Operation Gobble Gobble Serves Families in Need

By Donna Kenley

Donna Kenley and Sharon Godfrey organized the 9th Annual Operation Gobble Gobble event by teaming up with mega-sponsors Irina Babb, The Rotary Club, and David and Stephanie Thorpe Homes. The successful event continued the tradition of donating Thanksgiving meals to less fortunate families of children who attend Samuel Tucker Elementary in Cameron Station.

Operation Gobble Gobble would not be possible without the very generous donations by our Cameron Station residents who put together 55 bags of food, provided gift cards, and donated goodies this year. The bags were delivered by Cameron Station volunteers.

Thank you all who volunteered and/or donated to this compassionate display of kindness, and we will see you all again next year!
Adopt-a-Family Brings Smiles to Local Families on Christmas
By Mindy Lyle

Cameron Station has been assisting Tucker Elementary with the Adopt-a-Family program for many years in order to help families in need. The program has grown over the years, as has the number of volunteers. It takes a village to make this program a success, and this year, many people from outside of Cameron Station contributed to our village. Lane Construction sponsored three families through their various divisions, Kinneman Insurance adopted a family, and our partnership with Greenhill’s Pickett Place Community Foundation provided donation support. Thanks to all of the participants.

We were able to help a number of families during the holiday season with gifts to meet their needs. We also provided assistance in the form of gifts and gift cards to a “Mother’s Shopping Day,” which helped additional families. Whether you adopted a family, supplied gift cards, contributed money, shopped for presents, or wrapped packages, your contribution put a smile on the faces of children and adults on Christmas morning. A typical family receives a gift card for food and cleaning supplies; gifts that meet family needs, such as sheets, towels, dishes, and kitchen items; and each child in the family receives a few toys and clothing items, such as jeans, sweaters, socks, and pajamas.

The event at Samuel Tucker Elementary provided gifts to another 200 needy families. The families appreciate the contributions and gifts; however, the needs do not end with the holiday season. During the year, Tucker Elementary will accept donations of gift cards to help sustain these families. If you would like to donate something during the “off season,” please just drop a gift card off at the school office, knowing that it will be appreciated.

New Traffic Pattern Law
A recently new “No Turn on Red” restriction has been placed at the intersection of Cameron Station Boulevard and Duke Street leaving Cameron Station. This is a change from the previous “No Turn on Red When Pedestrians Are Present” signage. The City of Alexandria has made similar changes at 28 intersections where data indicated turning-movement crashes are most common. Please be mindful of this new regulation, designed to keep both drivers and pedestrians safe on our streets.

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

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

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

If you’d like to become a member, please contact Sash Impastato at aimpastato54@gmail.com.

About . . .

The Compass is the newsletter for the Cameron Station Community Association and is run entirely by volunteers. The Compass welcomes your articles and photo submissions, as well as your suggestions for future issues. Please send us an email at TheCompass@cameronstation.org.

Previous issues of The Compass are available online at www.cameronstation.org. Go under the "News" tab on the home page and click on "Community Communications" on the left hand side.

Editor-in-Chief: Megan Skinner
Editorial Staff: Carla Besosa, Judy Coleman, Lily Engle, Marian Cavanagh, Scott E.Z. Franklin, Pat Sugrue, and Maureen Zimmer
Recurring Contributor: Susan Birchler
Photographer: David Thorpe
Committee Corner
HARD AT WORK ON BEHALF OF OUR RESIDENTS

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Activities & Events Planning Committee
By Andrew Yang

The Activities and Events Committee looks forward to planning a variety of events in 2019. Last year, we concluded with our Annual Holiday Party. About 400 Cameron Station residents and guests attended the event, which included food from Maggiano’s, a visit from Santa, a photo booth, live music, and crafts.

If you have any questions or suggestions, or if you would like to volunteer, you may e-mail events@cameronstation.org. We currently have one vacancy to join the committee to help plan and organize our events.

Architectural Review Committee
By Mark Brzezinski

Winter is upon us, so please refer to the information below regarding snow removal and how the shuttle bus and trash/recycling services will be affected in the case of inclement weather.

Snow Removal: Paid Provider

If you need snow-removal services, you can contact Nick Karsko directly and make arrangements via telephone at 703-408-5856 or via e-mail at nick.karsko@gmail.com.

Shuttle Bus Service: Inclement Weather Procedures

The shuttle will follow the snow and dismissal procedures set forth by the federal government. In the past, the federal government typically opened with a two-hour delay or closed early.

Trash and Recycling: Inclement Weather Procedures

Safety in the community is the primary concern. In regard to roads and/or areas that are deemed unsafe due to snow or ice, collection will be suspended. If suspension occurs, services will resume on the next regularly scheduled collection day.

Cameron Club Facilities Committee
By Ray Celeste

Happy New Year, Cameron Station residents! As you set your physical training (PT) goals for the New Year, I invite you to review the list of complimentary classes listed here. They may help you meet your PT goals for 2019. If you are not on our Fitness Center e-mail distribution list, I also invite you to sign up now so you can be up to date with all of the happenings at our Fitness Center. Please e-mail Psy Scott, our Fitness Director, at fitness@cameronstation.org.

Good luck, and all the best for 2019!!!

Class Descriptions

Boot Camp (Complimentary) – Tuesdays and Thursdays 6:30-7:30pm – Multi-Purpose Court

Boot camp is a circuit training workout that challenges your entire body, utilizing any or all of the following: body weight exercises; strength training; agility drills; cardio training and/or core stabilization exercises; and a wide variety of interval training, including lifting weights/objects, pulling rubber TRX straps, doing pushups/sit-ups, doing plyometrics, and various types of intense explosive routines. This class uses a variety of fitness equipment!

Gentle Yoga (Complimentary) – Thursdays 9:30-10:30am – Victoria Hebert Great Room

Gentle yoga classes are typically described as appropriate for those who want a softer, nurturing, slow-paced, well-supported, and relaxing practice. The approach includes carefully orchestrated movements, controlled pressure, and well-measured stretches, including range-of-motion exercises. Postures may be approached in gradual steps, with plenty of time to focus on breathing and repetition so that the practice is simple to do and easy to remember. A gentle yoga style encourages a highly individualized approach to practice with on-going encouragement to make moment-to-moment adjustments.

Stretch and Core (Complimentary) – Mondays and Wednesdays 10:30-11:30am – Multi-Purpose Court

Stretch and Core classes are focused abdominal and core training, using a variety of tools, which may include stability balls, BOSU, medicine balls, and weights integrated with restorative stretch and flexibility.

Strength and Stretch (Complimentary) – Tuesdays 9-10am – Multi-Purpose Court

Our gentle stretch and strength class incorporates a flow of yoga poses and concepts. This class is appropriate for all fitness levels with emphasis on balance, dynamic strength, and core, and this class will improve your overall strength all the while improving your flexibility, allowing you to feel healthier and more centered.

Total Body Weights (Complimentary) – Fridays 10:30-11:30am – Multi-Purpose Court

Weight training is the best way to increase your metabolism and burn calories while toning and firming. Whether you are a beginner or experienced, this is a class tailored to women, teaching the latest strength training techniques and workouts.
Vinyasa Flow Yoga (Complimentary) – Mondays 6:30-7:45pm – Victoria Hebert Great Room

Vinyasa yoga, in which movement is synchronized to the breath, is a term that covers a broad range of yoga classes. This style is sometimes also called flow yoga, because of the smooth way that the poses run together and become like a dance. The breath acts as an anchor to the movement as you flow from one pose to the next in time with an inhale or an exhale.

Zumba (Complimentary) – Wednesdays 6-7pm – Multi-Purpose Court

It’s a very exciting dance party atmosphere full of Latin and international music. You’ll forget you’re working out with simple moves to dance music like cha cha, salsa, reggaeton, rumba, and more. Best of all, you don’t need any previous dance experience!

It’s fun and effective, as it uses interval training combined with fast and slow rhythms for an effective aerobic workout while, at the same time, targeting your legs, abs, glutes, and arms. The workout is basically watch and follow. The moves are repeated often enough for you to catch on, and they’re not complicated. The routines are repeated week after week with additions every now and then to spice things up even more! Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance aways their worries. It is based on the principle that a workout should be fun and easy to do in order for Zumba participants to stick to the Zumba fitness program to achieve long-term health benefits. Zumba is not only great for the body, but it is also great for the mind. It is a “feel happy” workout.”

Pilates (Complimentary) – Wednesdays 7-8pm – Victoria Hebert Great Room

Pilates is the art of controlled movements, which should look and feel like a workout (not a therapy) when properly manifested. If practiced with consistency, Pilates improves flexibility, builds strength, and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance. Pilates allows for different exercises to be modified in range of difficulty from beginner to advanced or to any other level, and also in terms of the instructor and practitioner’s specific goals and/or limitations. Intensity can be increased over time as the body conditions and adapts to the exercises.

Common Area Committee
By Kathleen McCollom

Community leaf removal continued into January. If the wind brings leaves into your private property, the trash company will take them in clear or brown paper leaf bags.

Heavy snow and ice storms are still possible this season. It’s best to gently brush heavy falling snow from your private garden plants as it accumulates to prevent damage.

Late winter is a great time to prune your trees and hedges. It’s easier to see their shape without leaves. A good rule of thumb is to shape them at least every three years. Blooming bushes, such as azaleas and rhododendrons, should not be trimmed until after they bloom. Crape myrtles should never be cut back hard in our area. That’s required in the far south, like Florida, where there’s no winter-dormant time to make them bloom. Hard cut-backs weaken the plant and give them a strange shape.

Winter often has a few unusually mild days that are great for garden cleanups. Remove dead annuals, and cut back the grass-like liriope to help strengthen roots and encourage vigorous new growth. In winter, you can see a surprising amount of trash that blew in under bushes last summer.

It’s not too soon to think about your spring plantings. Consider what did well last year and what you see flourishing in other similar gardens around the community. Be realistic about how much of a commitment you will make to keeping plants alive through the hot summer months. Cameron Station has a Volunteer Gardeners group that is happy to advise on design and what to plant. Contact them at gardeners@cameronstation.org to schedule a consultation.

Winter frost heaves might make new uneven places in the brick walks. Report those to the management office so they can go on the list for future repair.

Communications Committee
By Kimberly Dillon

The Communications Committee (ComCom) continued the tradition of gathering for our annual Holiday Dinner. This year’s dinner was held at Fiona’s Irish Pub in Kingstowne. Members of ComCom and The Compass celebrated the accomplishments of 2018 by eating good food and enjoying each other’s company. ComCom is incredibly excited about what 2019 will bring!

CLASSIFIED AD
MERCEDES-BENZ OF ALEXANDRIA – I would like to help the residents of the Cameron Station Community with their automotive questions. Please call or text George Jermstad on 703-864-3386 or email gjermstad@mercedesalexandria.com. Thank you!
Michael Meldon, one of Cameron Station’s original homeowners, recently had his townhome featured in the November issue of *Northern Virginia* magazine. Michael moved to the Cameron Station community in its initial phase of development in 1999. In 2016, he embarked on a journey to redesign his 2,500-square-foot townhome, and the unique redesign is one that Michael hopes can be used as inspiration for other homeowners in the community.

In the article, Michael speaks about what originally attracted him to the community. “I’d wanted an updated, brand-new house, but with architectural character. Cameron Station was perfect for me. It’s also in a great commuter location—close to both I-395 and the Beltway—and is very neighborly.” Cameron Station’s architectural influences are highlighted, and Michael spoke about how the home’s bones were good, with the “polished oak floors [and] neutral walls painted in Benjamin Moore’s ‘Filtered Sunlight’.”

Although Michael was pleased with many of the features that initially attracted him to the property, he was in the market to refresh the space to meet his personal taste. He was primarily looking to change carpets, switch out fabrics, and get new artwork; since Michael had been living in the house and collecting pieces for more than a decade, he mainly wanted to give his home a fresh style and a sense of cohesion.

“I wanted something lighter, brighter and more welcoming. A comfortable, vibrant, and elegant place, where it would be a joy to entertain friends, or simply to settle in alone and read a good book. I like the look of a classic English country home, but with the cozier elements of French Provencal décor. I decided to work with a decorator for the same reason that I consult my CPA, attorney and physician,” he says. “I believe that it’s always best to work with professionals.” Michael was referred to a local interior designer, Alexandria Davenport, who owns Décor Decorum in Old Town.

Similar to many residents in Cameron Station, Michael loves to entertain, so the redesign was intended to accommodate this need. “Sometimes, he has 20 or more people around for dinner or cocktails. In the summer, he has the balcony doors open; in the fall, the fireplace is on.” Therefore, the designer felt “it would be nice to have a flexible, practical piece of seating that wouldn’t block any through-views.”

The furniture was laid out peripherally in the space, so as not to block the carpet’s visual presence; a cocktail table with transparent glass top was used for the same reason, and its wrought metal base works with the French Provencal theme.

To achieve Michael’s vision, a custom-made carpet, which was influenced by an existing carpet in the French Ambassador’s parlor at France’s Embassy in Washington, DC, was made to fit the living room. The carpet makes a strong aesthetic statement with a “soft cream background, a classical Wedgewood blue pattern, and a deep red border.”
“The rug’s palette and graceful pattern reminds me of my parents’ parlor growing up in Pittsburgh,” adds Meldon, becoming nostalgic about his childhood upbringing in a well-to-do part of Pittsburgh, as well as his open admiration for his parents’ impeccable taste.

As with a number of Cameron Station floorplans, the dining room is adjacent or in close proximity to the living area; the challenge in Michael’s dining room was deciphering how to tie that space, with its existing walnut wood furniture, to the adjacent living room, while still giving it its own sense of identity. Therefore, a carpet similar to the one in the living room was chosen; the color palette was complementary, but the style differed as to give each space its own look.

French country design typically thrives on “loud” yellows and blues; however, to deliver a more sophisticated, city-friendly vibe, silky fabrics and a palette of soft blues, celadon greens, and rich creams were used to balance the space. For a pop of color, a red linen-blend sofa was brought in to play off some of Michael’s existing artwork. Floor-to-ceiling window treatments were used to tie the palette together.

“We didn’t want to go French country all the way,” says Alexandria. “We didn’t want to be all roosters and chickens, heavy brocades and tapestries, and overly bold colors. It’s still Provencal but more sophisticated.”

“My home matches my lifestyle perfectly now,” says Michael. “It has that balance of bright beauty and warm comfort. When I’m home, it makes me happy. It also reminds me of my parents’ old home. It was always my desire to one day decorate a house, like they did, in the manner I love to live and entertain, and I feel like Alex helped me finally to achieve that.”

As can be seen in the case of Michael’s redesign, the selection and placement of furniture, fabrics, and rugs can be used to change the feel of a space. It is exciting that our very own community has been spotlighted in a statewide publication, and I hope that you’ll find inspiration in some of the design elements used in Michael’s redesign to implement in your own space.

If you are interested in reading the full article, “Alexandria Cameron Station Owner Decorates with a Nod to His Past,” it is accessible online at http://northernvirginiamag.com.
Children playing in the snow near the Captiol in DC. Photo credit: Joe DeVooght
Winter has found Cameron Station!

Some Cameron Station pals are ringing in the new year at London Curry House.
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Thank you.

Cameron Cafe

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Thank you.
Low-Carb Diet 101
By Victoria Gravini

Low-carb diets have been popular on and off since the dawn of the Atkins fame (and maybe even earlier). But, what exactly defines low carb? Does eating this way actually help with weight loss? Are there any other health benefits (or risks) to eating fewer carbs?

Let’s start with the basics. What is a carb?

A carb, or carbohydrate, is one of our three main macronutrients. Carbs, along with protein and fat, are needed for optimal health in quantities larger than vitamins and minerals, which are micronutrients.

Carbohydrates come in three main forms:

• sugars,
• starches, and
• fiber.

Sugars are the smallest (molecule) carb. There are many different kinds of sugars, beyond the well-known table sugar (sucrose) or fruit sugar (fructose).

Starches are longer chains of many sugars bound together. Starches are broken down by our digestive enzymes into sugars. These sugars are then absorbed and metabolized in much the same way as if we ate sugar itself.

Fiber, on the other hand, is also a long chain of sugars, but these are not broken down by our digestive enzymes. Fiber passes through our system, feeds our friendly gut bacteria, and then takes food waste out the other end.

Because fiber isn’t digested like sugars and starches, it’s often excluded from the carb calculation.

So, let’s break down how we metabolize carbs. When we eat carbs, our body absorbs the broken down sugar into our blood, thus raising our blood sugar. Depending on how high and fast our blood sugar rises, our body may release insulin to tell our cells to absorb that sugar out of our blood and use it as energy now or store it for later.

This is a part of the theory as to why eating low-carb diets may help with weight loss — by preventing the release of insulin, thus preventing the storage of excess calories. But, our bodies are a bit more complicated than that!

A few studies recently put low-carb diets head-to-head against low-fat diets for weight loss. Guess what they found?
1. There isn’t one universal definition of low carb (see the next section below).

2. It’s more difficult for people to stick to low-carb diets than low-fat diets.

3. Both diets work for some people, and neither one is overwhelmingly better for weight loss than the other.

4. The number of calories people eat is still considered a huge factor when it comes to weight loss success — more than whether the calories are from carbs or fat.

How many carbs should I be eating on a low-carb diet?

There isn’t one single definition. The average American eats about 300 grams of carbs per day. Some people consider eating under 250 grams of carbs per day to be the first threshold of a low-carb diet. That’s really not that low in carbs; it’s a lower carb intake, but it isn’t low carb. Plus, if you’re new to cutting carbs, this level is easy to maintain and a good start (if you want to cut your carbs).

Taking that a step further, eating less than 150 grams per day of carbs is considered a typical low-carb diet.

On the extreme side, eating less than 50 grams of carbs per day is considered to be very low carb; it falls under the ketogenic diet range. Eating so few carbs can actually change your metabolism into a ketogenic state. Eating this way can be difficult for many people to maintain.

Low-carb diets have the benefit of preserving muscle mass during weight loss. They can also improve heart health biomarkers, such as cholesterol and triglyceride levels. Also, eating fewer carbs can improve how our bodies manage those carbs in terms of insulin and fasting blood sugar levels.

There can definitely be some non-weight-loss health benefits to eating fewer carbs! Eating a low-carb diet can be healthy, as long as it contains enough of all the essential nutrients. Some people may lose weight eating fewer carbs, and others won’t. Low-carb diets can help to improve how the body manages blood lipids and blood sugar, so it can be a healthy choice for some people.

As with most things in nutrition, there isn’t a one-size-fits-all rule. Low-carb diets can be a good choice for many people, but it’s not the magic bullet that some people claim.

What about you? Have you tried (or do you currently) eat low carb? How many carbs do you eat per day? Have you had any great (or not so great) health effects from it?

Below is a low-carb recipe that you should check out!

Recipe (Low carb): Baked "Breaded" Chicken

(Serves 4)
- 2 pounds chicken drumsticks
- ½ cup almond flour
- ½ tsp salt
- ½ tsp black pepper
- 1 tsp paprika
- 1 tsp rosemary or thyme
- ½ tsp garlic powder

Instructions

Preheat oven to 450°F.

Cover a large baking dish with parchment paper.

In large food storage bag, combine all ingredients except chicken.

Place a couple of pieces of chicken in the bag, and shake until coated.

Repeat with the rest of the chicken.

Place chicken on a lined dish, and bake uncovered for 20 minutes.

Turn over, and bake 15 minutes longer.

Ensure internal temperature of chicken reaches 165°F.

Serve, and enjoy!

Tip: You can roast veggies in another pan at the same time. Just chop, drizzle with oil, and sprinkle with salt and pepper. They might not need to cook as long as the chicken, so check them periodically.
Restaurants in the Rearview Mirror

By Carla Besosa, Cameron Station Foodie

As we begin a new year, it is customary to recapitulate! The Academy of Motion Pictures gives us the Oscars, the Recording Academy gives us the Grammys, and The Compass brings you the last 10 culinary hot spots! Perhaps this retrospective view will give you some helpful dining ideas.

Sunday in Saigon, 682 N. St. Asaph St, Old Town

This is my favorite Old Town restaurant! I continue to enjoy their happy hours, their variety of dishes, the lavish decor, and the friendly staff. My go-to picks are the Bah Khot and SPAM Fries at happy hour and the Chicken Mi Xao and Nem Nuong Roll entrees.

Delia’s Mediterranean Grill & Brick Oven Pizza, 2931 S. Glebe Rd, Arlington

Everything on the menu is well prepared, but I like to do their Happy Hour and get the Pizza Knuckles or Flatbread. Their Halloumi Crostini has been a favorite appetizer of mine for many years, and you can’t go wrong with a brick oven pizza. Some of their more unique topping choices include spicy chorizo, grilled eggplant, kalamata olives, and sun-dried tomatoes.

Old House Cosmopolitan Grill, 1024 Cameron St, Old Town

This is one of the new kids in town, so folks are still making this discovery. This restaurant offers the only German cuisine in Alexandria, and it is made with superb consistency. I start with the Cevapcici or the Obazda and then move on to the Chicken Schnitzel. Don’t skip dessert! This business is family owned and operated.

Nectar Del Ray, 106 Hume Ave, Del Ray

This is THE waffle hot spot! Sandwiches and salads are top notch as well. As a matter of fact, as I write this, I am at Nectar enjoying my usual — ½ of a Grilled Prosciutto/Fig/Cheese Sandwich & ½ of a Spinach/Onion/Blue Cheese/Blueberry/Almond Salad! Bring a friend, a book, or a laptop, and relax!

Meggrolls, 107 N. Faye St, Old Town

When restaurant menus start to all look the same to you, it’s time for you to explore Meggrolls. Meghan Baroody’s unique spin on the traditional egg roll is a gourmet innovation. There’s nothing like it anywhere else. She’s cornered the market...no, wait...she’s single-handedly created the market! The Bigg Megg (inspired by the Big Mac) is still my favorite.
Yayla Bistro, 2201 N. Westmoreland St, Arlington

A few of us started going to Yayla a couple of years ago when a neighbor was learning Turkish. That neighbor has since moved, but the tradition remains. We got to know the entire staff and have acquired a few useful Turkish phrases. We continue to be delighted by the fresh, tasty Mediterranean dishes. My go-to choices are the Yayla Soup, Chef’s Cigars, Pan-Seared Halloumi Cheese, and the Manti Dumplings.

Afghan Bistro, 8081-D Alban Rd, Springfield

This amazing gem continues to rank among the top 10 on every food-related website and publication. This little family business took the restaurant scene by storm and continues to do so. Excellent, authentic, homemade recipes continue to impress, as does the quality service. They have an extensive menu, but my favorite would be their Signature Lentil Soup and the Aushak dumplings.

Vola’s Dockside Grill & Hi-Tide Lounge, 101 N. Union St, Old Town

To be in Old Town and to be right on the water, that’s what it’s all about! Vola’s, named for the city’s first female city manager, is a festive spot with a riverside deck. I gravitate toward their Hushpuppies, Blacked Grouper Sandwich, and Firecracker Shrimp Tacos (chase that with a cold beer!).

Shawarma Guys, 7011 Manchester Blvd, Kingstowne

Let’s hear it for another quality family-owned and operated business! Everything is fresh and delicious, but my first pick would be their Falafel. I usually get the Falafel Sandwich, decorated with various accoutrements. This remains the best falafel I’ve ever had!

Bob & Edith’s Diner, 6316 Springfield Plaza & 5918 N. Kings Hwy, Alexandria

This is Northern Virginia’s iconic diner! I started out going to the old Columbia Pike location, which is more diner-like than the Springfield location, which is a closer option. However, we now have one in Alexandria! For breakfast, the Scrapple Egg & Cheese Sandwich is my pick, and for lunch, the One-Eyed Bacon Cheeseburger is my choice. It’s open 24 hours...as it should be. I’ve always wanted to go at 3am and check out the atmosphere; is anyone game?

So, there you have a look back at a few of the many fine options our area has to offer. Stay tuned for more of the same in 2019.

Happy New Year! Happy Grazing!

2019 Resident ID Stickers and Passes Now Available

To ensure equitable use of the Cameron Station shuttle bus and the Cameron Station facilities (Fitness Center, Basketball Court, and Pool), all users must show a 2019 CSCA Resident ID; otherwise, access will be denied. Deadline is March 31, 2019, to register.

2019 Resident ID stickers and 2019 visitor parking passes are available for pick-up at the Management Office from 9am to 5pm Monday through Friday, and 9am to 1pm on Saturday.
Join the Club, or Start One!

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

Carpenter’s Cook-Off 2019 Announced

Carpenter’s Cook-Off 2019 will take place at The Birchmere on Sunday, April 28, from 12noon to 3pm. Mark your calendars and plan to indulge in an afternoon of food and fun while supporting Carpenter’s Shelter.

Every year, 500 attendees enjoy tastings from 20 local restaurants, listen to live music by the Alpha Dog Blues Band, and bid on hot ticket items during the live and silent auctions. If you have an item, experience, or service that you would like to contribute to our auctions or raffles, please contact Anthonia Emordi. Early-bird tickets will be available starting February 1. Visit carpentersshelter.org to purchase.

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Advertising & Submissions Policies & Procedures

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

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

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, Virginia 22304. Artwork may be emailed to admin@cameronstation.org.

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

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

Book Clubs

Monday Night Book Ball
January: The Hellfire Club by Jake Tapper
February: The Heart is a Shifting Sea by Elizabeth Flock
March: Educated by Tara Westover

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

Reading Between the Wines
January: The Last Days of Night by Graham Moore
February: Rosa Parks: My Story by Rosa Parks
March: The Glass Palace by Amitav Ghosh

Third Thursday of the Month Book Club
January: The White Woman on the Green Bicycle by Monique Roffey
February: The Woman in the Window by A.J. Finn
March: The Radium Girls: The Dark Story of America’s Shining Women by Kate Moore
<table>
<thead>
<tr>
<th>Venue</th>
<th>Events</th>
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<tr>
<td><strong>Anthem Stage (DC Waterfront)</strong></td>
<td>Apr. 6 - Trey Anastasio (sell-out anticipated)</td>
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<td>Apr. 18 - Kenny Chesney (sell-out anticipated)</td>
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<tr>
<td><strong>Arena Stage (DC)</strong></td>
<td>Jan. 18-Feb 24 - Kleptocracy</td>
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<td>Feb. 8-Mar. 10 - The Heiress</td>
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<td>Mar. 1-Apr. 14 - QJA</td>
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<td><strong>Atlas Performing Arts Center (DC)</strong></td>
<td>Jan. 30-Feb. 17 - Mosaic Theater Co: Shame</td>
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<td>Feb. 9-10 - Gay Men’s Chorus of Washington - Working</td>
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<td>Feb. 21-Mar. 3 - Intersections Festival</td>
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<td>Mar. 7 - Capital City Symphony - Mythical Melodies</td>
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<td>Feb. 19-20 - Cherish the Ladies</td>
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<td>Mar. 2 - Wine at Wolf Trap</td>
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<td>Mar. 25-28 - Graham Nash</td>
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<td><strong>Birchmere (Arlandria)</strong></td>
<td>Feb. 13 - David Sanborn</td>
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<td>Feb. 16 - Thanks for the Memories - DC Area’s Top Artists Honoring Those We’ve Loved &amp; Lost in 2018</td>
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<td>Feb. 17 - Three Dog Night</td>
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<td>Feb. 22 - 10,000 Maniacs</td>
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<td>Feb. 23-24 - Jeffrey Osborne</td>
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<td>Feb. 27-28 - WAR</td>
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<td>Mar. 3 - Sweet Honey in the Rock</td>
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<td>Mar. 7 - Madeleine Peyroux &amp; Paula Cole</td>
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<td>Mar. 8 - The Manhattans</td>
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<td>Mar. 22 - Ohio Players</td>
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<td>Mar. 23 - The Four Bitchin’ Babes</td>
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<td>Mar. 24 - Jim Brickman</td>
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<td>Mar. 30 - Harmony Sweepstakes</td>
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<td>Apr. 1 - Brian Culbertson</td>
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<td><strong>Bethesda Blues &amp; Jazz Supper Club (Bethesda)</strong></td>
<td>Mar. 1 - Spyro Gyra</td>
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<td><strong>Blackrock Center for the Arts (Germantown)</strong></td>
<td>Feb. 15 - Latin Passion</td>
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<td><strong>Blues Alley (Georgetown/DC)</strong></td>
<td>Feb. 14-15 - Marion Meadows</td>
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<td>Feb. 21-24 - Kim Waters</td>
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<td>Mar. 14-17 - Eddie Palmieri</td>
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<td>Mar. 28-31 - Lee Ritenour</td>
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<td><strong>Capital One Arena (DC)</strong></td>
<td>Feb. 14-18 - Disney on Ice: Worlds of Enchantment</td>
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<td>Feb. 19 - Michael Buble</td>
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<td>Feb. 22 - Marc Anthony</td>
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<td>Mar. 5 - Fleetwood Mac</td>
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<td>Mar. 25 - Ariana Grande</td>
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<td><strong>Creative Cauldron ( Falls Church)</strong></td>
<td>Feb. 14-Mar. 10 - Thunder Knocking on the Door</td>
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<td>Mar. 22-Apr. 14 - Alice in Wonderland</td>
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<td><strong>Dance Place (DC)</strong></td>
<td>Feb. 16-17 - Urban Bush Women</td>
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<td>Mar. 30-31 - Anaya Dance Theater</td>
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<td><strong>Davis Performing Art Center (Georgetown Univ)</strong></td>
<td>Mar. 13- Apr. 7 - The Jewish Queen Lear</td>
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<td><strong>Del Ray Artisans Gallery (Del Ray)</strong></td>
<td>Mar. 1 - “For the Artist” Opening Reception</td>
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<td><strong>Dulles Expo Center (Chantilly)</strong></td>
<td>Feb. 15-17 - International Gem &amp; Jewelry Show</td>
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<td>Mar. 2-3 - D.C. Flea &amp; Antique Market</td>
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<td>Mar. 22-24 - Sugarloaf Crafts Festival</td>
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<td><strong>Eagle Bank Arena (GMU, Fairfax)</strong></td>
<td>Apr. 2 - 2Cellos</td>
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<td><strong>Epicure Café (Fairfax)</strong></td>
<td>Mar. 8 - Eclectic Jam with Cristian Perez</td>
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<td><strong>Evening Star Café (Del Ray)</strong></td>
<td>Feb. 21 - Janna Audrey with Rob Santos</td>
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<td><strong>Fiona’s Irish Pub (Kingstowne)</strong></td>
<td>Mar. 9 - Janna Audrey with Rob Santos</td>
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<td><strong>1st Stage Theater (Tysons)</strong></td>
<td>Jan. 31-Feb. 24 - The Brothers Size</td>
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<td>Mar. 28-Apr. 20 - Columbinus</td>
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<td><strong>Ford’s Theater (DC)</strong></td>
<td>Mar. 9-May 4 - Into the Woods</td>
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<td><strong>Fort Ward Park (Alexandria)</strong></td>
<td>Feb. 17 - Revolutionary War Day</td>
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<td><strong>Foxfire Grill (Alexandria)</strong></td>
<td>Feb. 16, Mar. 16 - Wine Tasting with Small Plate Pairings</td>
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<td><strong>Gadsby’s Tavern Museum (Alexandria)</strong></td>
<td>Feb. 18 - Parade Day Open House</td>
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<td><strong>George Mason Center for the Arts (GMU, Fairfax)</strong></td>
<td>Feb. 9 - Havana Cuba All-Stars</td>
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<td>Feb. 16-17 - Virginia Opera: The Elixir of Love</td>
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<td>Feb. 22 - Cirque Mechanics</td>
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<td>Mar. 1-2 - Mark Morris Dance Group</td>
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<td>Mar. 23-24 - Madama Butterfly</td>
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<td>Mar. 31 - Aquila Theater: A Midsummer Night’s Dream</td>
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<td><strong>Harman Center for the Arts (DC)</strong></td>
<td>Feb. 5-Mar. 10 - Richard III</td>
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<td><strong>Imagination Stage (Bethesda)</strong></td>
<td>Feb. 9-Mar. 24 - Anatole: Mouse Magnifique</td>
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<td>Feb. 16-Mar. 31 - Dickens’s Davy Copperfield</td>
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<td><strong>Jammin Java (Vienna)</strong></td>
<td>Mar. 1 - Ellis Paul</td>
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<td>Mar. 3 - Rebecca Loebe</td>
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<td><strong>Keegan Theater (DC)</strong></td>
<td>Feb. 1-9 - The Baltimore Waltz</td>
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<td>Mar. 9-31 - Hands on a Hardbody</td>
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<td><strong>Kennedy Center (DC)</strong></td>
<td>Feb. 5-10 - Alvin Ailey American Dance Theater</td>
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<td>Feb. 8 - Nellie McKay</td>
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<td>Feb. 6-11 - The Music Man</td>
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<td>Feb. 19-24 - Tap Dogs</td>
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<td>Feb. 27-Mar. 3 - Washington Ballet Presents</td>
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<td>- The Sleeping Beauty</td>
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<td>Mar. 8-9 - Dianne Reeves</td>
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And Another Thing...
(newsy notions & other fun facts!)

Did You Know...
*Sea Boil Crab House opened at 7305 Richmond Hwy.  
*Catch on the Avenue opened at 2419 Mount Vernon Ave (replaces Snack Bar).  
*T-ZO opened at 5774 Dow Ave (replaces Smashburger).  
*Pho Ngon opened at 5810 Kingstowne Center, #140 (near Fiona’s Irish Pub).  
*Grateful Kitchen Co. opened at 727 N. Henry St (Old Town).  
*Pendleton Carryout opened at 807 Pendleton St (Old Town).  
*I Urbano 116 to open at 116 King St.  
*Hofbrauhaus to open at 710 King St.  
*Dudley’s Sport & Ale coming soon to Shirlington (with a rooftop bar).  
*Chez Hareg Café opened at 5245 Duke St.  
*Wag & Brew, at 6145 Picket St, has a fun coffee/beer/wine bar...and the nicest owners!

London Curry House will be hosting its first Super Bowl event!
- Unlimited Bar Bites, 6:30pm to 8:30pm, buffet-style, for just $15!  
- Happy Hour deals on libations will be available until the game ends.  
- Stay right in your own neighborhood, let someone else do all the prep work, and walk home!

Mark Your Dance Card...
Feb. 1 - Tickets available for the Apr. 28 Carpenter’s Cook-Off (Birchmere 12-3pm, 20 restaurants, live blues band, and silent auctions).  
Feb. 3 - The Puppy Bowl, 3pm  
Feb. 3 - Super Bowl LIII, 4pm (kickoff 6:30)  
Feb. 10 - 61st Grammy Awards  
Feb. 24 - 91st Academy Awards  
Mar. 10 - Daylight Saving Time begins (Stay up until 2am to change clocks!)

What am I Listening to?
Don Shirley - Tonal Expressions/Piano Perspectives (subject of the movie Green Book)  
Malia - Convergence  
Melissa Aldana & Crash Trio (former Thelonious Monk winner)

Days to Celebrate!
By Carla Besosa

Feb. 9 - National Bagel Day (Genuine Water Bagels, 305 S. Washington St, Old Town, Sat/Sun 8-11:30am)  
Feb. 12 - Darwin Day (Have you evolved?)  
Feb. 18 - Pluto Day (Should have been grandfathered in as a planet, but don’t get me started!)  
Feb. 28 - National Chili Day (Free Chili at Hard Times Café!)  
Feb. 29 - Superman’s Birthday (Grab your cape, and find the nearest phone booth...good luck with that!)  
Mar. 3 - What If Dogs & Cats had Opposable Thumbs? Day (A texting nightmare!)  
Mar. 4 - National Grammar Day (Challenge those with whom around you hang!!!)  
Mar. 6 - Oreo Cookie Day (Try the peanut butter Oreos!)  
Mar. 8 - Middle Name Pride Day (Full disclosure: Maxine)  
Mar. 14 - Potato Chip Day (...which I would like to dedicate to Addie Hebert)  
Mar. 25 - Vaffeldagen, aka: Waffle Day (Nectar Del Ray is your go-to)