

The compass

Newsletter of the Cameron Station Community Association, Inc.

Volume 20 Issue 4 • September-October 2019

Pride of Ownership Winners

By Linda Greenberg, Common Area Committee

Each year the Common Area Committee's Pride of Ownership awards are given to homeowners whose front or front and side gardens are exceptionally attractive.

For the last several years, Kathy McCollom and I have greatly enjoyed seeing the attractive and well-tended gardens of Cameron Station residents as we walked through the community looking at contest entries. Along the way we often discovered outstanding gardens that had not been submitted for review. These were also considered as contestants.

(See *Pride*, continued on page 2)

Don't Miss the Year's Most Important Meeting!

Monday, November 4, 2019,
7:30pm

Tucker Elementary School

Mark your calendars now for the Cameron Station Community Association (CSCA) Annual Meeting. The Board of Directors will bring the community up to speed on current and future projects, as well as the community's financial status, and hold elections for four director positions. A quorum of 10% of homeowners is required for the election to be held. Food and beverages will be provided. Registration opens at 7pm.



5024 Barbour



256 CS Blvd.

Photo Credit : Mindy Lyle



162 CS Blvd.



4915 Barbour

Photo Credit : Mindy Lyle

The four winners for 2019 are: Lane and Cindy Hallenbeck at 4915 Barbour Drive (townhouse); Michael Meldon at 162 Cameron Station Boulevard (townhouse); Kevin and Kathryn Crawford at 256 Cameron Station Boulevard (townhouse); and Michael Hersey and Carol Ford at 5024 Barbour Drive (single-family home).

The Hallenbeck garden is an informal one - a pleasing profusion of purple, pink and white flowers - while the Meldon garden is quite the opposite, striving for a classic formal English presentation without flowers. (The townhomes on each side carry out the formal theme as well.) The Crawford townhouse is a sunny mixture of plants that thrive in Cameron Station: liropia, hostas, petunias and vinca. The garden of the Hersey-Ford single-family home is formal, well-balanced and compliments its stately off-white facade

The winners received generous gift certificates from four businesses: Home Depot, Toka Salon, London Curry House and Cameron Cafe.

Not content to "rest on our laurels," we urge you to think of entering your home in next year's Pride of Ownership contest. With a little planning, some garden work, and sun and water, you can create a prize-winning garden. If you have landscaping questions, the volunteer committee will be glad to assist. Please contact Kathy McCollom at Gardeners@cameronstation.org.

About . . . *The Compass*

The Compass is the newsletter for the Cameron Station Community Association and is run entirely by volunteers.

The Compass welcomes your articles and photo submissions, as well as your suggestions for future issues.

Please send us an email at TheCompass@cameronstation.org.

Previous issues of *The Compass* are available online at www.cameronstation.org.

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

Editor-in-Chief: Marian Cavanagh

Editorial Staff: Carla Besosa, Lily Engle, Scott E.Z. Franklin, Pat Sugrue and Maureen Zimmer

Photographer: David Thorpe

Committee Corner

HARD AT WORK ON BEHALF OF OUR RESIDENTS

BOARD OF DIRECTORS

(boardofdirectors@cameronstation.org)

Michael Johnson – President

Sarah Meyer Walsh – Vice President and Liaison to
Architectural Review Committee

Thomas Sugrue – Secretary and Liaison to Communications Committee

Martin Menez – Treasurer and Liaison to Financial Advisory Committee

Kim Canter – Director and Liaison to Activities & Events Planning Committee

Jon Dellaria – Director and Liaison to Cameron Club Facilities Committee

Brian Sundin – Director and Liaison to Common Area Committee

CSCA COMMITTEES

ACTIVITIES & EVENTS PLANNING COMMITTEE

(events@cameronstation.org)

Andrew Yang – Chairperson

ARCHITECTURAL REVIEW COMMITTEE

(arc@cameronstation.org)

Karen Diener – Chairperson

CAMERON CLUB FACILITIES COMMITTEE

(facilities@cameronstation.org)

Ray Celeste, Jr. – Chairperson

COMMON AREA COMMITTEE

(commonarea@cameronstation.org)

Robert Burns – Chairperson

COMMUNICATIONS COMMITTEE

(communications@cameronstation.org)

Tricia Hemel – Chairperson

FINANCIAL ADVISORY COMMITTEE

(fac@cameronstation.org)

Takis Taousakis – Chairperson

Amazon HQ2



The time is now!



571-312-8066

www.ThorpeHomes.com

RE/MAX
Allegiance
PLATINUM LEVEL

TAN
REAL ESTATE



5100 Leesburg Pike, #200, Alexandria, VA 22302

ALLEGiance
REAL ESTATE



Courtney Parks

Irish Maid

CLEANING SERVICE

Serving Northern Virginia Since 1989

"We provide quality,
reliable cleaning based
on your needs."

"References
available from
20-year clients."

LIMITED TIME ONLY!

\$50 OFF

When You Commit to 5 Cleanings

(\$20 off 1st cleaning; \$15 off 3rd; \$15 off 5th)

With this ad only. May not be combined with other offers.



Shirley White: Owner & Irish Made
Licensed • Bonded • Insured

(703) 867-2683

Email: IrishMaidCleaning@gmail.com

Web: www.IrishMaidCleaning.com

Committee Corner

HARD AT WORK ON BEHALF OF OUR RESIDENTS

The Activities and Events Planning Committee

By Andrew Yang

The committee planned two large events this summer. The Second Annual Patriotic Parade, in partnership with the Podolsky Group, celebrated the Fourth of July. Over 100 participants decorated their bikes, wagons, wheels or even themselves, and made their way down the trail on the Linear Park. The parade ended with a BBQ, a playground balls giveaway, and prizes for the best parade contestants.

The Annual Pool Party (see p.14) was another big success. Over 500 residents enjoyed the food, fun and festivities on a fine summer day. The DJ by the pool entertained the crowd with a dance contest, a hula-hoop contest and a limbo contest.

Events scheduled toward the end of the year include the Fall Yard Sale, Saturday, September 21 (rain date September 28); the Annual Casino Night, Saturday, October 5; Cameron Station's Halloween event for kids, Saturday, October 26; and last but not least, the Annual Holiday Party, Sunday, December 15.

Be sure to sign up for email blasts to be in the know for all the latest activities Cameron Station has to offer. For questions, comments or suggestions, email events@cameronstation.org.



Cameron Station's Halloween Event for Kids

Saturday, October 26

Check email blasts for more details.

Cameron Club Facilities Committee

By Ray Celeste Jr.

Honoring Our Lifeguards!

We have had another successful pool season. Thank you to all the lifeguards from American Pool who supported us this year (see p. 15). We are very grateful to them, especially our Pool Manager, Tameka Green. We also appreciate, as the season wore on, how cordial the relationships became among our lifeguards, our residents and our front desk staff. We have a lovely community that only gets better when we treat one another with respect and dignity.

Complimentary Classes at the Cameron Club

There are eight complimentary classes offered at the Cameron Club. Listed below are their times and locations. For a complete description of each class, you may refer to the January/February 2019 issue of *The Compass*, or go to <https://www.cameronstation.org/our-neighborhood/cameron-club/fitness-center>

Boot Camp – Tuesdays and Thursdays, 6:30-7:30pm – Multi-Purpose Court

Gentle Yoga – Thursdays, 9:30-10:30am – Victoria Hebert Great Room

Stretch and Core – Mondays and Wednesdays, 10:30-11:30am – Multi-Purpose Court

Strength and Stretch – Tuesdays, 9-10am – Multi-Purpose Court

Total Body Weights – Fridays, 10:30-11:30am – Multi-Purpose Court

Vinyasa Flow Yoga – Mondays, 6:30-7:45pm – Victoria Hebert Great Room

Zumba – Wednesdays, 6-7pm – Multi-Purpose Court

Pilates – Wednesdays, 7-8pm – Victoria Hebert Great Room

Communications Committee

By Tricia Hemel

Our committee is looking for volunteers to join the newly formed Welcome Committee. Members will welcome all new homeowners to our neighborhood, share important information regarding our community and provide a friendly point of contact for any questions they may have. If you would like to help, please consider joining! For more information, contact communications@cameronstation.org.

Common Area Committee

By Kathleen McCollom

During the summer, the committee completed its walk-throughs of community common areas with Management and Lancaster Landscapes. We noted areas that needed attention, declining trees and shrubs and areas that needed turf improvement. Some areas between buildings have erosion issues, especially with this year's unusually heavy spring rains making marginal areas worse. Projects to correct noted areas will take place in the coming months.

Several pocket parks have old or declining original plantings that need to be replaced with better designs. Those will also be worked on in the coming year.

During walk-throughs it was obvious that many trees and shrubs growing on private property need to be trimmed and pruned. Many block sidewalks, diminish streetlights or have low branches that hit pedestrians. Some are builder-original plants, some were added by owners. The landscaping company only maintains common areas; homeowners must maintain what grows on their property.

The committee has reviewed the update to the reserve study to ensure that future common area needs are addressed. It is also doing a comprehensive budget analysis in order to address near-term needs in the common area budget.

Management Companies

Cameron Station Community Association
Community Management Corporation (CMC)
703-631-7200 - After-Hours Emergency: 301-446-2635
Karen Soles, Community Manager
communitymanager@cameronstation.org
Todd Branson, Assistant Community Manager
assistantmanager@cameronstation.org
Onsite Office 703-567-4881

Condos at Cameron Station Boulevard
Oakland Hall Condominium
Woodland Hall Condominium
Community Management Corporation (CMC)
703-631-7200 - After-Hours Emergency: 301-446-2635
Gita Lainez, Portfolio Manager
glainez@cmc-management.com 703-230-8578
Brittany Byrd, Assist. Comm. Manager
BByrd@cmc-management.com 703-230-8576

The Residences at Cameron Station-A.K.A. 400
FirstService Residential Management
Angela Luker, Community Manager
angela.luker@fsresidential.com
703-751-5002 - After-Hours Emergency: 703-385-1133
Corporate Phone: 703-385-1133

Main Street Condominium
GHA Community Management
Mia Polk, Property Manager
mpolk@ghacm.com
Lauren Gentry, Administrative Assistant
lgentry@ghacm.com ext: 716
703-752-8300 ext: 733 - After-Hours Emergency:
888-660-7132
José cell: 703-231-7436 (Office Use Only)

Carlton Place Condominium
Abaris Realty
Dany Abebe, Property Manager
dabebe@abarisrealty.com
Lawan Trent, Administrative Assistant
ltrent@abarisrealty.com 301-468-8919

Not Receiving The Compass Regularly?

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

Giving Thanks for Good Neighbors: The Mark Pillow Award

By Pat Sugrue

Mark Pillow, who died suddenly in 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.

In memory of Mark, and to honor those residents who have followed in his footsteps, the Mark Pillow Community Spirit Award was founded in 2006. The 2019 award will be presented at our Annual Meeting on Monday, November 4.

Please think of your good neighbors and how they add to the quality of your life. For example, there are those who help out the entire community – they volunteer on committees, lend a hand at community events, organize meetings and parties, serve on the board, work on the Civic Association...Cameron Station could not function without these dedicated volunteers, many of whom toil year after year after year.

And there are those who help on a more personal level – they feed and walk your pets, water your plants, pick up your newspapers and mail, shovel your driveway, provide rides to doctors and airports....They offer the ordinary, day-to-day neighborliness that makes such a difference in our lives.

How do you thank your neighbors for all they do? Nominate them for the Mark Pillow Community Spirit Award.

You may nominate as many neighbors as you wish, but **NOMINATIONS MUST BE RECEIVED BEFORE MONDAY, OCTOBER 21.** Send their names and a description of their contributions to *boardofdirectors@cameronstation.org*. Then please come to the Annual Meeting where the winner(s) will be announced. Their names will be added to those of previous winners engraved on the award plaque located in the Cameron Club, outside the Victoria Hebert Great Room.

Meet the Candidates Night

Sunday, October 20, 2019 7pm
Cameron Club: Victoria Hebert Great Room

There are four open seats on the Cameron Station Board of Directors that will be filled at the Annual Meeting on Monday, November 4. Come to the Cameron Club on October 20 and hear from the candidates who are running for these important positions.

From the Desk of the Community Manager

By Karen Soles

Thank you for providing CMC and me the opportunity to be a part of the Cameron Station management team. I arrived here last February and, over the past six months, have enjoyed working closely with your elected volunteer board and committee members. I want to assure you we are up to the challenge, are making tremendous progress and have some exciting changes and ideas on the horizon!

Your board and committee members are committed to working hard, being available and visible, and maintaining and improving the community within the allocated approved budget. The committees present their recommendations to the board for final approval, and we are very much involved in providing support along the way.

As your management team, we always want to be doing more. Our goal is to be on site ensuring that common area assets are being well maintained. We also want to be proactive, making a difference every day. We know you value Cameron Station and appreciate your trusting us with the preservation and betterment of your investment, your community and your home. We take this responsibility seriously. Thank you!

I believe we are off to a great start and look forward to further developing a great partnership between your CMC management team and Cameron Station.

Meet the New Editor of *The Compass*

By Marian Cavanagh



Photo Credit: Tom Sugrue.

(l-r) Pat Sugrue, Tricia Hemel, Marian Cavanagh, Rene Zimmer, David Thorpe and Carla Besosa gather to discuss ideas for the Sept-Oct issue of *The Compass*.

Greetings! I'm really pleased to follow Megan Skinner as the next Editor of *The Compass*. Having lived here since May 2017, I'm continually impressed with our neighborhood's friendly, welcoming and vibrant community spirit. *The Compass* makes an important contribution to that atmosphere, and I'll do my best to continue her commitment to a publication that reflects the best of who we are.

I grew up in Parkfairfax, went to St. Rita's School, graduated from what was then Hammond High School, and spent almost 20 years raising my three kids in Del Ray. During nearly 30 years working in Independent Schools (including St. Agnes and then St. Stephen's and St. Agnes School), I was lucky enough to develop my writing, editing and communications skills in positions ranging from Alumni to Publications, Public Relations and Communications. What I enjoyed the

most was interacting with students, teachers and administrators, and getting the chance to write about and share with the community the many activities, opportunities and innovative learning experiences that were being offered on a regular basis. So this new role feels familiar in many ways. As an added bonus, I'm now living right around the corner from Samuel W. Tucker Elementary School. Talk about good luck!

I look forward to contributing to the Cameron Station Community, and I hope to make many new friends in the process. Thanks everyone!

Editor's Note: I had a border collie who, for over 16 years, reminded me of my limited brain capacity. Please keep that in mind when attempting to contact me. I do, however, encourage residents who'd like to become involved to send submissions to thecompass@cameronstation.org.



Photo credit: David Thorpe.

Thank you, Megan, for the great job you did as Editor-in-Chief of *The Compass*, juggling two children, a full-time job, and a move to Alabama! We thank you for leaving the newsletter in such good shape, and we wish you all the best in the future.

The New and Improved Cameron Cafe

By Rene Zimmer

Dayan Worku, owner of the Cameron Cafe, has been working hard on an expansion project which will add significant new twists to the menu as well as the floor space.

Entering the Cafe, the first thing you'll notice is a cozy new "flex" space to the left of the door, which will provide opportunities for occasional wine or beer tastings as well as private parties on request. An attractive bar area, more counter space, an additional bathroom and an expanded kitchen have also been added. The plan, still in development, is to remain open until 8:30pm three or four days a week. On those evenings, the dedicated bar area will serve wine and beer as well as take-out beverages.

The Cafe's menu will also be expanding, with hot sandwiches, salads and a weekend brunch menu.

The Cafe will remain "family friendly" – a small child's table and bins of small toys are always available for his younger guests. The same familiar faces will still be working there, and in the near future, Dayan plans to add a few more family members and workers.

The Cameron Cafe has a Facebook page (*Cameron Cafe*) and a Twitter account (*Cameron Cafe 1*), so you can check out their specials and new restaurant hours. Be sure to sign up!

Dayan considers the Cameron Station neighborhood his extended family and is so proud to be part of our community. He's also thankful to the Main Street Retailers LLC group, which supported this project and provided some of the resources to allow him to expand the Cafe.

The construction in the Cafe is complete. Dayan is waiting for a few final permits as well as furniture delivery but the Cafe is open for business as usual. Stay tuned for updates on the hours and the offerings and thanks for supporting this valuable neighborhood enterprise!



Photo Credit: Rene Zimmer



Neighbors Gear Up for Adopt-a-Family Program

By Mindy Lyle

For the past 19 years, the Cameron Station Community has helped needy families from our local Samuel Tucker Elementary School have a Merry Christmas. Hundreds of families have been helped over the years, and without the generosity of Cameron Station residents, along with local businesses, they might have had no Christmas celebration at all.

Before all the demands of the holiday season kick in, we wanted to remind everyone about this wonderful tradition and explain how it works.

Tucker's social worker and principal select the families and screen their needs. Lists of needs – some as basic as dishes and towels – are compiled by the school, along with clothing sizes, shoe sizes and wish lists from the children for toys, books and games. Families are then available for "adoption."

There are many ways to "adopt": In the past, streets have banded together to buy for several families; often one family chooses a single family to buy for; neighbors sometimes select one or two members of a family and other neighbors cover the rest; committees, book clubs and groups of friends often buy for multiple families; some residents prefer to give cash or gift cards so others may do the gift buying. And some neighbors who are unable to make a monetary donation volunteer their time to shop, wrap or help deliver the gifts to the school. There are many different ways to participate, all of them valuable and all of them greatly appreciated.

If you would like to be part of the Adopt-a-Family program, email adopttuckerfamily@comcast.net. Look for more details in email blasts and *The Compass* as Christmas draws near. Thank you for your consideration.

Alexandria Tutoring Consortium

Help a Child Learn to Read! Please Register to Tutor!

The Alexandria Tutoring Consortium (ATC) needs volunteer reading tutors to work with kindergarten and first grade students in the Alexandria City Public Schools (ACPS) for 30- or 40- minute sessions, once or twice a week, from October through May. They provide training, books, all materials, lesson plans and support throughout the school year. They especially need tutors at West End schools, including Samuel Tucker, William Ramsay, John Adams and James K. Polk. Please contact ATC Executive Director Lisa Jacobs at atc@opmh.org or 703-549-6670 ext. 119 to learn more or SIGN UP NOW at <https://alexandriatutors.org/tutors/sign-up-to-become-a-tutor/>.

A number of Cameron Station neighbors are already ATC tutors at Tucker and Polk schools. If you would like to chat about their experiences, please contact Pat Sugrue at sugrue@comcast.net or 703-307-3939.

Carpenter's Shelter Update

By Shannon Steene, Executive Director and Kristen Parker, Communications and Development Associate

Carpenter's Shelter supports the homeless in Alexandria to achieve sustainable independence through shelter, guidance, education and advocacy. More than 625 homeless and formerly homeless men, women and children access Carpenter's Shelter's services each year.

Early last summer, Carpenter's Shelter began our temporary relocation, moving from our property in North Old Town to a retrofitted Macy's in the shuttered Landmark Mall. Despite the change, our resident programs continue uninterrupted while construction on a brand-new permanent building progresses in partnership with the Alexandria Housing Development Corporation (AHDC).

Since becoming a neighbor of Cameron Station, residents have shown their support, which we greatly appreciate. Here's an update on our progress:

When construction ends in 2020, the property where Carpenter's Shelter once stood will feature a state-of-the-art, first-floor homeless shelter; 87 affordable apartments; 10 permanent supportive housing units; and an underground parking garage. We will operate the shelter and provide wraparound services to the permanent supportive housing tenants. AHDC will manage the affordable apartments, known collectively as The Bloom.

Construction has moved smoothly so far, with demolition beginning last December. Currently, the garage is nearly finished, and the building is at grade level. Construction is moving above ground, and the infrastructure for our first-floor shelter is going in.



Construction is underway.



A rendering of the new facility.

In May of this year, we launched our \$2 million New Heights Campaign. To date, we have surpassed 81% of this goal, thanks to the generosity of over 350 individuals, including our neighbors in Cameron Station, corporations and private foundations, and we look forward to crossing the 100% mark.

Cameron Station residents have made their presence known, increasing their volunteer hours and dropping off much-needed items! Shelli Vasser Gilliam, a Cameron Station resident, shelter volunteer, donor and former Carpenter's Shelter staff member, shared, "Since Carpenter's Shelter moved to the West End of the city, just minutes from Cameron Station, I have embraced the opportunity to re-engage by volunteering, participating in fundraising events and asking neighbors and friends to become involved. Many residents - like Joyce Douglas, who has been a volunteer for more than 30 years - are longtime supporters of the shelter. It has been amazing to see how much this community supports the shelter's mission and work."

Our New Heights Campaign appreciates gifts of any size and also welcomes regular annual giving, volunteer participation and in-kind donations. Right now, our residents are requesting ground coffee, powdered coffee creamer, 100% juice boxes, full-size body lotion, headphones/earbuds, iPhone and Android phone chargers and Sears and Target gift cards. Drop-off donations are always welcome during regular business hours.

To learn more about Carpenter's Shelter, visit us online at www.CarpentersShelter.org. For more information on the New Heights Redevelopment Project and Campaign, or to see our mission in action with a tour, contact Monise Quidley, Director of Development, at MoniseQuidley@CarpentersShelter.org or 703-548-7500.

MAIN STREET RETAILERS



**Painless Laser Dentistry
Same Day Crowns
Genuine, Attentive Care**

Dr. Kiumars Karbasi, DDS, MS
181 Comay Terrace
Alexandria, VA 22304
(Behind the Coffee House)

Tel: 703-461-3000

www.CameronStationDentalCare.com

CAMERON CAFE COFFEEHOUSE

Always Hot & Always Fresh Coffee!

Try our Seasonal House Specials:

Irish Cream Latte
Caramel Mocha
Wedding Cake Latte



4911 Brenman Park Dr
Alexandria, VA 22304

Hours

6AM - 6PM MON - FRI
8AM - 5PM SAT & SUN

CAMERON STATION DRY CLEANERS

- Drapery & wedding gowns
- Household items
- Suede & leather services
- Alterations
- Embroidery & Monogram
- Same day service with no extra charge !! ☺



♪ STORE HOURS ♪

MON-FRI 7AM-7PM
SAT 8AM- 6PM

4903 BRENNMAN PARK DR.
ALEXANDRIA, VA 22304
Tel: 703-823-0606

WE CLEAN
YOUR
GARMENTS
WITH
ECO-FRIENDLY
PROCEDURE!
....



4920 Brenman Park Drive Alexandria, VA
Tel: (703) 370-8414 Fax: (703) 997-0487
www.brightstartva.com

MAIN STREET RETAILERS



www.londoncurryhouse.com

Tel - (703) 419-3160



Lunch Buffet

Mon-Fri: 11:30AM - 2:00PM

Sat-Sun: 12:00PM - 2:30PM

Happy Hour

Mon-Thu: 4:30 PM - 6:30 PM

Dinner Hours

Everyday: 5:00 PM - 10:00 PM

Private Dining Room available for Meeting and Family gathering.

4906 Brenman Park Drive
Alexandria, VA - 22304



Well-Deserved Recognition for London Curry House!

Our community restaurant, London Curry House, has not only been named one of Open Table's "Top 10," but is also on *Washingtonian* magazine's Cheap Eats list as one of "The Best New Indian Restaurants Where You Can Eat for Under \$25". Congratulations to the owners and staff of LCH! Check out all they have to offer at www.londoncurryhouse.com.

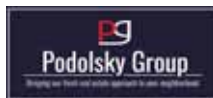


Photo credit : David Thorpe

THANK YOU TO OUR

CAMERON STATION 2019 COMMUNITY PARTNERS

GOLD SPONSORS



SILVER SPONSORS



WEST END
— VILLAGE —



BRONZE SPONSOR



PLEASE DRIVE CAREFULLY

PLEASE DRIVE
EXTRA-CAUTIOUSLY
AROUND THE SCHOOL
AND OBSERVE THE 25MPH
SPEED LIMIT THROUGHOUT
OUR COMMUNITY.

Extra Stars for Your Guest Accommodations

By Pat Sugrue

In the May/June 2019 issue of *The Compass*, there appeared a very subjective article about the amenities my husband Tom and I appreciate when we travel and thus try to provide our overnight guests.

I asked readers to send in their own ideas and am happy to provide recommendations from two Cameron Station residents:

From Sonja T. Risser:

"We value, and have added to our guest room, a "charging station" (a multi-plug power strip with extension cord). This allows guests to charge and use the many electronics that people rely on; and since it comes with an extension cord, it can sit on the nightstand so guests don't have to crawl around to find a plug. It works well, too, for those guests who need to plug in a CPAP machine. And just in case hotels, motels and friends/family aren't as well-prepared, we take a multi-plug power strip with us when we travel."

From Tricia Hemel:

"I have a small sign in my guest room with our WiFi username and password so guests can easily log in and use. You can purchase a sign template from Etsy or just DIY."

Here's an example:



Thanks, Sonja and Tricia for these great suggestions!

Painting Your World Beautiful

WILLIAMS
PROFESSIONAL
PAINTING

We've added beauty and value to Cameron Station homes (like yours!) since 1979

(703) 768-8143 - Virginia • (202) 751-2026 - Washington, DC
williamsprofessionalpainting.com

**"WARM UP" YOUR HOME
THIS WINTER BY CALLING**

Bernuy Contracting

For Interior & Exterior Painting,
Handyman Touch-Ups & Repairs,
& Contracting / Remodeling Projects!!!

You might know us as

Bernuy Painting
(703) 629-0775

Commercial & Residential
Interior & Exterior Painting
Licensed & Insured
FREE ESTIMATES

Johnny @ 703-629-0775, bernuyco@hotmail.com &
UPDATED website: bernuycontracting.com !!!

E-Scooters, Metro Shutdown and Pond Retrofit: Hot Topics at Civic Association Meeting

By Jeff Powers

There was an energetic crowd for the September 4 General Membership Meeting of the Cameron Station Civic Association, which was held in the Victoria Hebert Great Room in the Cameron Club. The roster of speakers included several city staff members involved in initiatives and ongoing projects affecting the Cameron Station Community. During the extensive and spirited discussion period, residents asked questions and shared their concerns.

E-Scooters

City Staff Members Katye North and Vicki Caudullo discussed the city's E-Scooter Pilot Program. Residents were quite vocal in sharing concerns about safety and regulation of scooters, which have become increasingly noticeable. In March 2018, the first dockless scooters began appearing; the first scooter operator was permitted in January 2019. There are now between 650 and 1,000 scooters operating on a given day in Alexandria, with 18,000 users currently on all app platforms, resulting in nearly 101,000 independent trips recorded so far. The goal was to collect data to see if scooters were a viable alternative to driving, making it possible to have fewer cars on the road and reducing congestion.

Residents raised several concerns, including random parking of the scooters, riding on sidewalks, speeding, unsafe behaviors, underaged riders and the inability of the police to ticket riders who do not follow guidelines. A specific concern raised was how scooter traffic would affect people with disabilities, including those with visual impairments. Four community outreach meetings will be held across the city to discuss the pros and cons of these vehicles and their place in Alexandria. The Alexandria Transportation and Planning Division will share their pilot study data with City Council in November.

Metro Shutdown

Thomas Hamed, an Urban Planner for the City of Alexandria, shared detailed information about this summer's Metro station closures. The city instituted several mitigation efforts during the shutdown to help get people to where they needed to be. These included the Bus Hub at Landmark Mall, which carried up to 1,000 extra riders a day, many of whom live in Cameron Station; changes to the HOV lanes on Washington Street; increased DASH and water taxi service; as well as increased access to bike and pedestrian routes. And yes, Metro service began again on Monday, September 9, as planned!

The city collected data on bus ridership, water taxi ridership and traffic volume counts, reviewed feedback forms and tracked complaints by residents. The final report on the shutdown will be released in October. The Water Taxi service will continue even after Metro reopens. Mr. Hamed shared that Metro riders can expect several new improvements to enhance their riding experience. These

include slip-resistant tiling on platforms, new shelters, real-time signage for trains, an audible PA system and updated escalators.

Brenman Park Pond Retrofit

Jesse Maines, Division Chief for City Transportation and Environmental Services, and Demond Frazier, Project Manager for the Ben Brenman Park Pond Retrofit, were on hand to share an overview of the changes being made. It's hard to miss all the construction, which will result in significant improvements to its aesthetics and usability. The project began in March 2019 and should be completed by December of this year, resulting in improved water quality for stormwater runoff.

The pond was dredged and old "gunk" removed; it was deepened, and vegetation was added to the bottom. Residents will notice new "floating islands" with enhanced vegetation, as well as substantial improvements to the pond banks to include trees, plants and grass. The existing pedestrian bridge was replaced, and a second one will connect the Gazebo to the other side of the pond. "Weir walls" were added to change the flow of the water and to act as barriers to help with filtration and maintaining the overall water quality of the lake. These changes will give us an even more beautiful park in which to spend time with our families, friends and pets.

Civic Association Membership

If you have never attended a Civic Association meeting, you are missing out. They are always informative and the featured speakers are always representatives of vital projects affecting our community. It's your chance to speak directly, in a small setting, to key figures involved with issues you care about. Don't miss the next one on Wednesday, November 6, at 7pm in the Cameron Club.

If you are interested in being a part of the Civic Association, please email Sash Impastato at aimpastato54@gmail.com or Jeff Powers at jeffpow@comcast.net.

See a Problem in the Neighborhood?

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

The Annual Pool Party

Great weather, delicious food, fun games and contests, and music for dancing – what more could you ask for at the Annual Cameron Station Pool Party! Here are a few of the 500 residents enjoying the day.



Photo Credit: David Thorpe



Photo Credit: Ray Celeste

Honoring Our Lifeguards

Thank you to all the lifeguards who supported us this year from American Pool (not pictured but appreciated: Darel James) and especially our Pool Manager, Tameka Green. We appreciate everything you all have done to make our time at the pool a fun and safe experience - see you next year!



Bamlak Aklilu



Jenell Stewart



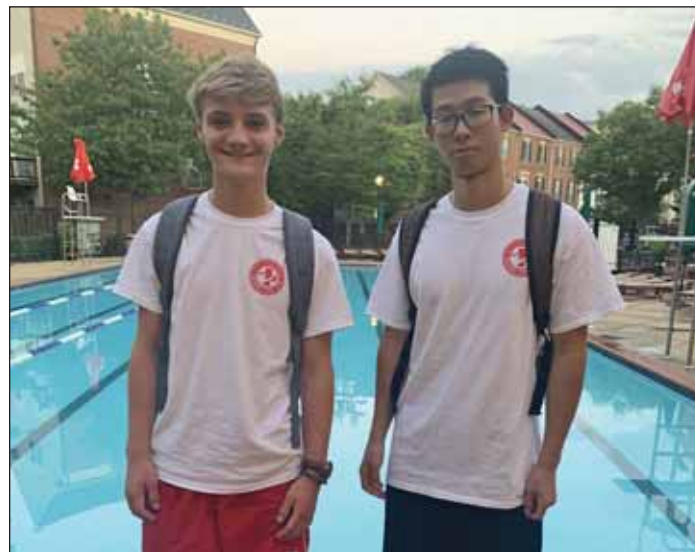
Effie Kalulu



Marques Johnson



Lyndel Layne, Jenell Stewart, Tameka Green and Jimmy Torres



Jimmy Torres and Mark Hulming Zhang



Claudia Laraques



Arian Tecle



Jamal Ali



Sandrine Dailly

Photos Credit: Ray Celeste

Tucker Update

By Melissa Vayra

Samuel W. Tucker Elementary School is off to a “roaring” start! Tucker runs on a modified school calendar, which means the Tucker Tigers kicked off our school year on August 1. Instead of a ten-week summer, ours is six, and there are two breaks – called Intercessions – during the year. The first is October 12-27; the second coincides with Spring Break and provides a full three-week hiatus.

Parents can opt to send their kiddos to school during Intercession for a nominal fee (\$125 for the two weeks, or less if your child qualifies for free or reduced lunch). Classes offered during Intercession are a bit more “fun,” and may include gymnastics, aeronautics, bridge building, etc. This is also an opportunity for students who may need a bit of extra help to receive additional instruction in language arts or math.

One of the best things about living in Cameron Station is having a neighborhood school. We love being able to walk or ride our bikes there each day; we appreciate everyone’s respect and mindfulness in the mornings between 7:40am and 8am, and also at afternoon dismissal between 2:35pm and 3pm. We all want our kids to be safe, so please be careful and obey traffic signs and speed limits!

As of publication date, there are 770 kids enrolled at Tucker. Of the Kindergarten class, 36% are Cameron Station residents. There are 112 Cameron Station families attending the school.

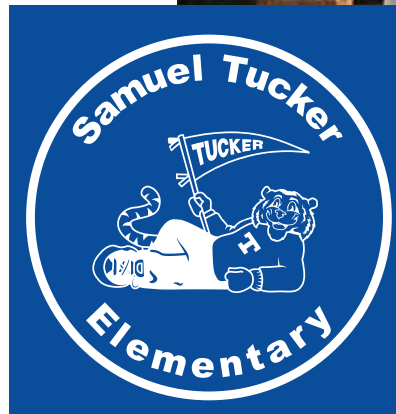
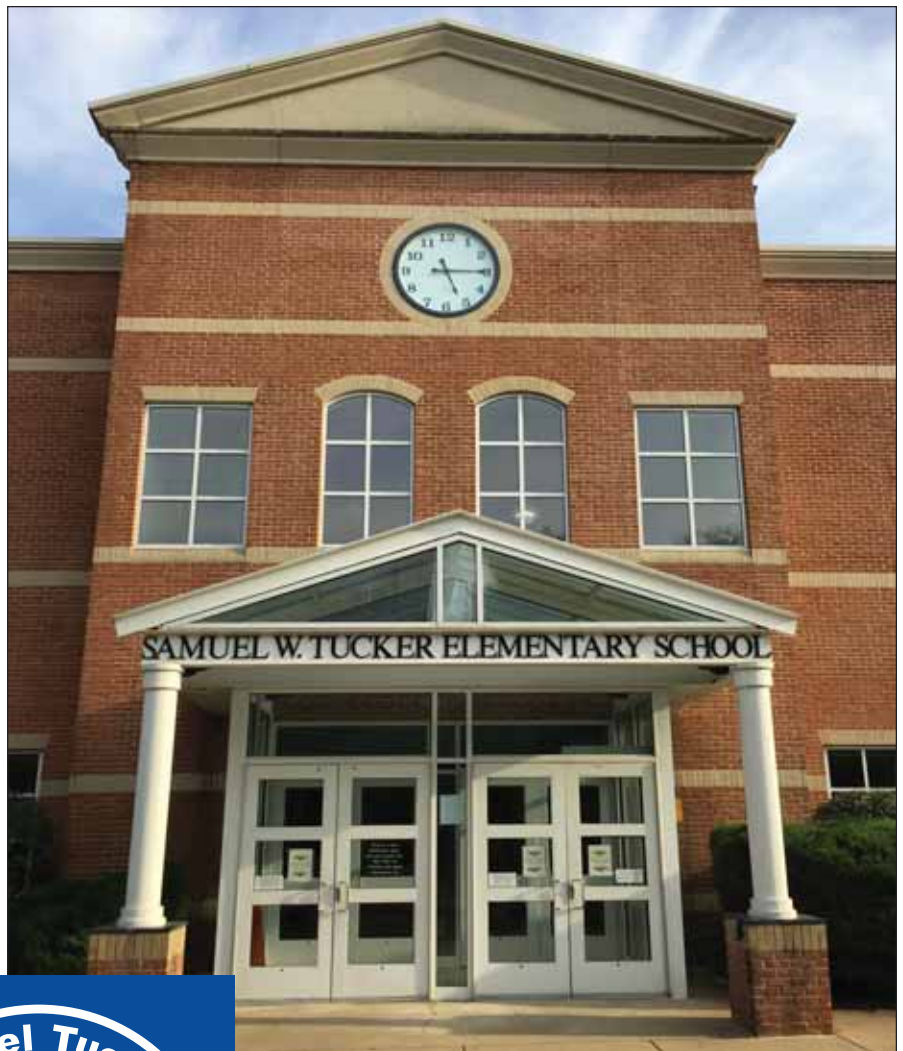
If you’d like to financially support Samuel W. Tucker, we have three easy ways to do so:

1. Amazon Smile

When you shop via AmazonSmile, the AmazonSmile Foundation will donate 0.5% of the purchase price of eligible products to the charitable organization of your choice. We kindly ask that you consider designating Samuel Tucker Elementary as your charity of choice. You can shop at no extra cost and your purchases benefit the school. You do need to make sure that you purchase through AmazonSmile.

2. Box Tops for Education

Did you know that every box top is worth 10 cents? Please save your box tops for Tucker! Every little bit counts, and we appreciate your support.



3. Harris Teeter

Our local grocery store has a Together in Education program. You can link your VIC card to Samuel Tucker Elementary (code 6272) and a portion of the sales from Harris Teeter products will be donated. This designation lasts for one year, so you must visit the customer service desk each August to link your account.

We appreciate your consideration for each of these programs!

If you are interested in volunteering at Tucker, please contact me directly at 646-467-3506. We are also happy to chat with potential sponsors for any of our many upcoming events (Bingo Night, Movie Night, Sweetheart Dance, etc.).

We are incredibly proud of our local school! Five of our Cameron Station parents serve on the PTA's Executive Board, including Mike Johnson (VP Corporate Fundraising), Regina Sienold (VP Fundraising), Kristina Rickard (VP Education), Martha Grutza (Secretary) and myself (VP Special Events). Please feel free to contact us at tuckertigersroar@gmail.com, via Twitter at [@tuckerpta](https://twitter.com/tuckerpta) or via Facebook at [SamuelTuckerElementaryPTA](https://www.facebook.com/SamuelTuckerElementaryPTA). We are committed to making our community school the very best it can be and we appreciate your support!

What Makes a Food a Superfood?

By Victoria Gravini, Nutrition and Wellness Specialist

It's a bird! It's a plane! It's superfood - and it's flying off your grocer's shelf like never before!

The word "superfood" has been around since as far back as 1915, when it was referred to in the Oxford English Dictionary as "a food considered especially nutritious or beneficial to health and well-being." Sounds pretty vague, doesn't it? Well, since the beginning of the 20th century, the field of nutrition has discovered specific vitamins, minerals and phytochemicals that qualify certain foods as better than others.

Though there's still no firm consensus on the exact definition of a superfood, nutritionists generally agree that foods with higher than usual antioxidants, fiber or essential fatty acid content can be called superfoods. To fully understand what makes a food super, let's look at each of these components separately.

First, **antioxidants**, which literally means "against oxidation." Oxidation is a chemical reaction with oxygen that can produce free radicals. It is responsible for signs of deterioration such as metal rusting or an apple turning brown after being cut. In our bodies, oxidation can make certain compounds such as "bad" LDL cholesterol more volatile and liable to stick to the walls of our arteries.

Antioxidants such as vitamins A, C, E, the trace mineral selenium and numerous plant pigments stop oxidation by neutralizing free radical oxygen electrons before they react with other molecules, thus stopping processes of aging and degeneration. Fruits and vegetables are exceptionally high in antioxidants, which is why they are often called superfoods.

Electronic Newsletter Delivery

If you would like to sign up for e-delivery of *The Compass* (and enjoy color on every page!) and no longer receive a paper copy of the community newsletter, please send an email to admin@cameronstation.org. In your email request, please include the following information:

- Name
- Cameron Station address
- Off-site address if you do not reside in Cameron Station
- Email address to which your e-copy should be sent

Please note that, as a result of signing up for this service, you will no longer receive the newsletter in the mail. However, you can always print out a copy at home. If at any time you wish to get back onto the mailing list for a printed version of *The Compass*, it will be necessary to give the office 30 days' notice so that your information may be moved from the e-copy list back to the paper copy list.

Superfoods are often ranked by their **Oxygen Radical Absorbance Capacity (ORAC)** value, which is determined in a test tube. It represents the potential for a specific compound to neutralize a free oxygen radical, making it unavailable for more deleterious reactions.

A **high fiber content** is another criterion that qualifies a food as super. Fiber adds bulk to our diets without adding extra calories because it passes through the body undigested. There are two types of fiber: soluble and insoluble. In our intestinal tracts, soluble fibers such as prebiotic inulin form a viscous gel that probiotic gut bacteria can ferment and feed off.

In addition to supporting healthy digestive flora, soluble fiber also binds to excess cholesterol so that it can be removed as waste. Insoluble fiber, or roughage, promotes regularity - or "waist management" if you will.

The final class of nutrients that adds to a food's functionality is essential fatty acids such as omega-6 linoleic acid and omega-3 linolenic acid. These fats become incorporated into all our cell membranes, affecting their permeability and rigidity. They also combat inflammation by encouraging synthesis of anti-inflammatory prostaglandin hormones. Hence, foods with essential fats such as salmon, walnuts and flaxseed are known for fighting heart disease and some cancers.

So, now that you know what makes a food "super," go forth and eat well!

Don't Miss Out on Timely and Important Community Information – Sign up for Email Blasts!

If you have not already signed up to receive community email blasts, you may contact the HOA office via email at admin@cameronstation.org or by phone at 703-567-4881 to receive a password.

Please note that you may specify that your email address be used only by the community manager.

Addie Hebert's Celebration of Life

Addie Hebert, a/k/a "The Duchess of Duke Street," died January 17, 2019, at the age of 94. The cause of death was complications from breast cancer.

Addie and her husband Joe came to Cameron Station in 2002. A year later Joe passed away, and Addie then lived alone for those first few years. Eventually, she moved into her son Gerry's condo on Somerville Street, where she made many friends.

Addie was born Adeline Whitehead in East Boston, Massachusetts, in 1924. She spent most of her life in Northboro, Massachusetts - a small town about 30 miles west of Boston. She sold Avon products for many years in Northboro and then had a successful 25-year career as Office Administrator at Metropolitan Life Insurance Company. She became an antiques dealer and an expert in antique dolls and doll clothing and opened a doll hospital in her home. She also was a gifted and avid seamstress and made clothes for herself and her children. Her son Gerry recalls many days of being fitted for new pants and shirts in their living room back in Northboro.

In Cameron Station, Addie kept a busy social calendar and attended as many neighborhood events as possible. She acquired the beloved nickname, "The Duchess of Duke Street," and a plaque bearing her nickname was hung on a barstool at our local restaurant (London Curry House), which she frequented. She also loved Cameron Cafe and spent as much time there as possible with friends Joyce, Ginger and Mary, among others. Her son Gerry likened them to the Golden Girls. She attributed her longevity to drinking red wine daily, and she often raised her glass with

the words, "First one today," - regardless of whether it actually was her first glass of wine.

She was a longtime volunteer with ALIVE! (Alexandrians InVolved Ecumenically!) up until 2017 and served as its housewares chairperson for a number of years. She attended Fairlington United Methodist Church with Gerry and her daughter-in-law Victoria Hebert. She had a wealth of friends and will be remembered for her energy, wise-cracking sense of humor, outgoing personality, friendship and generosity. She had pizzazz, energy and verve, and many described her as a "real pistol."

In addition to Gerry and Victoria, Addie is survived by her son Tom Hebert of Reston, Virginia, and his wife Maria. She was the cherished grandmother of seven grandchildren and ten great-grandchildren.

A celebration of Addie's life was held at Fairlington United Methodist Church in Alexandria on Sunday, January 27. The church was full of family and friends - young and old. It was a tribute to a woman who had made friends throughout her life. She will be missed, to be sure, but she will also be remembered as a woman who made Cameron Station a more fun and interesting place to live and share good times with our neighbors.



Photo credit: David Thorpe

Addie's son Gerry leads a toast with friends and neighbors on August 3 at London Curry House, on what would have been her 95th birthday.

Fall and Winter Gardening Tips

By Kathleen McCollom and Linda Greenberg, Cameron Station Volunteer Gardeners

A great new community gardening resource is right across the street in the Beatley Central Library. Twice a month, on the second and fourth Tuesday, 7-8:30 pm, friendly experts from Master Gardeners of Virginia can diagnose plant problems and offer ideas on what grows best, even in difficult areas. Master Gardeners are conveniently located in the entry lobby. Don't be embarrassed by your purple thumb; bring your questions and take advantage of this wonderful opportunity.

Here are some fall gardening chores to wrap up the season:

Ceramic pots with dirt in them need to be emptied and brought inside or they will crack when water in the dirt freezes.

Once perennials die back after a hard freeze, remove the dead foliage and cut the plants back to the crown.

Thinking ahead, it's not too late to plant bulbs in December if your garden gets lots of sun and the ground is still workable. The "Tête-à-Tête" small daffodils grow particularly well in our clay soil, and the squirrels don't eat them.

Take one last look for stray weeds, especially those sprouting under bushes and around air conditioning condensers. Weeds can come from any wild seed such as vines, trees or bushes blown in or carried by birds. Once established, these "volunteer" roots are very tenacious and difficult to remove. Dig them out while they are small.

A job for professionals is removing and replacing original builder shrubs. If the shrubs have been left unshaped for years, it's better to start over rather than cut them back heavily. Some gardens have become very shady as surrounding trees grew larger, making anything growing in the shade weak and spindly-looking. Time to replace them with something that is meant to grow in shade.

The spread of the rose rosette disease means you should take a careful look at your roses to see if they have strange-looking and distorted growth at the buds. The disease will eventually kill the plant. It can infect any type of rose, even the resistant Knockout Roses. Once infected, there is no cure and the rose must be removed to reduce spreading the disease. For the time being, it is better to avoid planting roses of any variety.

If your garden area needs fresh thinking, something that looks good and requires less maintenance, consider a hardscape design using stone with defined plant areas. There are several handsome "stone gardens" in the community and more are added each year. It's an up-front investment that's worth it.

Want some garden design ideas? Contact the Cameron Station Volunteer Gardeners at gardeners@cameronstation.org for a consultation. We live here and have learned how to work around the clay and rocks, strong sun and deep shade.

Need a Handyman?

Call Tim: 703-201-9351

BeeGreenConstruction@gmail.com

Painting (Interior / Exterior) | Home
Insulation | Pressure Washing | Energy
Audits | Drywall | Kitchen & Bathroom
Remodeling | Furniture Assembly |
Basement Finishing | Planting | Garage
Organization and more



If You
Need It
We Will
Do It!

AHMED BROTHERS

**Air Conditioning & Heating
Since 1977**

Specializing in Installation and service Heat
Pumps, Efficient Quality Services.

- **Service Contract available.**
- **Call NOW Special Installation offer for CAMERON STATION Condo owners.**
- **Financing available no interest.**
- **\$59.00 Heating and A/C System Inspection.**

703-642-0001

703-642-3349

www.ahmedbrother.com

Restaurant Review: Aldo's Italian Kitchen

By Carla Besosa - Cameron Station Foodie

"Italian food is all about ingredients and it's not fussy and it's not fancy." Wolfgang Puck

The proprietor of Aldo's, Emanuele Cagnetti, told me that, for him, "it's all about the people and the freshness of the food." The establishment's reputation has been built on that philosophy. A glowing reputation is a must, given that Aldo's is tucked in behind an Eisenhower Avenue office building. You won't drive by and say, "That looks like an interesting place," because you won't see it. You have to hear about it.

Thank you to our neighbor, Shelli Vassar Gilliam, for the heads-up. Word-of-mouth pays off! I've since introduced Aldo's to a dozen other neighbors, have lunched there four times and plan to return for dinner.



Carla and Aldo's Italian Kitchen owner Emanuele Cagnetti

Aldo's has a little front patio; tables with umbrellas offer the customer sun or shade. The interior is basic and unassuming with a pronounced Italian feel. A portrait of Aldo, Emanuele's distinguished-looking father, hangs on the wall over the checkered tablecloths. As a rule, one orders at the counter for lunch. If lunchtime isn't too busy, they'll provide table service; it's always provided for dinner.

Start with *Antonella's Meatballs* - three delicious homemade meatballs in homemade marinara. Or maybe *Aldo's Arancini*, which not only contains the expected rice and mozzarella, but also sausage. Salad choices include *Caesar*, *Italian Chopped*, *Pesto Chicken* and *Caprese*. Additional protein can augment any of the

forementioned. Twelve sandwiches make an appearance. I enjoyed the *Caprese* with fresh, homemade mozzarella, tomato and basil, drizzled with balsamic. Very fresh! Their tuna salad received rave reviews, so try *Il Tonno* - albacore tuna salad, smoked mozzarella, red onion, celery and romaine with lemon and spicy mayo. The bread can make or break a sandwich, and their Italian hero rolls are amazing.

Aldo's Italian Kitchen

2850 Eisenhower Ave.
Alexandria, VA 22314
703-888-2243
www.aldositaliankitchen.com

Hours

Monday-Friday 11am-8pm
Saturday-Sunday closed

Price

Soups & Salads - \$6-\$9
Heroes & Wraps - \$8
Pizza - \$7-\$10
Pasta Specialties & Other
Lunch Entrees - \$8-\$11
Dinner Entrees - \$15-\$22
Desserts - \$2-\$5

Bar

Beer & Wine

Catering Available

Yes

Smoking

No

HC Access

Yes

Parking

Lot

Reservations

Yes (recommended
for large parties)



Photo credit: David Thorpe



Photo credit: David Thorpe

Pizza is also an option. I've only had a bite of someone else's pizza (yes, someone I know), but the crust, cheese and freshness of ingredients make the grade. When I order my own 12" pizza, perhaps it will be the *Toscana* - pancetta, sun-dried tomatoes, gorgonzola, mozzarella and garlic oil. A cold beer might surface as well (domestic or imported).

Traditional Italian entrees include *Chicken Parmigiana*, *Meatballs Parmigiana* and *Eggplant Parmigiana*. Aldo's offers 11 Pasta Specialties. I loved the *Linguine Shrimp Alfredo*. The fresh shrimp were plentiful, and the Alfredo sauce was deliciously cheesy without being too rich or heavy. The *Ravioli*, *Tortellini*, *Penne* and *Rigatoni* beckon for a

future visit. Dinner selections include *Grilled Salmon*, *Shrimp Scampi*, and *Chicken Marsala*, *Picatta* or *Parmigiana*. I'm thinking a group dinner with some very reasonably priced wines, available by the glass or bottle!

Conclude with a homemade dessert! Go with the classic options of *Tiramisu*, *Gelato* or *Cannoli*. Also consider Aldo's for your catering needs.

Aldo's Italian Kitchen has a vibrant vibe and is full of dedicated regulars. This is indicative of the quality and value and how much fun it is to visit Emanuele, a truly delightful and passionate restaurateur!

Book Clubs

Third Thursday of the Month Book Club

September: *Eleanor Oliphant is Completely Fine* by Gail Honeyman

October: *A Place for Us: A Novel* by Fatima Farheen Mirza

November: *The Dinner List* by Rebecca Serle

This group meets the third Thursday of every month, if anyone is interested in joining. It's loads of fun, with wine, food and great conversation. For further information, please contact Christina Finch at christina.finch@gmail.com.

Reading Between the Wines

September: *The Fallen* by David Baldacci

October: *The House on Mango Street* by Sandra Cisneros

November: *Behold the Dreamers* by Imbolo Mbue

New members are welcome!

Feeling Out of the Loop?

Decisions on community matters made by the HOA Board of Directors and committees are discussed, debated and determined in public, with the exception of private matters between residents and the board that are discussed in closed Executive Session. If you want to know what is going on in Cameron Station, attend the monthly board and committee meetings (and/or read the minutes posted on the website); read *The Compass* newsletters; visit the community website, www.cameronstation.org; and sign up for email blasts. If you have any questions for the board, committees or HOA management, send an email. These addresses can be found in every issue of *The Compass* newsletter.

Put a Lid on Garbage

Rats, raccoons, crows and all sorts of furry and feathered creatures can easily eat their way through garbage bags left on the curb. Please remember to put all garbage in trashcans with tight-fitting lids.



Party Time at the Gazebo

On Tuesday, September 10, three dozen neighbors of all ages celebrated the completion of the iconic gazebo and the return of the annual Ticer/Tull pocket park party. More events in the park are already being planned! Thanks to Community Manager Karen Soles and Assistant Manager Todd Branson for coming by.



Photo credit: Pat Sugrue

West End Farmers Market Open Until Early Fall



Photo credit: David Thorpe

There are still a few more Sundays to enjoy our popular local farmers market!

The market is located in the southern parking lot of Ben Brenman Park. Hours are 8:30am-1pm, every Sunday through November 17. For more information and a list of vendors, go to www.westendfarmersmarket.org.

Let Us Hear from You...

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



Carla's Picks

By Carla Besosa

Alden Theater (McLean)

Oct. 5 Borisevich Duo - Chamber Music
 Oct. 23 & Nov. 27 Mid-Day Movies: Foreign Language Films (Free Admission)
 Oct. 26 Shakespeare's *Imogen* & Shakespeare's *A Midsummer Night's Dream*
 Oct. 27 Steinbeck's *The Grapes of Wrath*
 Nov. 10-11 McLean Antiques Show & Sale
 Nov. 22 Simon and Garfunkel [Revisited]

Alexandria

Oct. 5 Art on the Avenue - Musical performances including Janna Audey & Rob Santos
 Oct. 12 Waterfront Park - Portside in Old Town Fall Festival
 Oct. 27 23rd Annual Del Ray Halloween Parade
 Oct. 28 44th Alexandria Turkey Trot (Mount Vernon Ave.)

Arena Stage (DC)

Sept. 13-Oct. 20 *Jitney*
 Oct. 11-Nov. 10 *Right to Be Forgotten*

Athenaeum (Old Town)

Nov. 17 Art Exhibit - Opening Reception

Atlas Performing Arts Center (DC)

Oct. 5-6 Café Flammenco
 Oct. 6 Akua Allrich - 11th Annual Nina Simone & Miriam Makeba Tribute
 Oct. 23-Nov. 17 Mosaic Theater: *Theory*

The Barns at Wolf Trap (Vienna)

Oct. 19 Jesse Cook
 Oct. 30-31 George Winston
 Nov. 15-16 Silk Road Ensemble
 Nov. 30 Newmyer Flyer Presents: Joni Mitchell's 'Blue' - Bob Dylan's 'Blood on the Tracks'

Bethesda Blues & Jazz Super Club (Bethesda)

Nov. 9 Cassandra Wilson

Birchmere (Arlandria)

Oct. 6 Gary Puckett & The Union Gap
 Oct. 7 Keiko Matsui

Oct. 9 Ottmar Liebert & Luna Negra
 Oct. 19 Hiroshima
 Nov. 3 Raven's Night
 Nov. 8-10 Mary Chapin Carpenter & Shawn Colvin
 Nov. 15-17 Paula Poundstone
 Nov. 22-23 Chris Botti
 Nov. 24 Herman's Hermits

Black Rock Center for the Arts

Oct. 12 Los Pleneros de la 21
 Oct. 17 Crys Matthews
 Oct. 20 Diwali Festival of Lights
 Oct. 27 Bel Cantanti: *Rigoletto*
 Nov. 2 Tula's Halloween Cabaret & Disco
 Nov. 9 Ivy League of Comedy: Fabulously Funny Females

Blues Alley (Georgetown)

Oct. 3 Paul Taylor & Michael Lington
 Oct. 17 Najee
 Oct. 21 Dave Kline Band Celebrates Jimi Hendrix
 Oct. 24 Jonathan Butler
 Nov. 14-17 Arturo Sandoval
 Nov. 22-24 Ruben Studdard
 Nov. 29 Alex Bugnon

Carlyle Club (Alexandria)

Oct. 25 Phyllis Hyman Tribute

Carlyle House (Old Town)

Oct. 26 Zombie Escape

Chadwicks (Old Town)

Oct. 24 Monster's Ball

City Winery (DC)

Oct. 3 In Gratitude: Tribute to Earth, Wind & Fire
 Oct. 4 Heather Mae
 Oct. 5 Paula Cole
 Oct. 13 Taylor Hicks
 Oct. 25 Madeleine Peyroux
 Oct. 27 Sawyer Fredericks
 Nov. 16 Marshall Crenshaw
 Nov. 21 Bria Skonberg (trumpet)

Creative Cauldron (Falls Church)

Oct. 3-27 *Disenchanted*
 Nov. 8-24 *The Jungle Book*

Del Ray Artisans (Del Ray)

Oct. 4 Opening Reception:

"Art Inspired by the Twilight Zone"

Nov. 1 Opening Reception: "\$100 & Under"

Dulles Expo Center (Chantilly)

Oct. 5-6 Heritage India Festival

Oct. 18-20 Sugarloaf Crafts Festival

Nov. 2-3 The D.C. Big Flea & Antiques Market

Nov. 8-10 Northern Virginia Christmas Market

Eagle Bank Arena (GMU/Fairfax)

Oct. 2-6 Disney on Ice: Road Trip Adventures

Evening Star-Upstairs Lounge (Del Ray)

Oct. 10 Janna & Rob/Smokin' Lounge

1st Stage (Tysons)Sept. 19-Oct. 10 *Trying***Ford's Theater (DC)**Sept. 27-Oct. 27 August Wilson's *Fences*Nov. 21-Jan. 1 *A Christmas Carol***Fort Ward Park (Alexandria)**

Nov. 9 Civil War Tours in Honor of Veteran's Day

Gadsby's Tavern Museum

Oct. 14 Female Stranger Beer Dinner with Port City

Oct. 19 Specialty Tour: Death at the City Hotel

Oct. 27 Masquerade Ball

Gala Theater (Adams Morgan)Oct. 19-Nov. 2 *Que las Hay...las Hay (Believe it or not)*

Nov. 7-17 XV Fuego Flamenco Festival

George Mason Center for the Arts (GMU/Fairfax)

Oct. 4 LADAMA

Oct. 5 The Four Italian Tenors

Oct. 12-13 Virginia Opera: *Tosca*Oct. 18 L.A. Theater Works: *SEVEN*

Oct. 19 Cirque Mei

Nov. 7-9 Mason School of Dance: Fall New Dances

Nov. 9 Taj Express: Bollywood Musical Review

Nov. 10 *The Four Seasons* - VivaldiNov. 16-17 Virginia Opera: *Il Postino*

Nov. 22 RUBBERBANDance Group

Nov. 23 Aquila Theater: *George Orwell's 1984*

Nov. 30 Chanticleer

Jammin Java (Vienna)

Oct. 12 The Nighthawks

Jiffy Lube Live (Bristow)

Oct. 12 Brantley Gilbert

Kennedy Center (DC)Oct. 9-13 *Footloose*

Oct. 13 Pink Martini with Meow Meow

Oct. 17-19 NSO Pops: Nat King Cole at 100

Oct. 20 Pan American Symphony Orchestra Presents
"Forever Piazzolla"

Nov. 1 Dorado Schmitt & The Django Festival Allstars

Nov. 13-16 Mark Morris Dance Group: *Pepperland*Nov. 27-Dec.1 Atlanta Ballet - *The Nutcracker***Lee-Fendall House Museum & Garden (Old Town)**

Oct. 26 6th Annual Halloween Pumpkin Hunt

Lisner Auditorium (GWU)

Oct. 5 "I AM TANGO"

Little Theater of Alexandria (Old Town)Oct. 19-Nov. 9 *The Haunting of Hill House***MGM (National Harbor)**

Oct. 19 The Isley Brothers

Oct. 23 So You Think You Can Dance?

Oct. 25 ZZ Top

Nov. 9 Joe Bonamassa

Mount Vernon (Alexandria)

Oct. 11-13 Fall Wine Festival & Sunset Tour

Oct. 19-20 Fall Harvest Family Days

National Theater (DC)Oct. 8-13 Jimmy Buffett's *Escape to Margaritaville*Nov. 12-17 *RENT* - 20th Anniversary TourNov. 21-23 John Leguizamo's *Latin History for Morons*Nov. 29 Mandy Patinkin in Concert: *Diaries***Port City Brewing Co (Alexandria)**

Oct. 27 Halloween Rock Show

Round House Theater (Bethesda)

Sept. 18-Oct. 13 *School Girls: Or the African Mean Girls Play*

Nov. 20-Dec. 22 *The Curious Incident of the Dog in the Night Time*

Schlesinger Concert Hall (NVCC/Alex)

Oct. 5-6 Alexandria Symphony: Imaginary Symphony

Nov. 16-17 Alexandria Symphony:
Autumn Celebration & Dvořák

Signature Theater (Shirlington)

Sept. 24-Nov. 3 *Escaped Alone*

Oct. 29-Jan. 5 *A Chorus Line*

Nov. 19-12 *Soul Divas*

State Theater (Falls Church)

Oct. 12 Zoso - The Ultimate Led Zeppelin Experience

Oct. 14 Buddy Guy

Nov. 1 Eaglemania

Strathmore (Bethesda)

Oct. 10 BSO: The Nat King Cole Songbook

Oct. 16 Sergio Mendes & Bebel Gilberto

Oct. 30 Chick Corea Trilogy

Nov. 2 National Philharmonic - The Music of ABBA

Nov. 9 BSO: Emanuel Ax Performs Brahms

Nov. 13 The Music of Roy Orbison & Buddy Holly

Nov. 30 Holidays in Harmony

Studio Theater (DC)

Nov. 6-Dec. 8 *White Pearl*

Warner Theater (DC)

Oct. 17 Killer Queen

Oct. 18 Tower of Power with The Chuck Brown Band

Oct. 20 Tribute to the Beatles' White Album

Oct. 24 Jackie Evancho

Oct. 29 World of Dance Live! Tour

Nov. 14-15 Frankie Valli and The Four Seasons

Nov. 16 Chaka Khan

Nov. 22 A Magical Cirque Christmas

Nov. 30-Dec. 29 The Washington Ballet's *Nutcracker*

Woolly Mammoth (DC)

Oct. 30-Nov. 10 *What to Send Up When It Goes Down*

And Another Thing...

(newsy notions & other fun facts!)

Toka Salon closed (Cameron Station).

Boston Chicken at Landmark Plaza closed.

Check out the *REACH* Project at the Kennedy Center, breaking down barriers between audiences and art.

At *T-ZO Vietnamese Cuisine* (5774 Dow Ave) you can BYOB!

New Places to Investigate

Spice Kraft Indian Bistro (Del Ray, former Bombay Curry)

Café Grains (Van Dorn Station)

Chop Shop Taco, 1008 Madison St. (Madison & Henry Sts.)

Kisso Asian Bistro, 300 King St.

Taqueria Picoso, 1472 N. Beauregard St. (soon)

Oak Steak House, 901 N. St. Asaph St.

Riverside Taco, 105 N. Union St.

Whiskey & Oyster, 301 John Carlyle St.

Momo & Poke, 8733 Cooper Rd.

Sardi's Pollo a La Brasa, 1480 Beauregard St.

El Buen Sazon, 8428 Richmond Hwy.

Fish Town & Veggie Heaven, 410 E. Glebe Rd.

Halal Guys, 3167 Duke St.

Lost Boy Cider, 317 Hoofts Run Dr.

Aslin Beer Co, 847 S. Pickett St.

LA Mart International Grocery (Edsall & Van Dorn Sts.)

Chef Guo, 6259 Little River Tpk.

Hank's Pasta, 600 Montgomery St. in Old Town: closing at the end of September. In its place will be an expanded Italian restaurant with a rooftop bar and Prosecco on tap.

Get Air Trampoline Park, to open at 340 S. Pickett St., near City Kitchen.

Open Table's Top 10 Best Overall Restaurants in VA/DC Suburbs

Three Alexandria restaurants made the grade:

**The Reserve*, 2216 Mount Vernon Ave.
(above Del Ray Pizzeria)

**Captain Gregory's*, 804 N. Henry St.

**LONDON CURRY HOUSE!* (Cameron Station)

Books by Neighbors

Jane Gardner: "One Woman or Another"

Kathryn "Kat" Carol (Wilson) Crawford:
"Why Have You Forsaken Me?"

What Am I Listening to?

Dan Navarro - *Shed My Skin*

Veronneau - *Live at Lubber Run*

Berta Roja - *Historia Del Tango*

Bajofondo - *Tango Club*

Richard Elliot - *Summer Madness*

Marlow y la Riqueña - *Rosado*

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 November to the first week of December.

Article Submissions:

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

Publishing Deadlines

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

Advertising Rates:

Display Ads (Camera-ready)

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

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

Classified Ads

(Limit 35 words)

Resident.....\$5

Non-resident.....\$25

Lost & Found, Carpool, etc.....Free

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

Days to Celebrate

By Carla Besosa

- Oct. 1 - World Vegetarian Day (Try Burger King's new Impossible Burger.)
- Oct. 2 - National Kale Day (Get the Diavola Pizza at Lena's with flash-fried kale on top.)
- Oct. 6 - Garlic Lovers Day (Chicken Shawarma at Shawarma Guys Emessa, or Haifa Grill)
- Oct. 9 - International Beer & Pizza Day (Lena's, Reynolds, or Savio's)
- Oct. 17 - National Pasta Day (Rosemarino and Bella Napoli)
- Oct. 21 - International Day of the Nacho (Los Tios)
- Oct. 22 - Eat a Pretzel Day (Crab Pretzel at Glory Days Grill)
- Oct. 27 - American Beer Day (Port City Brewing and Aslin Beer Co.)
- Oct. 28 - National Chocolate Day (Pat Sugrue, this one's for you! Try Dolce & Bean.)
- Nov. 3 - Cliché Day (My money's on our Editor.)
- Nov. 4 - King Tut Day (Everybody: "Born in Arizona; Lived in a condo made of stone-a....")
- Nov. 5 - International Games Day (Telestrations, Encore, Charades, Taboo, Scattergories)
- Nov. 12 - Happy Hour Day (Do Happy Hour at London Curry House; walk home!)
- Nov. 27 - National Electric Guitar Day (For our guitar-playing photographer David Thorpe.)





Councilwoman Del Pepper, Vice Mayor Elizabeth Bennett Parker and Deputy City Manager and Cameron Station resident Debra Collins.



Diane Roadcap serving pizza from La Casa.

National Night Out

By Mindy Lyle

The entire West End Community of Alexandria is included in "National Night Out," which celebrated its 4th year in Armistead Booth Park on August 6.

National Night Out began in 1984 and takes place in all 50 states on the first Tuesday in August. The night is designed to enhance the relationship between neighbors and law enforcement and to bring back a true sense of community by bringing police and neighbors together under positive circumstances.

Greenhill's Pickett Place Community Foundation was the presenting sponsor, with participation by a number of local businesses including La Casa, Podolosky Group, West End Business Association, Burke and Herbert Bank, GEICO Insurance and Eastern Auto. Those attending enjoyed great food, music, an appearance by Minnie and Mickey Mouse, face painting and many more activities.



West End Park Manager Chris Watson enjoying the festivities.

**Cameron Station's
Holiday Party
Sunday, December 15**



Check
email blasts for
more details.



Face painting was a popular activity.

Photo credit: Mindy Lyle

The compass

200 Cameron Station Blvd.
Alexandria, VA 22304

PRSR STD
U.S. POSTAGE
PAID
GAM PRINTERS
PERMIT #379
DULLES, VA



Help us go greener...
Please recycle this newsletter.



Newsletter of the **Cameron Station Community Association, Inc.**