circles of grass. It is a favorite place for neighborhood get-togethers.

In addition, there are many smaller green areas that are favorite dog-walking stops.

How fortunate we are to have so much interesting green space around us to enjoy.

Photo Credit: Linda Greenberg

Committee Corner

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Activities and Events Planning Committee

By Andy Yang

Due to unforeseen circumstances, the Activities and Events committee has decided to suspend most future events indefinitely. Looking back to better times, we held our annual Casino Night on March 7. Hundreds of residents enjoyed a simulated "night at the casino," including table games, hors d'oeuvres, beverages and special cocktails.

Amazon gift cards were awarded to the top three chip earners. We congratulate those winners and hope to hold this event again next year.

We were sorry not to have our annual Egg Hunt, but it was great fun to see a Spring Bunny riding through the neighborhood and waving to everyone from the back seat of a convertible. Thanks to Mindy Lyle and David and Stephanie Thorpe, who helped organize it.



Photo Credit: David Thorpe

Community Management

Cameron Station Community Association

Community Management Corporation (CMC)

703-631-7200 – Onsite Office 703-567-4881

After-Hours Emergency: 301-446-2635

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Communications Committee

By Tricia Hemel



Photo credit: David Thorpe

People are still moving to Cameron Station, and the Communications Committee continues to welcome our new neighbors through emails and phone calls. In the past few weeks, the committee installed a sign near the Cameron Circle congratulating our high school seniors on their 2020 graduation. We also placed Thank You signs at the three entrances to Cameron Station as a way of showing our gratitude to all the essential workers who deliver our food and packages, mow our lawns, remove our trash, deliver our mail...and do whatever is needed to keep our homes and community functioning. Be on the lookout, and our thanks to everyone!

Financial Advisory Committee

By Takis Taousakis

The FAC has been working on updating the Cameron Station Community Association (CSCA) Investment Policy. The CSCA has an Operating Fund, a Repair and Replacement Reserve Fund and a Capital Improvement Fund. These are defined below:

- **Operating Fund:** Those association funds expected to be spent in the normal course of business during the current annual budget cycle.

- **Repair and Replacement (RR) Reserve Fund:** Funds invested to meet the anticipated and unanticipated expenses of the association's repair and replacement obligations consistent with the association's reserve study.

- **Capital Improvement Plan:** The schedule of planned expenditures, not included in the Reserve Study but approved by the Board of Directors, intended to improve Cameron Station.

As of the end of March 2020, the association had \$3,092,001 in total cash and investments to fund these accounts. The Repair and Replacement account has \$2,143,707 for long-term major projects. The money is invested in insured (FDIC, SIPC, or Certificate of Suretyship) money market or Certificate of Deposit accounts. The budgeted total annual interest from all accounts in 2020 is \$41,700, and presently we expect to be close to the budget even in this very challenging interest rate environment.

Facilities Committee

By Ray Celeste, Jr.

Persistence, patience and cooperation are going to be the way ahead for Cameron Club activities, whether they involve our fitness center or pool. We are in the midst of developing plans and procedures on how we will reopen them once we have the authority to do so. This will involve a great deal of patience and cooperation from our residents, as we will most likely be limiting the number of residents who will be using our facilities at any one time. Physical distancing will be expected; the cleaning of equipment before and after use has become an expected practice by the user.

Additionally, these procedures will most likely persist over a period of time yet to be determined. We want to set the expectations of our residents now, in anticipation of our "new normal" practices.

We plan to run our virtual fitness classes into the foreseeable future. If fitness and health are not part of your lifestyle, we highly recommend you consider including them now. As you know, this pandemic has the potential to ravage those who have underlying health conditions. Please do everything in your power to avoid getting one, or to mitigate one you may already have. We want you well and healthy, which is why our committee members volunteer their time!

I am pleased to report - and the CCFC is very grateful for - the Board of Directors' approval for the purchase of three new pieces of equipment for our Fitness Center. They are a Life Fitness Total Body Arc Trainer, a Nautilus Inspiration

Abdominal Crunch, and a Nautilus Instinct Lat Pulldown/Low Row. They will replace older pieces of equipment, some dating back to 2009. Hopefully (as it takes six to eight weeks for delivery once ordered) they will be in place when we are able to open back up. In any event, they are something to look forward to using soon!

We thank you in advance for your cooperation and patience. Most importantly, we wish you and your family health and wellness!

Common Area Committee

By Kathy McCollom

By the time you read this, the new annual flowers at the Duke Street entrance, the gazebo circle and the Cameron Club will be planted. Most people assume both design and planting are done entirely by Lancaster Landscapes. While they do the actual planting, it is members of the Common Area Committee (Linda Greenberg and myself) who do plant choice and design. This is how we decide:



Photo Credit: Marian Cavanagh

The flower arrangement at the Duke Street entrance was designed by members of the Common Area Committee

In late winter, Lancaster gets the catalogue of spring/summer plants from their grower. Linda and I have a good sense of what succeeds, based upon experience in our own gardens and elsewhere around the community. We then research what's available to get a coordinated look given the different growing conditions of the individual flower beds. The entry sign area gets strong sun and dries out quickly; the gazebo circle beds are partly shaded; the beds around the Cameron Club are mostly sunny and well-watered from irrigation. The catalogue often has newer varieties of flowers or foliage that keep things interesting.

(See Common Area Committee continued on page 6)

(Common Area Committee continued from page 5)

Every year is a learning experience, just like planting in your own garden. We've learned not to try more complex patterns in the small beds, that some plants always grow taller than you expect, that plants for full sun are not necessarily heat tolerant and that some things should be planted farther apart. Ones that do well may reappear in a future design, mixed with some of the new varieties.

The summer color schemes usually are in pink, red and lime-green tones. This goes well with the pink roses in the gazebo circle, is a good contrast to the dark green of the entry sign and stands out against the hedgerow at the Cameron Club.

The fall and winter colors are completely different. Violas in white, pale lemon, blue and violet appear bright against brown backgrounds and sparkle in winter sun when trees have no leaves. Next spring's planting will have daffodils toward the back of the beds. Animals do not disturb daffodils, and they naturalize well, forming attractive masses year after year. Some daffodil varieties even thrive in our clay soil. Tulips are more likely to fade over time or be eaten/moved by squirrels.

We hope you enjoy the results as much as we enjoy developing the designs.

Friendly Reminders from the Common Area Committee

By Rob Burns

We're running into an issue with folks placing random things in our common areas - pink flamingos, play tables, chairs, etc. This isn't a problem when these are being actively used, but these items need to be removed when playtime is done or activities completed. We've had a few complaints, and the landscape crew has had to move them when working on site.

People have also been throwing big kitchen trash bags and recycling items in the common area trash cans, such as in the pocket parks on Barbour Drive. This can cause all kinds of problems, including attracting animals and

vermin. We're asking everyone to refrain from doing this in future and instead use the waste containers at their private residences or their condo association building. Curbside pick up is weekly: Mondays for trash and Thursdays for trash and recycling.

Thanks, everyone!

Message from the Board

In a recent Cameron Station Community Station e-mail blast, the Cameron Station Homeowners Association Board of Directors sent out the following announcement:

"At its April 28 meeting, the Cameron Station Homeowners Association Board of Directors voted to terminate the management agreement with CMC. The Board based its decision on certain performance deficiencies that have arisen recently with the company. The Board invoked the provision in the agreement that permits termination without cause by either party on 90-days' notice to the other. The Board will immediately initiate a process to select a new company to provide management services for our community with the goal of completing that process and making a selection in the very near future. The new company will work with the Board and with CMC during the transition until they take over full management duties at the end of the 90-day period. CMC will continue to provide management services to the community for the transition. We will provide updates and additional information over the coming weeks. The Board wishes CMC all the best, and thanks the company and its staff for all they have done to help make Cameron Station a wonderful place to live. We ask for your patience and understanding during this process."

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.

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Recurring Contributor: Lenore Marema

Photographer: David Thorpe

Snapshots from Cameron Station

By Marian Cavanagh

There are lots of things – small and large – that members of our community are doing to support each other and lift our spirits during this difficult time. Some neighbors have put “thank you” signs on their trash and recycling containers. “Not everyone noticed,” says Pat Sugrue, “but a recycling guy paused, read the sign, and then removed it and kept it. I’m guessing he will share it with his buddies on the truck, or maybe even bring it home to his family. Honestly, I had tears in my eyes.”

Some neighbors left small tips for their mailman, and later found thank-you notes in their boxes.

There are a number of students in the community who are finishing out their senior year online, and their efforts aren’t going unnoticed! Several signs around the neighborhood are showing their pride and support for the soon-to-be graduates. Recently, the Communications Committee (ComCom) posted the community’s congratulations in Cameron Circle.

Countless residents throughout our community have offered to help their neighbors, especially the elderly and those with underlying health issues, with anything that is needed, says Linda Greenberg. She and her husband “are a good ways over 65 but are very active, so didn’t feel the



Photo credit: Pat Sugrue

need of anything at this time, but I would have loved to say, ‘Well, could I take a rain-check and remind you of your offer when we have the next big snowstorm?’

“And with so many families at home with no place to go but the boulevard or the linear path, it seems they’re doing more things together, such as riding bikes, jogging, walking and visiting - from a distance - with neighbors. For all the pain of not working, the more leisurely pace seems rejuvenating. (On the other hand, we will need to go back to being productive members of society.)”

Another neighbor wrote a letter of appreciation to the owner of the Cameron Café, highlighting the importance and value of a café in the neighborhood. “That you remain open and try to do everything to keep safe,” wrote Rebecca Samawicz, “is typical of your personal care for the community.”

In the gazebo in Cameron Circle during the month of April, Meredith Aquila placed a bulletin board. “I thought it would be a nice way for people to share photos, poems, drawings, and messages that would make their neighbors smile. It was meant to be a creative outlet and a morale booster, as well as giving us something new to look at when we took our walks.”

(See Snapshots continued on page 8)

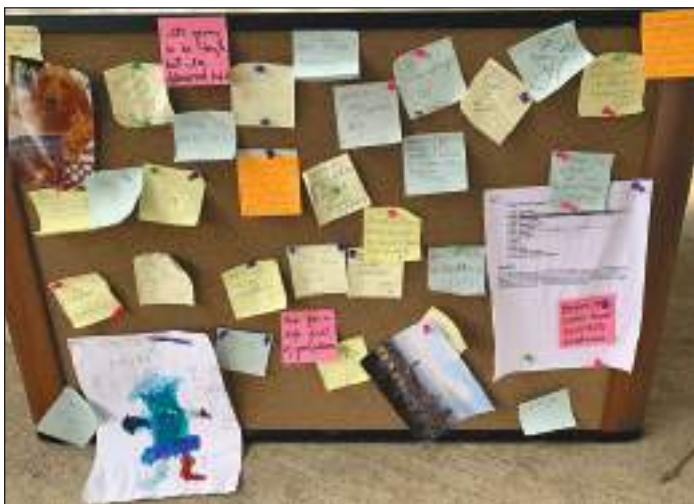


Photo credit: David Thorpe

(Snapshots continued from page 7)

As for the Little Free Library, last month David and Stephanie Thorpe turned it into The Little Free Pantry for non-perishable food items. On May 1 they turned it back into the library



Photo credit: David Thorpe

and brought any remaining food items to the driveway of Rebecca Pipkins, who was collecting food for the Arlington Food Assistance Center.

Thank you everyone. In addition to all the care and assistance neighbors are providing each other during the COVID-19 crisis, there are also many people coming into our community to help - delivering our food and packages, mowing our lawns, or assisting in numerous other ways.

All these positive actions and messages are wonderful, but it's also important to remember that sometimes folks think they have no right to feel down, given that some people are suffering so very much. But as one neighbor reminded us in a note, "It's ok to not be ok." People are allowed to feel bad too!

Celebrating Earth Day

Members of the Cameron Station community celebrated Earth Day on April 22. The Dementi family - Hart, Adrienne and their children Kye and Vivienne - planted 20 Eastern Redbud trees near the Ben Brenman Park/watershed area.



Vivienne Dementi carefully prepares her tree's new home.



Kye Dementi makes sure his tree is firmly planted.

Photo credit: Adrienne Dementi



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**If You
Need It
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Do It!**

Our Neighborhood Pulls Together

By Richard Armstrong

Cameron Station has been a nice landing place for transplants like us. Our family is from New England, but we moved here in July 2017, and it seems that everyone here is from somewhere else. What we've learned from wherever we've lived is that neighborhoods have a certain vibe - the collective thinking of a group of neighbors who choose to live their lives in a particular way.

As evidence, I offer the case of my wife, Rhiannon, who's a registered nurse at Inova Hospital, the one just around the corner. As a nurse, she didn't sign up for COVID-19 (none of us did), but like all health care workers, she's doing her best to help her patients. Just as "the rules" have changed in our personal lives, so they have in hospitals. She works in the "pre-op" department, which has the generally low-drama duty of caring for patients coming in for elective surgeries. If you've had a hernia surgery in the last month, please raise your hand, because those procedures have been pushed back to address the flood of patients coming in with this new sickness that seems to affect each victim differently, but can attack ferociously. Hospital staffing has been shuffled to meet this new crisis, so health care workers are being asked to improvise.

So, yes, many people are sick, and some are dying, and nurses like my wife are learning about this virus just as we all are. One thing she learned before the rest of us was that there were not enough masks, at least not the gold standard N95 masks that filter out microorganisms like the coronavirus. The stuff we wear into supermarkets is fine for that, but not for a 12-hour shift stuck with multiple patients emitting this virus with every breath.

The mask issue is being addressed by countless good souls out there, sewing and donating masks out of spare fabric from coast to coast. This crisis has again revealed the best of America.

As we adapt to our new way of life, my wife learned that wearing

the double-strapped N95 strapped tightly to your face without a break really makes the sides of your head hurt. Think of wearing two tight rubber bands around your head for 12 hours.

So someone came up with a great hack to relieve the discomfort - a headband with buttons on each side to hold the straps in place. It's still tight against their faces, but its not constricting their whole head. That doesn't sound like much, but it makes a hugely beneficial change.

Which brings us back to Cameron Station. My wife posted a request for these custom-made headbands, not expecting much of anything. Well, the response has been overwhelming. These packets of beautifully crafted headbands with buttons started showing up at our doorstep. The "thank you" notes and personal touches clearly reveal the love that goes into each of these expressions of compassion. Trust me that each of these gifts is handed out to a grateful local nurse. Know that these acts of kindness are appreciated more than you probably realize.

We'll all get through this here in Cameron Station, and some day some sense of normalcy will return to our lives. Until then, just be kind to every single person you encounter. Every single one of them.

Editor's Note: Friends and neighbors who pitched in, either to assist in Rhiannon's efforts or to make and donate headbands, masks and face shields to hospital workers - both in our area and in New York and Florida - included Gail Caravella, Ana Maria Keating and her husband Walter, former Cameron Station resident Nancy Firestone and Grace Hwang, owner of Cameron Station Valet (see story p. 15).

A local retailer must also be commended: when Gail saw Rhiannon's request for cloth headbands, she contacted our local CVS, which gave her 50% off on the 40 packages they had available.



Photo Credit: Rhiannon Armstrong



Photo Credit: Nicole Gauvin



Photo Credit: Ana Maria Keating



Photo Credit: Ana Maria Keating

I Had to Do What I Could

By Renee Rothschild



Photo Credit: David Thorpe

Renee, wearing one of her hand-made masks, gives two thumbs up to the food truck deliveries.

As the pandemic began to take hold in the nation and the need for masks became paramount to protect elders and first responders, I knew I had to jump in and do what I could to assist. I had never sewn a day in 49 years! But, I ordered a basic sewing machine on Amazon and began asking around to see who needed a mask. Initially it started with my building, 400 Cameron Station Boulevard, then my family and friends, then word got out and soon I was sending masks to hospitals in Illinois, North Carolina, and New York City. One hospital in Brunswick, Georgia has received many of my masks; since this is where I did my clinical rotations during nursing school, I have a special attachment to it.

I've been making and donating these masks to people and companies free of charge. My only request is that they pay for shipping. By late April, I had made and sent out over 350 masks.

Creating them has been a process of trial and error, especially when it comes to adding in filters. The ones I make today look nothing like those I made in the beginning.

Once I got caught up on the masks, I turned my attention back to Cameron Station. We moved here in December 2016 and immediately felt its strong sense of community. Seeing firsthand the impact COVID-19 had on small businesses and restaurants, I knew I had to step in and do what I could to assist the food trucks, as well as their employees. With 20 years of event planning experience, in addition to food service ownership, I felt I could get the food trucks on board with my idea to serve Cameron Station residents and make it a success for both the small businesses and our community.

I reached out to my first food truck, and thanks to the great response from restaurants and residents alike, we now call it "Food Truck Tuesdays"! And the rest is history.



Gives and Takes

Here are a few things to consider if you're looking for volunteer opportunities, online classes for adults and children, or musical performances to enjoy while relaxing at home.



Photo Credit: Eileen Brady

Glenn plays the Batolin, a violin he made out of a baseball bat, at a Nationals game.

- Everyone loves the sound of music. Cameron Station residents since 2001, violinists **Glenn Donnellan and his wife, Jan Chong**, know that, in this time of crisis, music can be transformative.



Photo Credit: Eileen Brady

Glenn and his wife Jan with their prized instruments.

Glenn's been a member of National Symphony Orchestra since 1997; Jan has played regularly there since they moved to the neighborhood. In February 2019, Glenn was diagnosed with a massive brain tumor. He's now on his way to a full recovery from a difficult and life-threatening surgery. To help Glenn in his quest to return to the stage, he and Jan share weekly public micro-concerts via a YouTube channel called MusicHealsGlennJan

(www.youtube.com/channel/UCu_OOe1kLbtD30bP5pV67eg) to uplift spirits - ours as well as theirs - for a few minutes at a time, and celebrate how far Glenn has come. Subscribe, watch, listen, and enjoy! To learn more about their story and performances, visit: www.musichealsglennjan.com.

- Free education resources are available through **Khan Academy**; you can find them at www.khanacademy.org/. Lessons come with a video found here: <https://keeplearning.khanacademy.org/>.

- The **FEMA website**: www.fema.gov/volunteer-donate-responsibly lists opportunities to volunteer or donate during the coronavirus crisis.

- Wanting to help as many kids as possible in these awkward times of home quarantine, **Kate Lindquist** – a relative of Cameron Station's David and Stephanie Thorpe - has created online integrated art and learning lessons which are being used by school teachers from Hawaii, Florida,

California, and even in Spain. Make an "Art Date" with Miss Kate on her free PeaceLoveArt YouTube station, which can be found here: <https://youtu.be/6ODY-XuL2i0>.

- Cameron Station neighbor **Mike McGovern** works at Beltway Brewing Company. They saw the widespread need for hand sanitizer and are now producing it using the WHO- and FDA-approved recipe. (You can reach Mike at mmcgovern@beltwaybrewco.com if you'd like to order some.) In addition, in partnership with Water's End Brewery, the company has made a special PPE beer and is donating a portion of their sales to the Inova COVID relief fund. At the end of April, they'd given \$9,000, and they plan to keep the initiative going as long as possible.



Photo credit: Mike McGovern

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Tying the Knot in Cameron Station

By Robert Burns

There was a bright spot in our neighborhood last month, as a small group of friends celebrated the carefully socially distanced wedding of long-time Cameron Station residents Sandra Troutman and Stefan Tretiak. Sandra and Steve met many months ago while riding the 8Z bus into work. Thank you WMATA!

Sandra and Steve were united in marriage on Saturday, April 4. A few neighbors assisted in the planning and the ceremony - Yadana Latt served as wedding planner extraordinaire; Mindy Lyle baked the beautiful and tasty gluten-free and vegan wedding cake; and I served as officiant for the nuptials. The couple then had pictures taken at the gazebo on John Ticer Drive, as many neighbors and friends came into the surrounding street and even stood at windows to applaud the couple, take photos and wish them well as they begin their married life.

Congratulations, Sandra and Steve!



Robert Burns (r) with newlyweds Sandra and Steve.

Photo Credit: Cris Hamer

Isolation Insights

By Carla Besosa

With so much sequestration and solitude, one gains insight into certain aspects of life:

- * Crisis can bring out the best in people.
- * Lay's does make the best potato chips.
- * Boredom is self-imposed; only you can allow yourself to become bored.
- * Music is therapeutic (so turn the TV off).
- * Cameron Station is a remarkably cohesive community of caring people.
- * If you are going to spend a lot of time alone, it's best if you like the company.
- * My place really DOES have a kitchen!

LET US HEAR FROM YOU...

The staff of *The Compass* welcomes your comments and suggestions about the newsletter and community updates. Please send them to thecompass@cameronstation.org.
Thank you.

Benefits of Meditation

By Psy Scott

Meditation has been practiced for thousands of years. Originally, it was meant to help deepen understanding of the sacred and mystical forces of life. These days, meditation is commonly used for relaxation and stress reduction. It's considered a type of mind-body complementary medicine and can produce both a deep state of relaxation and a tranquil mind.

During meditation, you focus your attention and eliminate the stream of jumbled thoughts that may be crowding your mind and causing stress. This may result in enhanced physical and emotional well-being. Meditation can give you a sense of calm, peace and balance. These benefits don't end when your meditation session ends. Meditation can help carry you more calmly through your day and may help you manage symptoms of certain medical conditions.

Some benefits of meditation

- Reduces stress
- Controls anxiety
- Promotes emotional health
- Enhances self-awareness
- Lengthens attention span
- May reduce age-related memory loss
- Can generate kindness
- May help fight addictions
- Improves sleep
- Helps control pain
- Can lower blood pressure
- And you can meditate anywhere!



If you've never given meditation a try, this may be a good opportunity.

The Turtles Are Back!

By Pat Sugrue

One sure sign of spring has always been the return of the turtles to the Brenman Park pond. A lot of neighbors were concerned that the construction of the new bridge might cause harm to our resident turtles and that they wouldn't come back. We are happy to report that not only were they not harmed, but they have returned in droves!

On April 8, I counted 109 turtles of every size on the shore near the new bridge or swimming in the water. They seemed to prefer the new bridge to the renovated "Turtle Bridge," but this may be due to the netting at the old one, and perhaps they will choose to be at both when renovation is complete.

The turtles could not have come at a better time as we struggle with the COVID-19 crisis. In Native American culture, the turtle is a very important symbol - it represents Mother Earth and is a sign of good health and long life. Just what we need!



Did you ever wonder what happens to the turtles in the winter? Where do they go? How do they get back? Well, here are the answers we provided in the May/June 2016 issue of *The Compass*.



"According to the kids' page of the website turtlepuddle.org, most water turtles that live in areas with cold winter weather go deep into the pond and burrow down into the mud and leaves at the bottom. They let themselves get cold, which slows down their bodies so they don't need to eat anymore. Their hearts slow down, too, and beat only once every few minutes. And they

stop breathing through their lungs - because their bodies are running at such a slow speed, they only need a small amount of oxygen, which they can get from the water. The oxygen sinks in through some specialized skin cells that are just inside the tail opening, so they are actually breathing through their tails! Water turtles will stay like this as long as the weather is cold."

So the next time you are crossing the bridges in Ben Brenman Park and you hear someone ask where the turtles were all winter - and there always seem to be folks pondering that question - you can tell them they have been here the entire time. And along with many of us Cameron Station residents, they've just been waiting for the seasons to change to come out of their burrows.



Photo Credit: Pat Sugrue

MAIN STREET RETAILERS

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Grace's Good Will

By Ray Celeste

As we all know, Cameron Station is a special place because of who lives and works here. I have been going to the Cameron Station Valet, our dry cleaners on Ben Brenman Drive, for many years. Grace Hwang is one of those people who make our neighborhood special. Grace is the owner of the Cameron Station Valet and an accomplished seamstress. When the pandemic first broke out, Grace's daughter heard about the shortage of face masks and recommended to Grace that she create some for the residents of Cameron Station and give them away to show both how much she and her colleague, Young Cho, appreciate their patronage and have enjoyed serving them for 13 years.



Mask maker and Cameron Station Valet owner Grace Hwang.

Photo Credit: Lenore Marema



Young Cho wears a mask behind the counter.

Photo Credit: Ray Celeste

It was a gift of love, as Grace knew these masks can save lives by preventing her customers from getting the dreaded illness or spreading the disease. She has made and donated over 200 masks to our residents! Grace is very self-effacing, so I had to be quite persistent to learn the details of her kindness and thoughtfulness. Both Grace and Young appreciate so much the patronage of Cameron Station residents and the many daily friendly interactions they have with us. Thank you so much, Grace, for caring about our wellbeing!

Editor's Note: When neighbor Lenore Marema went into the shop, she learned how COVID-19 could affect this local business. With people working from home, or not at all, there are fewer work clothes that need to be cleaned. Proms, graduations and weddings have been postponed. Usually this time is busy with cleaning and alterations for folks going to these events. So if you have a chance, check out your closets and see if you have any clothes that could be dry-cleaned. We know most clothes these days are washable, including those popular puffy winter coats, but you never know what you might find!



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History in Our Streets

By Pat Sugrue

So many neighbors are taking daily walks around the neighborhood these days that we thought it a good time to revisit a popular topic from past issues of The Compass – the origin of Cameron Station's street names. Thanks to the research and writing of neighbors Elizabeth McAlee and Judy Coleman, as well as former resident Erin Wetherald Guzzetta, and the assistance of T. Michael Miller, research assistant at the Office of Historic Alexandria, we are pleased to provide the following information.

In 1995, a special subcommittee of the Historic Alexandria Resources Commission was formed to develop a list of possible street names for the new community known as Cameron Station. The subcommittee's list of suggested street names reflected the contribution Cameron Station, the military installation, had made to the city, as well as the personal sacrifice residents of Alexandria had made during wartime. Also included on the list were prominent Alexandrians of the 19th and 20th centuries.

Alexandrians Who Died in the Line of Duty During WWII:

- Major General Charles Dodson Barrett
- Sergeant Robert Brawner
- Richard Medlock
- Ernest Bessley
- Corporal Joseph A. Tull
- Corporal Charles H. Grimm
- Corporal Edward T. Lannon
- Colonel John T. Murtha
- First Lieutenant Benjamin J. Vos
- Private Hard Grover English

Cameron Station was a military post and also a location of the Office of Strategic Services (OSS), a forerunner of the CIA. General William Joseph Donovan was the creator of the OSS, as well as a Medal of Honor recipient.

Commanding Officers of Cameron Station

- Lieutenant Colonel August Fucci, last military commander of Cameron Station
- Lieutenant Colonel Roger J. Tancreti, Jr.
- Lieutenant Colonel Thomas Knapp
- Lieutenant Colonel Richard T. O'Neill
- Colonel J. B. Comay
- Colonel Earle A. H. Johnson, Jr.
- General Brehon Burke Somervell (our street is misspelled)

Prominent Alexandrians of 19th and 20th Centuries

- Ferdinand Day, member of the Alexandria School Board, renowned for his role in the integration of Alexandria

schools and his work in obtaining rights and opportunities for African Americans in the city.

· Ben Brenman, an active member of the Alexandria community, politically and socially. His dream of using some of Cameron Station for parkland was made a reality, and the street named in his honor fittingly begins (or ends) at Ben Brenman Park.

· John Ticer Drive is named for John (Jack) Ticer, a WWII veteran, a member of the Alexandria City Council during the 1950s, and husband of former Alexandria Mayor and State Senator, Patsy Ticer.

· M.H. Barbour was an early property owner in the area.

· Everett Hellmuth, another early property owner.

· Martin Lane appears in an 1819 deed of property in the Cameron Station area.

· Dr. Waple owned property on what is now the west end of Cameron Station.

· Harold Secord, first principal of T.C. Williams High School.

Other Connections

· California Lane may have come from "Camp California," a Union Army camp in the area of Cameron Station during the Civil War.

· Yarrow Lane is believed to be named for Dr. Henry Crecy Yarrow, Acting Assistant Surgeon General for the Union Army during the Civil War. He was also a naturalist, an anthropologist and owner of The Meadows, a farm on the land now occupied by Cameron Station.

· U.S. Navy Commander William Kilburn purchased The Meadows from Dr. Yarrow in 1903, but most of it was burned in a fire the following year. Kilburn held a number of on- and off-shore posts during his career, including Captain of the

U.S.S. Aileen during the Spanish-American War.

We have been unable to find information on these streets:

- Livermore Lane
- Minda Court

We hope you enjoyed learning that Cameron Station has a history peopled with real characters who lived and worked in the place we now call home.

To get more interesting information on our city's many and varied neighborhoods, including our own, click on this website: https://en.wikipedia.org/wiki/List_of_neighborhoods_in_Alexandria,_Virginia.



Photo Credit – David Thorpe

Samuel Tucker Elementary School Update

By Melissa Vayra

Samuel Tucker's doors have been closed since our last day of "regular school" on Friday, March 13. Teachers, students and parents have quickly learned to adapt to distance learning! While there has been a learning curve, the Tucker staff has worked diligently to ensure students are engaged and continuing to learn remotely. The Alexandria City Public Schools (ACPS) system has seemingly stayed ahead of the curve compared to our friends in Arlington and Fairfax by providing regular video chats from our School Superintendent, Dr. Gregory Hutchings, Jr., working to ensure that all students have Internet access and also finding ways to reach students at every level.



Photo credit: David Thorpe

Two of our very own Cameron Station residents, Kelly Davis (Kindergarten teacher) and Martha Grutza (lead PE teacher) have been hard at work uploading educational videos. Our educators are worthy celebrities, and now they are getting even broader reach via the internet and ACPS TV. We have rockstars among us!

There are several resources listed below to help parents with children (of all ages!) during this time. You don't have to be an ACPS student to utilize them.

The ACPS Story Hour resources provide grade-specific texts read aloud from celebrities and can be accessed at www.acps.k12.va.us/Page/2869.

TV programming aimed at PreK-2 students will be aired from 8-11am via the ACPS TV channels 70 (Kindergarten) and 71 (1st-2nd graders). The TV programming will be available Monday-Friday. Keep in mind that these lessons were created to keep students engaged and were created and filmed from teachers' homes with limited resources, and, as such, do not reflect the rigor of our full ACPS curriculum.

AlexTV Cable Channel 70 is directed specifically at Pre-K and Kindergarten students and can be watched locally on Comcast or on the City of Alexandria website at www.alexandriava.gov.

ACPS-TV Cable Channel 71 is directed specifically at grades 1 and 2 and can be watched locally on Comcast or on the ACPS website at www.acps.k12.va.us.

PBS Local Affiliate WETA - Comcast Channel 266 will be broadcasting K-3 lessons on Virginia Standards in 15-minute segments led by classroom teachers from 1-2pm Monday - Friday. FYI: Earth Science and Algebra lessons for grades 7-10 will follow from 2-3pm. You can also watch online through the WHRO Public Media website at whro.org/.

The Tucker PTA is looking for parents who are willing to serve on the Board next year. If you're interested in volunteering, please contact Melissa Vayra at mdavistwh@yahoo.com. Thank you!

Kindergarten Registration for 2020-2021 School Year at Samuel Tucker Elementary

Because schools are currently closed due to the pandemic, adjustments have been made to Kindergarten registration. This will now take place in two parts.

1. Beginning May 15, forms may be completed online. They can also be printed, with completed forms then scanned/photographed and emailed to Tucker's registrar, Adele Gedeo at Adele.gedeo@acps.k12.va.us.

2. Pending the lifting of the Governor's stay-at-home order, in-person verification of documentation via appointments will begin at the school office on **June 15**. Please visit www.acps.k12.va.us/enroll for more detailed information on the registration forms and required documentation.

You may schedule an appointment with Adele at samueltucker.appointy.com or via email at Adele.Gedeo@acps.k12.va.us. She is available during the week via email between the hours of 9am and 3pm to answer any questions that you may have about the registration process or about Samuel Tucker Elementary.

If you require after-school care, you may register for the Campagna Kids program after **May 11**. This program is a third-party company that sends staff to watch students within our building up to 6pm. Please visit their website at www.campagnacenter.org or contact them at 703-224-2338 or shays@campagnacenter.org for more information.

Tiny Condo Concerts

By Carla Besosa

NPR features a video series of live concerts that it calls "Tiny Desk Concerts." Our isolation mandates inspired me to create my own series, which I call "Tiny Condo Concerts." I assembled a variety of YouTube videos with the intention of exposing people to some new musicians while providing entertainment during these challenging times.



www.griot.de

A day after overdosing on Mendelssohn, I wanted to kick it up a notch! I recently discovered **LADAMA** when I saw them on the schedule for the Center for the Arts at George Mason. Intrigued by the promo, further investigation led to my purchasing a ticket. I was not disappointed! These talented women, each from a different country, met at a music-writing symposium and discovered they sounded pretty good together!

LADAMA is comprised of the following: Lara Klaus/Brazil (drums/percussion); Daniela Serna/Colombia (vocals, percussion); Sara Lucas/US (vocals); and Maria Gonzales/Venezuela (shredding on the bandola; self-taught!) This is fun, lively, can't-sit-still music! Watch and listen here: www.youtube.com/watch?v=SejIE1T55OU. www.youtube.com/watch?v=34ScN8wklYs.

LUDOVICO EINAUDI is an Italian pianist/composer. I heard one of his pieces performed at a Smithsonian Concert several years ago and immediately became a fan. I have since had the opportunity to hear him perform at Lisner Auditorium and have purchased many of his albums.



www.thereklama.com

The scenery in the first video is stunning, part of a Greenpeace campaign to draw attention to global warming: www.youtube.com/watch?v=2DLnhdnSUVs.

He moves inside the Royal Albert Hall in London for this one: www.youtube.com/watch?v=BI8N2569jSg.

LUCIA MICARELLI is a young, talented and very intense violinist. I first heard her perform with trumpeter Chris Botti. She is small in stature but big on impact. She always performs barefoot.

Here is her rendition of Led Zeppelin's Kashmir. Long intro but wait for it...wait for it... www.youtube.com/watch?v=1zWoMMTg1cl.

And just in case that wasn't powerful enough, check out her version of Queen's Bohemian Rhapsody. Again, long intro: www.youtube.com/watch?v=tKLOTAliz50.

Enjoy the concerts! No tickets required!



www.stringsmagazine.com

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Carpenter's Shelter COVID-19 Update

By Shannon Steene, Executive Director, and Obehioye Oseghale, Communications and Development Associate

We hope this message finds you in good health and spirits during this difficult time! We have faced many challenges throughout our 31 years of providing homeless services, but we believe COVID-19 is the toughest. Yet we are working as a team to respond to the pandemic with a clear focus on ensuring that all residents and staff remain safe as we continue to serve those in need of shelter.

To reduce potential exposure and spread, we modified many aspects of our operations to promote social distancing and reduce the number of people coming in and out of shelter.

Those changes include:

- Checking temperatures of residents and staff regularly. Staff do so at the start of each shift, and residents are asked to voluntarily participate in temperature checks twice per day. We also urge all staff who are experiencing symptoms of any sort to remain home and seek medical attention.
- Developing and using contingency plans for increased absenteeism caused by employee illness or by illness in employees' family members. These plans include extending front-line staffing hours, cross-training and hiring additional employees for our safety shelter.
- Teleworking for staff not working directly with residents and suspending all volunteer roles inside the shelter to keep foot traffic within the shelter low.
- Encouraging frequent hand washing and regular cleaning/disinfecting of frequently used surfaces. Both our staff and residents have been working throughout the day as "Wipe-Down Warriors" to ensure that we keep our shared spaces clean.
- Relocating eight families and all single women to a nearby

hotel in partnership with the city, leaving the remaining single men in the residential shelter at Landmark Mall. This gives us the ability to spread out the remaining residents, having two to each room instead of six, as was usual.

• Operating a new, temporary safety shelter at the Charles Houston Recreation Center near our permanent location (and the Wythe Street Post Office). This shelter has space for up to 40 chronically homeless individuals, many of whom we had been serving previously at the Landmark location as part of our David's Place/winter shelter programs. We are grateful for the use of the city space to spread our guests out more appropriately.

All of this boils down to tremendous disruption. It feels weird and different, and we miss having the many volunteers coming in to help. And yet, it feels necessary. We are grateful for the many ways Cameron Station residents continue to show their support, especially those neighbors who participated in Spring2Action in order to financially power our work. Thank you! If you would like to donate or learn more about how you can help, visit us online at www.CarpentersShelter.org. We are thankful to be a part of a community that supports us and believes in our mission. Please stay safe and continue to social distance!

About Carpenter's Shelter: Carpenter's Shelter supports the homeless to achieve sustainable independence through shelter, guidance, education and advocacy. As demonstrated during the COVID-19 pandemic, our doors never close as we provide the more than 625 homeless and formerly homeless men, women and children access to Carpenter's Shelter's services each year. We are a safe refuge for people who are homeless during their time of need.

Cameron Station Websites

There are a number of sites where Cameron Station residents can get information, share their thoughts and ideas, ask questions and offer suggestions. Here are some of them:

Next Door Cameron Station

<https://nextdoor.com>

Cameron Station Grapevine

www.facebook.com/CameronStationGrapevine/

Cameron Station Community Association

www.facebook.com/CameronStationCA/

Cameron Station Neighbors

www.facebook.com/groups/152372111638212/

Cameron Station Marketplace

www.facebook.com/groups/456302854414369/

Cameron Station Moms

www.facebook.com/groups/254390294592987/

400 Cameron Station Boulevard

www.facebook.com/groups/278367039856678/

The Grimm Corner

www.facebook.com/groups/1404962063065714/

Golden Doodles Of Alexandria VA

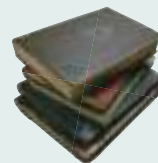
www.facebook.com/groups/LucyThorpe/

Cameron Station Social Distancing Club

www.facebook.com/groups/222657665452244/

Cameron Station Entrepreneurs

www.facebook.com/groups/2169133246695557/



Book Clubs

Monday Night Book Ball

Here's what our Book Club will be reading while we all stay safe in our homes:

May: *Clock Dance* by Anne Tyler

June: *Just Mercy: A Story of Justice and Redemption* by Bryan Stevenson

Third Thursday of the Month

Our Book Club is meeting virtually every month until we aren't.

May: *The Dutch House* by Ann Patchett

June: *The Water Dancer* by Ta-Nehisi Coates

Reading Between the Wines

Our members are reading safely at home and looking forward to meeting again.

May: *Stand Up Straight and Sing* by Jesse Norman

June: *Educated* by Tara Westover

Landmark Mall – Yet Again Another Stall

By Sash Impastato

The 14-year saga of the redevelopment of the 51-acre Landmark Mall site looks like it will continue for quite some time, since it appears that plans for its redevelopment have yet again been stalled, if not totally scrapped.

The Landmark Mall redevelopment story began in 2006 when the then-owner of the central portion of the mall, General Growth Properties, announced plans to convert the mall into an open-air town center shopping center. These plans never materialized.

Howard Hughes Corporation (HHC) bought the interests of General Growth in 2009. The first redevelopment proposal from HHC surfaced in 2012, followed by a number of revised plans from 2014 through 2019. In October 2019, HHC announced the hiring of a new CEO and the rollout of a "Transformation Plan." Part of that plan includes selling \$2 billion of non-core assets. Shortly after this announcement, the senior executive in charge of the Landmark Mall project for many years left HHC.

At a March 2020 West End Coalition meeting (a group to which the Cameron Station Civic Association belongs and of which it is the founding member), City Councilman Canek Aguirre stated that he was "not sure that [HHC] will be going forward with Landmark" and that they will likely "put it on the market." The Cameron Station Civic Association recently communicated with HHC about their plans for Landmark and

were told that, since HHC is a public company, "We cannot share our strategy or approach on Landmark Mall at this time."

What is most telling, however, is the drastic change in wording in HHC's annual report on Form 10-K for years 2018 and 2019 (filed on February 27, 2020). The 2018 10-K states that the "Company plans to redevelop the mall and the Macy's parcel into an open-air, mixed-use community." In stark contrast, the 2019 10-K states that the "Company is assessing its plans with respect to this **non-core asset**" (emphasis added). Accordingly, it seems fairly clear that the current strategic thinking of HHC with respect to this non-core asset is to sell it as part of the Transformation Plan.

If you are interested in joining the Cameron Station Civic Association, please contact Sash Impastato at aimpastato54@gmail.com. Annual membership dues are only \$10.00.

Not Receiving *The Compass* Regularly?

If you have not been receiving the newsletter on a regular basis, or know of any neighbors who have not been receiving it, please contact the HOA office at 703-567-4881 or communitymanager@cameronstation.org to be sure they have the correct address on the mailing list. Each occupied residence is entitled to one copy of each issue of *The Compass*.

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In stressful times, a lot of us take comfort from cooking and eating good food. With that in mind, we hope you enjoy these next three food-related stories!

To Sous Vide or Not to Sous Vide

By Lenore Marema

Sous vide (pronounced sue veed) is a technique that involves cooking food in water to the desired internal temperature for eating/serving, so it comes out consistent every time. In an oven or on the stove, heat is transferred to the food at higher temperatures than desired for serving, so food can easily be over- or under-cooked if not carefully watched. Nor does sous vide have any hot or cold spots, like a grill, that make cooking uneven.

The Sous Vide Basics

A sous vide machine is needed to heat and circulate the water for cooking. I bought the Joule, recommended by America's Test Kitchen. You operate it with your cell phone; the Joule app gives instructions and recipes for cooking, so there's no need to buy numerous expensive cookbooks. The sous vide machine attaches to any pot; I use my stockpot.

The key to sous vide cooking is packing food in plastic bags and getting all the air out so that the food sinks to the bottom of the pot. Sous vide does not work if the food floats on top. I broke down and bought an inexpensive vacuum sealer. Many stores sell meat in vacuum-sealed packages.

To Sous Vide

- You do not need to be an experienced cook.
- It's hands-off cooking. You set the sous vide machine and walk away to do other things.
- The results are precise.
- Food can be made in advance of entertaining and frees up your stove and oven.
- Most cooks buy into sous vide because the low, slow and gentle cooking produces succulent and flavorful food.

Not to Sous Vide

- There's an initial investment in equipment.
- It's recommended that food cooked sous vide be reheated by bringing it back to the serving temperature with the sous vide machine, not the microwave.
- Sous vide cannot be used in a rush.
- Certain spices and alcohol cannot be used in cooking.
- Lots of plastic is required, and getting all the air out of the baggies takes practice.



Photo Credit: Lenore Marema

Sous Vide Scorecard

The best foods to cook sous vide include:

- Eggs - soft, poached or hard-boiled, they turn out perfect any way you like them. And a sous vide machine can make several dozen at a time.
- Most meat - steak, pork and lamb. The boneless pork chops are tender and juicy, unlike other cooking methods where they tend to be dry. Boneless chicken breasts also are juicy but the spongy texture is an acquired taste.
- Many veggies also can be cooked sous vide. The method takes longer than steaming and roasting. Carrots are particularly good, but some veggies, such as beets, can take hours to cook.

*Note: The **Out and About** column, featuring local food news and trends, will resume when we actually are out and about again! For now, it's your choice - to Sous Vide or not to Sous Vide. Either way, stay safe and wash your hands!*

Taqueria Picoso

By Carla Besosa



The Shrimp Tostada is not to be missed!

Dinosaurs didn't eat tacos. Now they're extinct! Coincidence?

This is a first! I've never written about a restaurant in which I haven't eaten. But "desperate times call for desperate measures." (Hippocrates) So I'll share my wonderful "curbside pickup" experience with *Taqueria Picoso* ("spicy taco shop"... more or less).

This new establishment had barely opened its doors when the world was flipped upside down by the spread of the coronavirus - a tough start for a restaurant trying to make its mark in a very competitive industry. Well, "Life is all about how you handle Plan B." (Suzy Toronto) These guys rose to the occasion. I'd been curious about this new taqueria, so with modified logistics, I checked it out. I've visited them three times for takeout and haven't been disappointed.

Taqueria Picoso offers eight varieties of *tacos* made from scratch with fresh homemade ingredients. My favorite is the *Baja Shrimp Taco* - grilled shrimp on a flour tortilla, bean puree, red cabbage, chipotle mayo and avocado puree - an artful melding of flavors and textures. Thank you to neighbors Rob and Cris, who lent their assistance and also gave a thumbs-up to the *Suadero* - the braised



Taqueria Picoso

The Shops at Mark Center
1472 N. Beauregard St.
Alexandria, VA 22311
571-970-0881
www.taqueriapicoso.com

Hours

Tues-Sun: Noon-7pm
(for now)

Prices

Individual Tacos: \$3.50-\$4
Antojitos (Little Cravings):
\$5-\$9
Sides: \$3-\$6.25

Bar

Full

Handicap Accessible

Yes

Parking

Lot (¡No hay problema!)

Reservations

No

brisket taco - and the *Frijoles Charros*. We all gave rave reviews to the *Guac & Chips* (the litmus test for many). Their guacamole is exactly the way it should be: the right ingredients and the perfect texture. The accompanying chips are homemade and expertly seasoned and have the rich flavor of Oaxacan corn. It wasn't until I tasted these that I realized how little taste competing chips have!

Check out their menu to see all the options, including soup, salad, *quesadillas* and *tostadas*. I'd like to try their wings, *Alitas al Carbon* - spicy, Mexican city-style with creamy citrus dressing. Also, the *elote* - grilled corn on the cob with mayo, *cotijo* cheese and house-roasted red and black chili spices. There are a couple of brunch items that are available all day and some family-style specials for feeding a group of *amigos*. For dessert...*flan*. That's it. If it's done correctly, that's all that's needed.

I plan to return for an eventual post-apocalyptic Happy Hour. They have a nice-sized full bar and lots of windows. (Happy Hour specials TBA.) They have an innovative take on traditional Mexican cocktails; their *Grapefruit Margarita* sounds refreshing - tequila, triple sec and simple grapefruit. There will be many Mexican beers from which to choose, as well as local and craft brews. Wines have been selected to pair well with the menu. Don't want alcohol? They carry *Mexican Coke* products and at least eight flavors of *jarritos*, an all-natural fruit-flavored Mexican soda. I recommend trying the mandarin flavor.

In addition to the food, I like the people at *Taqueria Picoso*. They were friendly and following proper precautionary guidelines. With customer donations, they are supplying platters to hospitals and first responders. (The donating customer receives a gift card.) Good corporate citizens!

The *Taqueria Picoso* tag line is "Street inspired. Chef perfected." Give your support to these new guys on the block, now (delivery/takeout/curbside) and once things are in full swing!

¡BUEN PROVECHO!



Photo Credit: Carla Besosa

What's the Beef?

By Mike Zimmer



Photo credit: Rene Zimmer

Hey there, what's the beef with new veggie burgers?

Have you ever wondered about the “who, what and why” of the new veggie burgers being offered by Beyond Meat and Impossible Foods? I’ve had many opportunities to taste both, along with the new Beyond Meat meatless sausage products. These new veggie “meats” are the result of over 10 years of research and efforts into breaking plant materials into their various components and rebuilding them into a meat-like substance. When we eat a burger, we’re appealing to several critical sensory experiences: fat, flavor, smell, texture and ultimate appearance. In a COVID-19 world, with possible new meat shortages ahead, why not explore some alternatives?

Each of these burgers is made from different vegetable and additive products as they compete with Kellogg Company’s MorningStar meatless burgers, which are still currently ranked No.1 in the US market. The ultimate winner will be driven by an outcome based on marketing, messaging, price and convenience. The Beyond burger is made with no genetically modified organisms (GMOs), using a pea-based paste, with cocoa butter, beets, mung beans, rice and other protein enhancers. The Impossible burger is built using GMOs plus advanced soy-based products and modified yeast. Both companies are startups with different market caps, and are accessible through various food channels in restaurants, grocery stores and food distributors.

See a Problem in the Neighborhood?

Streetlight out? Sprinkler not working? Moss on brick sidewalks? Potholes in street? If management doesn’t know about a problem, they can’t fix it. And not every problem occurs during office hours. If you see something that needs repair, call the HOA office at 703-567-4881, and be sure to give a complete description and exact location.

My personal favorite is the Beyond burger which, when cooked properly (at medium-rare to medium), is flavorful and juicy. I found the Impossible burger dry and not quite as flavorful, but you may disagree. In both instances, I highly recommend adding lettuce, tomato and your favorite condiments to enhance the flavor and experience. Impossible burgers are readily found at some grocery stores, Burger King and White Castle. Beyond Meat is offering sausage in stores and through Dunkin’ Donuts in sausage, egg and cheese sandwiches.

Whether these new veggie burgers are better for you than a real beef burger appears to be neutral at this point. Veggie burgers lack the increased risks from beef consumption, such as heart disease, cancer, exposure to chemical additives and premature death. They aren’t beneficial while on a diet, because they have equivalent calories and saturated fats as real beef burgers; however, they are produced in a more sustainable manner than that used in the case of hogs, cattle and chicken, and veggie meats use less water, feed



and antibiotics, with lower emissions of greenhouse gases. As this product category develops further, we’ll see better veggie burgers and additional sausage and meat products. The winners will ultimately be determined by price, as well as the real prize: who’s going to win the competition to serve meatless burgers at McDonald’s?

Meanwhile, in Alexandria, there are grocery stores and other restaurants that are adding these products to their menus with their own innovations. For example, Glory Days has an interesting Philadelphia cheesesteak laced with lettuce, cheese and assorted peppers based on Beyond Meat products. Chop Shop Taco offers a veggie beef taco with beautiful seasoning similar to Beyond burgers.

For now, experiencing the meatless approach is a choice. In the near future, however, we’ll likely face mandatory changes in our diets arising from the need for improved sustainability, more affordable food, and especially decreased production of meat and other agricultural products.

The Joke's on You!



Reprinted from recent issues of The New Yorker.



An assortment of aquatic plants have been placed on discs - buoyancy components of the floating wetlands - currently on display in Ben Brenman Pond.

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. Estimated (not guaranteed) time of delivery for the last week of September to the first week of October.

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/February December 30
March/April February 28
May/June April 30
September/October August 30
November/December..... October 30

Advertising Rates:

Display Ads (Camera-ready)

1/4 page (3.5" x 4.5").....\$150
1/8 page (3.5" x 2").....\$125

Classified Ads

(Limit 35 words)

Resident.....\$5
Non-resident.....\$25
Lost & Found, Carpool, etc.....Free

Checks should be payable to Cameron Station Community Association and sent with camera-ready artwork to *The Compass*, 200 Cameron Station Boulevard, Alexandria, VA 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.

Days to Celebrate!

By Carla Besosa

June 6 - National Egg Day (This calls for take-out from the diner!)

June 7 - National Donut Day (Definitely maple frosted!)

June 18 - National Splurge Day (That just screams "Lobster Roll.")

June 19 - National Dry Martini Day (According to Yelp, *The Majestic* is the place!)

July 3 - National Eat Beans Day (*Afghan Bistro's* Signature Lentil Soup - excellent!)

July 6 - National Fried Chicken Day (*Chi-Mc Chicken & Beer*, 6653 Little River Tpk. YUM!)

July 7 - Chocolate Day (*Dolce & Bean* in Del Ray is a must!)

July 11 - National Mojito Day (Best to make it with a real stick of sugar cane in it.)

July 12 - National Pecan Day (Harris Teeter's Honey Toasted

Pecans -scrumptious!)

July 13 - National French Fries Day (Herb Parmesan Truffle Fries at *The People's Drug*.)

July 18 - National Hot Dog Day (Get the Three-Piece-Suit Dog at *Haute Dogs & Fries*.)

July 21 - National Junk Food Day (Whatever happened to Cheez Waffies?)

Aug. 1 - International Hangover Day (Makes you wonder about July 31!)

Aug. 3 - Grab Some Nuts Day ("Run Forrest, Run!")

Aug. 7 - International Beer Day (My "go to" is still Yuengling.)

Aug. 16 - National Tell a Joke Day (Laughter is good medicine!)

Aug. 17 - National Thrift Shop Day (Shop online!)

Our Neighborhood Farmers Market

By Dawnta, Rubie, Whitley and Bernice Williams

Our local West End Farmers Market is now open, but for **pre-orders only**, Sundays, 8:30am-1pm. The market is located in the southern parking lot of Ben Brenman Park. We encourage you to contact these amazing vendors to place your pre-orders. For those who wish to place their orders the day of, management will set up a table with a list of the products available from the vendors. You may place your order and then return to pick it up.

Alma Diaz Vegetables and Fruit 804-761-6439

*Vegetables, fruits and fresh hot sauces

FJ Medina and Sons Farm 804-410-7009;

www.fjmedinafarm.square.site

*Vegetables and fruit

Wanda and Jose J&W Valley View Farm 804-241-9647

www.jnwvalleyviewfarm.wixsite.com/jnwvalleyfarm

*Vegetables and fruit

Penn Farms Dora Beltran 804-450-6426

*Vegetables and fruit

Papa's Market 717-778-8316; Argento@centurylink.net

*Fruit, butters and applesauces

Cold Country Salmon Zac Culberston 703-623-4633

*Wild caught Alaskan salmon

Tommy The Cheese Guy 717-615-4713

*Fresh cheeses, jams, applesauce and pastries

Lambda Coffee 202-705-2400

Fermented Pi 571-283-1202

*Sausage, dry-cured bacon and charcuterie.

Kiwi Kuisine sales@kiwikuisine.com

*Savory meat and veggie pies

THESE PHOTOS ARE FROM THE 2019 SEASON



Photo Credit: David Thorpe

The compass

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Alexandria, VA 22304

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