

# The ompass

Newsletter of the Cameron Station Community Association, Inc.

Volume 19 Issue 4 • September-October 2018

## Pride of Ownership Winners

By Linda Greenberg

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

For the last several years, Kathy McCollom and I have greatly enjoyed seeing the many attractive and well-tended gardens of Cameron Station residents as we walk through the community and look at contest entries. Along the way, we often discover outstanding gardens that were not submitted for review; these were also considered as contestants.

Please note that many of this year's winners and honorable mentions live in corner townhomes. These homeowners have more area to plan and care for, yet they presented outstanding gardens.

*(See Pride of Ownership Winners continued on pages 2, 3)*

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

Monday, November 5, 2018  
7:30pm

Samuel 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 elections will be held for 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.



335 CS Blvd.

Photo credit: Linda Greenberg

# Pride of Ownership Winners

*(continued from page 1)*

The five winners for 2018 are Melissa Henderson and David Navarre at 244 Medlock and Catherine and Jim Chen at 5109 Knapp (corner townhomes); Laura and Spenser Joyner at 5014 Grimm (center townhome); Ashokt and Preeya Pinto at 335 Cameron Station Boulevard (single-family home); and Dana Parker at 417 Cameron Station Boulevard (condominium).

The Henderson-Navarre garden offers an inviting green entrance to their corner townhome, and the plantings on the side lead one to the nearby pocket park. Planning and visual appeal are obvious, and the extensive planted

area is excellently maintained. The Chen corner townhome garden is small by comparison but colorful and artistically arranged. The Joyner townhome is an excellent example of gardening without greens. It has sturdy gray stones placed artfully to produce a statement. It is an example of how to garden without a "green thumb." The Pinto's garden outside their single-family home is a formal statement of balance and symmetry. The shrubs are purposely placed to complement the home's formal architecture. The focus of the Parker condominium garden is a delicate Japanese maple set in the middle of a sloping garden.



This year, there are four honorable mentions, three of which are end townhomes and one of which is a center townhome. Shannon and Brittany Gabel at 350 Cameron Station Boulevard, Michael and Kristina Magliaro at 166 Comay, Patricia McCombie and Walter Hill at 5020 Waple, and Patricia Ehmman at 264 Murtha.

The Gabel and McCombie-Hill townhomes offer attractive, colorful, and groomed front and side gardens. The Magliaro corner townhome has a sunny, flower-filled front garden and a tree-shaded side yard. Last but not least, the Ehmman center townhome presents an eye-catching abundance of color.

We are very appreciative of the sponsor who provided gift cards for each winner. Irina Babb of Re/Max Realty provided each of the five winners with generous gift cards for Home Depot, Toka Beauty Salon, London Curry House, and Cameron Café.

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 some sun and water, you can create a prize-winning garden. If you have landscaping questions, the Volunteer Landscape Committee would be glad to assist. Please contact Kathy McCollom at [Gardeners@cameronstation.org](mailto:Gardeners@cameronstation.org).



264 Murtha



350 CS Blvd



166 Comay



5020 Waple

# Hurricane Florence Blows 20th Anniversary Celebration into October!

By Pat Sugrue

As this issue goes to press, Hurricane Florence is poised to wreak havoc in several Southeast states, and even if Alexandria is spared the worst of it, an outdoor party for 650 residents on Saturday, September 15, is just not possible. Chairperson Kimberly Dillon has been hard at work to come up with an alternate plan. Moving it inside the Cameron Club was no longer an option due to the large number of attendees; and while we all could fit in the multi-purpose room at Tucker Elementary, alcohol is not permitted. Fortunately, the caterer has an opening for Saturday, October 6, and if Mother Nature cooperates, the party will be held that evening.

As promised, the Great Gatsby-themed party will feature catered hors d'oeuvres, an open bar, music, dancing, and casino games in the pocket park at Kilburn Street and Donovan Drive, 6-10pm. At the same time, the children of the community can attend Movie Night in the Cameron Club, which will include pizza, snacks, and juices. Bright Start staff members have volunteered to supervise the children and provide additional activities.

During the party there will be a raffle to benefit Carpenter's Shelter and Tucker Elementary which will split the proceeds with the raffle winner. Thanks to our neighborhood realtors David and Stephanie Thorpe, Irina Babb, and Aaron Podolsky who are sponsoring the raffle. A special thank you to our Sponsors: Lancaster Landscapes, Caring Hands Animal Hospital, London Curry House, Taste of Asia, and Wag & Brew; and to our Donors: Artisan II,



Haute Papier Collections, and Total Beverage Solution; and Friends of Cameron Station: Fratelli, Reynolds Street Bar & Grill, Cameron Café, JYP Home Improvement, LLC, and Fiona's Irish Pub.

And, of course, thanks to Kimberly, who through her Marketing Consulting and Event Planning company, Altheta Design Group, has donated hundreds of hours of time over the last 6+ months to help give the Cameron Station community a spectacular anniversary celebration. The November/December issue of *The Compass* will have photos of this fun event.

## About . . . *The Compass*

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

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

Please send us an email at [TheCompass@cameronstation.org](mailto:TheCompass@cameronstation.org).

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

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

**Editor-in-Chief:** Megan Skinner

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

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

# Committee Corner

HARD AT WORK ON BEHALF OF OUR RESIDENTS

## BOARD OF DIRECTORS

*(boardofdirectors@cameronstation.org)*

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Elliot Waters - Director & Liaison to the Architectural Review Committee

Paul Rocchio - Director & Liaison to Activities and Events Committee

Mindy Lyle - Director & Liaison to the Common Area Committee

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

## CSCA COMMITTEES

### ACTIVITIES & EVENTS PLANNING COMMITTEE

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Andrew Yang - Chairperson

### ARCHITECTURAL REVIEW COMMITTEE

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Mark Sanchez - 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*

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*fac@cameronstation.org*

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# Committee Corner

HARD AT WORK ON BEHALF OF OUR RESIDENTS

## Activities & Events Planning Committee

By Andrew Yang

### Fall Events

As the year is winding down, the Activities and Events Committee is planning to finish with two major events. The Kids' Halloween Carnival will be held toward the end of October, and the annual Holiday Party will be held in the beginning of December. There may be minor events in between such as Family Movie Nights, Bunco Nights, and Adult Happy Hours. The Fall Yard Sale is scheduled for the end of September. To stay up-to-date on the latest events, be sure to subscribe to the weekly email blasts, which are sent every Friday and are also accessible through the community website at [www.cameronstation.org](http://www.cameronstation.org).

### Speaker Series (New!)

One of our new events is the upcoming Speaker Series. We currently have the following Cameron Station residents and topics of discussion scheduled:

September 19

7-8pm: Nader Tamadon - Financial Planning

8-9pm: Steve Orr - How to Be an Effective Speaker

October 24

7-8pm: Andrea Karsko - Financial Planning

8-9pm: Carla Fleming -

How to Find What the Customer Wants

November 21

7-8pm: Phillip Cunio - Spaceborne Infrastructure

December 19

7-8pm: Jackie Palumbo - Professional Coach

8-9pm: Kathryn Olson - Mindfully Plan for 2019

All of the presentations will be held in the Great Room on Wednesday nights. We are currently working on an RSVP system, which should be implemented soon.

If you have any questions or suggestions, or if you would like to volunteer, you may email [events@cameronstation.org](mailto:events@cameronstation.org). We currently have one vacancy to join the committee to help plan and organize our events.

## Cameron Club Facilities Committee

By Ray Celeste

I want to take this opportunity to thank our summer lifeguards from Community Pool Services who served our community this past summer. They looked after our residents and their guests and kept our pool clean and our water at the proper PH level. I am very grateful for their untiring efforts on our behalf.

I wish them all the best as they pursue other endeavors.



Photo credit: Ray Celeste

(From left to right) Jadon O'Neil, Effie Kalulu, and Ivana Alusikova.



Orlando Lebert



Jayce Crumbley

Photo credit: Ray Celeste

## Common Area Committee

By Kathleen McCollom

The Common Area Committee (CAC) walk-throughs for the summer finished in September. The walk-throughs include committee members, Lancaster Landscapes, and community management. When the committee notes an issue, it follows up with solutions. The May walk-through also included city park representatives to view the Linear Park.

Growth of original plantings throughout the community require ongoing trimming and, in many cases, replacing original plants with plants that are better suited to the changed conditions. Deep shade can make it impossible for grass to grow, for instance, and this can result in erosion. Many eroded areas have been rebuilt as rough stone swales and/or have had shade-tolerant plants added, which are both functional and attractive.

Pocket parks are being continually upgraded with improved plants, and in the near future, improved benches to replace deteriorating original wood ones.

This year, many uneven stretches of brick sidewalk are being leveled and rebuilt. Some spots require the removal of tree roots that caused the problem. This is an ongoing project, working from a long list of reported problem areas.

Something very noticeable from the summer walk-throughs are the number of private property bushes and trees that need trimming. Homeowners are responsible for keeping these trimmed. Bushes should not grow onto sidewalks, and lower tree branches should not block someone walking on the sidewalk. Branches touching walls are a path for invading insects or pests, such as squirrels, that are looking for a way into an attic. Once a tree gets large, a major trim can be very costly. It's better to regularly trim problem branches when they are small so they don't grow to become major issues.

Residents are encouraged to report common area issues to management, especially fallen branches, nonworking sprinklers, or places with drainage issues. Management meets with Lancaster Landscapes weekly to address these issues.

## Communications Committee

By Kimberly Dillon

Please see the 20<sup>th</sup> Anniversary article on page 4.

## Financial Advisory Committee

By Jeff Gathers

One activity that the Financial Advisory Committee (FAC) is busy with during this time of year is supporting the Community Manager and the Board of Directors in preparing the Association's operating budget for the next fiscal (calendar) year. Most of our work is best described as "analytical," which is evident through the duties we perform.

- The FAC assists the Community Manager in interviewing the chairs of other committees about what they plan to accomplish in the coming year and the level of funding they will need to do so effectively.

- We check multi-year trends in expenditures in each of the 79 budget lines that are tracked separately for financial reporting. This helps to refine management's recommendations for changes in the upcoming year.

- We prepare summary documents and exhibits to help the Board evaluate management's recommendations and select among alternative approaches.

As Cameron Station owners ourselves, members of the FAC never savor the prospect of increasing assessment rates. At the same time, we know how important it is to maintain Cameron Station's high standards – not just in 2019, but for many more years to come.

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# The Mark Pillow Award: Giving Thanks for Good Neighbors

By Pat Sugrue

The Mark Pillow Community Spirit Award was founded in 2006 in memory of our dear friend and neighbor, Mark Pillow, who died suddenly the previous year. Mark was a generous community volunteer who embodied the spirit of Cameron Station, and he made it a better, brighter place to live.

Each year, the award is presented in Mark's memory and in honor of those who have followed in his footsteps. The 2018 award will be presented at the Annual Meeting on November 5.

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.

Then 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, and provide rides to doctors and airports. They offer the ordinary, day-to-day neighborliness that makes such a difference in our lives.

How can you thank these neighbors? Nominate them for the Pillow Award. You may nominate as many neighbors as you wish, but **NOMINATIONS MUST BE RECEIVED BY MONDAY, OCTOBER 22**. Send their names and a description of their contributions to [boardofdirectors@cameronstation.org](mailto:boardofdirectors@cameronstation.org). Then, please come to the Annual Meeting where the winner(s) will be announced. Their names will be added alongside those of previous winners on the engraved award plaque, which is located in the Cameron Club, outside the Victoria Hebert Great Room.

# The Cameron Station Annual Pool Party

The Annual Pool Party is always a popular event in the community, and this year was no different. Over 600 residents attended, and the weather couldn't have been more perfect. Mission BBQ catered this year's Pool Party, and ice cream and cold beverages were also provided. A live DJ kept the party going, and children enjoyed the face painting station,

the balloon artist, the moon bounce, as well as other games that were fun for adults and children alike.

Thank you to our sponsors — Irina Babb, Podolsky Group, David and Stephanie Thorpe Homes — and to the vendors who provided food, refreshments, and games for the party.



Photo credit: David Thorpe

# Coming Soon to a Park Near You

By Judy Coleman

The City of Alexandria is moving forward with a number of planning initiatives and projects for Ben Brenman Park. Here are some updates on some of the more significant projects that are being implemented.

**Dog park lighting:** The installation of lights at the dog park is now approved and funded. The lighting was included in the long-term plan for the park on a recommendation from regular dog park users. Lighting along the entirety of the path on the side of Backlick Run has also been approved but is not yet funded. Some residents have expressed concern about losing the natural character of the path, but there have also been longstanding concerns about safety due to the lack of visibility into that part of the park. The city will host a community meeting this fall to discuss which projects for the park should be funded next, and the pathway lighting might be one of those proposed.

**The “meadow” by Duke Street:** During a period of budget cuts several years ago, the city designated certain swaths of park areas as low-mow or no-mow zones. The large grassy area along the north side of Ben Brenman Park (near Duke Street) was one of the designated low-mow zones. This year, the city decided to convert this field into a natural area with native meadow plantings and new trees. The long-term plan for the park did not call for this change, and there was no notice given to residents. After receiving complaints that alleged that the meadow had increased the number of rodents, the city determined it would cut back the meadow another 15 feet away from Somervelle and Duke. The city also plans to install a loop trail/boardwalk through the meadow.

**Ben Brenman pond:** The pond in Ben Brenman Park is a stormwater treatment facility that was designed to filter out phosphorus, sediment, and other nutrients that could pollute the Chesapeake Bay watershed. Over time, the pond has silted up, become overridden with invasive plants, and served as a stopping point/outhouse for very large flocks of Canada geese. The city has planned a “retrofit” of the pond to restore its stormwater treatment functions, which will involve draining and dredging the pond in sections (with appropriate measures to protect wildlife). The project will include other aesthetic and ecological improvements (i.e., adding another weir/bridge, installing marsh “islands” to keep the geese away from park paths, and transforming the area around the water line to an “aquatic bench” that provides better habitat and deters invasive plant colonies). Work was supposed to begin in the summer of 2018 but has been delayed to 2019 while the city resolves contracting and cost issues.

**Cameron Run Regional Park:** This is not related to Ben Brenman Park but should be of interest to all Cameron Station residents. On September 20, the Park and Recreation Commission will hold a hearing on proposals to add some year-round uses and improvements to Cameron Run Regional Park and to extend NOVA Parks’ lease a few additional years correspondingly. The new uses, which could include a seasonal ice-skating rink, would take place on existing developed land and not affect natural areas. Longer-term planning for use of the Cameron Run site will be addressed through a separate process.



# The Who of the Cameron Station Fitness Center

By Psy Scott

There comes a time when we ask ourselves who, what, when, where, and why? This time, we're focusing on the who. A great number of Cameron Station residents regularly visit the fitness center. When residents walk through the door, there is a friendly face to greet them, and words of comfort ring out as the person behind the front desk says, "Hello, how are you?" But, how much do we really know about those who greet us? Who are they? Dannish Nelson is one of those bright spirits who welcomes Cameron's residents, and I had the chance to talk to Dannish and gain some insight as to who he is, what his interests are, and what brought him to the fitness center. Here's what Dannish shared with me.

**Psy:** Where did you go to school, and what did you major in?

**Dannish:** I got my associate's degree at Northern Virginia Community College and then attended Marymount University. I transferred to Old Dominion University to major in business marketing.

**Psy:** When did you start working for Professional Fitness Management?

**Dannish:** I started working with Professional Fitness Management in 2013 at the U.S. Patent and Trademark Office (USPTO).



Dannish Nelson

**Psy:** Other than working for Professional Fitness Management, what activities do you enjoy?

**Dannish:** The one thing that I really enjoy is playing soccer. I play semi-pro soccer for a team called World Premier Elite.

**Psy:** What are your goals for the future?

**Dannish:** My goal in life is to build as many good relationships as I can as well as use my sports background to further assist me in trying to pursue a job in marketing. Whether it's sports or business, I feel like God gave me an athletic gift, and even if that doesn't land me on TV, I plan on using that knowledge to help those who need it.

**Psy:** Who or what has been the biggest influence in your life?

**Dannish:** I would say failure has had the most influence in my life. It has shown me how to lose, but at the same time, it has motivated me to strive to win. I have the ambition to be somebody one day, and I use that ambition as a source in everything I do. Also, seeing how others grind day in and day out motivates me to be better. If others can do it, I know I can because we all started in the same place.

The next time you stop in to the fitness center, make certain to tell Dannish hello! We appreciate his service to our community, along with other staff members who keep the fitness center running smoothly!

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### Classified Ad

## Jazzercise Classes

We are five minutes from Cameron Station at Lincolnia Senior Center, across from Total Beverage. Classes are offered Monday, Wednesday, and Thursday evenings and Tuesday afternoon. For more information, contact Melany Pollock at [melanypollock1@hotmail.com](mailto:melanypollock1@hotmail.com).

## Corrections

Elliott Waters was inadvertently left off the Board of Directors information in the May/June 2018 issue of *The Compass*. Elliott is a Director and Liaison to the Architectural Review Committee.

Mark Sanchez was incorrectly identified in the same issue. Mark is the Chairperson of the Architectural Review Committee (ARC).

# 2nd Annual National Night Out

By Mindy Lyle

The 2nd Annual West End National Night Out was held on August 7 at Samuel Tucker Elementary School and Armistead Boothe Park. Designed to enhance the relationship between the community and first responders, the celebration was underwritten by Greenhill's Pickett Place Community Foundation. Mickey and Minnie Mouse were celebrity guests along with the Washington Redskins Cheerleader Ambassadors and the GEICO Gecko. Face painting and balloon art offered other options for all of the participants. It takes a village for this type of celebration, and other sponsors included Podolsky Group, Thorpe Homes, Wag and Bone, Brandywine Senior Living, WEBA, Eastern's Auto, Enterprise Rent-a-Car, and GEICO.

Alexandria police and fire departments brought different types of equipment for children to see and climb on. Special guests included Mayor Allison Silberberg, City Council Members Del Pepper and John Chapman, City Manager Mark Jinks, Deputy City Manager Debra Collins (a Cameron Station resident), and Police Chief Michael Brown.

A Tucker teacher overheard one of her first grade students tell a friend that National Night Out was "the best day of my entire life." Based on that review, I guess you could say that this was an event to remember!



Photo credit: David Thorpe

## COMMUNITY MANAGEMENT

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Community Management Corporation (CMC)**  
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## CONDOMINIUM MANAGEMENT

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## In Memoriam: Mahl Avila

Cameron Station resident Manuel Avila passed away on his 75th birthday, June 7, 2018. Manuel, who always went by Mahl, and his wife Cheri moved to the community in January of 2005. They lived in the Carlton Place condominiums and soon became active participants in Cameron Station activities. Mahl helped the Board reestablish the Financial Advisory Committee and was a member for many years. He was also a member of the Master Association Board and served as treasurer for several years. Mahl was a regular at the community gym

and could be seen there early each morning, working out before going to work. He and Cheri could be seen together at many community gatherings, such as holiday parties, Martini Mondays, and other neighborhood events.

Mahl was born in Azores, Portugal, and immigrated to San Jose, California, when he was eight years old. He fell in love with music through his father, but he was a self-taught musician, learning to play both guitar and drums by ear. During high school, he performed

in the Tournament of Roses Parade with the school's marching band. After graduation, he served in the U.S. Army for three years and then in the reserves as a Green Beret for about 10 years. He married Cheri in 1972, and they have four wonderful children, who now live in New York, California, and Barbados. He also has four amazing grandchildren.

Mahl worked as an auditor for the federal government for almost 40 years. He traveled to over 35 third-world countries to evaluate the operations and finances of U.S. government programs. He loved his work and enjoyed traveling both in the United States and overseas. After he retired in 2015, he and Cheri took a long-awaited cross-country adventure to explore the United States.

He had a passion for playing classical guitar and enjoyed camping, drawing, sailing, and DC sports, as well as wine, iced coffee, and Snickers.

Mahl loved living in Cameron Station, he always enjoyed meeting new people, and he was always warm and welcoming to both strangers and friends. He had a great sense of humor and liked to tease others and bring a smile to everyone's face. He was an amazing husband, father, grandfather, and friend, and he was so deeply loved! He will be greatly missed!



Photo credit: Cheri Avila



Photo credit: Debbie Routt

## Work Your Garden This Fall for Spring Results

By Debbie Routt

If you only have time to do a few things this fall, be sure you do the following to get your garden ready for winter and to ensure a healthy one come next spring:

- weed;
- plant shrubs, perennials, and spring-blooming bulbs;
- mulch;
- fertilize; and
- water.

Master gardeners, who know a little something about Northern Virginia, recommend that you keep the following tips in mind, which will maximize your garden's dividends next year.

- Weed and mulch now, and you'll have less work to do in the spring. Your garden will be ready for the new plants you'll crave after you read all of the plant catalogs that start to arrive in December!
- Chop up yard leaves, and make a pile. Next spring, it should be ready as compost. You can also use the chopped leaves as mulch around your plants this fall to minimize winter weeds and conserve water. Avoid covering plant stems with mulch, as this can lead to disease or pest damage. Pine needles also make excellent mulch.
- Cool season grasses, such as fescue, can be planted or re-planted. September is the best month to seed, top dress with compost, aerate, and fertilize. Be sure to read product labels carefully to determine the best timing for seeding versus applying any weed-control products.
- Fall is the best time to plant shrubs and perennials. By planting in the fall, your plants are not exposed to heat stress and should have time to form sufficient root systems before the onset of winter. Remember to water them well and to provide sufficient moisture to get them established.
- Leave dried seed pods on plants, such as coneflowers, goldenrod, milkweed, and sunflowers, for the birds that

may visit your garden over winter.

- Wait until healthy plants are dormant to prune. Pruning done too early in the fall can promote regrowth. This can prevent some species from hardening off by winter, leading to possible cold damage. Dead, diseased, or damaged wood can be pruned anytime.
- Fall is the best time to plant cool-season vegetables (e.g., beets, carrots, turnips, broccoli, arugula, kale, cabbage, spinach, lettuce, radishes, leeks, onions). Cool-weather vegetables tend to grow well in the fall when temperatures have dropped and there is less of a threat from insects. You can plant fall veggies in a pot near your house for easy harvesting.
- Spruce up container pots with some cold-hardy ornamentals: pennisetum, small miscanthus, heuchera (coral bells), acorus (sweet flag), carex (sedge), sedum, oxalis, and teucrium (germander). Tuck in winter annuals, such as pansies, for some extra fall color to last through spring. Be sure to keep the soil moist.
- Check out garden centers for bargain-priced perennials: mums, pansies, black-eyed Susans, certain sedums and salvia, and Texas and Mexican sage. In late fall, garden centers need to make room for holiday trees and winter greens. Perennials that are trimmed and well-watered will make it in your future garden on discount.

Now that the dog days of summer are almost behind us, it's the perfect time to head back out into your garden, grab your gloves and shovel, and get to work planting for 2019!

**Editor's Note:** The Compass editors would like to take this opportunity to thank Debbie Routt for her many contributions to The Compass over the years. She has contributed a number of articles, and she has spent countless hours assisting in the editing of the newsletter. We appreciate the time she invested in The Compass, and her contributions will be missed. Thank you so much, Debbie!

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# Carla's Picks

By Carla Besosa

## Alexandria

Oct. 21 - Historic Brewers Walking Tour & Tasting  
Oct. 26 - Ghostly Tales, Carlyle House  
Oct. 26 - Mansion House Whiskey Tasting, Carlyle House  
Nov. 30-Dec. 1 - Scottish Christmas Walk Weekend

## Anacostia Arts Center (DC)

Oct. 16 - *Autumn in Anacostia*

## Anthem Stage (DC/Waterfront)

Oct. 5-6 - Florence + the Machine  
Oct. 7 - Pink Martini  
Nov. 9 - Lake Street Drive  
Nov. 30 - The Brian Setzer Orchestra

## Arena Stage (DC)

Sept. 6-Oct. 14 - *Turn Me Loose*  
Nov. 2-Dec. 23 - *Anything Goes*

## The Barns at Wolf Trap (Vienna)

Nov. 4 - Chamber Music at the Barns,  
David Finckel/cello, Wultan/piano

## Birchmere (Arlandria)

Oct. 1 - Chick Corea Trio  
Oct. 6 - Michael Franks  
Oct. 7 - Herman's Hermits  
Oct. 14 - Keiko Matsui  
Oct. 18 - Candy Dulfer  
Oct. 21 - Ottmar Liebert + Luna Negra  
Nov. 10-11 - Chris Botti  
Nov. 13 - George Winston  
Nov. 19 - Boney James  
Nov. 29 - Shawn Colvin - Acoustic

## Blues Alley (Georgetown/DC)

Oct. 4-7 - Eliane Elias  
Oct. 8 - Jane Monheit  
Oct. 10 - A.J. Croce  
Oct. 18-21 - Dee Dee Bridgewater  
Oct. 25-28 - Najee  
Oct. 30 - Earth, Wind, & Fire Tribute  
Nov. 1-4 - Jonathan Butler  
Nov. 23-25 - Alex Bugnon

## Capital One Arena (DC)

Oct. 2 - Maroon 5  
Oct. 7 - Phil Collins

## Carlyle Club (Alexandria)

Oct. 26 - Tribute to Donny Hathaway

## Creative Cauldron (Falls Church)

Oct. 4-28 - *Nevermore*  
Nov. 2-18 - *Peter Pan & Wendy*

## Dance Place (DC)

Oct. 13-14 - Words Beats & Life  
Nov. 17-18 - ReVision Dance Company

## DAR Constitution Hall (DC)

Nov. 4 - Elvis Costello & the Imposters

## Del Ray Artisans Gallery (Del Ray)

Oct. 5 - Opening Reception: "Symmetry"  
Nov. 2 - Opening Reception: "Connecting Threads"

## Dulles Expo Center (Chantilly)

Oct. 19-21 - Sugarloaf Crafts Festival  
Nov. 3-4 - The Big Flea & Antiques Market  
Nov. 9-11 - Northern Virginia Christmas Market

## Eagle Bank Arena (Fairfax)

Oct. 3-7 - Disney on Ice: Mickey's Search Party

## Epicure Café (Fairfax)

Oct. 12 - Eclectic Jam with Cristian Perez  
Oct. 21 - Jazz Jam Session  
Nov. 9 - Eclectic Jam with Cristian Perez  
Nov. 18 - Jazz Jam Session

## Fillmore (Silver Spring)

Oct. 21 - Lily Allen  
Oct. 27 - UB40

## Fiona's Irish Pub (Kingstowne)

Nov. 17 - Janna Audey with Rob Santos

## 1st Stage Theater (Tysons)

Sept. 6 - Oct. 7 - *Hero's Welcome*  
Nov. 29 - Dec. 23 - *A Civil War Christmas*

## Ford's Theater (DC)

Sept. 21 - Oct. 21 - *Born Yesterday*  
Nov. 15 - Dec. 30 - *A Christmas Carol*

## Gadsby's Tavern Museum (Old Town)

Nov. 11 - FaceTime with History

## Gala Theater (DC)

Sept. 6-Oct. 7 - *Like Water for Chocolate*  
Oct. 13-27 - *Entre la Tierra y el Cielo*  
(*Between Earth & Sky*)  
Nov. 8-18 - XIV Fuego Flamenco Festival

## GMU Center for the Arts (Fairfax)

Oct. 6 - Virginia Opera: *Street Scenes*  
Oct. 14 - *Steel Magnolias*  
Nov. 8 - Mason School of Dance:  
Fall New Dances (Harris Theater)  
Nov. 10 - Virginia Opera: *Don Giovanni*  
Nov. 16 - Spectrum Dance Theater:  
*A Rap on Race*  
Nov. 18 - *Frankenstein*  
Nov. 24 - Chanticleer  
Nov. 25 - Mutts Gone Nuts

## GMU Arlington Campus

Oct. 13 - Annual Women's Conference

**Gunston Theater (Arlington)**

Through Nov.19 - *Emilie - La Marquise de Châtelet*  
*Defends Her Life Tonight*

**The Hamilton (DC)**

Oct. 20 - Lean on Me:  
 José James Celebrates Bill Withers  
 Oct. 26-27 - The Fab Faux

**Harman Center for the Arts (DC)**

Sept. 25-Oct. 28 - *The Comedy of Errors*  
 Nov. 20-Dec. 23 - *An Inspector Calls*

**Howard Theater**

Oct. 10 - Buika

**Jammin Java (Vienna)**

Nov. 1 - Patty Larkin  
 Nov. 2 - Lucy Kaplansky

**Keegan Theater (DC)**

Sept. 22 - Oct. 14 - *Lincolnesque*  
 Nov. 3 - Dec. 2 - *As You Like It*

**Kennedy Center (DC)**

Oct. 6-21 - Washington National Opera - *La Traviata*  
 Oct. 11-13 - NSO - *Mendelssohn's Violin Concerto*  
 Oct. 24 - NSO Pops - *Star Wars: The Empire Strikes Back*  
 Nov. 15-17 - NSO - *Rachmaninoff's Piano Concerto No. 3*  
 Nov. 23-25 - NSO Pops -  
*Walt Disney Animation Studios*

**Little Theater of Alexandria (Old Town)**

Oct. 13 - Nov. 3 - *Dracula*

**Lorton Workhouse (Lorton)**

Oct. 20 & Nov. 17 - Cabaret Series

**Masonic Temple (Alexandria)**

Oct. 6 - Family Dig Day

**Metro Stage (Alexandria)**

Oct. 11-Nov. 11 - *Rooms: A Rock Romance*

**MGM Theater (National Harbor)**

Oct. 7 - Lord of the Dance

**Mount Vernon (Alexandria)**

Oct. 5-7 - Fall Wine Festival & Sunset Tour  
 Oct. 20-21 - Fall Harvest Family Days  
 Oct. 27 - Trick-or-Treating  
 Nov. 3 - Horses & Hounds  
 Nov. 11 - Veterans Salute with Concert (free admission  
 for active, former, and retired military)  
 Nov. 23 - Mount Vernon by Candlelight

**National Theater (DC)**

Oct. 14-Nov. 18 - *Beetlejuice - The Musical*  
 Nov. 27-Dec. 30 - *Beautiful: The Carole King Musical*

**Round House Theater (Silver Spring)**

Oct. 10-Nov. 4 - *How I Learned to Drive*  
 Nov. 28-Dec. 23 - *Gem of the Ocean*

**Signature Theater (Shirlington)**

Sept. 18-Nov. 11 - *Heisenberg*  
 Oct. 30-Jan. 6 - *Billy Elliot*

**The Strathmore (Bethesda)**

Oct. 6 - Pat Metheny  
 Oct. 12 - Raul Midón  
 Oct. 18 & 20 - BSO - *Vivaldi Four Seasons*  
 Nov. 5 - Postmodern Jukebox

**Studio Theater (DC)**

Nov. 14-Dec. 16 - *Cry It Out*

**Synetic Theater (Crystal City)**

Oct. 18-Nov. 19 - *The Adventures of Peter Pan*

**Theater J (DC)**

Oct. 17-Nov. 18 - *Actually*

**Union Stage (DC/Waterfront)**

Nov. 8 - Ross from Friends  
 Nov. 11 - KT Tunstall

**Warner Theater (DC)**

Oct. 9 - Diana Krall



## You Can Change a Child's Life!

Do you have 40 minutes a week to help a child become a better reader? The Alexandria Tutoring Consortium (ATC) seeks volunteers to work with struggling readers at Samuel Tucker Elementary School this fall, as well as other West End elementary schools including Ramsay, Polk, John Adams, and Patrick Henry. Tutors work with a child once or twice a week, 40 minutes per session, from October through May during the school day. ATC provides training, lesson plans and books, and support. If you would like more information or would like to sign up, go to <https://alexandriatutors.org/tutors/sign-up-to-become-a-tutor/> or email ATC at [atc@opmh.org](mailto:atc@opmh.org).

*Note: Several Cameron Station residents have volunteered with ATC in other ACPS schools – this is the first year Tucker will participate. If you would like some first-hand impressions, feel free to contact Pat Sugrue at [sugrue@comcast.net](mailto:sugrue@comcast.net).*

## And Another Thing...

\**London Curry House* Update: I have met two of the new owners; they hail from *Four Seasons* and *Blue Duck Tavern*. They are working on some exciting changes! There will be a new Bar Bites menu that will incorporate both Indian and American flavors! They are doing some barrel-aged liquors that will be used for Signature Cocktails such as their famous Scotch Manhattan. The wine list will be updated, and both food and drink menus are being updated. Specials will also be offered during major sporting events!

\*The *Giant* on Van Dorn is moving to Landmark Plaza (formerly Shoppers Food Warehouse).

\**Casa Tequila Bar & Grill* will open soon at 1701 Duke Street.

\**Nectar Del Ray* no longer serves dinner, but they've expanded their delicious lunch menu.

\**Don Pablo* in Potomac Yards is closed.

\**Augie's Mussel House* opened at 110 King Street (formerly Hunting Creek).

\**Tequila & Taco* opened at 540 John Carlyle Street.

\**Whiskey & Oyster* will open soon at 301 John Carlyle Street.

\**Old House Cosmopolitan Grill* opened at 1024 Cameron Street.

\**The People's Drug* opened at 103 N. Alfred Street.

\**Foxfire Grill* has a wine tasting with paired small plates the 3rd Saturday of each month.

\**Domino's* will open on Pickett Street in the Trade Center.

\**Delia's Mediterranean Grill & Brick Oven Pizza* opened at 2931 S. Glebe Road (formerly Tazza Kitchen).

\**Charlie's on the Avenue* opened at 1501 Mount Vernon Avenue (formerly Fireflies).

\**Tanger Kabob House Café* opened at 5735 Telegraph Road.

\**King Street Blues, Geranio Ristorante, and Restaurant Eve* in Old Town are now closed.

\**Portner Brewhouse* has closed.

\**Capital City Brewery* in Shirlington has closed.

\**Glory Days Grill* opened at 3141 Duke Street (Alexandria Commons).

\**The Executive Diner* opened at 1400 Duke Street (Duke & West Streets).

\**A Night In* opened at 107 S. West Street (Old Town).

\*My favorite *Sugar Palm Thai* delivers to Cameron Station.

\**T-ZO Vietnamese* will open at Pickett and Van Dorn Streets (formerly Smashburger).

\**Kovi Asian Street Food* opened at 2921 S. Glebe Road (Arlington Ridge Shopping Center).

\**District Dumplings* will open at 2921 S. Glebe Road (Arlington Ridge Shopping Center).

\**RusUz* will open at 210 Swamp Fox Road (formerly Ruby Tuesday).

On Open Table's "Top 10 List of Best Overall Restaurants in the DC Area," five are in Virginia, which are listed below.

- *The Restaurant at Potowmack Farm* (Lovettsville)

- *L'Auberge Chez François* (Great Falls)

- *Afghan Bistro* (Springfield)

- *Bistro L'Hermitage* (Woodbridge)

- *The Ashby Inn* (Paris)

On Open Table's Top 10 List of Restaurants Fit for Foodies, there is one in Alexandria, which is listed below.

- *The Reserve* at 2216 Mount Vernon Avenue (above Del Ray Pizzeria)

### What Am I Listening to?

Michael Franks – *The Music in My Head*

George Winston - *Spring Carousel*

The Bacon Brothers - *New Year's Day*

Basia - *Butterflies*

### Days to Celebrate!

Oct. 3 - National Kale Day (Recommendations: Lena's Diavolo Pizza or Delia's Grains & Greens Salad)

Oct. 4 - National Frappe Day (Visit our friends at Cameron Café!)

Oct. 17 - Wear Something Gaudy Day (Hold me back!)

Nov. 1 - Men Make Dinner Day (Hmmm...just one day?)

Nov. 16 - National Fast Food Day (Recommendations: Hardee's Frisco Thickburger, Taco Bell's Chicken Chipotle Griller, or Arby's Buffalo Chicken Sliders)

Nov. 23 - National Espresso Day (Note: Espresso does NOT contain an "x"!)

## Volunteer Gardeners

By Kathy McCollom

The Volunteer Gardeners are a small group of Cameron Station residents who are eager to share their design and how-to garden knowledge.

They live here in Cameron Station and know how to work around limitations such as the clay soil or a deeply shaded lot. If you're a recent owner, they can identify what plants you inherited from the previous residents. From experience, they know what plants can succeed and can teach what basic maintenance each plant requires.

If you have questions regarding what "your property" is versus what the common area is, your plot's exact size and layout is on the property plat. Cameron Station's

landscaping service does not maintain private property. All gardens require some maintenance, and residents are responsible for this work. It is expected that homeowners – whether on site or away – will maintain the appearance of their private lots, keeping them attractive and weed-free. Ignoring the care of your private lot, even if you consider it small, only makes an HOA citation inevitable. In most cases, a very modest effort will yield attractive results.

This is a perfect time of year to assess what did or didn't work in the past year, what needs to be replaced, or whether to start planning a major redesign for next year. Volunteer gardeners can advise on pruning and maintenance as well.

There is no need to be embarrassed by a brown thumb. Contact the Volunteer Gardeners at [gardeners@cameronstation.org](mailto:gardeners@cameronstation.org) for a consulting appointment. Let the Volunteer Gardeners get you off to a good start.

# A Budding Author in Our Midst

By Rene Zimmer

I had the pleasure of sitting down with Cameron Station resident Mayu Molina Lehman to discuss her recently published book, *A New Life for Candy*. Mayu has been writing since she was a young child. At age seven, she won a writing contest, and she has been “hooked” on the writing process ever since.

Mayu’s delightful children’s book is written in Spanish and English. It is based on a true story that chronicles the life of a dog, Candy, that was abused and sold in Mexico City. She later became the pet of a wonderful woman who eventually moved to New York City, where they eventually settled into a happy life. Mayu stressed that this is a story of hope and encouragement. The cut-out style illustrations are charming and lively; they practically jump off the page.

Maya will be doing a book reading at the Cameron Cafe on Sunday, November 4, at 3pm. She will also be playing the guitar and singing some children’s songs. Please pass the word around as it will be a special event!

Mayu’s current project is a musical called *Monarch*, which is written in collaboration with Mayu’s musically talented brother. It is a beautiful and timely immigration story from



Photo credit: Rene Zimmer

Mexico to the United States, hence the monarch butterfly analogy! They are looking for producers to bring this play to life.

We are fortunate to have Maya and her family in our community, and we wish her success!



Photo credit: David Thorpe.

One of the largest trees on Cameron Station Blvd was split in half by lightning on August 12.

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# Delia's Mediterranean Grill & Brick Oven Pizza

By Carla Besosa,  
Cameron Station Foodie



Photo credit: David Thorpe

*"I fell in love with the Mediterranean philosophy of good wine, good food, and family."* – Stephen White, Author

I have always loved Delia's on Swamp Fox Road, which is next to the Hoffman Theaters. So, I was delighted to see them open a new location in the Arlington Ridge Shopping Center (just over the Alexandria line) that's larger, easily accessible, and has better parking! Owners George and Alki created a wonderful new venue with a delicious menu that's similar to that of the Hoffman location but with some personal touches by Chef Chad Weise, formerly of the Occidental Grill in DC.

The space has a modern, open feel, and you are pleasantly greeted upon entering. There's plenty of seating and a

sizable bar. The front patio offers both sun and shade seating. The owners, manager, servers, and bartenders are all friendly and interactive. I have visited Delia's for lunch, happy hour, and dinner – all of which were enjoyable.

Start off with one of their creative appetizers. They do a nice *Charcuterie + Cheese Board*, which showcases three meats, three cheeses, olives, fig jam, and flatbread. My favorite appetizer is *Pizza Knuckles* which are yummy little rolls of pizza dough filled with cheese and pepperoni. If you wish to get a bit more exotic, try the *Grilled Spanish Octopus*; the *Grilled Halloumi & Watermelon*; or the *PEI Mussels*, which are doused in white wine, shallots, and lemon juice, and are accompanied by cherry tomatoes, fresh tarragon, and grilled bread.



Photo credit: David Thorpe



Photo credit: David Thorpe

Delia's prepares several good-looking salads, but my favorite is their *Grains & Greens Salad*, which includes black quinoa, cherry tomatoes, shaved Brussels sprouts, baby kale, and grilled halloumi. It is a great medley of flavors and textures. It comes with a sweet parsley cucumber ranch dressing, but I also recommend the white balsamic. They serve the traditional *Greek Avgolemono Soup* as well as a chilled *Cucumber-Yogurt Soup*.

If you're in the mood for a sandwich, there's the *Braised Beef Short Rib Hoagie*, the *Lamb Burger*, and multiple variations on the *Gyro*. The entrée selection includes dishes made from chicken, beef, scallops, and salmon, as well as many pasta creations. Their popular *Seafood Asparagi* combines rigatoni, shrimp, scallops, jumbo lump crabmeat, and asparagus in a rosé sauce. I often get the *Pollo Frances*, which includes an egg-dipped tender chicken breast, sautéed with lemon, white wine, and capers.

Delia's signature brick oven pizzas are always scrumptious. They've concocted seven variations, but you are free to create your own. I am particularly fond of the *Gustoso*, which includes Toscano salami, soppressata, Castelvetrano olives, sun-dried tomatoes, buffalo mozzarella, hand-crushed San Marzano tomatoes, olive oil, and fresh herbs and spices.

Finish your meal off with a nice cappuccino and one of the desserts; and consult your server for the selection.

Their full bar offers everything imaginable; I gravitate toward the oaky Drumheller Chardonnay from Columbia Valley.

Whether you are in search of small bites or a full meal, Delia's aims to please. I'm thrilled to discover this new location and encourage you to check it out.



Photo credit: David Thorpe

## Delia's

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location/arlington](http://www.deliasbrickovenpizza.com/location/arlington)

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Soup/Salad: \$7 - \$18

Sandwiches: \$12 - \$15

Entrees: \$16 - \$32

Pizza: \$10 - \$16

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# Carpenter's Shelter and Cameron Station – A Neighborly Team!

By Shelli Vasser Gilliam, CMP

As reported in the May/June issue of *The Compass*, our newest Alexandria West neighbor is Carpenter's Shelter. The shelter moved to the former Macy's building at Landmark Mall earlier this summer thanks to the cooperation of the mall's current owner, the Howard Hughes Corporation. The department store space has been repurposed to include basic needs for the daily operation of the shelter, as well as for the comfort of its residents. The previous shelter site in Old Town is being completely redeveloped, and "New Heights" (as it will be called) is expected to be ready for occupancy in early 2020. In the meantime, the Cameron Station community is anxious to show itself as a good neighbor to the shelter's residents.

On Saturday, August 4, several neighbors prepared and served dinner to shelter residents. Dinner was well-received and seemed to be a highlight for residents. Not only did we have enough for Saturday's dinner, but there were leftovers! Typically, volunteers are not allowed to leave leftovers, as storage is limited in the temporary space. However, we were able to work with the shelter manager, who was grateful for the food and our volunteer service.



The Cameron Station dinner team: Shelli, Mary, Mindy, Cris, and Ken.

Residents not only had smiles on their faces, but they also applauded and thanked us. Many residents returned for second and third helpings. One gentleman asked us to return the following weekend!

Many thanks to everyone who donated food and beverages for the dinner. I hope our community will continue to help the shelter by providing volunteer service, time, and financial donations. There are several opportunities to volunteer – front desk, children's activity hour, and meal prep/service to name a few. Staff will certainly appreciate your help, and I know residents will too!

For more information on how you can support Carpenter's Shelter and/or New Heights, go to [www.carpentersshelter.org](http://www.carpentersshelter.org).

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# Adopt-a-Family Program – A Holiday Tradition in Cameron Station

By Mindy Lyle

This is the 18th year that the Cameron Station community will be helping needy families from our local Tucker Elementary School have a special Christmas. Before all of the demands of the holiday season are upon us, we wanted to let you know a little about this wonderful tradition.

Since the Adopt-a-Family program was founded, Cameron Station residents have warmly embraced it and, along with local businesses, have helped hundreds of families who, without this help, might have had no Christmas celebration at all.

Tucker's social worker and principal select the families and screen their needs. The list 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. One family may choose a single family to buy for; neighbors may select one or two members of a family to buy for while other neighbors cover the rest; committees, book clubs, and groups of friends often buy for multiple families; and others prefer to give cash or gift cards so others may do

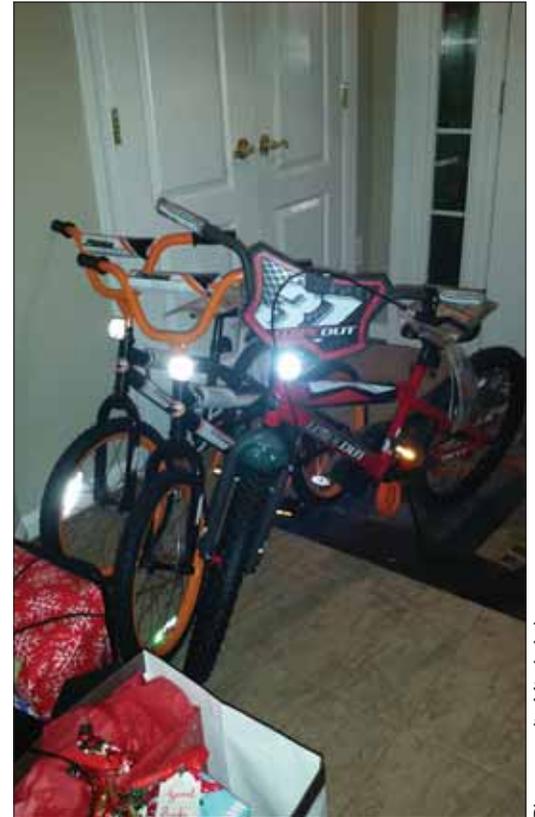


Photo credit: Mindy Lyle

the gift buying. Additionally, those who are unable to make a monetary donation can 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 a part of the Adopt-a-Family program, email [adopttuckerfamily@comcast.net](mailto:adopttuckerfamily@comcast.net). Look for more details in email blasts and *The Compass* as Christmas draws near. Thank you for your consideration.

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## Tucker Update

By Julie Painter

Our Samuel W. Tucker Elementary students went back to school with a lot of excitement on Thursday, August 2, 2018! Starting school more than a month earlier than most of the other Alexandria City Public Schools (ACPS), as a part of a modified school calendar, students were greeted by new ACPS superintendent, Dr. Gregory Hutchings, Jr. The Tucker Parent Teacher Association (PTA) has a lot of activities planned this year. A few upcoming events are listed below.

- Friday, September 28: Join Tucker families for Bingo Night. Be sure to purchase your tickets early to catch the best deal in Alexandria for a Friday night.

- Tuesday, November 6: The PTA will once again have a bake sale on Election Day. Any and all baked good donations are appreciated.

Tucker Elementary would like to thank The Podolsky Group and 529 Consign for sponsoring the PTA Membership Ice Cream Night. We also want to send our appreciation to Irina Babb for her continued support of Tucker. Once again, she is graciously donating \$100 to the school for every home she sells in Cameron Station! We appreciate every effort to help build our Tucker community. If you have any questions about the aforementioned events, would like to sponsor one of our school events, or would like to make a community partnership donation, please contact [tuckertigersroar@gmail.com](mailto:tuckertigersroar@gmail.com).

# Pros and Cons of Elimination Diets

By Victoria Gravini, Nutrition and Wellness Specialist

Our digestive system is a huge portal into our bodies. A lot of things can get in there that aren't always good for us, and because the system is so complex (knowing which tiny molecules to absorb and which keep out), a lot can go wrong. This is one reason why 70% of our immune system lives in and around our digestive system.

This makes food allergies, sensitivities, and intolerances huge contributors to an array of symptoms all over our bodies. Things like autoimmune issues, inflammation, and even our moods can be affected by what we eat. If you have digestive issues or any other unexplained symptoms, you may consider trying an elimination diet.

An elimination diet is one where you strategically eliminate certain foods to see what causes a reaction and what does not. It can help immensely when trying to figure out if a particular food is causing symptoms that you may be sensitive to.

You generally start out by eliminating the most common food allergens for a few weeks. Then, you slowly add them back one at a time and note any symptoms (better or worse).

Let's go over the pros and cons of this diet.

## Pros of Elimination Diets

- By tuning into your body's reactions to certain foods, you can pinpoint sensitivities and intolerances that you may not otherwise know of. Experiencing results first-hand can be very motivating when it comes to sticking to eliminating a certain food.
- Elimination diets can be less expensive and, in some cases, more reliable than standard allergy testing.
- It can also be very empowering to be in control of what you eat, learn about food and the compounds they contain, and try new recipes that exclude eliminated foods. Having a good plan makes things much easier. If you love grocery shopping, cooking from scratch, and trying new recipes, you're going to draw on all these skills.
- These diets can be customizable, which is a great pro (see first con below).

## Cons of Elimination Diets

- You may not figure out everything you're sensitive to. Your plan should be strategically created to ensure that the most common food allergens are eliminated. This will give you the highest likelihood of success. It can become complicated if you let it.

- It's a commitment for around 4-6 weeks, if not longer, which can be difficult for some people.

- If you're not used to tracking all foods and all symptoms every day, you're going to have to start doing it.

- You may find that you're intolerant to one of your favorite foods or even an entire group of your favorite foods.

- When you're eliminating certain foods or parts of foods (e.g., gluten), it can be HARD! You almost need to prepare all of your foods, snacks, and drinks yourself from scratch. If you don't take full control like this, it can be so easy to accidentally ingest something that you're cutting out,

and at that point, you might need to start all over again.

Elimination diets can be a very useful tool to identify food sensitivities. They can be empowering and customized; however, they can be difficult to adhere to and, sadly, you may find out that you're sensitive to your favorite foods.

Have you done an elimination diet? What was your experience?



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Photo credit: Jim Ross

## Neighborhood Engineer’s “Baby” Flies High on the Mall

By Debbie Routt

One of the two original X-45A unmanned combat air vehicles is on permanent display at the Smithsonian Air and Space Museum. Mark Gustafson is proud of his contribution to the national exhibit. He worked on the X-45A technology demonstrator project, a joint program between the Defense Advanced Research Projects Agency (DARPA) and the U.S. Air Force, starting in 1999. The X-45A had its inaugural flight on May 22, 2002, and the second vehicle followed in November of that year. On April 18, 2004, the X-45A’s first bombing test run took place at Edwards Air Force Base in southern California and was successful; it hit a ground target with a 250-pound inert precision-guided munition. The X-45A was designed to fly in a formation of four airplanes, run by one operator at one console. Subsequent test flights demonstrated the ability of these vehicles to work autonomously as well as together as a team. Not only did they need to manage resources, but they needed to engage previously undetected targets, which is much harder than following a predetermined attack plan.

The first X-45A was donated to the National Air and Space Museum for its historical significance as the first unmanned vehicle designed to carry weapons. It was a technology demonstrator, based on an operational design. The second X-45A was inducted in 2006 in the National Museum of the U.S. Air Force at Wright-Patterson Air Force Base in Dayton, Ohio, where Mark worked for 20 years.

He began working for the government as a civilian in the U.S. Air Force. One of his first projects was to develop an airplane that could take off from a runway and fly into orbit. The project was known as the National Aerospace Plan, which was a part of a U.S. project to create a single-stage-to-orbit spacecraft and passenger SpaceLiner. President Reagan dubbed the program the “Orient Express” since the vehicle could, in theory, take off from New York and land two hours later in Tokyo, Japan.

At Wright Patterson Air Force Base, Mark was Chief Engineer of the Joint Strike Fighter and New Engines divisions of the Propulsion Systems Squadron in the Agile Combat Support

Wing. He led his team on the development of the F-35 propulsion system and advancement of emerging engine concepts. In the Advanced Programs Division of the Air Force Research Laboratory (AFRL) Air Combat Systems Program Office, Mark provided technical and programmatic leadership for a number of DARPA and Air Force technology demonstration programs, including the Quiet Supersonic Aircraft system’s development, and he shaped the sonic boom demonstration, the X-51 Single Engine Demonstrator, the X-45 Unmanned Combat Air Vehicle, and Joint Unmanned Combat Air Systems programs.

Mark then served at Eglin Air Force Base, where he was the program manager in the Advanced Concepts Division of the AFRL Munitions Directorate. He led a team of engineers and scientists to design and develop a portfolio of advanced, technically diverse initiatives.

Mark just completed nearly six years at DARPA, where he served as program manager in the Tactical Technology Office. Mark focused on technology development and demonstration for aircraft and weapons, with particular interests in hypersonic systems, propulsion, and rapid design and prototyping. His DARPA service was most exciting because he got to build and run his own team for the program that he created. From his time in government, Mark found the pace of promotions for bright, dedicated colleagues to be most challenging. “Government can move at a snail’s pace,” said Mark. He added, “The bureaucracy associated with advancement, combined with the constantly changing rules and expectations for promotion, can be especially frustrating for Millennials.”

When he’s not reading *Military Times*, *Defense News*, or the *MIT Technology Review* in his new-found spare time, Mark may be found flying his favorite drones inside his Cameron Station townhome and keeping his Bichon Frisé, Scarlet, agile and alert. Congratulate Mark on his government service milestone, and make certain to go see the X-45A on your next visit to the National Air and Space Museum.

# 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 November to 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](mailto:admin@cameronstation.org).

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

## Reading Between the Wines

**September:** *The Marriage of Opposites* by Alice Hoffman

**October:** *Alice Network* by Kate Quinn

**November:** *The Wife* by Meg Wolitzer



The August meeting of Reading Between the Wines.

Photo credit: Pat Sugrue

# Book Clubs

## Monday Night Book Ball

**September:** *Citizens of London* by Lynne Olson

**October:** *Pachinko* by Min Jin Lee

**November:** *The Last Jews in Berlin* by Leonard Gross

## Third Thursday of the Month Book Club

**September:** *Little Fires Everywhere* by Celeste Ng

For the October selection and further information, please contact Mary Birchler at [MHBirchler@gmail.com](mailto:MHBirchler@gmail.com).



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