

The ompass

Newsletter of the Cameron Station Community Association, Inc.

Volume 19 Issue 1 • January-February 2018

Operation Gobble Gobble Serves Families in Need

By David Thorpe

Donna Kenley and Sharon Godfrey organized the 8th 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 Tucker Elementary in Cameron Station.



and donated goodies this year. The bags were delivered by Cameron Station's maintenance man Craig Merritt, who volunteered again this year with his blue pickup truck.

On hand to help out on that brisk Thursday morning was Jim Royles (Rotary Club); Elliot Waters (Board of Directors); Fred Fulton, Pat Morgan, and Karen Morisato (Tucker Elementary); and David Thorpe (photos).

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 cards,

Thank you all who volunteered and/or donated to this compassionate display of kindness, and we will see you all again next year!



Photo credit: David Thorpe

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 to have a Merry Christmas. The program has grown over the years, as have 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.



Photo credit: Mindy Lyle

As always, this program presents a number of unique situations, and Cameron Station residents respond with help. Kudos to my neighbors Sunny and Makeda who jumped in at the last minute when we realized that a family had fallen through the cracks. In just a few hours, they were able to shop, wrap, and have everything ready for delivery on time.

We were able to help over 40 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.

In addition to Adopt-a-Family, we partnered with Council Member Willie Bailey's organization, Firefighters and Friends to the Rescue, on December 23. The event at Samuel Tucker Elementary provided

gifts to another 200 needy families. Many Cameron Station residents, including the Assistant City Manager Debra Collins, Homeowners Association Board President Megan Brock, and Mary Moffett helped to sort toys and assist families in their selection.

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.

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: Megan Skinner

Editorial Staff: Carla Besosa, Judy Coleman, Lily Engle, Marian Cavanagh, Scott E.Z. Franklin, Maya Noronha, Debbie Routt, Eric Veres, and Pat Sugrue

Recurring Contributor: Susan Birchler **Photographer:** David Thorpe

Committee Corner

HARD AT WORK ON BEHALF OF OUR RESIDENTS

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Meetings are the last Tuesday of every month,
unless otherwise indicated.

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events@cameronstation.org

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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.

Snow Shovelers Needed!

Cameron Station residents who would like to volunteer and be added to the volunteer list to help assist those residents with physical limitations during snow storms/snow removal, please contact the Management office 703-567-4881 or managers@cameronstation.org.

Thank you!

Committee Corner

HARD AT WORK ON BEHALF OF OUR RESIDENTS

Activities & Events Committee

By Megan Skinner

Carolers greeted residents as they entered the Cameron Club on December 10 to enjoy Cameron Station's Annual Holiday Party. The event jumpstarted the holiday season with festive food and drinks, and residents gathered to enjoy a slideshow that featured the uniqueness of the Cameron Station community and the residents who make this the greatest place to live.

Michelle Rampey, along with a handful of other very generous volunteers, planned and served at the event, which was a huge hit among residents. The community thanks the Activities & Events Committee for their selflessness in the time and effort they continually invest in putting on great events for Cameron Station residents. We also want to extend a huge thank you to the sponsors of this event.



Photo credit: David Thorpe

Architectural Review Committee

By Mark Brzezinski

Winter is among 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 2-hour delay or closed 2 hours 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.

Communications Committee

By Kimberly Dillon

The Communications Committee (ComCom) continued the tradition of gathering for our annual Christmas party. The holiday dinner was held at Portner Brewhouse, and members of ComCom and *The Compass* celebrated the accomplishments of 2017 by eating good food and enjoying each other's company. ComCom is incredibly excited about what 2018 will bring, and we enter the new year with a fresh outlook due to the addition of the Public Relations (PR) Subcommittee, which has generated a great deal of excitement for the future of the community.

Cameron Club Facilities Committee

By Ray Celeste

I would like to take this opportunity to thank the Cameron Club Facilities Committee (CCFC) members for all of their hard work in 2017. These CCFC members are Dick Meyer, Vice Chair; Mike Henry, Recording Secretary; Richard Shea; and Dan Ogg. They have done an outstanding job on the community's behalf.

Additionally, Psy Scott, our Fitness Director, continues to do a superb job for which the CCFC is eternally grateful. We are also appreciative of the owner of ProFIT, Rich Mandley, and Tammy Cooper, our regional manager, for their support of our beloved community.

Our first major project in 2018 is to determine capital improvement recommendations for our fitness center equipment to the Board of Directors. We have already started the process by considering input from residents and input from our ProFIT management team. We are excited to continue to offer to our residents the best and most affordable equipment options for our fitness center.



Photo credit: David Thorpe

The 12 Days of Cameron Station

By Pat Sugrue

One of the highlights of this year's Holiday Party was the singing of holiday songs. A personal favorite of the season is "The 12 Days of Christmas," composed by Frederic Austin. Neighbor Carla Besosa created a special version entitled "The 12 Days of Cameron Station," which captures the essence of our community and is sure to become a staple at future parties. Here are the lyrics (shortened for space):

"The 12 Days of Cameron Station"

On the First Day in Cameron Station, my neighbor said to me –
"Welcome to the neighborhood!"

On the Second Day in Cameron Station, my neighbor said to me –
"Drive the speed limit."

Third Day – "Let's all play Bunco."

Fourth Day – "Shovel your sidewalk."

Fifth Day – "Pick up that poop!"

Sixth Day – "Come have a cocktail."

Seventh Day – "Don't miss Psy's fitness class!"

Eighth Day – "Roll out the strollers."

Ninth Day – "Hang out at the coffee shop."

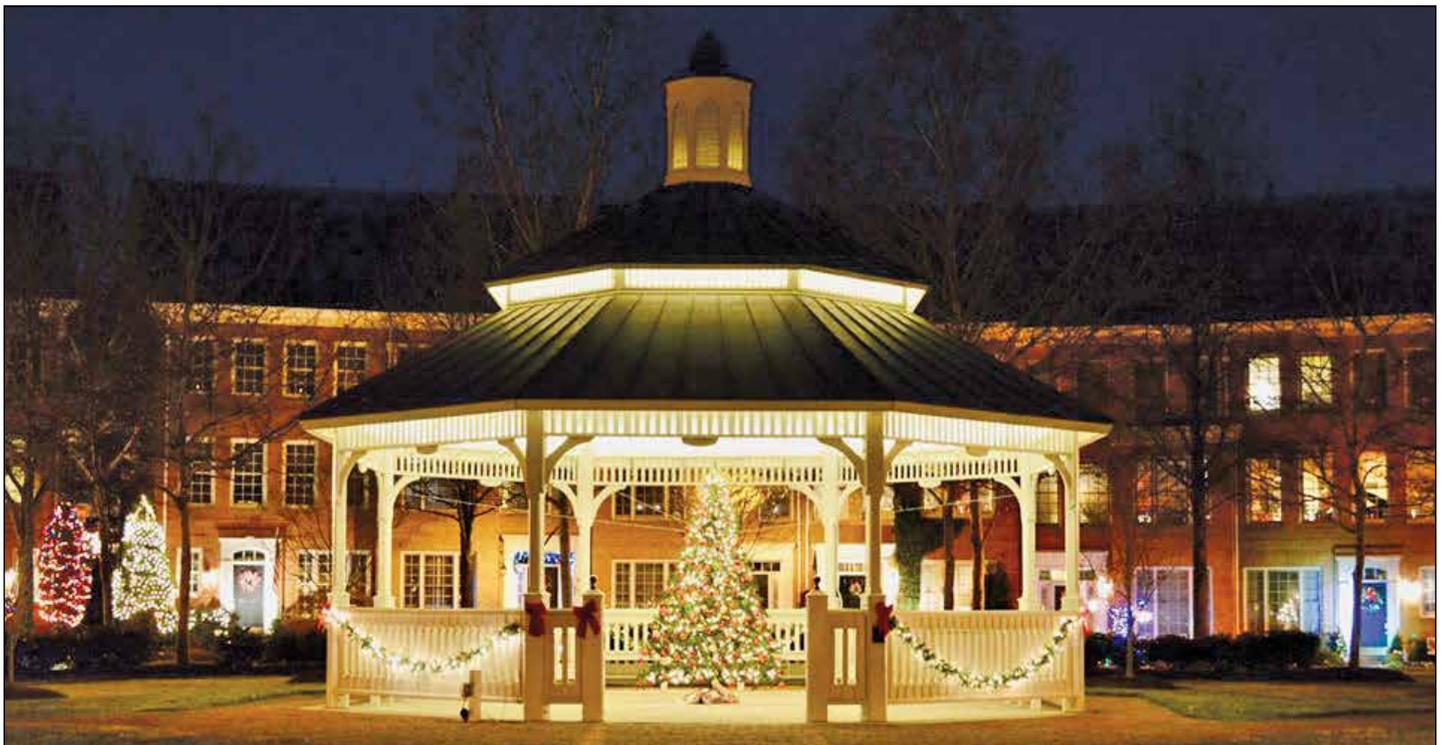
Tenth Day – "Hop on the shuttle."

Eleventh Day – "Eat at London Curry."

Twelfth Day – "You must read *The Compass*!"



Photo credit: David Thorpe





In last month's issue of *The Compass*, Ray Celeste was featured in "The Athlete Among Us" article. Ray was interviewed about his experience as a marathon runner, and the editorial staff wanted to follow-up by including a photo of Ray (front row, fifth from left) in his natural habitat. Please refer to page 18 of the November/December 2017 issue for the complete article.

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Cozy Up: Restaurants with Fireplaces

By Carla Besosa

"We no longer build fireplaces for physical warmth, we build them for the warmth of the soul..."

– Edna Ferber, Pulitzer Prize-winning American novelist and playwright

As temperatures drop, interest rises in search of restaurants with the cozy, inviting feature of a welcoming fireplace. Here are some of the options you may want to try and some of my favorite noshes at each.

MAGNOLIA'S ON KING, 703 King St.



Photo credit: Magnolia's on King

• The venue offers Southern immersion cuisine and has a cozy upstairs Palm Lounge, which has a fireplace.

• Recommendation: Stuffed Dates with Maytag blue and smoked Berkshire bacon

DANIEL O'CONNELL'S, 112 King St.

• This restaurant has three fireplaces, live music, and historical antiques in an Irish Pub setting. Sample Irish culinary delights while enjoying their fireplace.

• Recommendation: Scotch Egg, which is a boiled egg with ground pork, herbs, and spices, breaded and fried with honey mustard dipping sauce

FIONA'S IRISH PUB, 5810 Kingstowne Center

• Enjoy fresh original dishes from Dublin (live music).

• Recommendation: Beer-Battered Shrimp with ancho chili mayo or Corn Flake Crusted Brie with almond crumble, apples, and sourdough toasties

NECTAR DEL RAY, 106 Hume Ave.

• Coffee, pastry, and sandwich shop by day, and bistro, local wine, and craft beer restaurant by night, this restaurant has a fireplace on the upper level.

• Recommendation: Fig and Prosciutto Sandwich with Butterkäse cheese

SONOMA CELLAR, 207 King St.

• This is a tasting room bistro that serves Sonoma County wines and California-inspired fare (live music).

• Recommendation: Nibbles Trio, which contains marinated olives, spiced nuts, & charcuterie/cheese skewers

MURPHY'S IRISH PUB, 713 King St.

• Murphy's is an authentic Irish Pub with traditional Irish fare at affordable prices (entertainment too).

• Recommendation: Smoked Blue Fish Plate over mixed greens, topped with red onion marmalade and crushed almonds

CHADWICK'S, 203 Strand St.

• Enjoy casual dining at this iconic Old Town haunt.

• Recommendation: Firecracker Shrimp, which consists of bay shrimp, sriracha aioli, and lettuce wraps

CITY KITCHEN, 330 S. Pickett St.

• City Kitchen offers foods inspired by cities across America, and you can stay warm with their 60-inch inset fireplace.

• Recommendation: Baltimore Crab Cake Minis with jumbo lump crab and old bay aioli

T.J. STONE, 608 Montgomery St.

• This venue serves American comfort foods in a casual dining room with a wood burning fireplace.

• Recommendation: Turkey Ruben, Tuna Nicoise, and Gouda Tater Tots

CHART HOUSE, 1 Cameron St.

• Gather 'round the funky fireplace, and enjoy seafood and steakhouse fare in a classy setting while taking in the view of the Potomac.

• Recommendation: The amazing Salad Bar and the Key Lime Pie



Photo credit: David Thorpe

Breathe Easy: Staying Healthy in Winter Months

By Psy Scott

In the winter months, the weather can be unbearable. There are so many things that your body experiences when trying to regulate a temperature between 98.1 and 98.6; therefore, it is important to make sure you are doing what is necessary to ensure that you are healthy.

One of the key factors to surviving the winter is to make sure that the air you are breathing is warm enough as it enters your lungs. Your lungs require warm, humid air to function. This warming of the air will help to lubricate the bronchial tubes. Breathing cold air can cause shortness of breath, wheezing, and dry mouth. If you have a respiratory disease, such as asthma or emphysema, you are at a greater risk of symptoms due to freezing temperatures.

All is not lost, and there are a few ways to minimize the effects of cold air to your lungs. You can minimize the amount of time you are exposed to cold air. If you absolutely must be exposed to cold/freezing temperatures, you can wear a cold-air mask or scarf over your face. If you are exercising outdoors, it is recommended to wear a ski mask or a mask specifically designed to cover your mouth and nose while partaking in extracurricular activities during the winter months. Remember, the focus is to warm the air before it enters the lungs. When at home, using a humidifier is a good way to keep the nasal passages moist. This will help prevent sinus infections, nosebleeds, and headaches. Also, be sure to drink plenty of water; staying hydrated is just as important in the winter months as it is in the summer months.



Photo credit: Nike

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Carla's Picks

By Carla Besosa

Arena Stage (DC)

Feb. 2-Mar. 11 - The Great Society
Feb. 23-Apr. 8 - *Hold These Truths*

Atlas Performing Arts Center (DC)

Feb. 14 - Gourmet Symphony Premier
Feb. 20 - Veronneau (performed at the Cameron Club a couple years ago)

Barns at Wolf Trap (Vienna)

Feb. 5-6 - Ladysmith Black Mambazo
Feb. 22-23 - 1964: The Tribute
Feb. 28-Mar. 1 - Cherish the Ladies

Birchmere (Arlandria)

Feb. 3 - Maysa
Feb. 5 - Pat Benatar and Neil Giraldo
Feb. 6-7 - Tommy Emmanuel
Feb. 9 - Burlesque-a-Pades in Loveland
Feb. 17-18 - Arlo Guthrie
Feb. 20 - The Association
Feb. 24 - Harmony Sweepstakes A Cappella Festival
Feb. 25 - Keiko Matsui
Mar. 1 - Graham Nash
Mar. 6 - Sweet Honey in the Rock
Mar.10 - The Four Bitchin' Babes
Mar. 13 - The Zombies
Mar. 16 - The Oak Ridge Boys
Mar. 17 - The Manhattans
Mar. 27 - Mike + The Mechanics

Black Rock Center for the Arts (Germantown)

Feb. 2 - Ivy League of Comedy: Battle of the Sexes
Mar. 9 - Ivy League of Comedy: Fabulous Funny Females

Blues Alley (Georgetown)

Feb. 14-15 - Marion Meadows
Feb. 22-25 - Kim Waters
Mar. 22-25 - Gerald Albright
Mar. 30-Apr. 1 - Peter White

Carlyle Club (Alexandria)

Feb. 16 - Doc Scantlin and his Imperial Palms Orchestra

Creative Cauldron (Falls Church)

Feb. 8-Mar. 4 - *Lady Day at Emerson's Bar and Grill*
Mar. 9-25 - *The Snow Queen*

Del Ray Artisans (Del Ray)

Feb. 2 - Opening Reception: Art Squared
Mar. 2 - Opening Reception: Outdoors In

Dulles Expo Center (Chantilly)

Feb. 16-18 - International Gem and Jewelry Show
Mar. 3-4 - D.C. Big Flea and Antique Market
Mar. 23-25 - Sugarloaf Crafts Festival

Eagle Bank Arena (Fairfax)

Feb. 25-26 - Disney Live! Mickey and Minnie's Doorway to Magic
Mar. 17-18 - Harlem Globetrotters

1st Stage Theater (Tysons)

Feb. 15-Mar. 11 - *The Farnsworth Invention*

Ford's Theater (DC)

Jan. 19-Feb. 11 - *Jefferson's Garden*
Mar. 9-May 12 - *The Wiz*

Gadsby's Tavern (Old Town)

Mar. 11 - FaceTime with History - Thomas Jefferson
Discussing the Election of 1800

Gala Theater (DC)

Feb. 1-25 - *La Foto (A Selfie Affair)*
Mar. 3-17 - *Volcano: Tales of El Salvador*

George Mason Center for the Arts (Fairfax)

Feb. 2 - Les Ballets Trockadero de Monte Carlo
Feb. 17-18 - Virginia Opera:
A Midsummer Night's Dream
Mar. 17 - Moscow Festival Ballet: *Swan Lake*
Mar. 18 - Moscow Festival Ballet: *Cinderella*
Mar. 23-24 - Mason School of Dance Gala Concert

George Mason Harris Theater (Fairfax)

GMU School of Art/Visual Voices Speaker Series
Feb. 1 - Talking to the Fingers in the Language of the Eyes: Haptic Interpretations of the Archive
Feb. 22 - Artist, Researcher, Teacher: Problems, Paradigms, and Processes
Mar. 1 - Performing Stillness: Rodin's Nijinsky
Mar. 8 - The Quest for Unintended Consequences

Gunston Theater Two (Arlington)

Feb. 23-Mar. 25 - *The Gospel at Colonus*

Gypsy Sally's (DC)

Feb. 22 - The Allman Others Band, Covered with Jam

Hamilton (DC)

Feb. 10 - Love Songs: The Beatles Vol. 5
Feb. 14 - An Evening of Frank Sinatra's Music
Feb. 16 - Mark O'Connor
Mar. 7-8 - Jim Belushi and The Board of Comedy

The Hub Theater (Fairfax)
Mar. 30-Apr. 15 - *The Pavilion*

Jammin' Java (Vienna)
Mar. 30 - Ellis Paul

Kennedy Center (DC)
Mar. 4 - NSO Music for Young Audiences:
Two Divas and a Bear, with NSO violinist Marisa Regni and soprano soloist Kari Pauldan (Author note: Both are friends of mine!)
Feb. 6-11 - Alvin Ailey American Dance Theater
Mar. 22-24 - Mark Morris Dance Group and Silk Road Ensemble
Mar. 9 - Philip Glass' 20 Etudes
Mar. 14-17 - NSO Pops: *West Side Story* in Concert
Mar. 16 - Ute Lemper's Paris Days, Berlin Nights
Mar. 15-18 - NSO: Bronfman plays Brahms
Mar. 22-24 - NSO: Nosedá conducts *Verdi's Requiem*

Little Theater of Alexandria (Old Town)
Feb. 24-Mar. 17 - *The Audience*

Mount Vernon (Alexandria)
Feb. 17 - Washington's Birthday Celebration
Feb. 22 - George Washington's 286th Birthday
Feb. 27 and Mar. 20 - NSO at Mount Vernon

MGM National Harbor (P.G. Co.)
Feb. 19-25 - Cher
Mar. 3 - Jim Gaffigan

National Theater (DC)
Feb. 6-18 - *Something Rotten!*
Feb. 23-24 - Savion Glover's All FuNKD' Up

9:30 Club (DC)
Feb. 16 - ZZ Ward

Port City Playhouse (Falls Church)
Feb. 16-Mar. 3 - *The Boy Next Door*

Roundhouse Theater (Bethesda)
Jan. 31-Feb. 25 - *Handbagged*

Signature Theater (Shirlington)
Jan. 16-Feb. 18 - *Nights*
Feb. 6-Mar. 4 - *Light Years*
Mar. 13-17 - *Motown: Hitsville U.S.A.*

The State Theater (Falls Church)
Feb. 3 - *The Stranger - A Tribute to Billy Joel*
Feb. 9-10 - *Bruce in the USA - A Tribute to Bruce Springsteen*
Mar. 31 - *Zoso - The Ultimate Led Zeppelin Experience*

Strathmore (Rockville)
Feb. 28 - Styx
Feb. 24 - National Philharmonic: Gershwin's *Porgy & Bess*
Mar. 25 - k.d. lang

Studio Theater (DC)
Jan. 17-Mar. 4 - *The Wolves*
Mar. 21-Apr. 22 - *Translations*

Synetic Theater (Crystal City)
Jan. 17-Feb. 18 - *The Trial*
Mar. 14-25 - *The Lord of the Flies*

Schlessinger Performing Arts (Alexandria)
Feb. 10 - Alexandria Symphony
Feb. 25 - American Youth Philharmonic

Theater J (DC)
Feb. 21-Mar. 18 - *Becoming Dr. Ruth*

Theater on the Run (Arlington)
Mar. 28 - *Persephone: A Burlesque*

Warner Theater (DC)
Feb. 2-4 - Riverdance
Feb. 9-10, 16-17 - Tedeschi Trucks Band
Feb. 23 - God Save the Queens:
Best Queen Since Queen

Union Stage (DC Waterfront)
Feb. 12 - Raul Midon
Feb. 25 - Rachel Yamagata

Woolly Mammoth Theater (DC)
Feb. 5-Mar. 4 - *Familiar*

And Another Thing...

(in my stream-of-consciousness order)

OpenTable Diners' released their list of Top 10 Neighborhood Gems, which includes four restaurants in Northern Virginia:

- * Idylwood Grill, 2190 Pimmit Dr., #B, Falls Church
- * Monty's Steakhouse, 8426 Old Keene Mill Rd., Springfield
- * River Bend Bistro, 7966 Fort Hunt Rd., Alexandria
- * Rosemarino d'Italia, 1905 Mount Vernon Ave.

For the sweet tooth people: You must try Dolce & Bean in Del Ray, 2003 Mount Vernon Ave.

What am I listening to?

Pink's new album: *Beautiful Trauma*

Cameron Station's Own Publishes 2018 Toy Train Guide

By Debbie Rount

Bruce Greenberg, a resident of Cameron Station, remembers a little about his very first Lionel toy train. It was a set he first played with in 1947. It was a Prairie Type 2-6-2, Locomotive #1666 with a whistle and a tender, but it did not have a smoke feature. It could go forward, idle in neutral, or go in reverse. It was quite reliable. In fact, it would "fly" if truth were to be told; it would derail at very fast speeds around a track curve. Eventually, he had five engines and an 8'x16' display in the basement of his parents' house. Bruce taught himself everything he needed to know about Lionels; however, elementary school turned to middle school, which then turned to junior high, and Bruce sold all of his toy trains by the time he was 12 or 13.

In graduate school in Ann Arbor, Michigan, Bruce saw an ad in the weekly newspaper, and he and his wife Linda visited Marv Fry, a collector who put together sets of used trains for Christmas sales. Marv had train sets from the 1950s for sale, and Bruce asked Marv if he could put together a set of Standard Gauge trains. Marv obliged, and two weeks later, Bruce picked up his first Lionel Standard Gauge set for \$30 — a No. 10 locomotive in bright peacock blue accompanied by three freight cars, which began Bruce's love affair with Lionel Standard Gauge trains.

Bruce realized that there must be many people with trains who no longer wanted them; however, how could he determine the market value? How could he determine if the train was complete? How could he repair it if it needed repair? As a graduate student who was used to researching, he started to look for information about toy train values and repair. He found nothing!

In 1975, the toy train marketplace was dominated by one club, the Train Collectors' Association (TCA). There were train events limited to members only; TCA did not want to open the market to the public. There was no market price guide or price report. Because there was no systematic information, prices were murky. Dealers and collectors relied on each other for market information, which was often inaccurate. There was no Internet and no systematic way to discern quality, price, or resale potential for toy trains.

Neighbors in the News

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

Bruce considered this problem and pursued its strategic solution — a comprehensive price guide to benefit all toy train enthusiasts. He drafted a guide, and he thought others would appreciate his analytical approach to documenting not only the trains, tracks, and switches, but all the components, the price ranges, and the details on complete sets and all of the design and manufacturing changes between production runs. What *should* a Lionel #6 (set) in excellent condition reasonably sell for? Prior to Bruce's first guide, there was little to no information of this kind available to the toy train enthusiast.

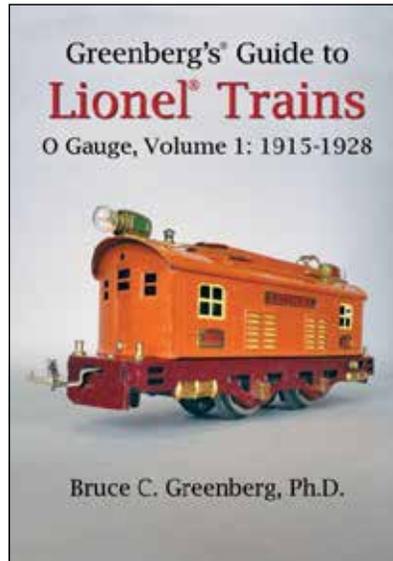


Photo credit: Sykesvillehistory.us

What was Bruce's edge? He solicited input and documented these details directly from owners, collectors, and dealers and through engagement with the greater toy train community. In addition to publishing, he started a complementary endeavor: Greenberg's Great Train Shows in the Mid-Atlantic states. There were existing train meets, which were small gatherings of typically 200 people, in fire houses, Holiday Inn conference rooms, and Knights of Columbus venues and were largely promoted by notices in model railroading magazines or by word-of-mouth. He recognized that he could greatly expand the market by renting much larger halls, having operating train displays, and inviting local TV stations to attend and publicize the events. This plan worked splendidly. He started with a 9,000-square-foot hall, and in a year and a half, the show moved to a 30,000-square-foot venue with 5,000 visitors; in five years, the show moved to a 200,000-square-foot hall with 10,000 visitors. He brought together buyers, sellers, and the media in an entertaining setting, resulting in a must-see event. At the same time, to produce books, Bruce and his team gathered quality, pricing, and other pertinent information from the market to include in his easy-to-read, detailed, and illustrated encyclopedic toy train guides.

Greenberg created the *Guide to Lionel® Trains, 1901-1942* (six editions) and his companion volume covered 1945-1969 (nine editions). Altogether, Bruce has over 200 publications to his credit. His next guide, which will specialize in pre-war Lionel O gauge trains, 1915-1928, hit the market this month. Bruce says his 2018 guide is the culmination of his vision to address unmet market needs, going back to his 1967 Lionel #10 purchase.

If you, or someone you know, is thinking about getting started in toy train collecting, consult with Bruce Greenberg, Ph.D., President of the Bessley Railroad Company. E-mail him at BruceCGreenberg1@gmail.com, or leave him a message at 703-561-6991. Bruce's website is <http://sykesvillehistory.us>. Those who visit the fourth floor of the Greenberg's Cameron Station townhome are in for an unprecedented toy train treat!

Top 7 Nutrition Tips for Athletes

By Victoria Gravini, MSNW, NASM FNS CPT



Nutrition is a highly individualized undertaking and can be especially daunting for athletes. However, there are seven nutrition tips that, when followed, can help you stay on your A-game.

1. Get enough carbohydrates. Contrary to popular belief, carbs are your friends, and complex carbs are your main fuel source. When you eat carbs, any fuel that is not immediately used is stored as glycogen in your muscles to be used for energy production for up to 90 minutes of exercise. Be sure to focus on complex carbs (whole grains, legumes, and vegetables) and not refined or simple carbs (enriched bread, white rice, sugar).

2. Maintain your protein, but don't overdo it. Most people do not need to eat a high-protein diet, and too much protein could be damaging to your kidneys and liver. Most athletes should shoot for 1.2-1.4g/kg of weight (e.g., a 150-pound athlete would need 88g of protein). Strength athletes could go slightly higher at 1.7g/kg (e.g., a 200-pound athlete would need 150g of protein). It is best to choose food over supplements for your protein intake; however, if you choose to supplement, do your research, and opt for a brand that is NSF-approved.

3. Fats are healthy. Fats from food sources like nuts, avocados, olives, and cold-water fish, such as salmon, are used for long-term energy and vitamin absorption. Fats should be around 15-20% of your diet. Since some fat sources are more difficult to digest, be careful of consumption on race day.

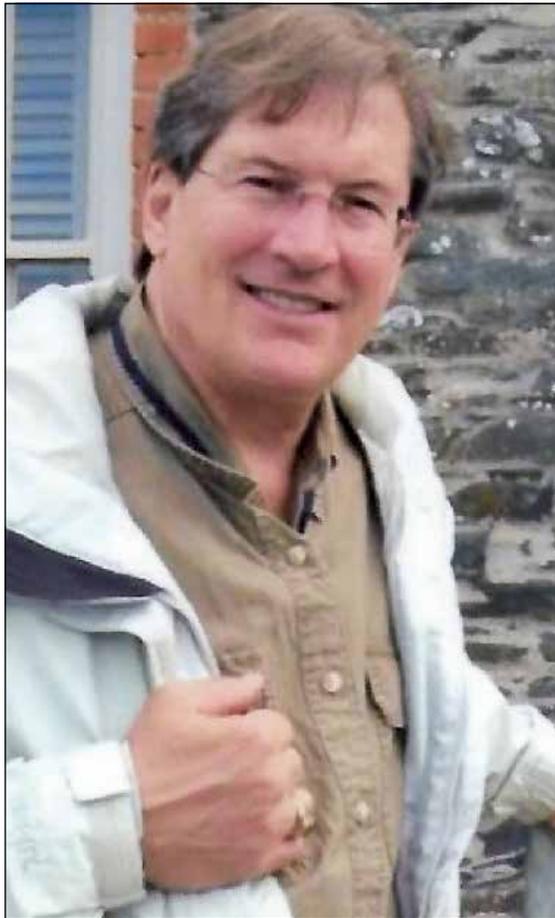
4. Stay hydrated. This is a big one and one that is sometimes overlooked. When you are dehydrated—even slightly—your muscles do not work as well, and your reaction times are off. Dehydration can also throw off your electrolyte balance, so be sure to drink plenty of water before, during, and after a workout or race.

5. Replenish electrolytes. This goes hand-in-hand with hydration. Salt is not the enemy of an athlete unless your doctor has prescribed a low-salt diet. This does not mean you get to liberally add salt to everything; you get your sodium needs met just by eating a healthy diet. Do be wary of commercial sports drinks; they tend to be high in sugar and can cause stomach cramping if not diluted. Studies have shown coconut water to be a good source of electrolytes. If you do not like the taste of coconut water — or have an allergy to coconuts — try watered-down Gatorade.

6. Eat your greens. Dark green leafy vegetables are rich in vitamins and minerals that your body needs to metabolize protein, carbohydrates, and fats. Plants also have cellulose, which helps keep the GI tract running smoothly. About half of your plate should contain vegetables.

7. Time your fuel. Nutritional timing is important for optimal performance. In general, aim for a breakfast consisting of protein, carbs, and fats within 30 minutes of waking. Top off your reserves within 30-60 minutes before a workout or race, sticking with an easy-to-digest snack such as fruit. This small meal should be slightly carb heavy. Refuel within 30 minutes after a workout or event with a healthy meal consisting of protein, carbs, and fats (you can go slightly higher in protein for this meal). This will replenish your glycogen stores and prevent muscle breakdown.

Every athlete is slightly different, so treat these tips as guidelines. In fact, there are no “hardcore” rules to nutrition; everybody is slightly different, and you need to work within your biochemistry and nutritional needs. Working with a sports nutritionist can help you find the proper nutritional timing and breakdown that works best for you.



In Memoriam **Robert “Bo” Schnurr**

Cameron Station lost one of its first residents and one of its greatest supporters with the passing of Robert “Bo” Schnurr in October.

Bo and his wife Becky Quarles moved onto John Ticer Drive in December 1998. Cameron Station looked quite different when they moved here – it was basically a construction site with trailers, dumpsters, and empty lots everywhere. The early residents were anxious to get to know each other, form committees, and start building a real neighborhood, and no one was more committed to that than Bo.

During the nearly 20 years that Bo lived here, it was hard to find a community event that he did not attend or a Cameron Station retailer that Bo did not patronize. Here are just a few of the ways Bo supported our community:

- volunteered on the Board of Directors of the first Cameron Station Civic Association and was its longest-serving member;
- hosted “Game Night” at his home every week during many of the early years;
- created and directed the playing of “Bocci Golf” for the Cameron Station 10th Anniversary Party;
- played Santa at the Annual Holiday Party for several years;
- made generous purchases every year at the Wounded Warriors Bake Sale; and



Photo credit: Becky Quarles

- at the candlelight vigil on 9/11, led the community in singing the Navy hymn in honor of those who lost their lives.

Bo had a beautiful baritone voice that could be heard in several local church choirs, including the Presbyterian Meeting House, Fairlington Methodist, and St. Paul’s Episcopal, as well as at the table of an Encore game at a neighbor’s house or at the Cameron Club, where he would sing Christmas carols. He loved attending every kind of neighborhood party – all of the events sponsored by the Activities & Events Committee, as well as smaller events such as chili cook-offs, toga parties, Inauguration celebrations, pocket park gatherings, and Martini Mondays.

Bo was a valued member of the Cameron Station community, and his wife Becky hopes he will be remembered not just for all he participated in but, rather, for his “generosity of spirit, his openness, and his loving heart.”

A memorial service for Bo will be held in the spring.



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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 May to first week of June.

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

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Book Clubs

Reading Between the Wines

February: *My Beloved World* by Sonia Sotomayor

Monday Night Book Ball

January: *The Practice House* by Laura McNeal

February: *Agony and Eloquence: John Adams, Thomas Jefferson and a World of Revolution* by Daniel L Mallock

If you are interested in joining the Monday Night Book Ball Book Club, please contact sottilepj@aol.com.

We would love to have you!

Third Thursday of the Month Book Club

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

February: *The Couple Next Door* by Shari Lapena



If you are interested in joining the Third Thursday of the Month Book Club, please contact MHBirchler@gmail.com. We would love to have you!



Healthy and Strong at Every Age

By Susan Birchler

Did you know that Supreme Court Justice Ruth Bader Ginsburg works out every day with a trainer so she can “carry her own stuff”? She is 83 years old.

The secret to being reasonably well and fit for a long time seems to reside in two sets of activities — one of which is keeping the muscles fit through exercise and the other is consuming as much real, minimally processed, additive-free, and pesticide-free foods as possible. There are a multitude of studies proving that combining these two behaviors, steady exercise and eating well, provides the stability and strength to remain healthy in body and mind for a long time.

The odd thing about these age-defying activities comes in recognizing that what fits your unique body is an adventure in experimentation.

In terms of exercise, some people can lift weights all day; for others, this is painful and boring. Some people love CrossFit — others enjoy yoga, martial arts, or cardio. Some people I know mostly bike while others primarily swim. Everyone will tell you to do what feels right for you. I personally have found that to be absolutely true. When I had trouble with both of my feet, I could not stand up for long, so I developed an exercise routine that I could accomplish while lying or sitting down. You have to find the fit for your body, your temperament, and your needs.

Whatever you choose, health practitioners and physical trainers recommend some activity at least once a day. They recommend mixing it up as well by doing at least two different activities over a week to keep all of the body parts fluid and in motion.

Eating is also an adventure in experimentation. Eating well, like exercising, depends on your bodily needs. I know some people

who cannot be near a banana without breaking into hives and others who find red peppers to be nausea-inducing. To make it even more complicated, eating choices often revolve around family traditions, which influence our tastes and expectations. You mix this all together, and a personal formula for eating well becomes a mystery fitted for a Sherlock Holmes novel.

The key seems to be to simplify. Broadly, the root of eating healthy is to consume as many fresh, simple ingredients as possible (i.e., fruits, vegetables, fish, and meats). For example, it is actually better for you to eat a red pepper with some hummus than to eat a sandwich with processed lunchmeat. Hummus has only two main ingredients in addition to its seasonings.

In contrast, bologna has at least 17 ingredients, some of which are even difficult to pronounce! Based on some of the articles I have been reading, if you don't understand it and/or if you can't pronounce it, it's probably not real food; rather, it's chemicals. Advocates of a healthy lifestyle advise us to avoid these kinds of multi-chemical foods as much as possible.

In fact, nearly every article written on healthy eating recommends relying on the freshest ingredients, buying boxed or canned foods with few or no additives, cooking as much as possible, and buying organic or local if you can.

I am the first one to tell you that eating well and exercising every day takes some planning, time, and commitment. What works for you (i.e., what can be done within the parameters of your physicality, your life, and time constraints) may not be what suits your siblings or neighbors. It probably will need to be tailored to your unique body. But it's kind of cool to think that at 83, we might, like Ruth Bader Ginsberg, be swooping around town “carrying our own stuff” and enjoying ourselves! Let's go have an adventure!

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