

# The ompass

Newsletter of the Cameron Station Community Association, Inc.

Volume 16 Issue 4 • Nov./Dec. 2015

## Marty Menez Receives Mark Pillow Award

By Ray Celeste and Pat Sugrue



Photograph by Ana Marie Keating

The Mark Pillow Award was instituted in memory of one of Cameron Station's finest residents, Mark Pillow. Mark, who died suddenly in December 2005, was a terrific friend and neighbor, someone who embodied the community spirit of Cameron Station and made it a better, brighter place to live.

To honor those residents who have followed in Mark's footsteps, the Common Area Committee (CAC) instituted the "Mark Pillow Community Spirit Award" in 2006. The first award focused on landscaping and on those who helped beautify the common areas of the community, as Mark did so well.

In 2007, the scope of the award was expanded to honor a resident who exemplified Mark's special volunteerism – someone who has made a lasting impact on the welfare and spirit of our community through numerous contributions and community building. The award is now bestowed by the Board of Directors at the Annual Meeting, based on nominations from the community.

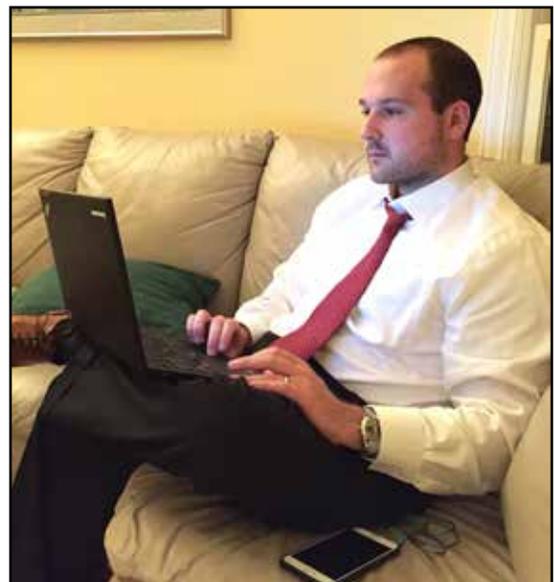
*(Continued on page 2)*

## Greetings from the New Editor of *The Compass*

By Eric Veres, Editor in Chief

Hello, neighbors! My name is Eric Veres and I have been awarded the distinct honor of leading the journalistic endeavors of *The Compass* – Cameron Station's finest news source. I would like to thank Melanie Zimmerman, the previous Editor in Chief, Pat Sugrue, another veteran editor, and the rest of the editorial staff for making the transition in leadership as seamless as possible.

I moved to Cameron Station in June with my wonderful wife, Christie, and our beloved Bengal cat, Harvey. We both contend with demanding careers in Washington, DC—Christie is a Contract Specialist at Naval Sea Systems Command, and I am an Associate Attorney at Gibson, Dunn & Crutcher, LLP. Despite the allure of a short commute, however, we both yearned to be part of a community, not just a complex. Having shared a house, but never a



Photograph by David Thorpe

home, we fell in love with Cameron Station the very first time we found ourselves negotiating the traffic circle on Cameron Station Boulevard. On what seemed like the hundredth week of our house-hunt, our anxiety began to melt away as we saw carefree families strolling in and out of the shops on Brenman Park Drive, and children biking

*(Continued on page 2)*

## Mark Pillow Award

(Continued from front page)

This year's deserving recipient was Marty Menez.

Marty has been volunteering for the betterment of our community for over 12 years. During that period he was Chair of the Cameron Club and Events Committee (CCEC), a Board member and Deputy Project Manager of the Ad Hoc Renovation Committee for the Cameron Club, and Vice Chair of the Cameron Club Facilities Committee (CCFC). He has spent countless hours working on Cameron Club improvements.

As Deputy Project Manager of the Ad Hoc Committee, Marty helped plan and implement the \$900K renovation of the Clubhouse, a herculean effort. As Vice Chair of the CCFC, Marty was the impetus behind the addition of three AV systems to the Clubhouse, as well as the security system.

All projects came in on budget and have successfully made the quality of life for our residents better! And as if all he did for Cameron Station wasn't enough, Marty also served for three years as the JROTC Commanding Officer at a high school in Hyattsville, Maryland. In addition to his classroom responsibilities, Marty volunteered many hours of his time after school and on weekends, mentoring his midshipmen and making sure they were always well prepared. He was always there for his students, regardless of the time of day or day of the week.

After more than a decade of service to our community, Marty has announced his resignation from the CCFC. We will miss his incredible dedication to Cameron Station. We congratulate Marty on his award, wish him a well-deserved rest, and thank him for all he has done. We also hope Marty will decide again to offer his assistance in making our community an outstanding place to live.

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## New Editor

(Continued from front page)

and playing sports in the adjacent park. We committed to our home within a week of that first visit, and have not once since then regretted our decision.

Besides meticulously editing neighbors' article submissions, my passions include chess, golf, Baltimore Ravens football, draft IPAs, and objectively good television.

I took on the challenge of leading *The Compass* because I wanted to get more involved with this amazing community and learn more about the people who make it great. I know that you have skills, talents, hobbies, and accomplishments that merit inclusion in our esteemed newsletter, but the tireless staff members of *The Compass* can only showcase things they know about! To that end, please direct all proposed submissions to [TheCompass@cameronstation.org](mailto:TheCompass@cameronstation.org).

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## Adopt-a-Family Program Needs Our Help

By Mindy Lyle

Once again, the Cameron Station Community will help those less fortunate have a Merry Christmas. Over the past 15 years, Cameron Station residents have adopted families from Samuel Tucker Elementary School who, without our help, might not have any Christmas celebration. Last year we were able to help over 50 families.

We are asking the community to participate again in this program. Family needs are screened by the Social Worker and Principal at Tucker School. Lists of needs – some as basic as dishes – are compiled by the school, along with clothing sizes, shoe sizes, etc. We then have families that

(Continued on page 5)

## 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](mailto:TheCompass@cameronstation.org).

Previous issues of *The Compass* are available online at [www.cameronstation.org](http://www.cameronstation.org).

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

**Editor in Chief:** Eric Veres

**Editorial Staff:** Carla Besosa, Judy Coleman, Lily Engle, Scott E.Z. Franklin, Nicole Gauvin, Maya Noronha, Jamie Riedy, Debbie Routt, Pat Sugrue, and Melanie Zimmerman

**Recurring Contributors:** Susan Birchler and Paula Jarvis      **Photographer:** David Thorpe

# Committee Corner

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# Aging Parents and Caregiver Stress

By Barbara Bolin

If we are lucky, we have parents who will live long and healthy lives. They will see us finish school, find jobs, marry, and start families. As the years pass, and children create their own paths, they can see their parents' pride and joy. With good fortune, family elders welcome grandchildren, and embrace the continuation of family history.

Along with these pleasant milestones, however, come challenges. As parents age, many of their adult children will begin to notice that they are losing certain functions, and in turn, are beginning to require more help. These children, whether they know it or not, have joined the ranks of the Sandwich Generation – the demographic, typically consisting of couples in their 30s and 40s, responsible both for raising their own children and for the care of their aging parents. This demographic has to contend simultaneously with full-time careers, childrearing, relationships, financial security planning, and all the other setbacks and challenges of modern life.

An older relative's decline in self-sufficiency can manifest in many ways, from a decline in memory, to diminished safety awareness, to an overall reduction in physical function and health. Changes in these areas can be subtle, and therefore can often evade detection by family members for long periods of time. Hints often arrive in the form of quirky behavior and curious changes in how individuals previously functioned. Unfortunately, sometimes the first warning arrives in the form of a late night phone call from a hospital emergency room with news of a fall, stroke, or illness.

While it is impossible to ensure that the first warning is not an emergency, the following list of warning signals can help vigilant members of the Sandwich Generation detect early signs of deterioration in elder loved ones: (1) remarks about a fall or accident; (2) calls from a concerned neighbor or church member; (3) unexplained scrapes on the car; (4) weight loss; (5) less attention to the condition of the home; (6) not wanting to leave the house; (7) evidence of unpaid bills; (8) donation pledges to multiple charities; (9) too many magazine subscriptions; (10) talk of nice new friends who are so helpful; (11) repeating stories or questions; (12) spoiled or expired food; (13) disorganized medication; (14) stockpiled medications; (15) lack of medications; (16) self-neglect; (17) soiled clothes; (18) decline in safety awareness; (19) burned pans; (20) unsafe food storage/handling; (21) personality changes; (22) paranoia; (23) mood changes; and (24) deficits in hearing or vision.

Two or more of these signs means it is time to pay attention. In my practice as a licensed clinical social worker, I know

that individuals experiencing risky cognitive impairment as a result of age will not be able to perceive the changes in their memory or judgment, or if they do, they will tend to hide or minimize their deficits. Over time, the brain loses the ability to sense danger or scams, and that lack of wariness puts the individual at risk of donating to fake charities, succumbing to bogus calls about a relative needing bail money, and believing in the viability of purported "no risk" investments that turn out to be scams.

Unfortunately, even when these individuals' ability to think abstractly and make reasoned judgments fades, their primary care physicians may not recognize the signs. Even a trained professional can be fooled by the "game face" an older individual maintains, particularly if he/she does not know the individual suffering impairment very well. Without another observer more familiar with the person experiencing cognitive decline, risk factors can go unnoticed for a long time.

Those close enough with those afflicted to recognize the signs of impairment face their own challenges. The long-standing parent-child dynamic can enable the impaired

*(Continued on page 14)*

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## Adopt-a-Family

(Continued from page 2)

can be "adopted" by Cameron Station. A typical family receives a gift card for food and other household items; each child receives a few toys and needed clothing.

In previous years, streets have banded together. Some families adopted another family. In addition, HOA committees, book clubs, and other Cameron Station groups adopted multiple families. Many of the area businesses and organizations, including Virginia Paving and the Rotary Club, adopted families as well. One condo community even adopted four families!

This year, if you would like to participate but do not wish to shop for a family, we welcome gift cards, cash, or checks and elves will shop to make Christmas special for these children.

If you are interested in helping to continue this Christmas tradition please email [adopttuckerfamily@comcast.net](mailto:adopttuckerfamily@comcast.net).



Photograph by Pat Sugrue

Mindy Lyle is a resident of Cameron Station and Coordinator of the Adopt-a-Family Program.

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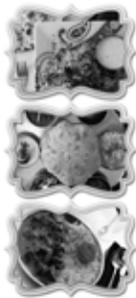
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# Winter In Cameron Station

## 15 Suggestions to Prevent the Winter Blues!

By Susan Birchler

Sure, it's cheerful now in December. There are parties, presents, and great food, not to mention holiday lights all over. But you know there will be that moment in January when the sodden greyness of dark winter comes for your soul. Are you going to sink into your sofa with massive blankets and indulge in lonely binge-watching, or are you going to look winter in the eye and say, "Heck with you, you old grey mess!" Of course you are going to choose poking winter in the eye! Do you need a few suggestions to avoid the lonely depths of your sofa this winter? Here are 15 ideas that should help you survive the winter unscathed:

1. Take a four-month vacation to a Caribbean island. Time your return to coincide with spring. Just kidding. Let's start again.
1. Buy a bathroom towel warmer – so much indulgence at such a small price. Is there anything better than wrapping yourself in a warm towel in a steamy bathroom? I should think not.
2. Buy a natural light lamp. These mimic the light of the sun and can do wonders for your mood during the winter months. They cost as little as \$36, and can guide you through more than one winter.
3. Buy a hot water bottle. Fill it with hot water and place in between your sheets at night so your little toesies don't get coldsies.
4. Drink a lot of fluids, and often. The cold, dry air of winter can make you look and act like a dried-up apple. Hydrate, hydrate, hydrate!
5. To remove ice from your car in the morning, mix 1/3 tbsp. vinegar into 2/3 cup of water and place the mix into a mister, pump, or other type of sprayer. Spray the contents onto your car windows, and the ice will slide right off.
6. To remove ice from your sidewalk, mix 1 tsp. dishwashing detergent (the organic, biodegradable kind, please), 1 tbsp. alcohol, and 1.5 gallons of water. Pour the mix onto your sidewalk, and kiss the slippery-slide good-bye!
7. Buy a new blanket for the sofa that is cozy, but cheery (i.e., avoid black and grey). You know you will indulge in binge-watching, and you deserve to do so in style and warmth surrounded by cheerful colors.
8. Wear bright colors. Are you in mourning wearing all that grey and black? For goodness sakes, put on some hot pink, tropical yellow, or bright red! Wear some colorful winter scarves. Walk out of the house with your head up, looking like a hot-house flower. I am not just talking to the ladies. Would it kill you to wear a bright scarf, tie, or shirt, gentlemen? Nothing perks up a day like cheerful colors, so be someone else's bright moment!
9. Get out of the house – preferably to a place full of lights and people. Call your friends. Make more dates for dinners, movies, or bar-hopping! Nothing chases the winter blues away like a good time with fun people in warm places.
10. Try a winter sport: downhill-skiing, cross-country skiing, ice skating, or making a snowman can really lift you out of a gloom. Take the often-dreaded hallmark of winter – snow – and make it your gift!
11. Have an indoor Block Party. Invite all your neighbors over for cocktails and finger foods. (Editor's Note: it works especially well if you invite the editorial staff of *The Compass*). Start a book club; movie club; sports-watching club; or a beer, wine, or cocktail club. These are all great ways to meet new friends and shake off the winter gloom.
12. Try something new like Pilates, yoga, or a cooking class, as these are all excellent ways to stay fit in the winter and meet new people. For a more solo exercise journey, try joining the YMCA to go swimming. Using our gym, take a walk or a bike ride on its indoor machines, or try the rowing machine instead of weights. Mix your routine up; introduce something new!
13. Check out the Beatley Library. It has tons of fun, free events. In addition to the expected children's storytelling time, the clever librarians also have free movies, book signings, lectures, a craft club, a science club for kids, a genealogy group, and more. There is always something fun happening at the library.

14. Volunteer. Volunteer Alexandria has a long list of non-profits that could always use an extra hand. Nothing beats the winter blahs better than gracious helping/giving. It's guaranteed to help you get you out of the house, find new friends, stay connected with other people, and feel great! For more information about how you can get involved, check out Volunteer Alexandria's website at: [handsonconnect.volunteerallexandria.org](http://handsonconnect.volunteerallexandria.org).
15. Take your colorful, well-exercised self, along with your new friends, to the DC museums this winter. The Smithsonian museums, including the zoo, are free, and provide a great way to spend an afternoon. The Smithsonian also has events like movies, lectures, and docent-led tours. There is a museum for every interest: the National Air and Space Museum, the Sackler and Freer galleries, the National Museum of Natural History, countless art museums, the National Portrait Museum, the National Museum of the American Indian, and as mentioned above, the National Zoo. If you can't find a fun museum activity, you are not looking hard enough. Use the following URL to find some fun, free things to do this winter at the Smithsonian: [www.si.edu/Events](http://www.si.edu/Events).

When I walk outside this winter I want to see everyone out in their colorful scarves and hats, headed to do something fun, with friends and/or family. Don't let me down.



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## Change your Mindset

By Paula Jarvis

I talk with clients frequently about making healthy changes to their lifestyles. For many, this process requires developing a better understanding of the interplay among food, drink, activity, stress, and sleep, and how these processes affect our bodies. Many of us could make better choices in one or more areas. Once we identify where we can help ourselves, we can effect change by putting a plan in place, and taking action.

Whether this process is ultimately successful depends in large part on one's mindset, as people's behaviors are shaped by how they see themselves and how they think about their actions. For example, if you view yourself as a chronic, after-dinner snacker you will have a very difficult time breaking out of this habit. Instead, tell yourself that you no longer snack after dinner, which will take that habit out of your playbook. Similarly, telling yourself it is too chilly for a walk keeps you inside, whereas dressing appropriately and getting outside makes you feel better physically and emotionally. When you change your perceptions and actions in just one area it can have far-reaching positive effects, as the mental, physical, and emotional components of a healthy life are all interrelated.

This holiday season, I'd like to suggest that you change some of your "self-talk," i.e., internal, recurring narratives. Maybe by rewriting a few of the tapes you play in your head, you can more easily reach the healthier self you desire. Negative self-talk can make counter-productive background noise in one's head. Some of these assumptions and perceptions can be so familiar that you might not even realize they are shaping your behavior.

If any of these negative thoughts play in your head, try replacing them with something proactive and positive:

**Instead of:**

I should lose weight/get in shape this year.

**Try:**

I'm excited to think of how much better I'll feel/sleep/look. Today I will start adding more healthy behaviors to my days.

**Instead of:**

I should eat healthier.

**Try:**

I have great healthy food choices available to me – I'm going shopping to fill my kitchen with nutritious foods for snacks and meals.

*(Continued on page 10)*

## Change Your Mindset

(Continued from page 9)

### Instead of:

I should exercise more.

### Try:

I am so lucky to have a gym and walking/biking paths right here where I live. Whenever I exercise, I feel good afterward. I'm going to give myself the gift of a walk/workout/bike ride.

### Instead of:

I'll start after the New Year.

### Try:

I don't have to wait for any date/event/health threat to make changes. I can start right now and start feeling stronger, more flexible, better rested, lighter, healthier, and happier.

This year I hope you will give yourself and your family the gift of taking care of yourself and feeling good.

*Paula Jarvis is a Personal Trainer and Wellness Coach living here in Cameron Station.*



Photograph by David Thorpe

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# Fall and Winter Gardening Tips

By the Cameron Station Volunteer Gardeners, Suzanne Dingwell, Linda Greenberg, Kathy McCollom



Though the onset of winter does generally mean less toil for the aspiring gardener, there are a few things to take care of before the first hard freeze.

One of the best things one can do as winter approaches is take inventory of one's garden before everything dies. Assess what turned out well this year, and what

did not live up to expectations. To avoid forgetting these lessons and being forced to start anew next year, write down these thoughts so that over the years your garden ages like wine, not like milk. Even very experienced gardeners have poor performing plants that should be moved to different light, or even removed altogether.

In addition, ceramic pots filled with soil need to be emptied and brought inside prior to the first freeze so that they do not crack.

Take one last look for stray weeds, especially those sprouting under bushes. Weeds can come from any stray wild seed, including vines, trees, and bushes blown in or carried by birds. Once established, their roots are very tenacious, the plants can get big, and they are difficult to remove. Dig them out while they are small.

To remove and replace original builder shrub plantings, one should hire a professional, particularly if these plantings have been left unshaped for years. Some gardens have become very shady as surrounding trees have grown, which has left the sun-loving plants looking spindly. The best solution is to replace the spindly plants with plants meant to grow in the shade.

Finally, an ambitious gardener can plant bulbs as late as December, provided his/her garden gets a lot of sun, and the ground is still workable.

After the first hard freeze, once perennials die, remove the dead foliage and cut them back to their crowns. Winter is an ideal time for tree and shrub pruning while the plants are dormant, as it is much easier to see a tree's shape when it is without leaves. Shrubs that set flower buds early, such as azaleas or hydrangeas, are an exception to this general rule. These shrubs should be pruned in the spring immediately after blooming. Crape myrtles should not be heavily cut back. In general, no living plant should have more than a third of its growth pruned at one time.

Most pruning of smaller diameter branches can be done with hand tools while standing on the ground. Anything high up should be left to professionals in the interest of safety.

Here's what to look for when pruning:

**Dead branches.** They can be removed any time of year.

**Suckers.** This is growth coming up from the ground around the base and lower part of the trunk. A tree's energy needs to go into one strong trunk and the upper branches.

**Branches.** Any branch that is touching your wall, would touch your wall when it is windy, or would brush someone walking along the sidewalk, should be pruned. Make sure no branches are blocking street signs. Many of the community's private trees and bushes have not been pruned since the builder planted them and are overdue for pruning.

Over time, trees need their lower branches removed, both for appearance and to prevent them from blocking walkways and streets. The amount removed should be proportional to the tree's height. The eventual goal is to remove lower branches so that one can walk under the tree.

If you have any questions about your plants, the Volunteer Gardeners of Cameron Station are here to help. We can help plan the best garden for your small space and can identify plants from a previous owner. We can meet you at a mutually convenient time. Contact us at [gardeners@cameronstation.org](mailto:gardeners@cameronstation.org).

# What You Should Know about Snow, Deicers, and Pets

By Debbie Rount

While using a shovel may be the safest way to remove snow and ice from your front stoop, sidewalk, or driveway, it may not be enough. Deicing products can help with clearing ice and snow.

Despite their convenience, it is important to exercise caution when selecting and using deicing products. Repeated, heavy, or irregular application can cause certain surfaces to scale, flake, and deteriorate – a process known as salt fretting. Fretting often occurs where the base of a building meets the sidewalk. Continued use of deicing products on masonry can cause severe fretting and the loss of pieces of masonry from your home foundation, driveway, or sidewalk.

Deicers also pose potential risks to dogs and other pets, as well as local waterways and wildlife. To make your walkway passable, all you need is traction. Gravel is cheap, non-toxic, and easy to spread; sand is a good second choice, although it must be cleaned up to avoid waterway run-off and sedimentation. Both of these options have low environmental impacts and pose no problem to canine paws. Another way to protect walkways, sidewalks, and one's driveway in lieu of a deicer is to lay plastic sheeting or wooden boards on walkways prior to an ice storm or forecasted freeze.

Note: it is important that residents remove snow that accumulates in the area adjacent to where they live. The City of Alexandria stipulates that snow removal from sidewalks, driveways, and entrances are the responsibility of the adjacent property owner, occupant, community association, or business. Snow and ice must be cleared from all paved sidewalks abutting one's property within 24-72 hours of the end of the snowfall, depending on the storm response level. More information about the city's approach to snow and ice removal can be found here: <http://www.alexandriava.gov/Snow>.

Using a deicing product safely and effectively requires more than simply spreading it around. Knowing the age of a sidewalk and the product's ingredients are important to prevent pet and property damage. Before buying a deicing product, consider the following:

- Most chemical deicers are irritants and should be washed off immediately from hands (or paws) with soap and water.

- Chemical deicers, including magnesium chloride, can leach heavy metals from the soil and bring them to the surface and into groundwater.
- Avoid using carbonyl diamide (urea), which releases nitrate into the water supply, contributing to algae blooms, which choke fish, shellfish, and vegetation.
- Chloride salts – magnesium, potassium, sodium, and calcium – are each designed to work at different minimum temperatures. So before deciding to go this route, take care to buy only what is needed to do the job based on the actual temperature.

Avoid use of deicing products on concrete sidewalks and steps that are less than six months old, as they can be severely damaged by deicing products. Products containing ammonium nitrate and ammonium sulfate should never be used, since these will break down even the most durable masonry materials. Applying deicers near vegetation can harm plant life, as concentrations can build up in the soil. To provide better overall traction, use sand in combination with a deicer, or use sand by itself.

If you decide to use a deicer, here are some helpful tips:

- Help the melting process by shoveling and removing snow and slush first.
- Follow the manufacturer's instructions for use and safety.
- Use the deicer sparingly in the area of highest foot traffic, and away from the base of any building.
- Wash down sidewalks, building bases, and areas near vegetation to remove any product residue whenever there is a thaw, and certainly before spring officially arrives.
- Take care to wash your pet's paws, and remove excess product to help your neighbors' pets navigate area walkways.



Whether you use the *Farmer's Almanac* or other experts' predictions for 2015-2016, this year's El Niño effect is likely to produce a biting cold winter in the eastern United States. Be prepared to ensure your (and your pet's) safety when using commercial deicing products to remove snow and ice.



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## Aging Parents

(Continued from page 4)

person to deflect any discussion of concerns, as a child may not feel comfortable confronting his or her parents. Trying to start a conversation usually triggers anger, or at a minimum, defensiveness. A parent can, and will, invoke all the familial power and authority he or she can muster in order to fight off the perceived “attack” from a concerned child or relative. Any questions about finances, estate plans, advance directives, or other fiercely private matters can arouse suspicion, and trigger accusations. I recently witnessed an elder angrily tell her family members she still dresses and bathes herself every day, even when the assisted living nurse had just reported how extensive her care is. Her cognitive impairment now prevents her from recalling the daily help she receives from nursing staff. She will argue against reality ferociously and convincingly, without facts or insight to support her claims. When it is a parent who is thundering away at “interfering” loved ones, no one would be surprised if the “meddler” backs down.

The problems, however, do not go away; they compound. Often it is a severe health crisis or accident that forces ailing individuals and their families to deal constructively with the problem. This can be a good learning moment – a time to step in and make the changes recommended by the healthcare provider. By approaching one’s concerns as a medical issue, a concerned child can remove the problem from the auspices of family drama, and reframe the issue as a neutral, medical concern. Family members can report what is happening to a physician or nurse, even if the patient has not given consent to the doctor to share information with family. Family reports can give the physician much-needed perspective and insight into the ailing individual’s real condition by revealing day-to-day struggles or problems associated with his/her home life.

Luckily, often the solution is strictly medical. The primary care physician needs to be the starting point so that diagnostic lab work, tests, consultations, or scans can be performed. Surprisingly, something as seemingly mundane as a urinary tract infection can cause serious mental status changes and be extremely dangerous to an older person. The individual may not report any symptoms whatsoever. It is completely treatable, and a round of antibiotics can return the person to normal. The physician can delve into the cognitive issues as well, and guide the patient through further assessment and treatment as needed. The air of authority that accompanies a doctor’s white coat can foster a trusting medical relationship that accomplishes a great deal in a short amount of time, and avoids the nasty dynamics of family power struggles.

One tip I would like to stress: be persistent. By consistently and calmly voicing your concerns to your parent, you are signaling that you intend to keep the conversation active. Over time, this strategy can reduce denial, show commitment to his/her well-being, and reduce trauma and defensiveness. It may feel horribly uncomfortable to start the conversation, but the alternative can be much worse. The goal is to find a way to balance your own life and peace of mind while also meeting the evolving needs of an elder who – unbeknownst to him or her – needs your help.

Fortunately, there are many options, approaches, and resources for Sandwich Generation members. Whether an elder stays in his or her home, or a move is necessary, a geriatric case manager can help navigate multiple systems. The local Area on Aging is a clearing house that consists of agencies and individuals who specialize in senior care. There are many options along a continuum of care, from home care to residential settings. Do not make promises to always do something or never do something, as the future, like health, is impossible to predict. What members of the Sandwich Generation can do is promise is that they will do everything they can to make sure their elder loved ones are safe and have the care they need. Life is difficult and imperfect, but we can learn to cope healthily with the aging process through proper education, compromise, and utilization of the many resources available to aging individuals and their families.

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# Cameron Station for the Wounded Warriors at Bethesda Hospital

By Dubey Lifmann

Over the past year, Margo O'Neill has become a pioneer of Cameron Station's efforts to support our wounded veterans through our local Wounded Warriors program. Margo, who lives in New Jersey, first came upon *The Compass* through her nephew, a Cameron Station resident. When she read about the community's Wounded Warriors program, Margo organized a group of ladies from her work and church to knit scarves and purchase swim trunks for our warriors. The effort generated nearly 100 swimsuits for water rehab, as well as gym shorts, that were delivered to the wounded veterans at Bethesda Naval Hospital.

Our community's efforts to support veterans through the Wounded Warriors program have not gone unnoticed. In 2014, program members met a wounded soldier who was confined to a wheelchair, but often stopped by Cameron Station's Wounded Warriors table to visit. During a visit to the hospital this past October, our program members were thrilled to see him walking! He expressed his deep support for all that the Wounded Warriors program does.



Photograph by Dubey Lifmann

The Cameron Station Wounded Warriors program has had three very successful visits this year to Bethesda Naval Hospital, and is planning another trip in December. Please consider donating new winter clothes, such as sweaters, jackets, or gloves. Of course, the program also accepts monetary donations. Please make any checks payable to Cameron Station Wounded Warriors, and mail them to the attention of Dubey Lifmann, 135 Somerville St., Alexandria, VA 22304.



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# Carla's Picks

By Carla Besosa

## Alexandria (Old Town)

Dec. 5 - Torpedo Factory Holiday Open House, 4-9pm  
- Santa arrives by boat, 4:15pm  
(photo op for kids & canines)  
- Boat Parade, 5:30pm

Dec. 31 - First Night Alexandria  
([www.firstnightalexandria.org](http://www.firstnightalexandria.org))

## Anacostia Playhouse (DC)

Nov. 16-Jan. 3 - *Black Nativity*

## Arena Stage (DC)

Nov. 13-Dec. 27 - *Akeelah & the Bee*  
Jan. 15-Feb. 21 - *Sweat*

## Atlas Performing Arts Center (DC)

Dec. 10-22 - Step Afrika! Holiday Step Show  
Dec. 13 - Holiday Concert & Sing-Along

## The Barns at Wolf Trap (Vienna)

Jan. 15 - Falu's Bollywood Orchestra

## Birchmere (Alexandria)

Dec. 2 - Peter White Christmas with Mindi Abair & Rick Braun  
Dec. 3 - Sheila E  
Dec. 4 - Blood Sweat & Tears featuring Bo Bice  
Dec. 7 - David Benoit *Christmas Tribute to Charlie Brown* with Jane Monheit  
Dec. 11-12 - Judy Collins  
Dec. 28 - Mint Condition Holiday Show  
Jan. 15-17 - Eddie from Ohio

## Black Rock Center for the Arts (Germantown)

Dec. 5 - Rusted Root  
Dec. 11 - Claire Lynch Bluegrass Holiday  
Dec. 13 - Afro Blue Christmas

## Blues Alley (Georgetown)

Dec. 3-5 - Arturo Sandoval  
Dec. 10-13 - Marcus Johnson  
Jan. 14-17 - Gerald Albright

## Creative Cauldron (Falls Church)

Dec. 4-27 - *Madeline and the Gypsies*  
Jan. 28-Feb. 21 - *Monsters of the Villa Diodati*

## Del Ray Artisans Gallery (Del Ray)

Fridays-Sundays in December (prior to Christmas)-  
Holiday Market

## Dulles Expo Center (Chantilly)

Dec. 11-13 - Sugarloaf Craft Festival  
Dec. 18-20 - International Gem & Jewelry Show  
Jan. 10-11 - DC Big Flea Market  
Jan. 30-Feb. 1 - Sugarloaf Craft Festival

## Evening Star (Del Ray)

Jan. 14 - Janna Audey

## 1st Stage Theater (Tysons)

Nov. 12-Dec. 20 - *Harvey*

## Ford's Theater (DC)

Nov. 19-Dec.31 - *A Christmas Carol*

## George Mason Center for the Arts (Fairfax)

Dec. 5 - Fairfax Symphony Orchestra - *A Fairfax Nutcracker*  
Dec. 12 - American Festival Pops Orchestra - *Songs of the Season*  
Dec. 18 - Vienna Boys Choir - *Christmas in Vienna*  
Dec. 19 - Savion Glover - *Dance Holiday Spectacular*  
Jan. 22 - *The Adventures of Sherlock Holmes*

## The Hamilton (DC)

Dec. 13 - Emmylou Harris  
Dec. 14 - Donovan

## Howard Theater (DC)

Dec. 4 - John Scofield  
Dec. 18 - Bobby Brown  
Dec. 27 - *A Drag Salute to Divas*

## The Hub Theater (Fairfax)

Dec. 11-20 - *Wish List*

## Indigo Landing (GW Pkwy on the Potomac)

Dec. 6&20; Jan. 3&17 During Sunday Brunch - Angie Miller

## Jammin Java (Vienna)

Dec. 11 - Toby Lightman  
Dec. 20 - *A Cappella Afternoon*  
Dec. 22-23 - Todd Wright's *Christmas Spectacular*  
Dec. 28 - Deanna Bogart Band

## Kennedy Center (DC)

Dec. 20 - *Handel's Messiah*  
Dec. 31 - Chaka Khan

## Little Theater of Alexandria (Old Town)

Dec. 4-19 - *A Christmas Carol*  
Jan. 16-Feb. 6 - *Grey Gardens*

## Lorton Workhouse (Lorton)

Dec. 5, 12, 19 - Donuts with Santa  
Dec. 5, 12, 19, 26 - Children's Theater: *The Nutcracker*

## Metro Stage (Alexandria)

Nov. 25-Dec. 27 - *A Broadway Christmas Carol*

**National Harbor (P.G. Co.)**Nov. 22-Jan. 3 - *Gaylord National's ICE!***National Theater (DC)**Dec. 1-Jan. 3 - *Motown the Musical***Port City Playhouse**Jan. 15-30 - *Medieval Storyland***Roundhouse Theater (Bethesda)**Dec. 1-27 - *Stage Kiss***Schlesinger Center (Alexandria Campus NVCC)**Dec. 6 - *Handel's Messiah*Dec. 19-20 - Ballet Arts Ensemble of Fairfax -  
*Nutcracker in a Nutshell***Shakespeare Theater**Nov. 17-Jan. 3 - *Kiss Me, Kate***Signature Theater (Shirlington)**Dec. 8-Jan. 24 - *West Side Story***The State Theater (Falls Church)**Dec. 12 - *A Rockin' Renegade Holiday*Jan. 6 - *Bruce in the USA***The Strathmore (Bethesda)**

Dec. 1 - US Air Force Holiday Concert

Dec. 3 - *Hip Hop Nutcracker*

Dec. 4 - Dave Koz Christmas Tour

Dec. 13 - Sweet Honey in the Rock

Dec. 19-20 - National Philharmonic *Handel's Messiah*Jan. 17 - *Step Afrika!*

Jan. 29 - Kristin Chenoweth

**Studio Theater (DC)**Dec. 9-Jan.3 - *Bad Jews*Jan. 13-Feb. 28 - *Between Riverside & Crazy***Synetic Theater (Crystal City)**Dec. 9-Jan. 17 - *As You Like It***Verizon Center (DC)**

Dec. 10 - Trans-Siberian Orchestra

Dec. 13 - Andrea Bocelli

**Warner Theater (DC)**Dec. 3-27 - The Washington Ballet - *The Nutcracker***Wolf Trap (Vienna)**

Dec. 5 - Holiday Sing-A-Long

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Sonoma Cellars, 207 King St.

Stomping Ground Café, 2309 Mount Vernon Ave.

Captain Gregory's, 804 N. Henry St.

**Movies** (both based on true stories)*Desert Dancer* (Reece Ritchie & Frieda Pinto)*McFarland, USA* (Kevin Costner)**Music**Andra Day – *Cheers to the Fall*Miles Davis – *Ascenseur Pour L'Echafaud*

# Annual Holiday Party

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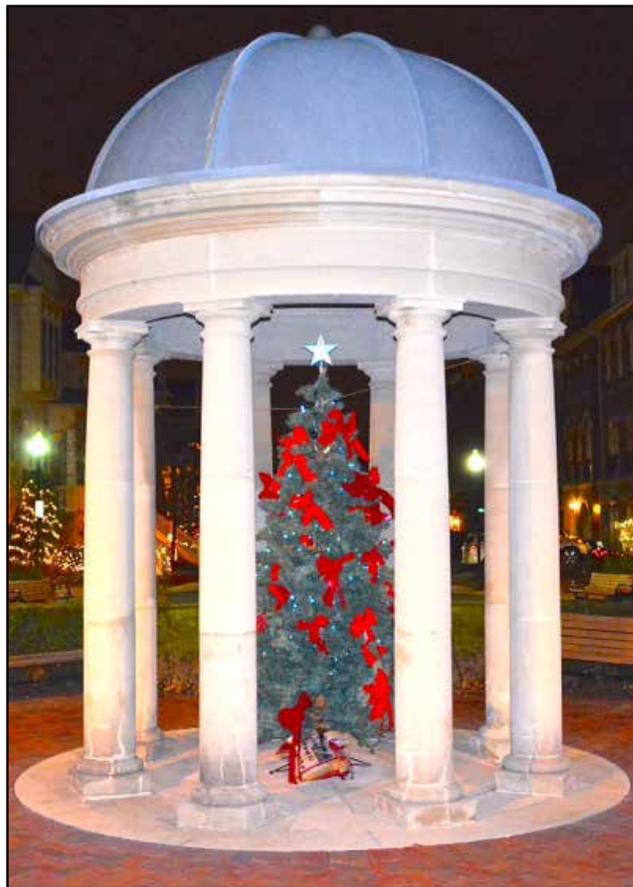
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Photograph by David Thorpe



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# Cameron Station Resident Attends World Scout Jamboree in Japan

By Jeffrey Lepak

Joseph Lepak, a Boy Scout living in Cameron Station, attended the 23rd World Boy Scout Jamboree in Yamaguchi, Japan, from July 24 to August 9, 2015. The World Jamboree occurs every four years, and this year, 33,000 Scouts and leaders from 161 countries participated from all over the world. Joseph was one of 70 Scouts from the Washington, DC area out of the 1,500 total Boy Scouts of America participants.

The event provided opportunities to raise awareness about global issues, explore the environment, participate in community service, deepen understanding of developments in science and technology, and learn about Japanese history and culture. In addition to spending time at the camp, Joseph visited a nearby middle school and the Hiroshima Peace Park, where Scouts participated in the 70th anniversary of the nuclear bombing of Hiroshima by making and laying peace cranes at the site. His group also got a tour of Tokyo before heading south to the campsite.

Upon his return, Joseph understood that his experience in Japan was a trip of a lifetime. When asked what he liked best about his trip, he said: "meeting Scouts like me from all over the world." His camp was next to Switzerland and the Czech Republic. He traded shirts with Scouts from Taiwan and England, and backpacks with Scouts from Hong Kong and Mexico. As Joseph's father, I personally attended the Jamboree as an International Service Team volunteer.

Joseph is a Life Scout with Troop 129 chartered by Westminster Presbyterian Church here in Alexandria, VA. He just completed his workbook for his Eagle Scout project, which he hopes to complete this year. His project is to build a shed at Hammond Middle School where the science department can store outdoor tools and materials.

Joseph walked a dog, shoveled snow, packed boxes, moved furniture, and watered plants to earn money for his trip. Joseph wants to thank all of the Cameron Station residents whose generosity helped him meet his goal of traveling to Japan.



Photograph courtesy of Jeffrey Lepak

# The Fifth Annual Grimm/Knapp Place Halloween Extravaganza

By Susan Birchler

A sign in the Peter Pan-themed Halloween pocket park read “Ring the Bell for Pixie Dust” as children entered the pocket parks at Knapp Place and Cameron Station Boulevard on Halloween. Children were thrilled when a treat slid down the funnel and into their hands as they entered the walk through Neverland. Tinkerbell greeted the children as they entered. Smee and Captain Hook manned the pirate ship, firing off smoke from the cannons. Tick Tock the Crocodile ran perpetually after a miniature Captain Hook (played by a nephew), while adult pirates menaced the trick-or-treaters. A mermaid kept watch over Neverland’s pond and waterfalls, while Tiger Lily watched over the meadow. At the end of the fantasy journey, Jake the Pirate gave away candy from an overflowing treasure chest. Every child was charmed and delighted with Peter Pan characters come to life.

When the trick-or-treaters crossed the street, they found a scarier scenario. A skeleton greeted those bold enough to enter a decrepit graveyard, covered in moss. Skulls, bones, and body parts had come out of the ground to celebrate All Hallows Eve with the living! A coffin had emerged from the ground, and the zombie inside desperately tried to break through chains to walk the earth. Skelly the Ghoul warned people to go no further, but trick-or-treaters paid him no heed. The result was terrifying, as a necromancer, a ghoul, a clown, and a devil jumped out from the trees at each passerby. Meanwhile, ghosts floated around during their lone, annual party, or wreaked havoc with the witches’ cauldrons. As the hapless trick-or-treaters finished their journey, they had one more scare to endure. The Phantom

of the Opera sat amongst the ghosts, haunting the trick-or-treaters as they exited.

In one pocket park the youngest children were charmed, and in the other, the rest were scared. Both fantasy experiences were perfect for a Halloween Extravaganza! The Cameron Station residents put on another great show in our fifth year of decorating the parks!

I would like to thank Christina, Maria, and their extended family for putting on a creative, clever, well-played Peter Pan fantasy experience full of great characters. Both the little ones and the older children loved it. Cast of characters: Suzanne, Clara, and Zachary as pirates; Maria as Mr. Smee; Cade as Captain Hook; Amy as Tinkerbell; Adam and Katie as the Lost Boys; Christina as Tiger Lily; her sister Anne-Marie as The Mermaid; little Norah as a Fairy; Troy as John; and Jeff as Peter Pan.

Special thanks to all the people who contributed to creating and putting together the scary side: Laura, Tom, Steven, Gaurav, Arjun, Mary, Don (and me). The terror would not have been the same without their hard work. Many thanks to Jay Bhunot for being one scary Phantom of the Opera; my neighbor, Alexandra, and her husband for putting on scary masks; Steven for dressing as a warlock; and Arjun for putting on a clown costume and giving trick-or-treaters a fun fright by jumping out from behind the trees. Huge thanks to Kathy and Mike’s extended family for providing spooky music. Thank you to Gaurav for forgoing trick-or-treating to hand out candy all night with Kathy, and ending up with just the right amount at the end – NONE. The

night’s magic could not have happened without all of them. Finally, I would like to say a huge “thank-you” to all our neighbors across Cameron Station who brought by extra bags of candy. You are awesome!

You never know what fright-filled fun we might get into next year! Come by and see!



Photograph courtesy of Susan Birchler

# The Eighth Season of the West End Farmers Market

*By Susan Birchler, Director, West End Farmers Market*

"Eat Well and Have Fun!" That is the motto of your local West End Farmers Market. We closed our eighth season of fun and good eating on October 23, 2015.

How well did we eat this season? How much fun did we have? It is hard to measure the joy brought by the delicious foods, the diverse array of beautiful artisanal objects, visits from Alexandria fire, transit, and composting departments, the Beatley Library, Ada's southern cooking food truck, Rubie's pop-up hair cuttery truck, Alexandria's Irish Dancing, Adrianna's singing, and various non-profit agencies!

The pictures below can give you a glimpse, but to get a real sense of the great food and fun, you will have to come by the market when it reopens on Sunday, May 1, 2016!

Every Sunday something fun and different took place at your market, and it goes without saying that there were always delicious foods.

Thank you to all of our great, loyal customers! We loved seeing you every week!

Do not wait until spring to like us on Facebook [www.facebook.com/WestEndFarmersMarket](http://www.facebook.com/WestEndFarmersMarket) for information on where your favorite (or soon to be favorite) vendors can be found over the winter, as well as, recipes and photos of the past season. We also have a website with pictures and descriptions of all our vendors, located here: [www.westendfarmersmarket.org](http://www.westendfarmersmarket.org).

See you at the market!



*Photograph courtesy of Susan Birchler*



*Photograph courtesy of Susan Birchler*



*Photograph courtesy of Susan Birchler*

# Restaurant Review

## Taste of Asia

By Carla Besosa

New to the West End, Taste of Asia offers an Asian fusion menu with delicious dishes from the Far East. The restaurant is located in the Trade Center, around the corner from Cameron Station at the former location of Dave & Chung's. The space is intimate and well-decorated, and the food is both delicious and artistically presented. The staff is friendly, efficient, and very accommodating.

The menu offers a variety of authentic Asian cuisine, including soups, salads, sushi, tempura, sashimi, teriyaki, hand rolls, bento box, Thai food, and Chinese dishes.

I've visited Taste of Asia at least half a dozen times and have enjoyed it each time. I love their *Wonton Soup*, comforting on a chilly day, and conveniently paired with a trip to the post office. The *Avocado Salad* is always fresh and beautifully presented. The *Gyoza* and *Crab Rangoon* are favorite appetizers of mine, both quite tasty. I also enjoy the *Pad Thai*, *Sesame Shrimp*, and other entrees. Taste of Asia offers all sorts of *Nigiri* and *Sashimi*, as well as a full *Sushi* bar. I plan to return to try their *Lobster Roll*: tempura lobster tail topped with lobster salad and fresh mango. The description sells itself!

Taste of Asia offers Bento Boxes and lunch specials from 11am to 3pm. The menu contains a "Healthy Menu" section with a variety of steamed options, including a number of vegetarian options.



Photograph by David Thorpe

The owner and staff are extremely gracious. Taste of Asia has generously provided food for multiple Cameron Station events. We've enjoyed their *Singapore Noodle*, *Crab Rangoon*, and *Salt & Pepper Shrimp*. The staff members are efficient and cater to the wants and needs of their customers.

Whether you are in the mood for sushi, vegetarian, pescetarian, or more meat-centric offerings, Taste of Asia has something for you. Support our new West End neighbors; they have been very supportive of our community.



Photograph by David Thorpe



Photograph by David Thorpe

### Taste of Asia

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ABC License Pending at the time of this article

# Homeowners Association Annual Meeting Re-cap

By Melanie Zimmerman

While physical attendance numbers were lower than in recent years, the number of proxies submitted at the Annual Meeting of the Cameron Station Community Association on November 2, 2015 (Annual Meeting) was enough to ensure a quorum. The highlight of the evening was the announcement of this year's winner of the Mark Pillow Spirit Award: Marty Menez. Marty was selected for his impressive work renovating the community clubhouse and AV systems, as well as his 12+ years of volunteer work throughout the community and with the Junior Reserve Officer Training Corps (JROTC).

During the Annual Meeting, four Community Association board members were voted in: Stephanie Bibighaus, Rodney Gray, Donna Kenley, and current Board President, Michael Johnson.

In addition, police representatives from the West Alexandria sector provided a summary of the crime statistics from the previous 30 days. The report included a few assaults and batteries, an identity theft, and a handful of larcenies. The police captain strongly urged residents to keep garage doors closed and car doors locked, and to keep these items out of view within your vehicle: navigation devices, garage door openers, coins, and other items of value. She also recommended that those traveling over the holidays direct mail or package deliveries to work or to a neighbor's house, or leave a note on the door to deliver the package to the shipping facility for future pick-up, rather than allow the packages to sit in front of houses for prolonged periods.

The Pulte Homes representative discussed the 48 homes for which construction is scheduled to begin in April 2016 on the property that formerly housed U.S. Bowling at 100 S. Pickett St. The homes will be approximately 1800-2800 square feet and in the \$550,000-\$800,000 price range. The development will not include a pool or clubhouse, but will include a small park.

He also discussed the development of the two large apartment buildings next to Home Depot, which will include 66 town homes (with retail below). This development is scheduled to begin in September 2016, with the newly constructed townhomes averaging \$700,000 - \$800,000 and 2200 square feet.

Psy Scott, Cameron Station's Fitness Center Director, discussed recent upgrades to the Cameron Station fitness

facility equipment. He also discussed plans to expand the list of complimentary fitness classes, and to revamp the cardio equipment in 2016.

The Cameron Station committee chairs briefly recapped their status. They offered thanks to Irina Babb and Aaron Podolsky for their donations to various Activity and Events Planning Committee (AEPC) events, and announced that the Facilities Committee has a vacancy. The Chair of the Architectural Review Committee (ARC) noted that ARC received 81 applications for modifications to the Design & Maintenance Standards (DMS) this year, 71 of which were approved. ARC also announced its plan to revise the DMS to include a wider spectrum of natural deck and fence colors, and to re-word the parking policy. The Communications Committee (ComCom) mentioned the newly overhauled Cameron Station community website and the current Welcome Packet rebranding project. It also welcomed the new Editor of *The Compass*, Eric Veres. The Ad Hoc Pool Committee is working through various vendor proposals after receiving resident surveys and input. The Board Treasurer discussed community financials, and noted that our 1.7% delinquency rate falls well below the 5% national standard. Above-average snow removal costs and legal services impacted last year's budget; however, the Board Treasurer did note that the annual assessment increase is still below 3%. The Residents' Open Forum closed out the evening, during which several residents questioned the enforcement policies for renters, expressed the need for side street improvements (to occur 2018-2020), and asked about crosswalk and fence line improvements.

Many thanks to the office staff and the board/committee members for their efforts and informative remarks, and to the committed



Cameron Station residents who attended the Annual Meeting. Given the length of this year's meeting—three full hours—the board and committee members have already begun brainstorming ways to streamline and invigorate next year's Annual Meeting to ensure that it lasts no longer than two hours, while still preserving its substantive content.

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 See the information on page 28.

# Parking Policy Reminder

As a homeowner, the only parking spaces you are guaranteed are the spaces on your lot: garage, driveway, or an assigned street or common garage space if you own a condo. All other spaces on private streets in Cameron Station are Visitor Parking. Residents are not allowed to park in Visitor Parking.

The City of Alexandria has stipulated several regulations concerning parking at Cameron Station. City-maintained streets (Cameron Station Boulevard, Ferdinand Day Drive, Somerville Street, and Brenman Park Drive) provide open parking for homeowners, residents, and visitors.

The City of Alexandria has made it clear that it intends for the HOA to diligently enforce the City's imposed parking regulations, especially the regulation that no vehicle shall be parked so as to encroach upon a sidewalk or fire lane.

If visitors intend to park on an HOA-maintained street, they will be required to display a visitor pass on their dashboard. Residents are responsible for picking up their annual visitor passes at the HOA office during regular business hours. If you are visiting someone in a different phase than the one your own home is located, you may park in that phase's visitor parking with that residence's visitor parking pass. Your parking decal will identify you as residing in a different phase than the visitor pass and thus not be subject to towing.



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# Plan Approved for Eisenhower West Area

By Judy Coleman

In November, the City of Alexandria Planning Commission and the City Council approved a major new planning initiative – the Eisenhower West Small Area Plan (the Plan) – for the West End in November that will reshape the area around Cameron Station. The Plan is intended to guide the area's transition from its industrial past to a greater diversity of uses.

Centered on the Van Dorn Metro, the Plan envisions six distinct neighborhoods along and above Eisenhower Avenue. These would include a central area of commercial development and civic space around the Metro station, an innovation district of mixed residential and "maker space" (i.e., craftsman/small business space) west of Van Dorn Street, and an improved residential and commercial area along Backlick Run, west of Boothe Park.

Connectivity is a significant part of the Plan. It identifies new potential pedestrian and bicycle connections to unify the area, calls for expansion of Farrington Avenue (at the very west end of Eisenhower Avenue) to carry some of the traffic from Van Dorn, and it identifies the potential locations for a "multi-modal" bridge from South Pickett Street to Eisenhower, over the train tracks. Approval for

such a bridge would be dependent on negotiations with Norfolk-Southern Railroad Company.

Open space and parks are part of the Plan as well. The Plan calls for Backlick Run, west of Cameron Station, to be rehabilitated into a green corridor that would link the Linear Park with new development west of Van Dorn. It also anticipates that a new park will be established near the site of the former Bush Hill plantation house, near the current Exchange development on Eisenhower Avenue.

Cameron Station residents participated throughout the 18-month planning process. The City-appointed steering committee for the Plan included three Cameron Station residents, with Derek Hyra, then Mindy Lyle, serving as Chair; Don Buch, then Sash Impostato, representing the Civic Association; and Judy Coleman as vice-chair and representative of the Park and Recreation Commission. There will be an advisory group formed to assist with Plan implementation, as well as continuing opportunities for input.

More information about the Plan can be found at [www.alexandriava.gov/eisenhowerwest](http://www.alexandriava.gov/eisenhowerwest).



DRAFT October 21, 2015

EISENHOWER WEST Small Area Plan | 23

Urban Design Framework

3

# Bones Matter: The Richard III Society

By Linda Greenberg, Member, Common Area Committee



Photograph courtesy of Linda Greenberg

Barbara Wilson, Cameron Station resident and English history enthusiast, joined the Richard III Society, American Branch long before the bones of Richard III were discovered in Leicester, England, in September 2012.

Her membership dates back to 1983, when she was attending a medical convention in Seattle, Washington, with her husband Burke. The society had a display table with its mission writ large: to redeem the reputation of King Richard III. History vilified Richard as the archetypical villain, a cruel murderer guilty of infanticide, and William Shakespeare did him no favors in his unflattering portrayal of the famed monarch in *Richard III*. He was described as avaricious and physically deformed, and we now know that he had scoliosis. But was he an evil person?

The society was founded in England in 1924, and the American branch in 1961. Its growth was modest but persistent. Barbara joined because of her fascination with the question posed, but for some reason her application never reached England and subsequently she let her membership lapse.

Then, in 2012, she once again became interested in how King Richard III's evil reputation was being refuted and rejoined the society. Her timing could not have been better. In the fall of 2012, Richard III's body was found under a parking lot where the Greyfriars Friary had been. Richard III had been killed on August 22, 1485, at the Battle of Bosworth Field, one of the last battles in the War of the Roses. (For those who haven't followed the dynastic wars that eventually brought Henry Tudor to the throne, in a nutshell, Richard III of York (white rose) and Henry Tudor of Lancaster (red rose) were fighting for the throne.)

Richard III's reburial at Leicester Cathedral on March 26, 2015 was one of pomp and circumstance, as befits an English monarch.

The Richard III Society publishes an elegant annual journal, *The Ricardian*, and is headquartered in England. It has an American Branch with 10 chapters. The closest chapter to

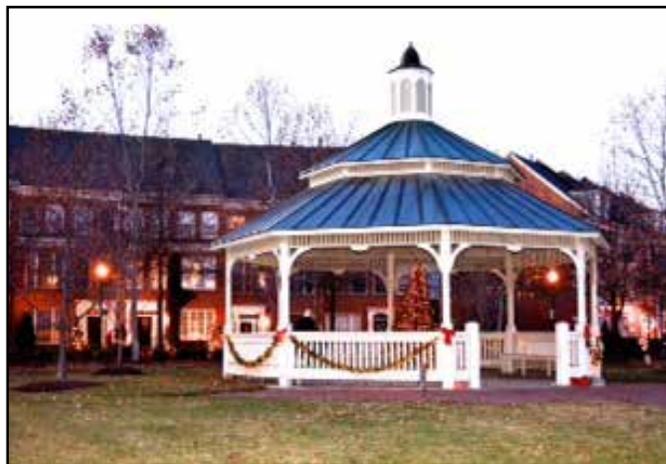
our community is the Tidewater Chapter in Fredericksburg, Virginia, which has meetings in Alexandria at the Beatley Library. The Chapter Secretary is Barbara Wilson. At the July meeting at the library, Susan Conyers presented a program on the Plantagenets and The War of the Roses.

Since the discovery of Richard III's bones, the king's prowess as a fighter has been questioned because of his scoliosis. Was he a feared swordsman? To answer the question, a search began for someone (like Richard) who had scoliosis, was about the same height and weight, who could sit on a war horse wearing full armor and still wield a sword effectively. A volunteer or "body double" was found. Dominic Smee, an Englishman, had the right characteristics and volunteered for the test. He performed amazingly well and attributed his success to being able to use the saddle to steady himself when he thrust his sword.

The Tidewater Chapter hopes to bring Mr. Smee to America as a featured speaker in 2016 to either a chapter meeting or its annual meeting.

In October 2016, many society members will embark on a special tour to visit Leicester Cathedral, the Ricardian battlefields, and related sites.

The Tidewater Chapter's next meeting, which visitors and enthusiasts are welcome to attend, is at the Beatley Library on Saturday, January 23, 2016, from 11:30am to 2:30pm. The program will be announced in December 2015. For more information about the Richard III Society and the Tidewater Chapter, please contact Barbara Wilson at 703-202-9555 or [bjwil@comcast.net](mailto:bjwil@comcast.net).



Photograph by David Thorpe

# Pride of Ownership Winners

By Linda Greenberg, Member, Common Area Committee

The Common Area Committee's Pride of Ownership awards are given to four homeowners whose garden area is exceptionally attractive and well-maintained.

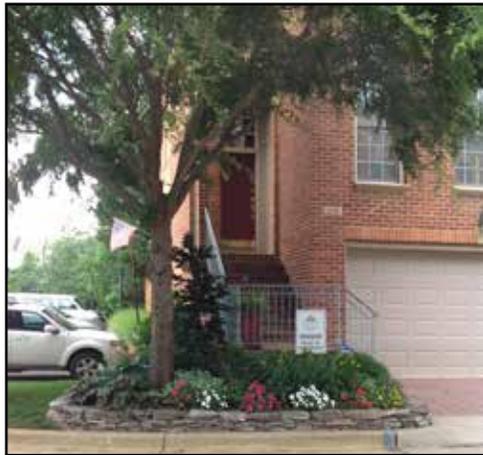
The four home categories are: end-unit townhome, townhome, condominium, and single-family home.

And, the 2015 WINNERS are:



Photograph courtesy of Linda Greenberg

Paige and Don Rhodes – now the home of Paul and Andrea Hewitt – at 5251 Bessley Place (end-unit townhome)



Photograph courtesy of Linda Greenberg

Mary Cooper and Robert D'Annucci at 285 Murtha (end-unit townhome)



Photograph courtesy of Linda Greenberg

Jenifer and Antonio Santiago at 5135 Gardner (single-family home)



Photograph courtesy of Linda Greenberg

Joy Marean and John Hickey at 289 Cameron Station Boulevard (condominium)

The four winners were given generous gift cards for Cameron Café, Home Depot, the London Curry House, and Toka Salon.

As you walk through Cameron Station, notice the many attractively landscaped homes and how they enhance our community's appearance. Consider entering your home in the Pride of Ownership contest next year. If your garden needs improving, you can do so easily, and it can be very satisfying. If you have landscaping questions, the volunteer landscaping committee would be glad to assist. Contact Kathy McCollom at [Gardeners@cameronstation.org](mailto:Gardeners@cameronstation.org).

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# Advertising & Submissions Policies & Procedures

## Advertising:

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

## Article Submissions:

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

## Publishing Deadlines

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

## Advertising Rates:

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Checks should be payable to Cameron Station Community Association and sent with camera-ready artwork to *The Compass*, 200 Cameron Station Boulevard, Alexandria, Virginia 22304. Artwork may be emailed to [admin@cameronstation.org](mailto:admin@cameronstation.org).

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



# Book Clubs

## Monday Night Book Ball

- Nov.: *Orhan's Inheritance* by Aline Ohanesian
- Dec.: *All the Light We Cannot See* by Anthony Doerr
- Jan.: *One Summer: America, 1927* by Bill Bryson

Anyone interested in joining Monday Night Book Ball, which meets the second Monday of every month, should feel free to contact Patricia "P.J." Sottile at [sottilepj@aol.com](mailto:sottilepj@aol.com).

## Reading Between the Wines

- Nov.: *The Language of Flowers* by Vanessa Diffenbaugh
- Dec.: *There Is a River, The Story of Edgar Cayce* by Thomas Sugrue

## Third Tuesdays of the Month Book Club

- Nov.: *The Girl with all the Gifts* by M.R. Carey
- Dec.: Party in lieu of reading
- Jan.: *The Book of Secrets* by Elizabeth Joy Arnold

Anyone interested in joining the Third Tuesday of the Month Book Club should feel free to contact Mary Birchler at [MHBirchler@gmail.com](mailto:MHBirchler@gmail.com).





  
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 Community Management Coporation (CMC)**  
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 After Hours Emergencies 301-446-2635

**Bette Sanft**, Community Manager  
*communitymanager@cameronstation.org*

**Deirdre Baldino**, Assistant Community Manager  
*assistantmanager@cameronstation.org*

**Meghan Marville**, Covenants Administrator  
*covenants@cameronstation.org*

**Stephanie Herbolsheimer**, Administrative Assistant  
*admin@cameronstation.org*  
 703-567-4881, 703-567-4883 (fax)

**Psy Scott**, Director  
 Cameron Station Fitness Center  
*cameronclubfitness@gmail.com*  
 703-567-8555

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 After Hour Emergency: Same  
 Angela Luker, Community Manager  
*angela.lucker@fsresidential.com*

**Carlton Place Condominium:**  
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 Phone: 301-468-8919 After Hour Emergency: Same  
 Dany Abebe, Property Manager, *dabebe@abarisrealty.com*

**Condominiums at Cameron Boulevard**  
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 Gita Lainez, Manager, *glainez@cmc-management.com*

**Main Street Condominium**  
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 After Hour Emergency: 888-660-7132  
 John Lyons, Property Manager, *jlyons@phacm.com*

**Oakland Hall & Woodland Hall Condominimums:**  
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 Jackie Deane, Property Manager  
*jdeane@cmc-management.com*

# Bringing Neighbors Together

By Radhika Goel

Anything that brings neighbors together benefits everyone in the community. The Cameron Station Activities & Events Planning Committee (AEPC) follows this philosophy in developing and conducting a variety of events throughout the year. Our primary goal is to bring people together to strengthen the community. We make sure there are plenty of opportunities for community building: it can be as informal as several families gathering to share a casserole and conversation, or as organized as a party for everyone in the neighborhood. The objective is simply to encourage community members to talk and foster lasting relationships, which helps create a more caring and inclusive community, and helps make Cameron Station a great place to live.

The following list contains recent, and in some cases recurring, events that succeeded in bringing residents together:

**May 2, 2015: Kentucky Derby Party** – The first Cameron Station Kentucky Derby party, celebrating the most thrilling two minutes in sports, was a truly festive event. Both men and woman came in fashionable hats of all shapes and sizes, some more colorful than others, but only a few lucky ladies and gentlemen took home the coveted awards for “Most Glamorous” or “Funniest & Outrageous” in the Hat Contest.

**May 15, 2015: Cinco De Mayo Party** – Cameron Station residents of all origins joined together to taste tequila, sip margaritas, and hear the beautiful serenades of resident Mayu Molina. Her lovely rendition of Cielito Lindo and other Mexican favorites brought a hearty applause from all present. A lively Salsa demonstration led by Psy Scott and his partner yielded spontaneous dancing by many residents at the event, as the instructions were very high energy and informative.

**Third Wednesday of the Month: Poker Nights** – Each month, residents get an opportunity to come and play a hand or two, or learn the game of poker in a casual, friendly environment.

**June 12, 2015: June Happy Hour** – Cameron Station residents were greeted with picture-perfect weather as they arrived at the pool area to celebrate Italian Republic Day and Portuguese National Day. The Cameron Station pool area was enhanced by special lighting, fountains, and Italian décor. Our engaging AEPC members facilitated the fun with music, games, and prizes. The party stretched

into the late evening, with party-goers savoring the good company and cool evening.

**July 17, 2015: July Happy Hour** – Cameron Station residents celebrated America’s 239th birthday and France’s Bastille Day in July under the beautiful evening sky in the common area at the intersection of Kilburn Street and Donovan Drive. It was hard to improve upon the previous month’s Happy Hour, and in an attempt to reinvigorate the celebration and make it more enjoyable, the committee members hosted the ultimate party, with delicious, homemade banana pudding, energetic music, and a lively artist-guessing contest involving French and American paintings, all under the stars on a cool summer night.

**August 8, 2015: Pool Party** – This Hawaiian-themed event, building on last year’s success, broke the previous summer’s attendance record, with nearly 1000 attending on a sunny August day. Polynesian dances were performed poolside to the delight of all. Barbecue from Red, Hot & Blue Restaurant satisfied the appetites of those who came out to visit their neighbors and make new friends.

**August 21, 2015: Bollywood Night** – In August, the Victoria Hebert Great Room was transformed into a magical scene from a Bollywood movie. Illuminating the room were a number of ladies from the community wearing Indian sarees – traditional silk dresses in a variety of vibrant colors and patterns. Dishes from Namaste Restaurant pleased the party-goers as they learned Bollywood dance moves, and everyone joined in to dance and recreate the final dance scene from Slumdog Millionaire. Henna tattoo application was provided for those wanting a special design on their hands as a souvenir of the evening. More than 75 people joined in the fun.

**September 12, 2015: Casino Night** – This second-time event was well-attended once again, with gamblers dressed in semi-formal attire trying their hands at game of chance, and learning betting strategies from the gaming staff. Superb food from Savio’s Italian Restaurant was provided.

**October 9, 2015: The International Pot Luck and New Residents Welcome Party** – This party included a fashion show with residents modeling clothing from 10 countries on the runway in the Great Room. A wine tasting and best wine competition, potluck dish contest, new residents welcome, and introductions by Cameron Station committee members made for a varied and welcoming evening.

**October 25, 2015: Halloween Kids' Party** – Game playing, face painting, pumpkin decoration, goodie bags, and costumes made for another fun event for children and parents alike. Attendance was at a record-high with 366 adults and 128 children joining in the holiday fun.

**Critically, none of these activities would have been possible without the time and effort of the committee members and volunteers!** A big thank you goes to all of them for their contributions.

Additional volunteer opportunities are available to coordinate events. High school students fulfilling community service requirements are welcome to volunteer. For additional information, please contact [events@cameronstation.org](mailto:events@cameronstation.org).

Per the AEPC, the following planned events promise to bring the community together this winter:

- December 6: Holiday Party
- December 16: Poker Night
- January 8: Adult BYOB + Snacks Movie Night  
*(Popcorn will be provided)*
- January 20: Adult BYOB + Snacks Poker Night
- January 22: Adult BYOB + Dish Happy Hour  
*(Theme: Board Game Night)*
- February 7: Family BYOB + Snacks Super Bowl
- February 19: Adult BYOB Happy Hour  
*(Theme: Mardi Gras)*
- February 28: Adult BYOB Oscar Night
- March 12: Family BYOB + Snacks Movie Night  
*(Popcorn will be provided)*
- March 18: Adult BYOB + Dish Happy Hour  
*(Theme: St. Patrick's/ Greece Independence Day)*
- March 19: Family Father Daughter Dance



Photograph by David Thorpe



Photograph courtesy of Radhika Goel



Photograph courtesy of Radhika Goel



Photograph courtesy of Radhika Goel

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