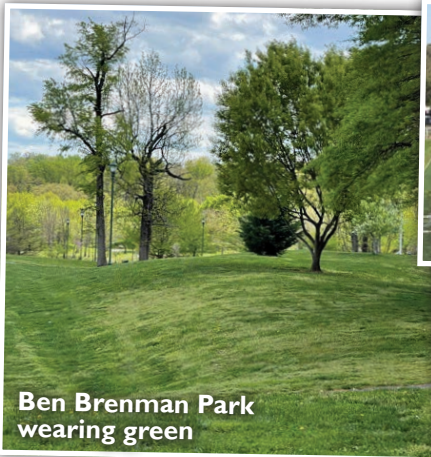


The ompass

The Official Publication of the Cameron Station Community Association

Volume 22 Issue 3 • May-June 2021

COME OUTSIDE TO SUMMER AT CAMERON STATION!



Ben Brenman Park wearing green



You know it is summer... Soccer Season!



Azaleas at a Cameron Station home



Beautiful green allée on Somerville Street

Cameron Station Restrictions Eased: Come Out, Relax and Enjoy the Pool!

By Jennifer Gilmore

In a welcome loosening of prior restrictions, the Cameron Station Board of Directors approved returning to pre-Covid normal operating procedures for the Cameron Station facilities, effective May 28, 2021. They made this decision at the May 25, 2021, Board meeting, having reviewed the new CDC guidelines, Virginia state orders and legal counsel's opinion regarding the lifting of Covid restrictions for Cameron Station.

It is now even easier, perhaps more relaxing, for you to come outside and enjoy our neighborhood. Cameron Station residents, and their guests, who are fully vaccinated will no longer be required to wear a mask or face covering. You are fully vaccinated 14 days after your second Pfizer or Moderna shot, or your single Johnson & Johnson shot. Unvaccinated people five years old and older should wear masks when in public.

For those who look forward to the swimming pool, here is good news: the reduced capacity restriction has been lifted, and no reservation is required! This season we will have pool furniture available for your use. Please take a bottle of sanitizer with a cloth, which you will find in the fitness center foyer, out to the pool deck to clean the furniture before and after use. Residents now have full use of the locker rooms, and are also requested to thoroughly wipe down those benches after use. The pool will be open for lap swim on weekdays, and the baby wading pool is back. Finally, the water aerobics class, normally 9-10am on Saturdays, will resume once an instructor is secured. Check the weekly Cameron Station Eblast for updates on the class. Swim lessons information can be found here: <https://aquamobileswim.com>

More "Come Outside to Summer" in This Issue:

- West End Farmers Market
- Friends of Cameron Station Neighborhood Parks Association
- Eggstravaganza
- Garage Sale
- Free Ice Cream
- The Cicadas Are Here
- Watch your Skin
- Dine on Patios of Del Ray

2021 Daily Pool Hours of Operation will be:

- May 29-Sept 6 Regular Season, 10:30am-8:30pm
- Sept 9-12, 18-19, 25-26, Post-Season (weekend only) 10:30am-8:30pm

Note: The pool will be open for lap swim/pool walking on weekdays, 6-8am, May 29-September 6. The Board will evaluate whether to change the hours and reserves the right, in its sole discretion, to increase or decrease the hours or close the pool. Any updates to the pool operations will be in the Cameron Station weekly Eblast.

West End Farmers Market Brings Summer to Your Plate!

By The Williams Family

Welcome to another great year at West End Farmers Market. We would like to thank the community for your continued support of our family-owned-and-operated market. Covid-19 has affected us all dramatically, and we thank you for your patience.

This year we decided to open on April 11 – a little early – to give the community and the vendors a head start on the season. We still have our veteran vendors but also many new vendors! At the West End Farmers Market, we provide you a wide array of offerings, including fresh produce, locally

made bacon and sausages, local honey, teas, fish, cheeses, guacamole, olive oils, microgreens, bread, cookies, cakes and so much more. We have amazing craft products such as soy candles, handmade leather purses, wallets, bags, jewelry, handmade soaps, holiday wreaths and whipped body butters.

At the Market we have a little something for everyone! So please come join us every Sunday from 8:30am to 1pm, through November, at the southern parking lot of Ben Brenman Park. We look forward to seeing you all this season, and please continue to stay well and be safe.



In Memoriam: Tom Thompkins, the Beloved "Cheeseman."

Tommy Thompkins, 80 years old and a fixture at our West End Farmers Market for many years, passed away during the week of May 22. A resident of Pennsylvania, Tommy sold wonderful cheeses, yogurts and all manner of other Amish treats. He always delighted in engaging in conversation with Cameron Station residents, and he will be missed. If you are interested, there is a GoFundMe campaign to support his disabled wife and funeral expenses; the page offers details on his life and work: [Tom Thompkins GoFundMe](#)



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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Editorial Staff: Carla Besosa, Eliza Dolin, Lily Engle, Scott E.Z. Franklin, Mayu Molina Lehmann, Lenore Marema, Pat Sugrue and Rene Zimmer

This Issue's Photographers: Raymond Celeste, Pat Sugrue, Carla Besosa, Sherri Mahlik, Tom Styc, Kerry DeVooght, Martha Romans, Liz Hujsak, Joyce Douglas, Ian Grove, Oscar Goldfarb, Linda Goldfarb, and Christine Fisher

Committee Corner

HARD AT WORK ON BEHALF OF OUR RESIDENTS

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ARCHITECTURAL REVIEW COMMITTEE

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Stephen Pearson - Chairperson

CAMERON CLUB FACILITIES COMMITTEE

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Ray Celeste, Jr. - Chairperson

COMMON AREA COMMITTEE

commonarea@cameronstation.org

Robert Burns - Chairperson

COMMUNICATIONS COMMITTEE

communications@cameronstation.org

Tricia Hemel - Chairperson

FINANCIAL ADVISORY COMMITTEE

fac@cameronstation.org

Takis Taousakis - Chairperson

From the Editor: We are pleased to bring you this May/June Issue of *The Compass*, highlighting the many welcoming and enjoyable activities of Cameron Station in the summertime. As Covid-19 concerns continue to abate, I hope you will come out of your lovely homes and – safely – embrace life outdoors among your neighbors. There is so much to do here and in the surrounding region, I'm confident that you will find a way to reengage with everything life here has to offer!



Mayu Molina Lehmann is happy to get her vaccine!

Goodbye Tom Styc!

We are sad to say goodbye to Tom Styc, who is moving out of state. Tom has been the source of so many photographs for *The Compass* over the years (like this one of Mayu), and has been the head of The Compass Communications Committee Photography Subcommittee. We have all greatly appreciated his work, and enjoyed working with him. Thank you, Tom, and best of luck in your new life.

Committee Corner

HARD AT WORK ON BEHALF OF OUR RESIDENTS



Call for Volunteers for the Ad Hoc Paving Committee

The Cameron Station Community Association Board of Directors has engaged an engineering firm to review the scope of work and contractor proposals that have been submitted and provide project oversight for paving of all private streets and lots in the community. To support this work, the Board has established an Association Ad Hoc Paving committee. The Board has already appointed three volunteers, but needs two more volunteers to serve on this Committee. These volunteers will help with the logistics of the project, including the following:

- working with the engineer and management to make a contractor recommendation;
- helping to establish a communication plan;
- identifying areas or issues that need to be considered for planning purposes;
- planning for relocation of vehicles on paving days; and
- other implementation issues that may arise.

The Board hired professionals to manage project/contract details and oversight, but this volunteer group will provide owner/resident feedback that is critical in developing a plan for the implementation of a project of this magnitude. Work will begin shortly on this project.

Activities and Events Planning Committee

By Andy Yang

As conditions continue to improve, the Cameron Station Community Association Activities and Events (A&E) Planning Committee planned a couple of events in April, starting with the return of the Spring Eggstravaganza on April 3. Adopting a different format this year, the event consisted of seven separate egg hunts located in various pocket parks. Thousands of eggs were hidden, with



numerous goodies inside for kids to enjoy. A visit from the Spring Bunny followed, and an *Eggstraordinary* time was had by all! Thanks to our sponsors Podolsky Group and 529 Kids Consign.

The Spring Yard Sale was held on April 17. Besides doing some spring cleaning or searching for treasures, residents were presented with free on-site paper shredding at the Cameron Club parking lot.

In May, the A&E committee offered a variety of events. To help celebrate Cinco de Mayo, A&E arranged a dinner-to-go pickup with Taco Bamba on May 4. On the following day, the Committee partnered with Port City Brewing Company to host a Virtual Trivia Night, complemented by a guided beer tasting.

Last but not least, thanks to Irina Babb for sponsoring ice cream trucks serving free novelties for everyone to enjoy on May 8. This even included entertainment from a balloon artist!

It is still too soon to know whether the A&E Committee will be able to plan a Covid-safe pool party this year, but we may plan an alternative event. In any case, the Committee will continue serving the neighborhood by providing activities for all to enjoy.



Common Area Committee

By Kathy McCollom

Summer flowers were planted in Cameron Station common areas in early May. The Committee has begun its monthly walk-throughs that will continue until September to review the condition of common areas and look for problem spots. They take place on the third Thursday of each month (as long as it isn't raining) in the morning. You'll see us out and about with management and Lancaster Landscapes.

Another Committee project was mid-May judging for the annual Pride of Ownership awards for private gardens. The judges can see that, over time, residents are getting better at planting what survives and flourishes in our community conditions. If you're thinking of upgrading your patch, take a look at what's doing well in your neighbors' gardens.

The 17-year "Brood X" cicadas are here, and you will see them! The cicadas will not harm you or garden plants. They like to chew on new growth of young trees for a place to lay eggs, so if you've planted any trees this year, keep an eye on them – you only need to brush the bugs off. No pesticides, please: many predators happily feast on the cicadas.

The Committee reviewed proposals for annual street sweeping. As much as possible, it will be done without requiring that people clear street parking spots (or towing).



Cameron Run Cicada Close Up and Cicadas on Cameron Run

The perfect time to prune many blooming bushes is right after their bloom time, such as the azaleas that are common in the community. Make sure bushes and plants don't encroach on the sidewalk.

Ongoing projects include common area tree trimming, street light replacement and brick sidewalk repair. The bricks shift constantly, making new uneven spots. Please report these, and any streetlights that are out, to management for action.

Communications Committee

By Tricia Hemel

The Communications Committee is excited that the official Cameron Station Community Association (CSCA) social media pages have launched! You can now find official CSCA information on Facebook at [@CameronStationCA](#); Twitter at [@CameronStation](#); and Instagram at [@CameronStationCommunity](#). Please "like" and follow!

Design and Maintenance Standards Revision: Public Comment

The Architectural Review Committee (ARC) is soliciting resident feedback on revisions to the Design and Maintenance Standards (DMS). Suggested revisions to the DMS must follow this format:

1. What part of the DMS you want revised;
2. What revision you are proposing; and most importantly,
3. Why are you proposing this change?

Please note that your justification should address how the revised regulation will help create and maintain an enjoyable living environment for residents and enhance the value of our properties. **The explanation for your proposed change is the most important portion of your submission** as it speaks to the "why," so you are encouraged to provide as many details as possible, so the committee understands the basis for the proposed change and rationale. Submissions that do not include these three elements will not be considered. All submissions must be sent to Arc@cameronstation.org.

The Communications Committee and subcommittees have been busy with other projects as well. So far in 2021, the Welcome Subcommittee has welcomed 40 new residents to Cameron Station. The Photography Subcommittee has been vital in documenting what is going on in and around Cameron Station. We have its talented members to thank for many of the photos in this issue of *The Compass*, in the weekly Eblast and on social media. And, again, the Newsletter Subcommittee has created another fantastic issue of *The Compass*.

The Committee is also working on updating the CSCA website and creating consistent branding for our community in upcoming months.

It continues to be a busy year for the Communications Committee and, as always, help from our neighbors is welcome. If you are interested in any of the projects mentioned above, or if you have ideas on what the Communications Committee could tackle that would help Cameron Station, please contact us at communications@cameronstation.org.

Cameron Club Facilities Committee

By Ray Celeste

"We wish all our residents a happy spring – in fact it already feels like summer. The pool season is upon us! As reported on the front cover, the pool's Covid capacity restrictions are lifted, and opening hours are back to our pre-Covid days. Just a few more notes on the water opportunities. We will be offering swimming lessons from the Aqua Mobile Swim School. This is the only community-approved swim lesson provider. We will also offer a water aerobics class on Saturday mornings, once we get an instructor.

(See Cameron Club Facilities Committee continued on page 7)

Community Management

Cameron Station Community Association

Community Association Management Professionals (CAMP)

703-821-2267 – On-Site Office 703-567-4881

After-Hours Emergency: 703-821-2267

Jennifer Gilmore, General Manager

jgilmore@gocampmgmt.com

Toni Mancinelli

tmancinelli@gocampmgmt.com

Bethlehem (Mimi) Kebede, Covenants Administrator

bkebede@gocampmgmt.com

Juana Michel, Administrative Assistant

jmichel@gocampmgmt.com

Mark Bondurant, Maintenance

mbondurant@gocampmgmt.com

Psy Scott, Fitness Director, Cameron Club Fitness Center

cameronclubfitness@gmail.com 703-567-8555

Condominium Management

The Residences at Cameron Station - A.K.A. 400 Cameron Station Condominium

Angela Luker, Community Manager

angela.luker@fsresidential.com 703-751-5002

After-Hours Emergency: 703-385-1133

Corporate Phone: 703-385-1133

Carlton Place Condominium

Abaris Realty

Dany Abebe, Property Manager

dabebe@abarisrealty.com 301-468-8919

Lawan Trent, Administrative Assistant

ltrent@abarisrealty.com 301-468-8919

After-Hours Emergency: 301-468-8919

Condos at Cameron Station Boulevard Oakland Hall Condominium

Community Management Corporation (CMC)

703-631-7200 - After-Hours Emergency: 301-446-2635

Gita Lainez, Portfolio Manager

glainez@cmc-management.com 703-230-8578

Brittany Byrd, Assistant Community Manager

BByrd@cmc-management.com 703-230-8576

Main Street Condominium

GHA Community Management

John Lyons, Property Manager

jlyons@ghacm.com 703-752-8300 ext. 706

Lauren Gentry, Administrative Assistant

lgentry@ghacm.com 703-752-8300 ext. 716

After-Hours Emergency: 888-660-7132

Woodland Hall Condominium

Richter Management

Steve Richter, Community Manager

steve@richtermanagement.com 703-503-1234

After-Hours Emergency: 703-624-9591

Come Outside, But Watch Your Skin!

May is Skin Cancer Awareness Month. UV radiation from the sun can cause premature aging and skin cancer. What's more, sun damage accumulates over the years, from prolonged outdoor exposure to simple activities like walking the dog. To prevent skin cancer, protect yourself and your family completely. Here are the recommendations of *The Skin Cancer Foundation*:



- **Seek the shade**, especially between 10am and 4pm.
- **Don't get sunburned. Avoid tanning**, and never use UV tanning beds.
- **Cover up** with clothing, a broad-brimmed hat and UV-blocking sunglasses.
- **Use a broad-spectrum (UVA/UVB) sunscreen** with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad-spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.
- **Apply 1 ounce (2 tablespoons) of sunscreen** to your entire body 30 minutes before going outside. Reapply every two hours or after swimming or excessive sweating.
- **Keep newborns out of the sun.** Use sunscreen on babies over the age of six months.

You can learn much more at the *Skin Cancer Foundation* website, at <https://www.skincancer.org/skin-cancer-prevention>.

More Cameron Station Services Resuming

As a result of the Cameron Station Board decisions to lift many Covid restrictions, many of our pre-Covid community services are also returning. These help make our lives easier and more convenient. Here are some of the latest changes:

- **On-Site Management Office:** Although reservations are helpful to ensure the appropriate contact person is available at the time of your visit, the office will be open to walk-in visits Monday-Friday, 9am-5pm, starting Tuesday, June 1, 2021.
- **Shuttle Bus to the Metro:** Full service has been resumed. Signage will be posted in accordance with the Virginia Ordinance reminding all that unvaccinated people five (5) years old and older should wear masks when in public.
- **Community Events:** Events are still being planned. But note that children who are unvaccinated (five (5) years old and older) will need to wear a mask when attending events such as family movie night, etc. in accordance with the Virginia Ordinance.
- **Cameron Club Amenity Room Rentals:** The Great Room will be open for reservations. The Henderson and Conference rooms will remain closed at this time.

(Facilities continued from Page 5)

More information on pool activities or changes will be shared in the Eblast and the Cameron Station website. Finally, please give our lifeguards and pool attendants the respect they deserve as they try to responsibly perform their duties on your behalf.

The Board's revisions to the Cameron Station Covid restrictions mean a near return to normal for the Fitness Center and Gym. The reduced capacity restriction has been lifted, and no reservation is required! Residents are still asked to thoroughly wipe down the equipment after each use, which has long been a good hygiene practice. You now have full use of the locker rooms, but please wipe down those benches after use as well. Masking remains a requirement for unvaccinated gym-goers (see front cover).

It is wonderful news that the facilities hours will revert to pre-Covid as well. The gym will be open:

- Monday - Friday: 4:45am-11pm
- Saturday - Sunday: 7am-8:30 pm (pool season only); outside of pool season 7am to 8:00 pm

For most of our gym classes, space is available. As many of you know, our classes are complimentary, so please consider taking advantage of them. And don't forget about our basketball court, just coordinate your use of it with the Gym facility attendant.

Finally, I would like to thank the Cameron Club Facilities Committee members, who work tirelessly to better the lives of all our residents. They are Dan Ogg, Vice Chair, Brendan Hanlon, Tim Regan (Recording Secretary), Hans Estes and our liaison to the Cameron Station Community Association Board of Directors, Andrew Hill.

"Exercise is king. Nutrition is queen. Put them together and you have got a kingdom."— the late great Jack LaLanne, known as "an apostle for fitness"

Financial Advisory Committee

By Takis Taousakis

One of the responsibilities of the Cameron Station Community Association Financial Advisory Committee (FAC) is to ensure the financial preparedness of Cameron Station that will allow the community to continue to thrive for many years into the future.

All Cameron Station owners receive an annual letter in October that discusses the Association's budget for the upcoming year. The most interesting part of this announcement is the rollout of the new quarterly assessment rates for each classification of unit ownership. There are a lot of "line items" in the budget for the income sources and expenditures. Almost all of these relate to the upcoming year's expected collections and operating expenditures. A significant but sometimes overlooked exception is the budget allocation for "Replacement Reserve" contributions.

State law requires homeowners' associations to retain an independent engineer to conduct a reserve study no less frequently than once every five years. (Cameron Station's most recent reserve study was completed in 2019.) The independent engineer starts a reserve study with a thorough on-site inventory and inspection of our buildings and grounds that will require major repairs or replacement within the next 40 years. These expected repair costs are organized into a year-by-year schedule for each element covering each of the next 40 years.

The final step is to develop a schedule of expected reserve contributions that demonstrates the ability to fully fund the scheduled projects each year for the next 40 years, all while minimizing the year-to-year fluctuation in assessments and hopefully avoiding the need for any "special assessments."

Yes, it is impossible to predict expenses 40 years from now with any real precision, but the key for the Board of Directors, Management and community members is to be reminded that those future costs are "out there," and funds need to be expended each year to maintain the quality of our community and its facilities.

That is where the renewal of the reserve study every three to five years comes into play. Each study provides an opportunity to update both timing and cost of each expected expense, based on changes in property conditions and market prices.



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Our Neighborhood Parks Get a Friend

By Mayu Molina Lehmann

Ask Cameron Station residents why they moved into this neighborhood and most will include a mention of the lovely surrounding parks.



To join the discussion, suggest initiatives and learn about the community trash pickup day this summer, find *Friends of Cameron Station Neighborhood Parks* on Facebook.

With that focus in mind and a desire to support park preservation, a group of engaged residents have recently created the Friends of Cameron Station Neighborhood Parks Association. Its mission is to “[p]reserve, maintain, improve and enhance the public parks in and surrounding Cameron Station... for the benefit of the community and the general public, and to educate the public about the resources, needs and value of these parks.”

Ben Brenman, Armistead Boothe and Linear parks, as well as the meadow bordering Somerville Street, are some current areas of focus, but the association aims to expand and collaborate with other civic groups in order to beautify our surroundings for the enjoyment of all.

The Association’s president, Becky McCauley Rench, remembers participating in litter cleanups in her youth and watching “Captain Planet” as a child; she wants to ensure that her children also learn the value of their environment.

The Friends of Cameron Station Neighborhood Parks has formed a liaison with the City of Alexandria’s Department of Recreation, Parks & Cultural Activities to recommend areas for improvement. For example, the Association will

have a community trash pickup day in the summer to clean Ben Brenman Park (see box below).

In the future, the Association’s members envision partnering with other local Associations and with Samuel Tucker Elementary School and other schools to offer opportunities for community service and engagement for school children. In addition, they will conduct fundraisers to support independent projects and family activities like an “Adopt-a-Park” program to encourage resident participation in park cleanup.

Do you have an idea for our surrounding parks? Join the conversation! Mara Francis, the Association treasurer, emphasized that the Association is not exclusive to Cameron Station residents. “All are welcome to join the board meetings, whether it’s other Associations, city officials or city residents,” Mara said. This is good news for anyone who enjoys and is invested in the parks of the West End.

Thanks to the Friends of Cameron Station Neighborhood Parks for their efforts in keeping our surroundings beautiful. They’re a good friend to have!



Introducing Some People Who Enjoy Serving Your Community

Meet the New Editor of *The Compass*

By Christine Fisher

I pick up the Editor's pen feeling both excited and intimidated. Marian Cavanagh led *The Compass* team in producing excellent editions with her easy manner, but exacting work. A hard act to follow

My husband and I have lived in Cameron Station for 21 years; clearly, we love it here. I grew up in the countryside near Dayton, OH. After getting my B.A. and M.S., I worked in the Boston, Massachusetts area for the Department of Defense. After coming to this area I worked for the Office of the Secretary of Defense. There I led teams in evaluating defense industries and markets, and in reviewing defense and aerospace industry mergers and acquisitions.

I have always been right-and left-brained, driven by my deeply analytic side but passionate about art, music, literature, design – everything creative and cultural. I continue to study my beloved French as well as art and architecture. I love history in general – I am a docent/guide at Tudor Place Historic House in Georgetown and help transcribe their archives. Three more points to sum me up: I am a fitness devotee, a good cook and love to travel. But most important, my husband, his children and his grandchildren make my world!

Growing up in the country, I loved the outdoors, but swore someday I'd live in Paris. And if not Paris, at least a place where I could walk to see neighbors, go to a café, go shopping, be near art and history ... that is Cameron Station.

I view *The Compass* as a vital link that joins us together into a real community. I want to offer you the best *Compass* possible. What luck for me to find *The Compass* has a fantastic staff in place. Could I enlist any of YOU as writers/contributors? I welcome your suggestions and input at my email address: chrisefisher87@gmail.com

Thanks again to Marian Cavanaugh for her contributions!



CHECK YOUR METRO SMARTRIP CARD

You may not have used your Metro card recently – but check it. Metro announced that SmarTrip cards issued prior to 2012 will no longer be compatible with the new fare gates being installed in Metro stations, beginning as soon as June of 2021. Check the card number on the back of your SmarTrip card. If the number starts with 0167, it is new. If not, you will need to replace your SmarTrip card. The new fare gates will begin to be rolled out in stations starting in June, and new bus fareboxes will begin next year. You can transfer your balances to a new card online or by mail or phone or in-person. Metro encourages replacement of old SmarTrip cards now to avoid issues later. More information is available at <https://www.wmata.com/about/news/Metro-begins-phasing-out-older-SmarTrip-cards.cfm>.



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Introducing Jennifer Gilmore, Our Community Manager

An Interview by Ray Celeste, Jr.

RAY: Good morning, Jenn. I am delighted to have the chance to interview you and introduce you “officially” to our community. I know you have been here since December 14, 2020, but having hit the ground running, you’ve barely had time to breathe, never mind chat! Please tell us a little bit about yourself.

JENN: Thanks, Ray. I have met many residents in the past five months, but nice to introduce myself to the rest! I live in Ashton, Maryland, near Rockville, with my 16-year-old son, two cats and a golden retriever. I’m a lifelong fan of our Washington hockey and football teams, no matter how painful that can be; I love to travel, tinker in my garden, hang out with family and friends; and I never met a beach I didn’t like.

RAY: I think you’ll find many of our residents share many of your interests; I know I do! Now, can you tell us something about your professional career? How did you get involved in the property management industry?

JENN: My dad was in property management for 40 years. I had zero desire to follow him into this industry! But shortly after graduating from the University of Maryland at College Park, I moved to the panhandle of Florida and took a temporary job managing daily and weekly rentals of condo units in Panama City Beach. When I relocated back to Maryland, I took a job at a small apartment building. My dad thought I was crazy to do it – no more ocean view, over 50 percent vacant and a ton of mechanical and operational issues. Never one to back down from a challenge, I jumped in with both feet, turned the property around, and so began my change to a 25+ year career in property management. I have managed just about anything there is on the residential side of the industry: apartment buildings, rental properties, co-ops, condominiums and homeowners’ associations.

RAY: What type of formal training did you receive?

JENN: I have the following credentials: Bachelor of Science in Family & Community Development



from the University of Maryland and designations from the Community Associations Institute as a Certified Manager of Community Associations (CMCA), Association Management Specialist (AMS) and Professional Community Association Manager (PCAM).

RAY: What led you to Cameron Station?

JENN: I was the General Manager at The Promenade Towers – a co-operative in Bethesda, Maryland, with about 1,100 units (two towers, 22 floors each). When the position in Cameron Station came open, it was the combination of the CAMP team and the HOA set-up of Cameron

Station in Virginia, which is new territory for me, that made it an opportunity I could not refuse. I find the collaborative culture of CAMP, along with their top-notch programs and software, to be a recipe for success, and I am excited to be part of it. Generally speaking, I love what I do for a living because I enjoy the variety of the work, and no two days are the same. I am really enjoying the community feel you have here. I think one of Cameron Station’s strengths is its strong core of volunteers. You have an outstanding volunteer base which has impressed me, and it lends to the community feeling one gets when here.

RAY: What role do you see for yourself at Cameron Station?

JENN: I see myself, and enjoy, being the “Captain of the Ship,” so to speak. I take my direction from the Board of Directors. They chart the course, and I navigate the ship through the course they chart.

RAY: What professional advice from your perspective would you give to Cameron Station residents?

JENN: Kindness matters. Always. In all ways. My advice is to never lose sight that we all are part of this community and to try to be good neighbors to one another.

RAY: Do you have a motto you live by?

JENN: I live by the motto my dad did, which is the KISS principle: “Keep It Simple Stupid.” I strive to apply this principle to all aspects of my life.



Fitness Director Psy Scott Appreciates Cameron Station, and the Feeling Is Mutual

Interview by Ray Celeste, Jr.

Editor's Note: We know Psy as our talented Cameron Station Fitness Director, but we may not know that he had several other interesting careers before arriving here. Ray Celeste, Chair of the Cameron Club Facilities Committee, interviewed Psy last month and shares Psy's fascinating career path with us.

RAY: Psy, we are so happy to have you here in Cameron Station. I know you joined our community on January 1, 2015. Can you tell us about your journey?

PSY: I was an athlete as a kid. I was on the track team, I was a gymnast and I was a school mascot. I was also a swimmer and into martial arts. These athletic endeavors led me to become a professional dancer and a mentor to the youth of my community.

RAY: Tell me about your dance career.

PSY: My professional dance career started in 1998, and it provided me with wonderful opportunities. I traveled extensively, both nationally and internationally, performing with some of the best dancers of that era. I had the pleasure and honor to dance for the world-renowned, three-time Grammy Award winner and six-time Latin Grammy winner Marco Antonio Muniz, better known as Marc Anthony, along with Tito Puente and Celia Cruz. In addition to dancing professionally, I have taught dancing professionally. I was co-founder/member of the Clavekazi Dance Company, a dancer in the Latin Vibez Dance Company, and I helped establish other dance companies as well. I have been featured on BET, MTV and Univision, and was featured in the short film *Mano*, working with actors such as Laz Alonso (*Stomp the Yard*), Lee Thompson Young (*Friday Night Lights*) and Giancarlo Esposito (*Breaking Bad*, *The Mandalorian*). I had a fantastic time during my dance career. I retired from dancing in 2019.

RAY: I understand that you had another career going on at the same time as dancing?

PSY: Yes, I worked as a pastry chef concurrently with being a dancer. I was a pastry chef at Blackie's House of Beef in DC (no longer open) and at Teatro Goldoni's and Vivace Enoteca.

RAY: And then you moved from sweets to sweats? What kind of formal training did you have for your fitness career?

PSY: I have a B.A. in Kinesiology from the University of Maryland. I also have a National Academy of Sports Medicine personal trainer certification. Additionally, I am an ACE/CPT certified professional trainer.

RAY: What jobs did you hold in the fitness industry before coming here?



PSY: I was the head of sales and head trainer and Group X instructor at Crunch Fitness. Just before coming to Cameron Station, I was a personal trainer/group exercise instructor for the Patent and Trademark fitness center.

RAY: Why do you like working at Cameron Station?

PSY: Cameron Station is a unique community. I very much like being associated with it because of its being so tight knit. At one point not too long ago, I had the opportunity to work closer to where I lived (at the time I lived in DC), but I turned it down. Cameron Station is one of the better communities in Alexandria that I know of. I love the

people here. The camaraderie among the residents makes it so appealing to work here. This is the reason I remain – to help contribute to the legacy of the community.

RAY: What role do you see for yourself at Cameron Station?

PSY: I envision myself an emissary to lead our residents to a healthy and more productive lifestyle.

RAY: What fitness advice would you give to Cameron Station residents?

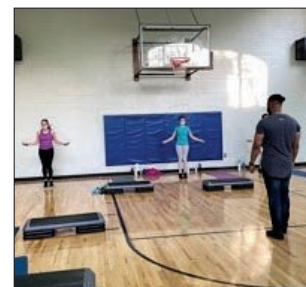
PSY: It is not how you start. It is not how you finish. Be consistent! Whatever is your 100% that day is what you can do. Know where you want to go. Take it one day at a time. Don't be hard on yourself!

RAY: Do you have a motto you live by?

PSY: Absolutely! My dear grandmother Lola Pinner taught me the motto that I live by today when I was about five years of age, while I was working for her doing yard work. She lived to be 95, and I love her dearly and think about her often.

"If a task is once begun, never leave it until it's done; be a laborer great or small – do it well or not at all." She emphasized always giving the task at hand your very best. I live by this creed every day. This has pushed me forward. It is not about anyone else. The world is competitive, but you must focus on improving yourself.

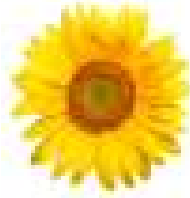
Lastly, I want to leave you with this thought: You have three houses. They are your mind-body; your financial; and your home (domicile). Get these three houses in order. Take care of these three houses, which will help you lead a happy and fulfilling lifestyle.



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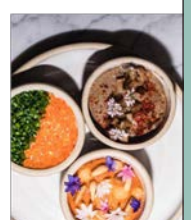
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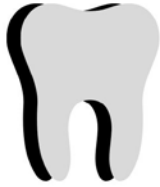
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Book Clubs

Reading Between the Wines

May – *Stand Up Straight and Sing* by Jessye Norman

June – *Long Petal of the Sea* by Isabel Allende

August – *The Water Dancer* by Ta-Nehisi Coates

Monday Night Book Ball Book Club

May - *Anxious People: a Novel* by Fredrik Backman

June - *The Night Watchman* by Louise Erdrich

July - *I Was Told to Come Alone* by Souad Mekhennet

2021 RESIDENT BADGES

Every resident should have received in the mail 2021 stickers for ID badges, pool and other facilities passes and visitor parking passes. If you need additional stickers or passes, please contact admin@cameronstation.org.



Neighbors in the News

Cameron Station is filled with interesting people doing interesting things. If you would like to be recognized in a future issue of *The Compass* or if you have a neighbor you think deserves recognition, please email information to thecompass@cameronstation.org.

Maëva Dellaria Heads to the Merchant Marine Academy!

By Mary Rulien

Maëva Dellaria, a lifetime resident of Cameron Station, has accepted an appointment to the United States Merchant Marine Academy following her nomination by Congresswoman Jennifer Wexton of Virginia. Maëva will graduate from T.C. Williams High School in June and will report to Kings Point, New York, in July for the beginning of her "plebe" (freshman) year. Parents Jon and Bénédicte Dellaria could not be prouder. Congratulations, Maëva!



FOOD BANK DONATIONS NEEDED – DROP-OFFS ONLY!

For many months, as the pandemic continues, one of our neighbors has been collecting donations for a local food bank, and she continues to do so as the need continues to grow. If you can help, please bring non-perishable food items to **5056 Grimm Drive** drop-offs only, no food will be accepted by mail or any other means! All items collected during the week are delivered to the food bank. Items needed most are: tomato products, canned tuna, canned beans, canned soup, low sugar cereal, peanut butter and baby food/formula. Thank you very much!



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For a More Rewarding Life, “Go See Art”: Artist Jennifer Allevato

By Christine Fisher

Breathtaking color, dynamic movement and calming beauty – that is what Cameron Station resident Jennifer Allevato offers in her engaging and inviting paintings. With two decades of fine arts education, exhibits and awards behind her, Jennifer is just mounted an exciting solo show of all-new work at the Torpedo Factory Art League Gallery May 6-June 6 – and it is free.



Photography by Anna Meyer

Jennifer and her husband Jason Muller became Cameron Station residents in October 2020, drawn by its green beauty, walkable spaces, farmers market, café and the sense of an inviting community. Today she paints from her sunny atelier in their home and loves haunting local cafes, boutiques and pathways for inspiration and for fun.

Her aesthetic of brilliant color and dynamic brush work is partly inspired

by Post-Impressionists. Those primarily French artists working in 1885-1906 – such as Van Gogh and Cézanne – seized upon dazzling color and strong lines, at times creating a purple tree or a green sky. In Jennifer’s hands, such bold colors and forms become calming, cheerful images that bring warm life into the room of a modern home. Jennifer started in oil painting, studying for a time in Florence, Italy, but has learned to love mixed media such as acrylic, graphite pencil, vinyl paint and neocolor crayon as well. She often paints on wooden panels in addition to canvas. Her work is illustrated by the small sample in images here.



Photography by Anna Meyer Photo



Photography by Anna Meyer Photo

Quotes from
Jennifer:

“I believe art
is meant to be
shared with
others.”

And everyone
should

“go see art.”

It surrounds us
in this area!



Photography by Anna Meyer Photo

Jennifer points out that the art market 10 years ago was challenging for new artists, but today online art is a large and varied market, with opportunities for artists of all types and buyers at any price level to meet. Her work has been sold through Anthropologie and, in partnership with *Minted*, featured on the set of *Home & Family* on the Hallmark Channel. Jennifer’s work may be purchased at her website. (See below.)

Jennifer’s solo exhibition at the Torpedo Factory, called *Seated*, is just ending on June 6. This is no simple expression of household furniture. Jennifer loves design and collected chair images for years. In 2019 the Torpedo Factory Art League selected her to paint and mount an exhibit, but the 2020 pandemic interfered. Throughout the pandemic and its enforced isolation, she reflected on all the empty chairs around her – around us – chairs that would normally be filled by guests, chairs that invite others in, to share lives with us. These chairs have too long been empty. She used her chair images as inspiration for her exhibition *Seated* to express hope, renewed intimacy and togetherness.

You can see more about Jennifer, with beautiful examples of her work, at her website <https://jenniferallevato.com>. She can also be seen/ followed on Instagram @AllevatoJM.

Grazie, Francesca: Real Italian from Your Kitchen in 30 Minutes

By Lenore Marema

Cameron Station neighbor Francesca De Feo Burke met her American husband in Rome, got married in Italy and moved to the U.S. She has lived in Cameron Station for five years. Francesca says her husband believes he won the lottery when he married her: a home-cooked Italian dinner every night and three weeks' vacation in Italy every year.

In her "spare time" as a stay-at-home mother of two boys, aged four and two, she started a blog last year to share her love of Italian food, culture and traditions and to connect with virtual friends who share her passion.

Francesca is not a trained chef, but rather learned to cook in Italy from her grandmother and mother. When she says she "cooks Italian," she means she uses simple, fresh and healthy ingredients. For example, she finds that store-bought sauces have too many ingredients. A good red sauce simply requires fresh tomatoes and herbs. She also prefers organic food.

Her blog has recipes for pasta, rice, pizza, meat, fish and vegetarian dishes and desserts. Her family does not necessarily eat pasta every night, and her Italian recipe collection reflects the variety of her Italian cooking.

Francesca believes it is not as difficult as people might think to make a healthy and delicious home cooked meal. She has a busy life yet cooks every night. A popular feature of



her blog has recipes for dinner in 30 minutes. While not all families cook from scratch every day, she encourages families to sit down to dinner as often as possible or pick a day to cook and eat together.

Francesca's blog also has links to Amazon's website. If you want to make your own pasta, you can see which pasta maker she recommends and pasta she buys. Francesca makes her own pasta as well as buying it packaged. Like many people who move to the U.S., there are sweets and other delicacies from back home that she wants. The blog links

to the stores (there seems to be more than one) to help her reader find those items. There is a 10-question quiz on the blog to test your knowledge of Italian food, including whether spaghetti and meatballs is a famous dish in Italy; what the main ingredients of Cacio a Pepe are; and whether gelato and ice cream are the same thing.

You can find Francesca's blog at <https://momcooksitalian.com> and follow her on Facebook and Instagram at <https://m.facebook.com/momcooksitalian> and <https://www.instagram.com/momcooksitalian/?hi=en>.

Francesca gave us the following recipe to try as it is fast, easy and delicious. It also is not a common dish, so it may be something new for readers. *Buon appetito* and *grazie*, Francesca. We are so happy you are part of Cameron Station!

Recipe: Tagliatelle Alla Boscaiola with Mushrooms

Ingredients

16 oz tagliatelle pasta
1 onion
1 cup of cherry tomatoes
3 sweet Italian sausages – crumbled
10 oz mixed mushrooms
3 garlic cloves
Salt
Chopped parsley

Instructions

1) Chop the onion and mince the garlic and cook in extra virgin oil. 2) Add mushrooms and crumbled sausage and brown for a few minutes. 3) Add cherry tomatoes and turn until cooked. 4) Cook pasta according to the package instructions. Add salt to water. 5) Drain the cooked pasta and add to pan. 6) Mix all ingredients a few minutes until it is well mixed. 7) Sprinkle with chopped parsley and serve.



Changing Times, Changing Names: New School Names Celebrate Modern Alexandria

By Mayu Molina Lehmann

Alexandria City Public Schools (ACPS) has announced the completion of The Identity Project to rename two Alexandria public schools: T.C. Williams and Matthew Maury Elementary. The initiative began in July 2020, when a close examination of the men behind the names revealed segregationist histories. Thomas Chambliss (T.C.) Williams was Alexandria's school superintendent in the 1960s and fought integration of the school system after *Brown vs. Board of Education* was decided. As for Matthew Maury, he was a renowned oceanographer and Confederate Army officer.

ACPS determined that continuing to use those names did not align with ACPS' diverse student body or its dedication to equity. After vigorous involvement by students, residents and school administrators, the school board voted unanimously to approve the following changes:

1. T.C. Williams High School will become **Alexandria City High School**. From the beginning of The Identity Project, the name "Alexandria High School" was a favorite. An anonymous submission by a student read, "Let's give recognition to the city where we live, work and grow. Root the identity of the school in the area it represents..." The school board added "City" to the name before voting on the recommendations from the submission process. The



name also underscores the partnership between ACPS and the City of Alexandria.

2. Matthew Maury Elementary will become **Naomi L. Brooks Elementary School**. Naomi Lewis Brooks (1934-2020) was a beloved and long-serving teacher of ACPS. She was an Alexandria native and attended the Seminary School for Colored Children and other segregated schools before earning bachelor's and master's degrees in education from Virginia State College (later named Virginia State University). Her career in education started in 1955 and spanned 25 years. Leo Brooks, Mrs. Brook's widower, hopes his wife's work encourages young people to rise above their modest means: "There are many young people who look for examples of how to build a life from limited circumstances and become successful as a wife, a mother, an educator, a businessperson and a community leader.... We hope her example inspires them."

School board Chairperson Meagan L. Alderton commented after the vote, "Our community came together for this historic decision to remove the long-standing names of two schools and replace them with new names that reflect the anti-racist values and mission of ACPS today The Board felt it was imperative to look at the morality of school names that do not fit with who we are today."

The new names will take effect on July 1, 2021.

A Nice Place to Live: Alexandria Ranks High Nationally on Diversity

By Lenore Marema

For its diversity, the City of Alexandria ranked 48th out of 501 U.S. cities, and 15th out of 144 mid-sized cities, according to a recent WalletHub survey. (WalletHub is a website that provides information about personal credit and financial issues. It is owned by Evolution Finance, based in Washington, DC.)

The survey looked at four aspects of diversity: socioeconomic, cultural, household and religious. There were specific metrics studied for each of these

categories. For example, with regard to cultural diversity, racial, ethnic, linguistic and birthplace diversity were the factors. Each city was evaluated on these metrics on a 100-point scale.

The study was based on 501 U.S. cities with the largest populations, with ten cities from each state. The data used were mostly taken from U.S. Census Bureau publications. Alexandria's score of 76.9 made it the only city in Virginia to make the top 50 cities overall.

Movie Magic

By Rene Zimmer

The movie *Concrete Cowboy*, currently available on Netflix, is a fascinating tale based on true events in Philadelphia, Pennsylvania that continue to the present day. It is based on the novel *Ghetto Cowboy* (Greg Neri 2011). Idris Elba plays the character Harp, an absentee father who trains horses and riders in urban Philly as part of a group of "Black cowboys." This horse culture group is trying to keep youth off the streets with the

constructive and engaging activities of training, caring for and riding horses. They have fought hard to keep the stables open and the program alive in an increasingly gentrified Philadelphia.

The movie begins as Harp's ex-wife sends their teenage son Cole from Detroit to Philadelphia to spend the summer with Harp after Cole is thrown out of his school. The 15-year-old Cole is beautifully portrayed by the young actor Caleb McLaughlin. While the father-son duo gets off to a terrible start, the son becomes intrigued with horse culture and getting to know his absent father. However, Cole is also drawn to his childhood friend, Smush, who is engaged in dangerous drug activity on the streets in order to save money to purchase his own ranch one day.

Cole struggles to bridge the world of his childhood friend and the fascinating horse culture to which his estranged father has introduced him. Harp has spent time in prison himself, so he is sternly opposed to the son's involvement in the street scene, knowing the consequences of poor choices that involve easy money, drugs and guns, while Cole is seeking acceptance and love from his father, whom he has not seen since he was young.

The script of this movie is fascinating and engaging, as is the acting by the actual cowboys from the Philly area who are in this film. (It was difficult to discern between the hired actors and the actual cowboys.) The cinematography is well done and haunting. An offbeat and interesting movie to see and discuss with friends, *Concrete Cowboy* will keep you asking questions long after it is over.

Additional movie suggestions:

Crip Camp (2020) Netflix – a documentary about a camp held in 1971 for all types of handicapped people, joined together and feeling freed by the experience.

Nomadland (2020), HULU – an Oscar winner for Director and Best Actor categories, a film about people in the U.S. living a nomadic lifestyle.

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Patios of Del Ray

By Carla Besosa
Cameron Station Foodie

“Come sit on the porch with me, the drinks are cold & the friendship’s free!”

Spring – almost summer – weather is here! People enjoy eating outdoors, and as we continue navigating the pandemic, many still feel it’s the safest option. The Del Ray section of Alexandria presents many options, with numerous patios, decks, porches and yards. The list is extensive and includes venues such as Dos Amigos, Evening Star, Stomping Ground, Dolce & Bean, Kaizen Tavern, Los Tios, Del Ray Pizzeria, Piece Out, Bella Napoli, St. Elmo’s, Market2Market, Spice Kraft, South Block, Northside 10, Taqueria Poblano, Pork Barrel BBQ, Del Ray Sushi, Holy Cow, Bon Vivant and Junction Bakery & Bistro. I’ve chosen three of my favorites to share with you.

As a self-professed “fromage freak,” I have always loved **Cheesetique**, particularly the original location in Del Ray. It has a street-side front patio that is reminiscent of a small French café. During the past year, they have turned the side alley into a side lawn. Both front and side offer heaters for cool temps and umbrellas for shade. Whether you opt for a *Cheese & Charcuterie Board*, the *Mac Arancini*, a *Grown-Up Grilled Cheese*, their inimitable *Cream of Tomato Soup* or a full entrée, you’ll enjoy the cozy neighborhood feel.

Lena’s Wood-Fired Grill & Tap still has one of the best-looking patios in the area. The Corner Patio, also known as Lena’s Beer Garden, is tastefully appointed with patio lighting, torches and manicured shrubbery. For those chilly evenings, there are heaters and a fire pit (even blankets), while umbrellas provide afternoon shade. It’s an attractive spot to relax while enjoying their *Diavola Pizza* (spicy sopressata, flash-fried kale and calabrese pepper hot honey) with an ice cold *Lionshead Pilsner*. *Live music is featured on Tuesdays, 6-9pm.*

Perhaps the most unique space in which to unwind and decompress is **The Garden**. This venue is simply one big yard. Seating is configured in various fashions with high tops, benches around a fire pit and Adirondack chairs surrounding fire pit tables. The menu tends toward comfort food. The *Mexican Street Corn*, *Beer Steamed Mussels*, *Cheeseburger Sliders*, *Cuban Panini* and *Blackened Fish Tacos* are sure to hit the spot. With 15 brews on tap, there’s much sampling to be done. Once you are comfortably situated with your bite and sip of choice, enjoy the prime selection of ‘60s, ‘70s and ‘80s music.

We are lucky to have so many options as we work our way back to a balanced existence. Support our Alexandria eateries that are working so hard to accommodate!

Here’s all you need to find these Patios of Del Ray. Please note that reservations are required for all of them.



Cheesetique

2411 Mount Vernon Ave.
703-706-5300
<https://www.cheesetique.com/location/del-ray/>



Lena's Wood-Fired Pizza & Tap

401 E. Braddock Rd.
703-683-5330
<https://www.lenaswoodfire.com>



The Garden

1503 Mount Vernon Ave
571-970-2791
<https://www.thegardendelray.com>

What Is American Cuisine?

By Lenore Marema

What is American cuisine? Fast food or apple pie comes to mind. A lecture late last year at the Smithsonian Institution addressed that issue. The main ingredients in our national recipe are America's vast resources, immigrants and the combination of the two.

The Keys to American Food

Because of its diverse climate and soil types, the U.S. allows for the production of any kind of food, and food of high quality. At the turn of the century in 1900, as Europeans flocked to America, particularly New York City, they found flavors and foods not found at home: America had the most varieties of meat of the highest quality that the world had ever seen.

Between 1880 and 1910, 20 million immigrants came to America, largely from Europe, bringing their food with them. The Germans, for example, brought the hamburger, named after Hamburg, where hamburgers were made from the toughest and lowest grade of beef. Italians brought a concoction of meatballs and noodles that was unheard of. Americans at the turn of that century were not familiar with such food and considered them "un-American" dishes.

Unique Contributions from Enslaved Peoples

Enslaved peoples brought many food traditions with them that over time found increasing influence in America. Fried chicken is a West African dish that the people taken as slaves brought with them. Living in a climate that was hot and humid all year, with no refrigeration, Africans knew that frying chicken in hot oil preserved the chicken longer. Enslaved people from the Caribbean brought chili peppers and other spices with them. America owes thanks to James Hemings, an enslaved man who traveled with Thomas Jefferson to France and trained there as a chef, for his unique contribution to our cuisine. James learned to make ice cream, brought back the equipment and introduced ice cream in America.

Visitors from the countries from which today's Americans originated may not recognize their native food in America. American spaghetti and meatballs, all mixed together in sauce, is an American dish, not served that way in Italy, yet considered "ethnic" here.

Immigrants Cook in America

The food stands at the 1904 World's Fair in New York City are considered the starting point for Americans tasting the delicacies of its recent immigrants. The Germans quickly learned that the high quality of ground beef in America was affordable and made delicious hamburgers, and the Fairgoers agreed.

Immigrant Italians largely started to use olive oil when they came to the U.S., because it was too expensive in Italy for most people. The combination of American-grown



tomatoes and quality meat and the Italian pasta-making skills and use of garlic made spaghetti and meatballs an all-American food in the early 1900s.

Today there are immigrants from all over the world in the U.S. They have greatly expanded our culinary experience and have incorporated American resources into their cooking. Asian food, for example, has broccoli in its cuisine, although that vegetable was not grown in Asians' homelands. If some ingredient could not be found here, American entrepreneurs found it profitable to import such items, open specialty stores and further encourage international cooking.

The U.S. city that most immigrants know is Washington, DC, so many immigrants chose to come to this tri-state region, giving our area one of the most diverse food cultures. In the local Van Dorn Station mall alone, there are restaurants from many countries: Pho Viet Flare; Peking (Asian); Maked (Ethiopian); Cafe Grains (American); Mumbai Darbar (Indian); Thai Lemongrass; Kabul Kabob (Middle Eastern); and Calabas (African). There are three markets: LA Mart (Asian); Meda Market (Ethiopian); and Weyone Foods (International/African). An Afghan market is close by, as is the Mediterranean Bakery. While we see this diversity every day, our eating options are not necessarily replicated everywhere across the country.

American as Apple Pie

Apples are indigenous to Asia, and European bakers were making apple and other fruit pies before America existed. Europeans likely brought apple trees with them when colonizing the Americas. The first settlers used apples to make cider and sometimes hard cider (because it was easier than brewing beer, and absent refrigeration, any wine imported from Europe turned to vinegar on the way over).

The first time "American as Apple Pie" was used, it was to promote a brand of men's suits in 1924. In World War II, the phrase became a symbol of American patriotism: Fighting for Mom and Apple Pie.

Stay tuned – there's more to come. Why is fast food now the American hallmark? In the next edition of *The Compass*, Part II will explore events and inventions that shaped what we eat and how we cook now.



Carla's Picks

By Carla Besosa

As we attempt to move toward normalcy, entertainment venues return to booking live performances; however, it's always advisable to check for last-minute cancellations. Here are a few options to explore.

Birchmere (Arlandria)

June 5 Prince Tribute

June 12 Tusk - Fleetwood Mac Tribute

June 20 Tribute: Temptations, Four Tops, Dells, Smokey Robinson & the Miracles

Capital One Arena (DC)

July 28 Justin Bieber World Tour

Del Ray Artisans Gallery (Del Ray)

May 7 Exhibit Opening: "The Art of Nature"

June 4 Exhibit Opening: "The Naked & the Newt"

GMU Center for the Arts (Fairfax)

Visit the newly conceived **Mason Pond Lawn!**

Jammin Java (Vienna)

June 4 The Fabulous Dyaltones (Outdoors)

June 5 U2TOPIA - U2 Tribute (Outdoors)

June 12 Danger Bird - Neil Young Tribute (Outdoors)

June 25 Back to the '90s (Outdoors)

June 26 Born Cross-Eyed - Grateful Dead Tribute (Outdoors)

Kennedy Center (DC)

June 3 Nosedá & NSO Soloists

June 6 Kennedy Center Honors (Honorees: Debbie Allen, Joan Baez, Garth Brooks, Midori & Dick Van Dyke)

June 7-13 Washington National Opera Gala

Torpedo Factory (Old Town)

May 5-June 6 Solo exhibit: "Seated," by Cameron Station neighbor Jennifer Allevato (see page 15)

And Another Thing ...

* **Old Town North** is a new complex with apartments, stores, restaurants, etc., including Hinata Sushi, Shade Store, Sisters Thai, Row House, Oak Steak House, West Elm and a second iteration of St. Elmo's Coffee Pub.

* Other new venues: **Ada's on the River**, **Barca Pier & Wine Bar** and **Sushi Jin**.

* Alexandria has a winery! **Woodlawn Press Winery** is open four days a week at 8733B Cooper Road (20 min drive).

* Sadly, **Savio's** in Van Dorn Station has closed its doors.

* With the Kentucky Derby and the Preakness behind us, one leg of the Triple Crown remains: the Belmont Stakes on June 5 (official cocktail – Belmont Jewel).

* **Roland Garros (French Open) Tennis Grand Slam** May 30-June 13. Rafael Nadal has won 13 of the last 16 years.

What Am I Listening to?

Blew the dust off of the old *Simply Red* albums. There's no one who sounds quite like Mr. "Red" himself, Mick Hucknall!

Jim "Kimo" West, 2021, Grammy-winning album "More Guitar Stories."

What Am I Eating, as I Am Writing This?

Cameron Café's Spinach & Feta Burrito ... YUM!

Another way to get out:

Seven Smithsonian Museums, the National Zoo and the National Gallery of Art Opened in May

The following locations have reopened or will be soon, with added health and safety measures, including free timed-entry passes, due to the Covid-19 pandemic. On-site public tours and events are temporarily suspended. Some exhibits, galleries, interactives, theaters, retail shops or indoor spaces may be closed or operating at limited capacity. **Detailed information can be found on the museum websites.**

Smithsonian Reopening Schedule:

Now Open

- Steven F. Udvar-Hazy Center
- National Museum of African American History and Culture
- National Portrait Gallery
- Smithsonian American Art Museum
- Renwick Gallery
- National Museum of American History
- National Museum of the American Indian
- National Zoo

National Gallery of Art Reopening Schedule:

Now Open:

- Sculpture Garden – no timed passes required
- West Building - East building is currently closed

Classified Ad

There's a New Yoga Studio in Town! YogaSix Kingstowne is opening late this summer in Kingstowne Towne Center. Experience full sensory yoga that is empowering, energizing, fun and accessible to all.

For a limited time, take 25% off our unlimited all-access monthly membership. Become a Founding Member here: bit.ly/Y6Kingstowne

Be sure to follow us for info about upcoming outdoor classes!

@yogasix_kingstowne

facebook.com/YogaSixKingstowne

PLEASE DO NOT FEED OUR WILDLIFE!



Advertising & Article Policies & Procedures

Advertising:

The Compass newsletter is published bimonthly (except July/August) and distributed to approximately 1,800 residences, provided to our community businesses for customer access, and 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, or the 28th in February (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 and in the electronic version. Estimated (not guaranteed) time of delivery is first or second week of the second month of issue date (e.g., first two weeks of February for January/February issue).

Articles:

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).** Please email articles to thecompass@cameronstation.org. 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.

Submission 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.

Out and About – New Types of Food Markets in Alexandria

By Lenore Marema

AmazonFresh, a brick-and-mortar store, will open at Beulah and Manchester. It will feature national brands, private labels, and store-made products. Amazon Prime members will use the Amazon app to identify themselves and pay, while sensors will identify items in bags in their cart.

DashMart, a new affiliate of DoorDash, is opening at 826 South Pickett. This is a new kind of convenience store/warehouse where groceries, restaurant food, OTC medicines, pet foods and other household essentials are available for delivery 24/7. DashMart wants local businesses to sell products through the DashMarket.



Test Your Kitchen Knowledge

Most Cameron Station residents cooked at home during the pandemic far more than ever before. Here's a refresher on some basic ingredients and cooking issues.

Eggs – Sometimes Size Matters

The United States Department of Agriculture recognizes six sizes from peewee to jumbo, and when you fry or scramble them, size makes no difference. In baking or making egg-centric dishes, such as quiche, a precise ratio of eggs to the other ingredients is necessary. The large egg is the standard because it is the most common and consistent size. A large egg is 3 ¼ tablespoons or 2 ounces so that a recipe that calls for four eggs requires about 13 tablespoons or 8 ounces, 1/2 cup. If you use four extra-large (4 Tablespoons/2.25 ounces per egg) or jumbo (4 ¼ Tablespoons/2.5 ounces per egg) eggs, you will have the wrong liquid-to-ingredients ratio and most likely an unhappy result.

Source: My Recipes

Brown vs. White Eggs

A hen with white feathers and earlobes lays white-shelled eggs, and a hen that is red/ brown lays brown-shelled eggs. The latter is a larger hen that needs more feed such that brown eggs sometimes cost more. Other than omega-3 enhanced eggs, eggs are nutritionally the same regardless of color, grade or size.

Source: National Egg Producers



Light vs. Dark Brown Sugar

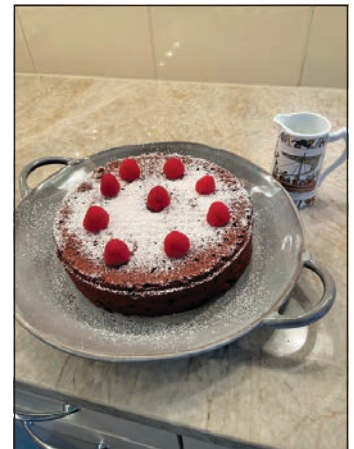
Have you been making a recipe that calls for light brown sugar and you only have dark in your pantry, or vice versa? You can use these sugars interchangeably. Light and dark brown sugars are refined white sugar mixed with one teaspoon or two teaspoons of molasses, respectively, for every one cup of white sugar. The difference between the two sugars is nominal.

Muscovado brown sugar is unrefined cane sugar using the natural molasses that comes with the grinding process. It can be hard to find and is more expensive. Pick either light or dark brown sugar and use it.

Source: Cooking Light

What Is Canned Milk on the Shelves in Grocery Stores?

There are two kinds of canned milk: evaporated and condensed. Both are made the same way: by heating fresh milk until 60% has evaporated. That said, the two types are not interchangeable. The difference is that condensed milk has added sugar, which produces a thick, creamy and sweet milk for *tres leches* cake, banana pudding and fondant. Evaporated milk is a creamy milk with a concentrate of nutrients, particularly calcium and Vitamin D. It is great for fudge, puddings, mac and cheese, mashed potatoes and pumpkin pie. It also avoids the use of heavy creams.



Source: My Recipes

Eat Your Oatmeal

Oatmeal is a whole grain that is fiber rich. There are two types of oatmeal: rolled and steel cut. Rolled oats are steamed and pressed flat. Old fashioned rolled oats take the most time to cook. Quick oats are cooked, dried and cut thin for faster cooking. Instant oats are cooked, dried and cut the thinnest for the fastest cook time. The latter is most likely to have less-healthy additions of salt, sugar and other flavorings. Steel cut oats are not rolled but rather cut into nubs. They take the longest time to cook and are chewier. Steel oats have more nutrients than rolled oats and are the least processed. You should put a pinch of salt in the cooking water. How healthy your oats are depends on your add-ins, such as fruits, nuts or sugary items.

Source: AllRecipes

The compass

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