

The compass

Newsletter of the Cameron Station Community Association, Inc.

Volume 15 Issue 4 • Sept/Oct 2014

Pride of Ownership Winners

By Linda Greenberg, Common Area Committee

The Common Area Committee's annual Pride of Ownership awards are given to four homeowners whose garden area is exceptionally attractive and well-cared for. Judging is based on the outward, attractive appearance of each home, including turf condition, pruned shrubbery and trees, and aesthetically pleasing and weed-free gardens. The four home categories are: end-unit townhome, townhome, condominium, and single family home.

The 2014 winners are:

- Oscar Goldfarb and Christine Fisher at 239 Somerville Street (end-unit townhome)
- Darren and Vanessa Blue at 5203 Brawner Place (townhome)
- Lynne Storer at 307 Cameron Station Boulevard (condominium)
- Millie and Ross Starek at 353 Cameron Station Boulevard (single family home)

The four winners were given generous gift cards by The Home Depot, the London Curry House, and Toka Salon. As you walk through Cameron Station, take notice of the many attractively landscaped homes and appreciate how

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**Millie and Ross Starek, 353 Cameron Station Boulevard
(single family home)**



**Oscar Goldfarb and Christine Fisher
239 Somerville Street (end-unit townhome)**



**Lynne Storer
307 Cameron Station Boulevard (condominium)**

Pride of Ownership Winners

Continued from front page

they enhance our community's appearance. The CAC urges homeowners to examine and improve their personal landscaping space, while complying with design and landscaping regulations. Your efforts enhance the curb appeal of Cameron Station, help elevate home values, and increase the overall desirability of our neighborhood. Consider entering your home in the Pride of Ownership contest next year. If your garden needs improving, the volunteer gardening committee is glad to assist with your landscaping questions – contact Kathy McCollom at ktmccmcc@comcast.net. Thank you for keeping Cameron Station beautiful!

**Darren and Vanessa Blue
5203 Brawner Place
(townhome)**



Photo by David Thorpe

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. Roll over the "Community" heading at the top and click on "Newsletters."

Editor-in-Chief: Melanie Zimmerman

Editorial Staff: Carla Besosa, Judy Coleman, Eliza Dolin, Lily Engle, Scott E.Z. Franklin, Nicole Gauvin, Barbara Martinez, Maya Noronha, Jamie Riedy, and Pat Sugrue

Photographer at Large: David Thorpe

Committee Corner

HARD AT WORK ON BEHALF OF OUR RESIDENTS

Board & Committee Meeting Dates

Oct. 7: Activities & Events Planning Committee (1st Tues.)
Oct. 7: Architectural Review Committee (1st Tues.)
Oct. 7: Common Area Committee (1st Tues.)
Oct. 9: Cameron Club Facilities Committee (2d Thurs.)
Oct. 20: Communications Committee (3d Mon.)
Oct. 23: Financial Advisory Committee (Thurs. prior to BoD)
Oct. 28: Board of Directors (last Tues.)
Nov. 4: Activities & Events Planning Committee (1st Tues.)
Nov. 4: Architectural Review Committee (1st Tues.)
Nov. 4: Common Area Committee (1st Tues.)
Nov. 13: Cameron Club Facilities Committee (2d Thurs.)
Nov. 17: Communications Committee (3d Mon.)
Nov. 20: Financial Advisory Committee (Thurs. prior to BoD)
Nov. 25: Board of Directors (last Tues.)

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(boardofdirectors@cameronstation.org)

Michael Johnson, President
Alvin Boone, Vice President
Megan Brock, Treasurer
Jon Dellaria, Secretary
Igor Dubinsky, Director
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Meetings are the last Tuesday of every month,
unless otherwise indicated.

CSCA COMMITTEES

ACTIVITIES & EVENTS PLANNING COMMITTEE

events@cameronstation.org

Radhika Goel - Chairperson

ARCHITECTURAL REVIEW COMMITTEE

arc@cameronstation.org

Elizabeth McAlee - Vice Chair

CAMERON CLUB FACILITIES COMMITTEE

facilities@cameronstation.org

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commonarea@cameronstation.org

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COMMUNICATIONS COMMITTEE

communications@cameronstation.org

Donna Gathers - Chairperson

FINANCIAL ADVISORY COMMITTEE

fac@cameronstation.org

Jeff Gathers - Chairperson

Activities & Events Committee

Upcoming Events

Sept. 27 - Annual Fall Yard Sale - 8am-1pm
(Rain Date Oct. 11)
Oct. 26 - Trick or Treating for kids,
in the Cameron Club
Dec. 7 - Holiday Party

More details will be posted closer to event dates. The committee invites you to suggest opportunities for events or activities - email suggestions to: events@cameronstation.org.

Activities & Events Planning Committee

By Radhika Goel

The Cameron Station Activities and Events Planning Committee is fortunate to have a new cast of energetic and enthusiastic volunteers. All members of the Committee are new as of this past spring, and they accepted the challenge to host the Annual Pool Party on August 12. The group's coordination of this event was a tremendous success and included: barbecue from Red Hot & Blue, ice cream, a DJ, face painting, a balloon artist, a moon bounce, and a slide. Over 800 meal tickets were distributed to residents. Attendance was impressive, with guests filling the swimming pool, Cameron Station gazebo, and Kilburn Street. It was a great community event. Residents offered thanks and expressed appreciation for the good times shared by everyone.



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Activities & Events Planning Committee

(Continued from page 3)



The Spring Happy Hour was the first one organized by our new committee members, providing Chinese food catered by Tempt Asian Café. Since that Happy Hour, the Committee, with the generous advice of previous committee members, has instituted a monthly Happy Hour, offering an opportunity to meet neighbors and socialize with new and old friends in the community. The July "Adult, Bring Your Own Everything" Happy Hour was attended by over 60 residents. It was more than just

drinks and food. We played music, sang, and listened to each other's stories. Most importantly, we built relationships.



Our latest event, the August Family Happy Hour, was very well-received. Cotton candy was served in the pool area as people came together to relax and enjoy. Paisano's Pizza provided the first 20 pizzas, free, to everyone's delight.

Volunteers, who work alongside committee members, make a big difference to the continued success of the organized activities. The activities are intended to provide a place where neighbors and friends can meet and have fun. For those interested in helping, contact events@cameronstation.org and let us know you'd like to pitch in!



Cameron Club Facilities Committee

By Marty Menez

The Great Room has just been upgraded with a great new amenity - audiovisual capability - available for use by residents when renting the space. The installation consists of an 80" flat screen TV / monitor, sound system for one-way entertainment or broadcasts, two-way videoconferencing (Skype), and professional quality speakerphone for audio-conferences. In addition, a large, manual, pull-down screen is available if residents prefer to use their own projector.

The Events Committee is considering how best to capitalize on the new capability (e.g., Super Bowl, movie nights, connecting distant family members for birthday parties, travel club presentations, resident seminars, etc.). Use of the capability is optional, but if employed, \$20 will be added to current rental costs for a 4-hour period, and an additional \$100 to the deposit. Contact the Management Office at 703-567-4881 to reserve the room and equipment. Anyone up for a "Downton Abbey" marathon?





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Norfolk Southern Open House Q&A

Thanks to Barbara Martinez, Compass Staff, for attending the Norfolk Southern Open House event in June, and providing follow-up responses from Norfolk Southern (edited for brevity) regarding the Alexandria Thoroughbred Bulk Transfer (TBT) facility.

Responses to Alexandria Comment Cards

Why can't Norfolk Southern relocate the Alexandria TBT?

Norfolk Southern's local customers, the gasoline blending facilities, are located nearby in Northern Virginia. Consequently, our facility needs to be located near them. Since a direct rail option doesn't exist in Northern Virginia, all of the ethanol delivered to this market must move its final leg by truck.

Has Norfolk Southern considered changing the time the Alexandria TBT receives rail cars?

We fully understand the community's concerns about noise and are committed to addressing them to the extent feasible. That said, our railroad (and other railroads that are our direct competitors) must operate on a 24-hour basis, and therefore we cannot simply shut down or greatly reduce operations during overnight hours. In the event demand for ethanol increases, which may lead us to improve our facility within the existing footprint, we anticipate that noise associated with track switching would actually be reduced because our trains could operate on additional tracks, reducing the number of track switches.

Has Norfolk Southern considered constructing a wall to mitigate noise and potential explosions?

Norfolk Southern has not considered constructing a "mitigation" wall on railroad property. We are operating the terminal as efficiently as possible, which reduces the potential noise from rail operations.

Why hasn't Norfolk Southern placed trees and shrubs along the perimeter to shield the facility?

Norfolk Southern is in discussions with the City of Alexandria regarding the possibility of planting trees or other landscaping that may help create a visual barrier between the terminal and the community.

What controls does Norfolk Southern have over the safety of the tank cars, and who would be responsible if an incident occurs?

The ethanol transfers from tank car to truck at Alexandria occur within a containment area composed of asphalt pavement and a concrete dike twelve inches tall. This containment area is big enough to hold the contents of multiple tank trucks and tank cars and will prevent the ethanol from being released into the environment. All trucks, pumps, and railcars are grounded and bonded during transfers, which prevents an electrical spark. An emergency response plan is used to coordinate response by outside firefighting assets in the event of a terminal fire. When the terminal was upgraded to handle ethanol, Norfolk Southern installed a new water line and new fire hydrants at the entrance and along the length of the unloading track for

use by emergency responders. A supply of alcohol-resistant firefighting foam is stationed at the terminal entrance, and the Alexandria Fire Department has the key to this container.

What is the history of spills at the Alexandria TBT, and how are spills currently handled?

There have been three ethanol spills since the ethanol transloading operations began in 2008: Sept. 29, 2009, about 50 gallons; Sept. 4, 2012, about 100 gallons; and Feb. 12, 2013, about 100 gallons. In each case, the spill was contained within the containment area at the facility, which prevented the material from being released into the environment. The proper authorities, including the Alexandria fire department, were notified of each spill. Following the 2012 spill, at the city's request, Norfolk Southern agreed to report spills to the city by calling 911, instead of using the city's non-emergency number, if the spill overflows the portable containment pans used within the larger paved and curbed containment area.

Why do locomotives idle at the Alexandria TBT?

Railroad operations by their nature require that locomotives remain running under certain circumstances for a variety of safety and operational reasons. Because the locomotive coolant does not contain antifreeze, engines must be kept idling at cold temperatures to avoid freezing of the coolant and cracking of the engine block. In addition, many of the systems on a locomotive, including heating and air conditioning equipment, brake pressure, communications and other important equipment, require that the engine remain running unless the locomotive will not be needed for a long time.

What is being done to control fumes and vapors at the Alexandria TBT?

The ethanol transloading operation is conducted using closed loop vapor recovery, which is basically a hose system that takes the vapors from the truck while loading and circulates them back into the railcar as the liquid is drawn off. Therefore, the ethanol transloading activities have very low emissions and should not create odors.

How many thousands of gallons are stored at the Alexandria TBT?

No ethanol is stored at the facility. The ethanol is transferred from tank cars directly to trucks daily.

How many carloads are stored at the Alexandria TBT?

The transload facility can hold 20 rail cars in the containment area.

Norfolk Southern representatives remain available at AlexandriaTBT@nscorp.com to respond to specific questions or concerns.

Fitness Center News

By Kevin Horner

Group Exercise Classes: The group exercise classes at Cameron Station are a great way to stay in shape and to meet neighbors! See the activities schedule for classes and times. Residents can drop in on a class for \$10.

Upcoming Events: We will be scheduling several free fitness events in the fall. Keep an eye out for announcements via our weekly email blasts.

Workout Parents: Are you an at-home mom or dad who would like a chance to work out during the day? Here's an opportunity to get some exercise and take a short break from the kids, all under one roof at the Cameron Club. On Mondays, Wednesdays, and Fridays, 8:30-10am and 3:30-5 pm, you can bring your kids to the Great Room and alternate childcare duties with participating parents. This is not a babysitting or daycare service.

Fitness Center Reminders:

- Cell phone usage is not allowed in the fitness center. Please use the stairwell or the front lobby to make and receive phone calls.
- We have had incidents of residents using inappropriate language towards other residents in the fitness center. The fitness center is for all residents to enjoy. Please remember to be respectful of your neighbors.

Like Us on Facebook: To "Like" us on Facebook, go to Facebook, type in Cameron Station Fitness Center, and click on "like this page!"

All of us at the Cameron Club appreciate your commitment to fitness, and we value your support throughout the year. Thanks for making the fitness program at Cameron Station a huge success!

For information on any of the programs, or to be put on the Fitness Center email list, please contact the Fitness Center: 703-567-8555 or fitness@cameronstation.org.

ACTIVITIES SCHEDULE						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Early Morning		5:45-6:45am Body Back (Fit4Mom)		5:45-6:45am Body Back (Fit4Mom)		
Mid-Morning	8:30-10am Workout Parents	9-10am Yoga (Camille)	8:30-10am Workout Parents		8:30-10am Workout Parents	10am-noon Pick-up Basketball
Afternoon	3:30-5pm Workout Parents		3:30-5pm Workout Parents		3:30-5pm Workout Parents	
Evening I		8-10pm Pick-up Basketball	7:30-8:30pm Beginners Yoga (Kittie)	7:30-8:30pm Yoga (Kittie)		
Evening II		8:30-10:30pm Pick-up Basketball				

Drop-ins are welcome on a space-available basis for \$10.

Schedule may change due to low class participation – please call the Fitness Center for an updated schedule.

A Bit of This and A Bit of That

Are you “in-the-know?”

Cameron Station Neighbors:

<https://www.facebook.com/groups/152372111638212/>

Cameron Station Moms:

<https://www.facebook.com/groups/254390294592987/>

Cameron Station Dads:

https://www.facebook.com/groups/600554456725854/?ref=br_rs

Cameron Station Marketplace:

<https://www.facebook.com/groups/456302854414369/>

Cameron Station Grapevine:

https://www.facebook.com/CameronStationGrapevine?ref=br_tf

Neighbors Making a Name for Themselves

Check out the newly published book, *Deal*, by Cameron Station resident, Michael Vigil, a highly decorated, retired DEA agent. He wrote about his extensive undercover work in Mexico and Colombia, telling thrilling stories about playing the role of a high-level dealer, and ultimately arresting some of the most treacherous cartel leaders of all time.

And don't miss the book, *Legendary Uli Women of Nigeria*, written by former Ambassador to Nigeria and the Congo, and one of Cameron Station's original residents, Robin Saunders. She is wonderfully interesting to talk to and often appears as a subject matter expert on that region.

Welcome New Compass Staff Member

Hello to new resident, Jamie Riedy, *Compass* historian and researcher. She and her husband Randy moved here recently from Tampa, Florida, and have settled in nicely. They've already visited several local restaurants, museums, and our farmers market. Jamie and Randy are well-traveled, have a Yorkie named Fred, and are truly lovely people. We're very pleased to gain Jamie's newsletter/historical research expertise!

Farewell to Deputy Police Chief Blaine Corle

Cameron Station's long-time friend, and Alexandria Police liaison, has retired and moved south to a hotter climate. Our community thanks him profusely for his care and attention, and wishes him the best! The Board of Directors recognized Deputy Chief Corle's service at the August meeting and presented him with a plaque and Cameron Station logo jacket.

Happy 90th Birthday, Addie Hebert!



Get Better Walking and Biking Routes in Alexandria!

By Carol Abrams

As one of the community representatives on Alexandria's Pedestrian and Bicycle Master Plan Advisory Group, I'd like to get the word out about the planning process for the future of Alexandria's streets. Take the pedestrian/bike online survey and use the interactive online map to tell planners where you want to go. Go to www.alexandriava.gov/pedbikeplan.

SPIRIT

Volunteer & Community



Wounded Warriors

By Dubey Lifmann

Summer Visit for the Wounded Warriors at the Bethesda Naval Hospital

While you were busy packing up your suntan lotion and summer reading for your vacation, volunteers were busy packing up summer clothes for the Wounded Warriors. We made two visits to the Wounded Warriors this summer, and we added a new dimension to the donations: our Warriors have water therapy and water aerobics as part of their wellness program. The bathing trunks we provided went like hot cakes.

We were joined by gentlemen from the hospital who helped the Wounded Warriors write résumés and provided some mentoring. Lately, we have also been visited by female Wounded Warriors. For our next visit, we'll make sure we have donations for them.

We are planning a visit in November just as winter is approaching. If you knit, the Warriors would appreciate some warm scarves. If you leave donations on my front porch, please leave your name and phone number so I can personally call to thank you. If you have any donations or would like to volunteer, please give me a call at 703-370-6362.

Alexandria West Rotary Club: Having an Impact on the Local Community with Fun and Fellowship

By Jonathan Lucas



Members of Alexandria West Rotary Club serving ice cream to residents of Alexandria Community Shelter (left). Members enjoying fellowship at a weekly meeting in June (center). President Jonathan Lucas (middle) greets West Springfield Rotary Club members Steve Cook and Robin Erskine (right).

Alexandria West Rotary Club has been spending the summer listening to great local speakers on topics ranging from art and architecture, terrorism security, and homeopathy, to WWII in the Pacific. More importantly, the Club has been conducting service projects in Alexandria's West End, such as ice cream socials for homeless citizens and game nights at local senior living facilities.

With fall around the corner, Alexandria West has a lot more in store. The Club's official charter banquet will be held in late October when District Governor Rich Storey will pin Club members and induct them into the Rotary family. More community projects are slated, to include a charity 5K event and an annual fundraiser to support the Club's mission of service to others.

Meetings are held every Thursday at the London Curry House in Cameron Station at 7pm, 6:30 Happy Hour. If you are interested in joining the Club, contact Jonathan Lucas at jlucas@gmail.com or 443-326-0244. Visit our Facebook page: <https://www.facebook.com/CameronStationRotary>.

ALEXANDRIA FIRE DEPT. YOUTH FIREFIGHTER & EMS PROGRAM

By Grant Thomas



In conjunction with the Boy Scouts of America, the Alexandria Fire Department recently established Explorer Post 1774. This program allows youths ages 14 through 20 to gain experience with the Fire Department and Emergency Medical Services (EMS).

The goal of the program is to provide experiences to help young people develop career and life skills through community involvement. Several times each month, the Explorer Post meets so youth participants have the opportunity to learn about

the Alexandria Fire Department and participate in fire department and EMS training activities.

More information on the program is available by emailing: AlexandriaFireExplorers@gmail.com, by calling/texting: 571-969-2214, or on the Explorer Post 1774 website: www.afdfireexplorer.com



Wright to Read Volunteer Opportunities

Want to make a difference in a young person's life? Consider tutoring/mentoring an elementary school child with Wright to Read. Volunteer tutors are matched with Alexandria City Public School students identified by their teachers as needing help with reading. Our Tutor/Mentor volunteers work with students in the public libraries, primarily, for an hour each week. We will be working with Samuel Tucker families this year. Volunteers play a powerful role in boosting academic achievement, as well as preventing substance abuse and youth violence. Please contact Luisa Reyes at 703-299-9854, or at lreyes@wrighttoread.org, if interested.



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Coffee with Mike

CSCA Board President

Saturday, Sep. 27, Oct. 25, and Nov. 29

Mike Johnson, Board President, invites you to stop by the Cameron Café between 11am and noon, the last Saturday of each month, to discuss Association issues. Mike will be at the Café on Saturday, Sept. 27, Oct. 25, and Nov. 29.



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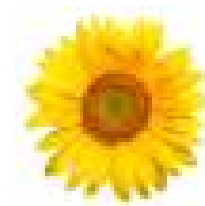
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In Memoriam:

Thank you to Brian Sundin, Evi Pover, Maggie "Pinky" Fitzgerald, Pat Sugrue, and Maya Noronha for providing these memories and photos of Michele and Yvonne.

Michele Sundin



Tears flowed throughout the community when news broke that Michele Sundin died on May 16. She leaves behind her husband of 20 years, Brian; stepson, Nicholas; her pups, Alex and Pappy; as well as many dear friends throughout the region and Cameron Station.

Michele and Brian moved to the National Capitol Region in 2005, and once Michele saw Cameron Station, she knew this was the community for her. Initially, the aesthetics of the neighborhood, then the people, became the reason she called Cameron Station home. She enthusiastically gave back by joining the Cameron Club Events Committee, being part of the team who brought us Casino Night, the Halloween Party, and happy hours. She was also the coordinator of one of Cameron Station's book clubs, Reading Between the Wines, and relished the time spent with her neighborhood girlfriends, as they did with her. Michele was in her element with old friends, and new acquaintances.



In addition to serving our community, Michele also served our country. A graduate of Cornell University, she was commissioned as a Second Lieutenant in the U.S. Army in 1990. Most recently, as a Lieutenant Colonel in the Warrior Transition Command, she dedicated herself to helping wounded soldiers, veterans, and their families.

Although you will no longer see her smiling face at social events, her focused determination at the gym, or enjoy a quick conversation while she walked Alex and Pappy, her spirit lives on in the happy memories we have of her.



Michele Sundin and Yvonne Pover. Cameron Station Friends at the 10th Anniversary Celebration (2008)

Yvonne Pover



Sadly, on April 29, Yvonne Pover passed away at the home of her daughter, Evi, and grandson, Danny, in the Poconos. Most of us in Cameron Station knew she was dealing with cancer, and we expected Yvonne to bounce back and join in neighborhood activities as she had done for the past 10 years. We did not get the chance to say good-bye. She left a very deep impression on the hearts of many of us.

Yvonne's love of people and zest for life manifested themselves brightly throughout Cameron Station. She was a fabulous volunteer, applying her graphic art skills to photograph scenes around the neighborhood and nearby Ben Brenman Park for the walls of our community building. She was "game" to help run social events: serving as an usher for the 10th Anniversary Celebration; Happy Hour - Thank Goodness, It Is Last Friday (TGILF); Santa's helper; Valentine's Day champagne pourer; she blew up and distributed balloons for the garage sale; she orchestrated Halloween parties dressed as a witch; and she ordered the food from Red Hot & Blue for the pool party. Besides working on these fun activities, Yvonne also actively attended meetings to plan and budget for these events. She volunteered her time for all of Cameron Station!

Yvonne lived life boldly. People knew her from water aerobics, pilates, yoga, and, of course, she hosted Martini Monday many times. She helped Wounded Warriors, raised service dogs, sang in the choir, and was a member of the Chamber of Commerce and Optimist Club. Even more impressive, she also worked as a dental hygienist, and ran a home graphics business. Born and raised in the area, but proud of her Swiss heritage, Yvonne often helped out with Swiss Embassy special events.



Smart, funny, energetic, loving, patriotic, and generous, Yvonne saw the fun in all that life offered - what a wonderful way to embrace life.

Hosting an Exchange Student

By Nicole Gauvin

This year, I celebrated Mother's Day as a mother for the first time. My husband and I have three cats, but no children. But we hosted an exchange student, our first, from Nuremberg, Germany, for the 2013-2014 school year.

Leony arrived in the U.S. on August 14, 2013. She was 15 years old and would not turn 16 until March. Even now, I am impressed her parents were willing to let their only child leave home for a year to live in the U.S. – at least an eight-hour flight and six time zones away. I am more impressed that she was brave enough to want to do it – live with strangers in a country that doesn't speak her language and where the culture is completely different. But Leony was already a world traveler. She had already been to 11 countries, including the U.S. and many in Asia.

We picked her from 450 students who had applied, and been accepted, to International Experience (IE). By the rules of the program, she had to go to the family who chose her. Leony was an only child at home and would be an only child in Alexandria with us, as well. By her own account, she was ecstatic when she was told that she had been placed with a family.

Her first day here, we went to the Smithsonian National Zoo. Leony handled her jet lag like a trooper and met quite a few of my friends. The following week, we started the process to get her registered for school at T.C. Williams High School, the only public high school in Alexandria.

- Step 1. Tuberculosis assessment test (\$23 at the Alexandria Health Department)
- Step 2. English and math test with the English Language Learners (ELL) Office to place her in the right class; as well as a stack of paperwork
- Step 3. Pick out classes

Leony would be a sophomore taking seven classes that included English, math, earth science, French, world history, art/yearbook, and introduction to guitar. Students at T.C. are assigned a laptop for the school year. During the school year, Leony joined school clubs, took photos for the yearbook, went to Homecoming with a group of friends, and to Prom.

Outside of school, my husband and I tried to give her a wide variety of experiences. We took her to the West End Farmers Market. The three of us carved jack o'lanterns for Halloween. A neighbor gave us a two-hour tour of the Pentagon. We met up with one of her friends from IE in Richmond before Christmas for the Tacky Lights Tour. She and my husband went to the Udvar-Hazy Center by Dulles Airport to see the space shuttle Discovery. We introduced her to many classic American foods like peanut butter, ranch salad dressing, macaroni and cheese, and chocolate fudge.

We learned about Germany, too – that German potato salad is cut much smaller than its American counterpart, and sometimes it is used as a topping for bread. In Germany, Father's Day is a federal holiday, celebrated on the Thursday 40 days after Easter. And according to Leony, Bavaria is the best state! My husband and I learned so much about parenting this year. And we discovered a whole new community. Leony made friends with other exchange students, and we got to know the host parents – our new friends and allies. Most of the parents took turns picking kids up, driving them places, and hosting sleep-overs, birthday parties, and weekend trips. Going into this, I never expected to feel like a mom, but I do. I was so proud when she came home with straight A's, and was ready to rush her to urgent care when she was sick. Although some days felt like a rollercoaster, it was an amazing experience. So much so, that we already signed up for another exchange student: Sylwia from Poland arrived on August 12 and will be with us for the 2014-2015 school year at T.C. Williams High School.

To find out more about Leony's year in the U.S., read her blog: usaexchangeyear.blogspot.com. For more information on hosting an exchange student, visit usa.international-experience.net.

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Restaurant Review: London Curry House

By Carla Besosa



The August 16 Grand Opening of London Curry House went off with a bang as nearly 800 curious patrons flocked to the West End's newest and only Indian restaurant!

The ribbon was cut, and the complimentary lunch and dinner buffet attracted an excited group of folks from the neighborhood and beyond. Lines extended around the restaurant, out the door, and down to the corner!

The owner, Asad Shrikh; the manager, Jessica; and Chef Pritam participated in the traditional smashing of coconuts for good luck. While good luck is desirable, London Curry House is destined to flourish based on talent.

The design makeover of the interior is beyond belief! Asad was aware of the acoustic issues and addressed those with carpet, window treatments, tablecloths, padded seats/stools, and amazing chandeliers. The private dining room can be reserved, and if it is available, your party can dine at this select table without a room fee or minimum purchase requirements.

The restaurant is staffed with friendly and competent servers to provide efficient service. If you are not well-acquainted with Indian cuisine, they are happy to assist you in navigating your way through the menu. Asad is committed to impressing his customers: "I want people to feel like they have been well taken care of and have had a positive experience." Based on my experience so far, and feedback from other satisfied patrons, I believe he is well on his way to accomplishing that objective.

London Curry House is Asad's fourth and largest restaurant, and the only one offering a kids' menu. Each location has a slightly different theme, and in Cameron Station, Asad's intent is to incorporate the authentic and aromatic cuisine of the London curry houses. Asad and Chef Pritam spent time visiting London venues and collecting ideas for various signature dishes. Each of these creations is named after the section of London whence it came.

The menu includes a variety of creations for every palate. Enjoy the ever-changing lunch buffet, come for dinner, cocktails, or just an appetizer. I've grown attached to the Dahi Poori, crisp lentil puffs stuffed with a mixture of chickpeas, yogurt, and tamarind; a symphony of textures and flavors. The Bombay Palak Chat, spinach tossed with chickpeas, onion, tomatoes, and flavored with tamarind, mint, and sweet yogurt, is definitely a must. The Saag Paneer, homemade cheese, tossed with spinach and curry sauce, is very smooth and flavorful. The Chicken Korma (or substitute goat or lamb) is simmered

in a delicious onion-based nut sauce. I've also heard rave reviews of the Salmon Tikka Masala (thanks, Ray). Standards, such as Tandoori Chicken, Chicken Tikka, Butter Chicken (King's Cross - St. Pancras), Lamb Seekh Kabob, Samosas, and Shrimp Curry are also available. Vegetarians will find many appealing offerings created from eggplant, paneer, okra, lentils, and cauliflower. Desserts are small tasty bites for final punctuation. Just the right amount of sweet for a happy ending.

What's new at the bar? Several suitable labels make their brew debut: Kingfisher (India), London Porter (England), Guinness Stout (Ireland), and Newcastle (England). Have fun working your way through the creative list of specialty cocktails as well.

Chef Pritam uses fresh ingredients, and draws on a vast background of experience. His love of cooking is contagious as he visits table to table to converse with the diners. The chef, the owner, the manager, and the host keep an eye on the patrons to ensure needs are met and appetites satisfied. Whether you desire spicy, mild, or something in between, you will enjoy the dishes offered at London Curry House. If you are not familiar with Indian cuisine, it's time to expand your palate and experience the flavorful dishes right in our backyard.

Welcome, Asad and London Curry House. We are pleased you are part of the Cameron Station community!

London Curry House

191 Somerville Street
Alexandria, VA 22304

www.londoncurryhouse.com
703-419-3160

Hours: Tuesday-Sunday
Lunch 11:30am-2:30pm (buffet + menu)
Dinner 4:30-10pm

Happy Hour Tuesday-Friday 4:30-7pm (Josh in da house!)
(Thursday Night Half-Price Wine Bottle Night lives on!)

Prices: Appetizers \$5-\$7, Entrees \$12-\$19, Desserts \$5-\$7,
Kids Menu \$4-\$8

No Smoking

Handicap Accessible

Full Bar

Street Parking

Reservations - Open Table (Rack up those points!)

Patio - Yes

Takeout

Free Delivery (\$45 min / 8-mile radius)



Grand Opening:
London Curry House
Councilwoman Del
Pepper, LCH owner
Asad Sheikh, Carla
Besosa, and Addie
Hebert

HIIT is a Proven Winner

By Paula Jarvis

The health and fitness world is always looking for new ways to help people add variety to their workouts, take their fitness to a higher level, and achieve results in a time-efficient manner. One exercise trend that has been talked about a great deal in the last year is HIIT, or High Intensity Interval Training. I like HIIT because it has scientifically proven health and performance benefits, it's a highly versatile method available to almost everyone, and it's applicable to a wide variety of activities. So what is it?

HIIT is simply a workout consisting of alternating brief speed and recovery intervals. The activity can be running, stair climbing, cycling, jumping rope, plyometrics, sprints, body weight movements, or swimming, to name a few. Typically we perform these activities at a moderate, relatively steady intensity of 5 or 6 on a scale of 0 to 10 where 10 represents the highest possible exertion. In HIIT, the activity is performed at a higher exertion level of 7 or more, but for a brief period. The interval can last for as little as 30 seconds if done at a very high intensity, or as long as 3 or 4 minutes, if done at a lower intensity. Very importantly, the high exertion intervals are followed by rest intervals of varying length, from 1 to 2 minutes, when exertion is dropped to a 5 or 6. Adequate rest intervals are essential to allow the body to prepare for the next interval and avoid injury.


What are the benefits of HIIT? HIIT raises HDL, known as the "good cholesterol." High Density Lipoprotein transports cholesterol from your artery walls to your liver, where it is either used or disposed of. HIIT increases insulin sensitivity, which in turn decreases the risk of heart disease and heart failure, osteoporosis, and some kinds of cancer. HIIT reduces abdominal and subcutaneous fat. It strengthens your heart muscle.

Of course we all want to improve our health and reduce risk of disease, but the most appealing thing about HIIT is the modest time commitment involved to achieve greater results. A typical workout for someone starting out with HIIT might look like this:

- Warm up for 5 minutes at a low level of intensity.
- Perform at a high level of intensity for one minute, followed by a moderate level for 2 minutes.
- Repeat the pattern of one minute high/two minutes moderate three or four times.
- Cool down for 5 minutes

Spending less time, for greater gains, is a real plus, and the variety of working in intervals can make your exercise session fly by. The high intensity intervals will really work you hard, but they are brief, and worth the effort.


Paula Jarvis is a Personal Trainer and Cameron Station resident, certified by the American Council on Exercise, and a Wellness Coach certified by Wellcoaches.



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*More 2014
Photo Contest Entries*



Third Place - Animal
"The Cat" By Barbara Bolin

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10 Things You May Not Know About Your Local West End Farmers Market

Ben Brenman Park – 8:30am to 1pm every Sunday until November 23

By Susan Birchler, Director

Here is a riddle! What takes place every week in your neighborhood, encompassing the elements of a European Square market, an Arts and Crafts Fair, a County Fair, a Community Block Party, a Country Farm Stand, and a Food Fair?

Oh that's easy – your local West End Farmers Market!

Look for the bright, cheery umbrellas and tents Sunday mornings in Ben Brenman Park, our equivalent to a European Market Square. You will find farmers, bakers, chefs, jewelers, woodworkers, candle and soap makers, seamstresses, stationers, painters and artisans, musicians, and even librarians, as well as the Alexandria Fire Department and various city agencies displaying delicious, mouth-watering, flashy, glitzy, aromatic, colorful, and tempting foods, and stuffs, not to mention stacks of free information and give-aways. You will also find your neighbors – shopping, eating, drinking, talking to one another, lingering, meeting new people, playing in the park, and – HAVING FUN!

That's our motto: "Eat Well and Have Fun at the West End Farmers Market!"

Here are 10 other things you may not know about your neighborhood market:

1. The farmers, bakers, chefs, and artisans are local: defined as living, working, farming within a 150-mile radius. Many of our farmers come from Virginia's Northern Neck, the Colonial Beach Area.
2. The Beatley Library people are at the market every Sunday to promote many varied and creative events. We love them because they sell used books, usually bestsellers, for only one dollar.
3. The market used to be City-run. Four years ago, I created a non-profit to manage the market. Five wonderful, marvelous, hardworking people are in the market management group. Market Managers: Hannah, Don, and Randy. (Randy is the good-looking fellow who puts up and takes down the tent, the signs, the chairs, the tables, and the traffic cones).
Accountant: Jason Harris
Director: Susan Birchler
4. Facebook. I post entries Wednesday to Sunday, on what seasonal veggies and fruits will be coming to the market, easy (really easy) recipes, vignettes about our vendors, plus

dozens of photos. Join us on Facebook for information and spectacular images:

www.facebook.com/WestEndFarmersMarket

5. We have a website! www.westendfarmersmarket.org. You can see images and information about every vendor at the market or apply to be a vendor yourself. We are always accepting new applications. Anyone who would like to volunteer to write a few blogs for the website, please contact me.
6. We have a twitter account. @WEFM. We could also use some assistance with tweeting if anyone is interested.
7. We have a cooking video about Bok Choy on YouTube. That gorgeous cook is me, Susan.
<https://www.youtube.com/watch?v=iq4Rr8RV05U>.
8. Our Seventh Season! Yeah, we have been around for seven years now. When we started we were ecstatic if 200 customers came. Our normal count was approximately 150. These days, our customer count ranges between 750 and 1100, depending on the weather and holidays. THANK YOU! KEEP COMING!
9. The market has served as a small business incubator. Vendors start here, at a smaller market, to get grounded in business skills. Sometimes they do so well they move onto full-time catering or major arts and crafts shows. Some food vendors moved up to the Valhalla-market-in-the-sky-revered-6,000-customers-a-day, Dupont Circle Market. You have to know what you are doing to participate there. It's busy!
10. The City of Alexandria Composting Project is at the market every week. Bring your compost and the city makes dirt out of it – eventually. The city provides a little bucket which keeps the smell inside that you can use for composting. Very cool.

One last thing: we always have more projects in our heads than we can actually accomplish. Anyone who would like to volunteer – not necessarily every week – please contact us at info@westendfarmersmarket.org.

Here is something you probably do know. We love our customers. Thank you for having fun at the market!



Group Picture of our Vendors

Prepare Your Puppy for Grooming:

That Sweet Puppy Doesn't Smell so Sweet (Part 3)

By Kristina Robertson

You've done it! Give yourself a paw up. You have taken your puppy through some of the most challenging obstacles to prepare him for the groomer. You and your puppy will be so glad you had this prep time.

Let's talk about finding the right groomer for you and your pup. If you already have a groomer, that is great, but continue reading to make sure you have chosen the right one.

Pet groomers need to understand and adapt to various animal behaviors, recognize numerous pet health concerns, create the grooming cut suitable to the dog, and have a good rapport with the pet's owner. Aspects of professional grooming services you should consider when choosing your pet's groomer:

1. Is the shop neat and clean? You may see a few tumbleweeds of hair rolling around or smell wet dog, but look around and use your instinct. A grooming facility should be sanitized during the day, as well as at the end of the day. Ask your groomer if they sanitize their tables and tools.
2. Does the shop use current, approved equipment like high-velocity dryers? Ask your groomer if they are able to blow out undercoat. This undercoat is very uncomfortable to a dog in the summer and can cause skin irritation if not blown out correctly. What tubs do they use? Can your dog walk into the tub? Does the dog have to be lifted in; is the tub sturdy?
3. Previously, we talked about visiting your groomer. When you arrived, did they come to greet you while leaving a little fluff ball still on the table, or in the tub, unattended? A dog is usually held in place with a groomer's loop around its neck - if the dog decides to jump down or slips, it can quickly strangle itself. Make sure your groomer is attentive.
4. Has your groomer obtained continued education? Like veterinarians, groomers need to keep up on the latest trends, safety features in new equipment, and new techniques in handling a dog. Ask when they last took a class. Groomers are very busy and work on commission, so they may not be able to "go" for training, but see if they have been engaged in some type of learning. Videos, webinars, books, etc., allow the groomer to gain knowledge.

You and your groomer need to have a good relationship with each other. They will care for your pup for several hours, so you want to know your groomer understands your needs and expectations as well as how to care for your dog.

You have found your groomer, now what is next? When making your first appointment, a professional salon will ask you a series of questions. One of the most important will be, "Is your pet current on vaccinations?" Make sure you have proof of rabies shots when you come in for the first time. Some grooming salons ask for other vaccinations, so be prepared to have documentation.



After you sign in, your groomer will come out to meet you and your pup. Your groomer will feel your dog's coat, feet, muzzle, chest, and other areas. They are feeling for mats, bumps, lumps, or dry patches. They will give your dog a look-over to make sure there are no open sores, fleas, or ear/eye infections. They want to make sure this trip to the groomers will not lead to a trip to the vet.

Your groomer will ask about your expectations. If you don't really know, that is perfectly fine; ask for their professional opinion. It is a great idea to look online, at books, or at a friend's dog of a similar breed so you have an idea of what your pup can look like. But if you are adventuresome, let the groomer be the artist.

The experience needs to be positive for you, the dog, and the groomer. Your pup's first experience will last a lifetime, so it is so important to make it a good one. Until we meet again, at the fire hydrant, live life in fur and fun....

Kristina Robertson is the President of Barkley Square Pets, providing dog-grooming and walking services in Old Town Alexandria.



Book Clubs

Each issue, *The Compass* lists the books that our resident book clubs are reading in the upcoming months. Club openings are noted. If you have a club and would like to provide reading recommendations to your fellow residents, please drop us a line at thecompass@cameronstation.org.

Monday Night Bookball

Openings for new members – contact P.J. at sottilepj@aol.com.

Sept.: *Bury This* by Andrea Portes
 Oct.: *The Orphan Master's Son: a Novel* by Adam Johnson
 Nov.: *The Widower's Tale* by Julia Glass

Reading Between the Wines

Sept.: *Spark: The Revolutionary New Science of Exercise and The Brain* by Eric Hagerman and Dr. John J. Raley
 Oct.: *The Comfort of Lies* by Randy Susan Meyers
 Nov.: *Orphan Train* by Christine Baker Kline

Third Tuesday Book Club

Oct.: *Unbroken* by Laura Hillenbrand
 Nov.: *If I Stay* by Gayle Forman

Beatley Library Events

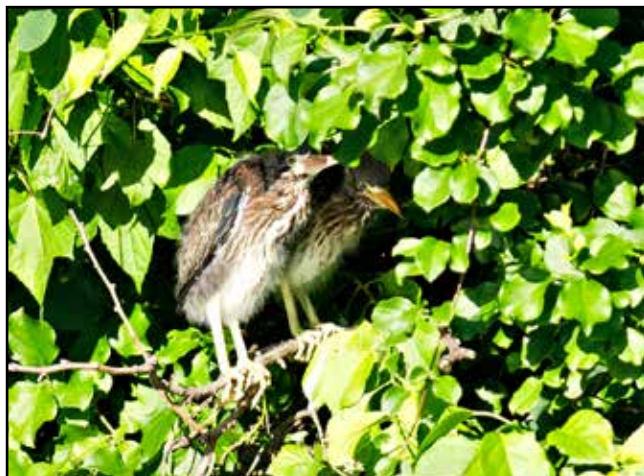
Event Type: Book Sale
 Date: Oct. 16-19

The Book Sale will open at 4pm on Thursday, October 16, with the traditional Friends of the Beatley Library Members-only Preview. Non-members can join on-the-spot for \$10.

Public Book Sale Hours:
 Friday, Oct. 17 – 10am-5:30pm
 Saturday, Oct. 18 – 10am-4:30pm
 Sunday, Oct. 19 – 1-4:30pm

Donate: The Friends of Beatley Library are requesting book donations from residents of Cameron Station for the Beatley sale. If anyone has excess books they wish to "dispose" of, we would be more than happy to have them. If a donor would like to arrange a pick-up time, contact the Beatley Library at 703-746-1702. A volunteer will pick up the books at the donor's convenience.

Our Local Wildlife: Green Heron and Fledglings



Photos by Walt Barrows

School's in Session!

By Pamela DeNunzio

Welcome back Samuel Tucker students! School started July 31. Please be safe on the streets and watch out for bikers and walkers. Tucker's school day starts at 7:50am and ends at 2:30pm. We are excited for a great new year. Check out the new playground installed this summer.



This year, Tucker is partnering with DreamDog/Alexandria Book Shelf (ABS) to provide gently used/donated books to children who may not have access to books. The Samuel Tucker library will house a shelf specifically for ABS books. Books are being collected at Tucker Elementary in a clearly marked box inside the front lobby. You must enter through the main entrance on Ferdinand Day Drive and be buzzed in by the front office. Books for grades K-5 will be accepted but board books cannot be accepted at this time. Thank you for helping our Tucker students.

A special "thank you" to the crossing guards who keep streets safe within the community. They do a fantastic job keeping traffic moving and our families and students safe. Please respect their direction and know they are doing their best to keep everyone safe.

Advertising & Submissions Policies & Procedures

Advertising:

The Compass newsletter is published bimonthly. 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: 65 line screen or 300 dpi. ELECTRONIC SUBMISSIONS ARE PREFERRED. 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 November to first week of December.

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 for typos, length, tone, and content. 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 1/2" x 4 1/2")..... \$150

1/8 page (3 1/2" 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, 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.

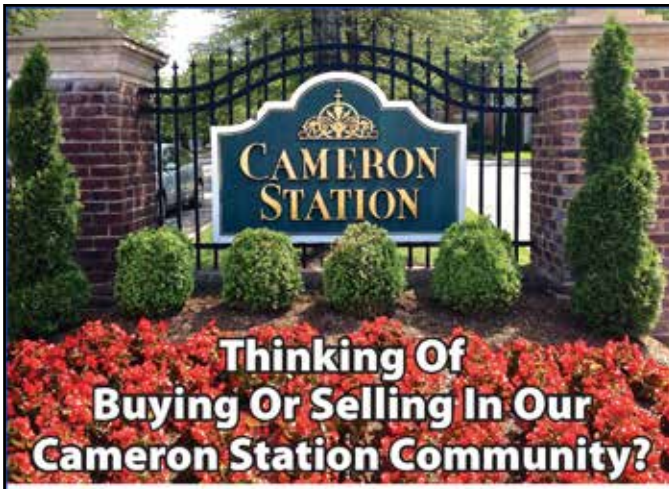
Photo Contest Runner Ups




Second Place - Architecture/Seasons 1:
"Cameron Perks Umbrellas"
By Kirk Johnson



Second Place - Architecture/Seasons 2:
"Cherry Blossoms"
By Tamara W. Ashford



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Soleil Salon and Spa
50. South Pickett St #50 Alexandria VA 22082
(703) 823-2718
www.soleilsalonandspa.com

COMMUNITY MANAGEMENT

Cameron Station Community Association Community Management Coporation (CMC)

Phone: (703) 631-7200 Onsite Office (703) 567-4881

After Hours Emergencies (301) 446-2635

Colleen Hairston, Community Manager
communitymanager@cameronstation.org

Vacant, Asst. Community Manager
assistantmanager@cameronstation.org

Bethany Lammers, Covenants Administrator
covenants@cameronstation.org

Sam Burnette, Administrative Assistant
admin@cameronstation.org
703-567-4881, 703-567-4883 (fax)

Kevin Horner, Director
Cameron Station Fitness Center
fitness@cameronstation.org
703-567-8555

CONDOMINIUM MANAGEMENT

Cameron Station Condominium "The Residences":

FirstService Residential Management

Onsite Office: (703) 751-5002; Corporate: (703) 385-1133

After Hour Emergency: Same

Angela Luker, Community Manager
angela.lucker@fsresidential.com

Carlton Place Condominium:

Abaris Realty

Phone: (301) 468-8919 After Hour Emergency: Same
Dany Abebe, Property Manager, dabebe@abarisrealty.com

Condominiums at Cameron Boulevard

KPA Management

Phone: (703) 532-5005

After Hour Emergency: (703) 644-8735

Jennifer Nitschke, Manager, jnitschke@kpamgmt.com

Main Street Condominium

GHA Community Management

Phone: (703) 752-8300

After Hour Emergency: (888) 660-7132

John Lyons, Property Manager, jlyons@phacm.com

Oakland Hall & Woodland Hall Condominiums:

CMC

Phone (703) 631-7200

After Hour Emergency: (301) 446-2635

Jackie Deane, Property Manager
jdeane@cmc-management.com

Carla's Picks

By Carla Besosa

Arena Stage (DC)

Oct. 31-Jan. 4 *Fiddler on the Roof*
Nov. 14-Dec. 28 *Five Guys Named Moe*

The Barns at Wolf Trap (Vienna)

Oct. 6/7 Brandi Carlile
Oct. 10 Simone Dinnerstein
Oct. 18 Dance of India
Oct. 19 Paula Cole
Nov. 6 Justin Hayward, of Moody Blues

Birchmere (Alexandria)

Oct. 4 Keiko Matsui
Oct. 7 Macy Gray
Oct. 8 Esperanza Spalding
Oct. 9 Michael Franks
Oct. 13 Herb Alpert & Lani Hall
Nov. 1 Sinead O'Connor
Nov. 10 Buddy Guy
Nov. 16 Three Dog Night

Black Rock Center for the Arts (Germantown)

Oct. 24-25 Paul Taylor II (6-member adjunct of Paul Taylor Dance)

Blues Alley (DC)

Oct. 6 Chelsey Green (violin)
Nov. 6-9 Jonathan Butler (guitar/vocals)
Nov. 13-16 Eliane Elias (piano/vocals)

Creative Cauldron (Falls Church)

Oct. 3-26 *Jacques Brel is Alive and Well and Living in Paris*

Crystal City Sparket at the Market

Oct. 8 Janna Audey

Del Ray Artisans Gallery (Del Ray)

Oct. 3 Opening reception - Metamorphosis!
Nov. 7 Opening reception - Nourish & Flourish

Del Ray

Oct. 4 Art on the Avenue - Artists, Music Stages, Kids' Activities, Food, Pie Baking Contest

Dulles Expo Center (Chantilly)

Oct. 4-5 Heritage India Festival
Oct. 17-19 Craftsmen's Classic Arts & Crafts Festival
Nov. 8-9 D.C. Big Flea Market
Nov. 14-16 Northern Virginia Christmas Market

Gadsby's Tavern & Museum (Old Town)

Oct. 8 Lecture: Whom Can We Trust Now? (George Washington & Benedict Arnold's treason)
Oct. 15 Lecture: I Am Not Afraid (George Washington's last lecture)
Nov. 16 Presidential Salon with James Madison

Gala Theater (Adams Morgan)

Nov. 13-16 Fuego Flamenco X

George Mason Center for the Arts (Fairfax)

Oct. 5 Aquila Theater: *Wuthering Heights*
Oct. 11-12 Virginia Opera: *Sweeney Todd*
Nov. 7 Martha Graham Dance Company
Nov. 15 Mason Dance Company Fall Concert

The Hamilton (DC)

Oct. 19 Pete Seeger Tribute
Oct. 26 Storm Large, of Pink Martini
Oct. 28 Tessanne Chin
Nov. 7 Red Molly

Indigo Landing (GW Pkwy on the Potomac)

Every Sunday Angie Miller

Jammin Java (Vienna)

Oct. 5 Rory Block
Oct. 13 Lily Kershaw

Little Theater of Alexandria

Oct. 25-Nov. 15 The Rocky Horror Show

Metro Stage (Alexandria)

Sept. 17-Nov. 2 *Three Sisters*

Mount Vernon (Alexandria)

Oct. 3-5 Fall Wine Festival & Sunset Tour
Oct. 11 Slave Commemoration Ceremony
Oct. 24 Brewing History: Beer Tasting, Tour, & Dinner
Oct. 25 Fall Harvest Family Days
Nov. 11 Mount Vernon Salutes Veterans

Schlesinger Center (NVCC - Alexandria Campus)

Nov. 15 Alexandria Symphony Orchestra
Nov. 23 Born 2 Dance Studio

National Theater (DC)

Oct. 2-12 Africa Umoja

The State Theater (Falls Church)

Oct. 17 Lez Zeppelin - Female Led Zeppelin Tribute
Nov. 28 The Nighthawks & Skip Castro Band

St. Elmo's Coffee Pub (Del Ray)

Nov. 7 Back Alley Blues Boys (with Cameron Station's own Art Hildebrand)

The Strathmore (Bethesda)

Oct. 2 Bill Cosby
Oct. 6 Frankie Valli and the Four Seasons

Studio Theater (DC)

Nov. 5-Dec. 21 *Bad Jews*

Warner Theater (DC)

Oct. 25 Gladys Knight

Washington Ballet at the Harmon Center (DC)

Oct. 22-26 Three Company Premiers (in one show)
Petit Mort, by Jiri Kylian
5 Tangos, by Hans van Manen
Polyphonia, by Christopher Wheeldon

And Another Thing...

- * Coming soon - Cameron Station neighbor, Tu-Anh Nguyen, is opening an eponymous boutique in Old Town (113 S. Washington Street)
- * Sweet Fire Donna's (John Carlyle Dr.) is open
- * John Strongbow's Tavern (710 King St.) - Medieval Madness
- * Casa Felipe Mexican Restaurant (835 N. Fairfax/Old Town) is open
- * Extra Perks Coffee Shop & Café (822 N. Fairfax/Old Town) is open
- * Osteria 1909 in Del Ray closed. In its place, Kaizen Tavern has evolved (nouveau-Japanese)
- * Bombay Curry (3110 Mount Vernon Ave.) reopened on Mount Vernon Ave.
- * Olea Restaurant (703 King St.) is open
- * Yates Pizza Palace coming soon to former Generous George's location
- * Smash Burger and Starbucks coming soon to the new complex at Van Dorn & Pickett streets
- * King Pollo is open on Pickett Street (you received coupons in the mail)
- * Shrakthi South Asian Cuisine open in Del Ray at 3807 Mount Vernon Ave.
- * Seva Farm Market & Café open in Del Ray at 2016 Mount Vernon Ave.
- * Who's singing during the previews of Criminal Minds (ION)? Lily Kershaw - check her out! (See Jammin Java date above)
- * City Kitchen to open in Trade Center, 330 S. Pickett St. (where Pepi's Pizza Box used to be)
- * Artfully Chocolate (John Carlyle Dr.) has delightfully morphed into Artfully Chocolate Bistro & Wine Bar. Now, in addition to Eric Nelson's scrumptious array of chocolates, gifts, and art, indulge in his bistro menu.

Noteworthy Musicians:

Jamie Sieber (acoustic cello/electric cello)
Lily Kershaw (vocals)

Movie:

The 100-Foot Journey - The opening of this feel-good movie was perfectly synchronized with the opening of London Curry House and enhanced my appreciation of Indian cuisine and culture. Check it out!



Second Place - People
"Girl with Bunny"
By Claire Carroll



Second Place - Animal
"Blue Heron"
By Walter L. Barrows

Don't Miss
Adult BYOB+Dish Happy Hour
Oct. 17, 6-9pm
Cameron Club Great Room,
sponsored by the Activities & Events
Planning Committee

The compass

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Alexandria, VA 22304

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