

The compass

Newsletter of the Cameron Station Community Association, Inc.

Volume 15 Issue 2 • Mar/Apr 2014

The New Compass Editor: How I Got Here

By Melanie Zimmerman



New Editor-in-Chief of The Compass,
Melanie Zimmerman

A big thank you to Judy Coleman, the outgoing Editor; Pat Sugrue (also a previous *Compass* Editor); and the *Compass* Staff for a warm welcome and an easy transition. Judy is taking on other challenges – the successful future of West Alexandria – but she'll still be around to contribute!

My hubby, Joe, and I drove into town on April Fool's Day last year. But leaving the hot, humid state of Louisiana, where we were stationed with the Air Force, was no joke. We couldn't have been happier to pull up to our new Cameron Station home. Even our two cats, Hobbes and Oliver, immediately loved their new digs.

This area reminds us of Europe...the culture, the activities, and the sense of community. I lived in Germany for five years and Brussels, Belgium,

Continued on Page 2

CSCA 2014 ID Deadline Approaching!

By Michael Johnson

To ensure equitable use of the Cameron Station shuttle bus and facilities (fitness center, basketball court, and pool), as of April 1, 2014, all users must show their new 2014 CSCA ID upon entry; otherwise, access will be denied.

If you have not retrieved your new ID, stop by the Cameron Station Community Association Management Office, located in the Cameron Club at 200 Cameron Station Boulevard. Office hours are Monday through Friday from 9 a.m. to 5 p.m., and Saturday from Noon to 4 p.m.

Continued on Page 2



Several members of The Compass Staff say thank you to the outgoing Editor, Judy Coleman, and welcome her replacement ... with a few glasses of wine. Left to right: Judy Coleman, Melanie Zimmerman, Catherine Huddleston, Carla Besosa, and Maya Noronha. Not pictured, because she's taking the photo: Pat Sugrue.

New Compass Editor

(Continued from page 1)

for almost two, then spent eight years as an Air Force communications officer. Surely writing articles for *The Compass* will be easier than writing speeches for a 3-Star General, right?! Now I have a blissful nine-minute commute working as a Program Analyst for a Department of State contract. I LOVE to travel and explore new places, try new restaurants, drink red wine (which, as you can see from the photo, is a requirement for newsletter writers), shovel and play in the snow, spend time with my sister (who also lives in Alexandria), and root for the Pittsburgh Steelers — at least the 2013–2014 season turned around slightly by the end!

So that's a little about me ... now let's hear from you. Cameron Station has many interesting people with talents, skills, and hobbies to highlight in our newsletter. Nominate a friend, neighbor, or yourself, and let *The Compass* Staff showcase your accomplishments. Our email is always open: thecompass@cameronstation.org.

ID Deadline Approaching!

(Continued from page 1)

If you are unable to visit the office during these hours, please call the staff at 703-567-4881 to make alternate arrangements. Thank you.



Home Management

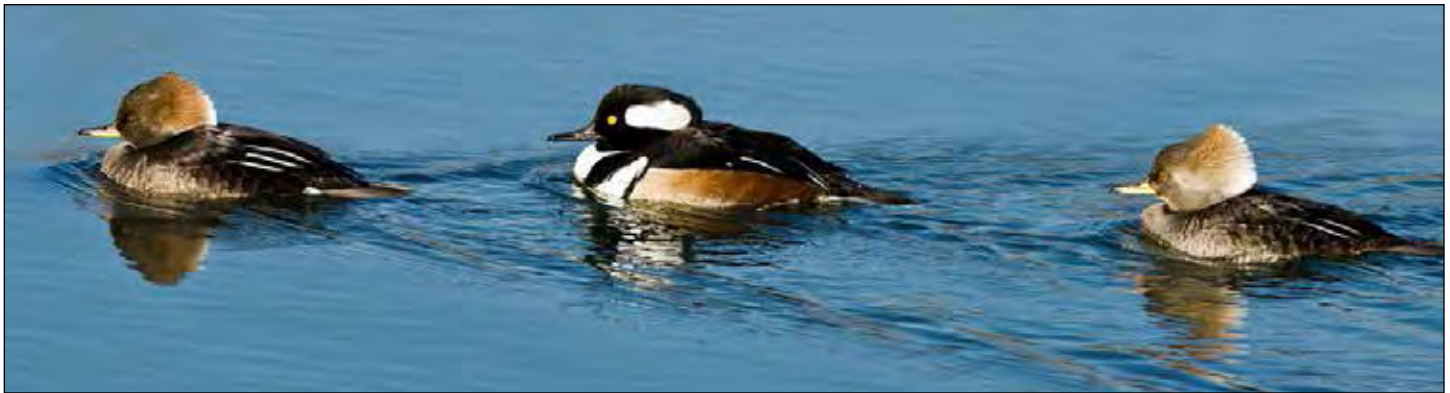
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Hooded Merganser near Ben Brenman Park. Photo by Walt Barrows

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. Roll over the "Community" heading at the top and click on "Newsletters."

Editor-in-Chief: Melanie Zimmerman

Editorial Staff: Carla Besosa, Judy Coleman, Eliza Dolin, Lily Engle, Scott E.Z. Franklin, Nicole Gauvin, Catherine Huddleston, Barbara Martinez, Maya Noronha, and Pat Sugrue

Committee Corner

HARD AT WORK ON BEHALF OF OUR RESIDENTS

Architectural Review Committee: Updated DMS

The Board of Directors recently approved a revised Design & Maintenance Standards (DMS). In the coming weeks, a copy will be posted to the Cameron Station website (www.cameronstation.org/) and mailed to all owners. Changes include: the option to submit Exterior Modification Application requests electronically, use and storage of children's play equipment and BBQs, owners' property and landscape maintenance responsibilities, and the requirement to stain or seal fences and decks.

Spring is right around the corner — start planning now for your annual building and landscape maintenance and/or improvements. Refer to the DMS for guidance on what requires prior approval by the Architectural Review Committee. Let's work together to keep Cameron Station the premier community in the region.

Board of Directors: Outgoing Treasurer

Dear Cameron Stationers ... I want to thank you for the opportunity to serve as a leader of our community for the past few years. My family and I will be leaving Cameron Station after almost 8 years on English Terrace. It is bittersweet to move on from a place we have come to love so very much. As I step down from my role, I would like to thank all of the volunteers over the years. Cameron Station thrives because of you. I wish the best of luck to everyone including Mike Johnson, our new Board President, the Board Directors, Committee Members, Community Staff, and Business Owners within Cameron Station. This is a wonderful community and I will always be grateful for the friendships my wife and I have developed. We have some great memories here and very much look forward to coming back as visitors.

Nicholas Giannotti is a Cameron Station board member and previous Board President.

Activities and Events Committee

By Monica Derosier

The Cameron Station Activities and Events Committee plans free events and activities for the community during the year as great opportunities to interact with neighbors. The past and present volunteer efforts foster a sense of community, making Cameron Station a much sought-after area to live in.

The continuation of activities and events is in jeopardy because of a decline in committee membership and

volunteer participation. The committee may have to cease planning activities without more community involvement. Thanks to those who have given their time and energy to plan, coordinate, or assist with previous activities.

With more committee members and volunteers, the committee will be able to move forward with annual activities, including happy hours and casino nights, and to host new activities, such as trivia night and a pet parade. If you are interested in joining the committee, complete a membership application online or send your name along with a brief bio-sketch to the office. Or show up at one of the committee's meetings, held the first Monday of every month at 7 p.m. in the Cameron Club. Thanks in advance for helping out!

With additional members and volunteers, the 2014 calendar includes:

- Apr. 12: Annual Spring Yard Sale
- Aug. 9: Annual Pool Party
- Sept. 27: Annual Fall Yard Sale
- Oct. 26: Trick or Treating for kids, in the Cameron Club
- Dec. 7: Holiday Party

More details will be posted closer to event dates. The committee invites you to suggest opportunities for events or activities – email suggestions to: events@camersonstation.org.

Board and Committee Meeting Dates

- Apr. 1: Architectural Review Committee
- Apr. 1: Common Area Committee
- Apr. 7: Activities & Events Committee
- Apr. 10: Cameron Club Facilities Committee
- Apr. 17: Financial Advisory Committee
- Apr. 21: Communications Committee
- Apr. 22: Board of Directors
- May 5: Activities & Events Committee
- May 6: Architectural Review Committee
- May 6: Common Area Committee
- May 8: Cameron Club Facilities Committee
- May 19: Communications Committee
- May 22: Financial Advisory Committee
- May 27: Board of Directors

How Does the Community Association Communicate?

By Colleen Hairston

The Association uses the www.cameronstation.org website as its primary source of communication. The website is full of useful information about our community including an archive of *The Compass* newsletter, Board and Committee meeting dates, a Neighborhood Contact Listing (utilities, local transportation, city government offices, etc.) and more!

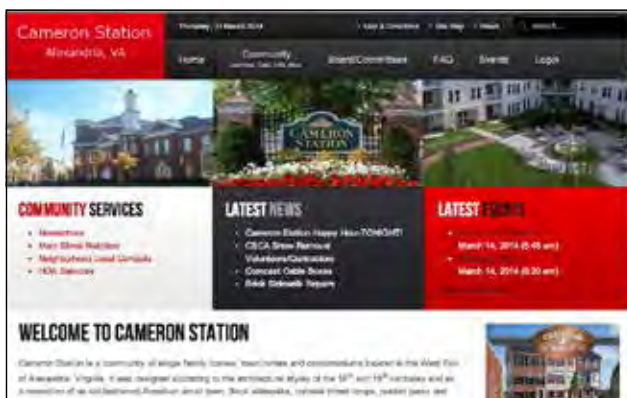
WEBSITE: Owners and Renters can become registered website users to receive:

- **Community Email Blasts** – The Management Office typically issues email blasts once a week to publicize relevant neighborhood news, upcoming Cameron Station events, Board and Committee information, and City of Alexandria news and updates.
- **The Compass Newsletter Electronically** – Go Green and opt to have our newsletter, *The Compass*, delivered electronically, rather than by costly “snail mail!” Note: although renters do not receive a mailed copy, they can receive electronic copies.
- **Text Alerts** – Sent in emergencies or situations involving urgent, time-sensitive information.



- **Facebook & Twitter Updates** – Link your Cameron Station account to your Facebook and/or Twitter accounts to receive neighborhood information.

To register, simply go to www.cameronstation.org, click on “Login” (top right corner of the page), and then click on “Create an account.”



MAIL: The Association typically mails the following documents to Owners:

- *The Compass* – Bi-monthly (Go green via our website!)
- Resolutions and DMS Revisions – As approved
- Call for Candidates – Annually
- Annual Meeting – Annually
- Budget – Annually
- Payment Coupons – Annually

SHUTTLE BUS: The Association’s Shuttle Bus provider, ARM Transportation, provides text alerts for riders regarding schedule changes. To receive alerts, text “ARM” to 313131.

ASSOCIATION MANAGEMENT: The Association is managed by the Community Management Corporation (CMC) and has five staff members who work in the Management Office located in the Cameron Club at 200 Cameron Station Boulevard. The Management Office is open Monday through Friday from 9 a.m. to 5 p.m., and Saturday from Noon to 4 p.m. During regular business hours, you may reach the Management Office at 703-567-4881. For after-hour common area emergencies, you may reach the on-call CMC manager at 301-446-2635.

You may also reach the staff by email:

Candace Lewis, Administrative Assistant
admin@cameronstation.org

Bethany Lammers, Covenants Administrator
covenants@cameronstation.org

Craig Merritt, Maintenance Technician
maintenance@cameronstation.org

Meghan Flynn, Assistant Community Manager
assistantmanager@cameronstation.org

Colleen Hairston, Community Manager
communitymanager@cameronstation.org

Management offers an Orientation to new Owners and Renters. The Orientation includes a review of the communication tools mentioned above, a packet of information to take home, and issuance of CSCA IDs and visitor passes. If you reside in Cameron Station, but have never attended an Orientation, please call the Management Office to schedule one!

NEWS FROM THE

The Cameron Station Civic Association represents the residents of Cameron Station in promoting the interests of Cameron Station to Alexandria residents, civic leaders, and those in city government. The Cameron Station Civic Association and the Cameron Station HOA are two different groups. The Civic Association works on outside civic issues (including redevelopment, traffic, and recreation) that affect the quality of life within and around our community. The HOA's primary mission is managing and improving internal community services.

Residents are not required to join the Civic Association, but all Cameron Station homeowners and renters are welcome and encouraged to join. You may join by sending a check for \$20 per voting member (ages 18 and older) with your name(s), address, phone number, and email address to:

Civic Association Treasurer
5181 Brawner Place
Alexandria, VA 22304

To contact the Cameron Station Civic Association, and sign up for its e-mail blasts, send an e-mail to: CS CivicAssn@cs.com.

Civic Association

By Don Buch, President, Cameron Station Civic Association (dnb.cs@live.com)

Three Cameron Station residents – Judy Coleman, Derek Hyra, and I – are members of the Eisenhower West (Small Area Plan) Steering Committee.

The Cameron Park development (east side of Cameron Station Boulevard, south side of Pickett, opposite BMW) continues to evolve. Ongoing discussions continue about the mix of apartments/condos, retail, and townhomes, along with the extent of green space to provide. Needless to say, traffic flow is also a major and complex issue. Whatever transpires should be an improvement to what exists today and thereby enhance our property values.

The Beauregard Design Advisory Committee is focused on the architectural design of the first redevelopment proposal for the "Beauregard Corridor," - Seminary Overlook (known as the Seminary Hill apartments) located along Kenmore Avenue between Van Dorn Street and Seminary Road. The existing, low-rise, 296 units are being replaced with 720 new apartments in four new, five-story buildings. We will soon review required design standards/criteria. Anyone with an interest in this project can find details on the City's website.

Several School Board members have requested a community meeting to present ACPS plans and challenges, to inform local residents, and elicit feedback and suggestions. We are working to find a convenient date and may have done so by the time you read this! If you would like the Civic Association to address specific topics and/or invite specific speakers or groups to join in a community discussion, please let us know. The evolving 2015 City budget appears to interest residents and we are considering an evening to address the many integral topics.

That Sweet Puppy Doesn't Smell so Sweet

By Kristina Robertson, President of Barkley Square Pets

One of the hardest situations for a groomer to work on is a puppy who hasn't had his feet handled. Dogs by nature do not like their paws touched. The pads of dogs' feet are designed to withstand rugged use, but not the top of their feet. The tops of their feet are loaded with nerve endings that fire off warnings when they sense pressure that could pose potential injuries. The more you touch your dog's feet without a negative response, the more he will become desensitized to it. This will make his trip to the groomer a little better and possibly less costly. So start touching those puppy's paws.

Introduce your puppy to a comb and brush. Most puppies care more about trying to play with these grooming tools than allowing you to use them. Start brushing your puppy daily making sure each session is a short and pleasant experience. Find a location to brush your puppy: the floor, on a small table (make sure you put a non-skid mat down), or outside on the stoop. Choose a location so that your puppy knows when you both go to it, it's grooming

time, which equals love and praise time. Let the puppy sit or lie on his side while you brush his fur gently. Brush his hair in the opposite direction of hair growth at first, then in the same direction as the hair growth. Speak softly to your puppy as you brush his fur; praise him often for sitting or lying down, or being still. Let your puppy know you are pleased with his behavior.

If your puppy is struggling, give him a firm shake, along with a command, "stay still," in an assertive, but non-aggressive voice. Do not frighten him, but let him know you are in charge. Praise him immediately when he obeys so he relates the behavior with your command.

Remember, you want this to be an enjoyable experience.

If your puppy knows how to consistently please you, he will do so, but if he is frightened, he will try to get out of it every time. Grooming your puppy is a wonderful way to bond and spend time together. Remember you are the leader and your puppy is your follower. Once those ground rules are set, you are on your way to happy and furry times together.

Until we meet again, live in a world of fur and fun.



City Plans Identify Improvements to Brenman and Boothe Parks

By Judy Coleman

Two City planning efforts, one for stormwater and one for parks, may bring changes to Ben Brenman Park and Armistead Boothe Park adjacent to Cameron Station. Fans of the pond and the dog park should take notice.

At the February 20 meeting of the Alexandria Park and Recreation Commission, the City presented an updated stormwater strategy, responding to federal rules requiring steep reductions in stormwater-borne pollutants such as sediment and nitrogen. To hit the first (and easiest) of the three targets, the City intends to achieve a mandatory 5% reduction by “retrofitting” Lake Cook and the pond in Brenman Park.

The City is evaluating options for the pond, but may consider expanding the “forebay” by the bridge, which keeps trash and sediment from reaching the rest of the pond – and the Potomac River. City staff intend to hold community meetings with Cameron Station residents to obtain input.

The commission meeting served as a public hearing on the City’s long-range plan for large parks, including Brenman and Boothe parks. Because these parks were extensively planned and created not long ago, the improvements are moderate compared to those proposed for other large parks.



Lesser Scaup near Ben Brenman Park. Photo by Walt Barrows.

The plans target the southeast area of Brenman park where the dog park, picnic area, and volleyball courts are located. The plan calls for lighting the bridge over Backlick Run, adding push-button lights to the dog park, and expanding the dog park by about 50%. The City would also clear away some trees to open the “viewshed” to the picnic area to improve security. Both the picnic area and the courts would be upgraded.

Only a few changes to Boothe Park have been identified, including an overdue playground renovation (slated for construction this year), and a potential site for a school garden. Boothe Park could also be affected if a bridge is built to connect this area to the Van Dorn Metro station, a decision to be made in connection with the Eisenhower West Small Area Plan, which is just getting under way (see article page 8).

After the Park and Recreation Commission provides feedback on the plan, it will be presented to City Council. Interested residents can learn more about the large park plans at <https://www.alexandriava.gov/recreation/info/default.aspx?id=65170>.

Judy Coleman is a Cameron Station resident and Vice-Chair of the Alexandria Park and Recreation Commission.

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- 1 Gourmet Cheese, Yogurts, Jams, Jellies and Pickle Vendor – cheese expert Tommy
- 1 Marinated Meats, Smoked Bacons, and Breakfast Sandwiches Vendor – the lovely Grace
- 1 Caterer – La Eats Caterers grill delicious kabobs on site (tables & chairs next to their tent)
- 1 Fresh Flowers and Plants Vendor – stop and talk to Billy – he may give you a flower!
- 1 Coffee Brewer – brewed on site in glass carafes – best coffee I ever drank
- 1 Fresh Orange Juice Vendor – anything better than fresh-squeezed OJ?
- 4 Bakers – French, American, Greek pastries, breads
- 1 Absolutely Everything for Your Dog Vendor – our beloved Barbie



Photos courtesy of the WEFM

Plus local crafters and artisans: jewelry; candles; soaps; lotions; clever stationery; photos; pottery; woodworking; toys; clothing – for children & adults; scarves; terrariums; placemats; runners; and home goods.

Your market invites local non-profits and government agencies to set up tables and talk face-to-face to the people their agencies serve. The Alexandria Bike and Ride Department is a regular, giving away free biking/hiking maps, and sometimes biking goodies. Beatley Librarians come every Sunday to advertise their events AND sell books for a dollar. Walk down every Sunday and check it out!

To find out more about your West End Farmers Market:

Website: www.westendfarmersmarket.org.

Like us on **Facebook:** <https://www.facebook.com/WestEndFarmersMarket>

Follow us on **Twitter:** twitter @wefm or check out market videos on **YouTube**.

See you at the market! Susan Birchler, Director, West End Farmers Market

TWEET FOR A TOMATO CAMPAIGN!



This season, we will post recipes, cooking videos, nutritional information, seasonal information, and much more online. We invite you to share your recipes with us, using foods from the market, to post on our website and Facebook.

The cooking videos and recipes posted throughout the season are brought to you by Karoosh Farchadi and Karen Buchsbaum. Karoosh worked as a Technical Advisor for Fairfax Cable Access. Currently he creates videos for various NGOs, universities, and businesses, including Tysons Corner Center. Karen is lead faculty for the Masters of Science in Nutrition and Integrative Health at Maryland University. She is working on a PhD. They were kind enough to volunteer to create videos for the market.

The ultimate reward for sharing a recipe, tweeting or retweeting, posting/sharing/liking on Facebook – free food! Stop by the market manager tent and we will give you a free apple or tomato (in season) as a token of our appreciation. (One per customer, please!)

Planning for Eisenhower West Area Kicks Off

By Judy Coleman

Cameron Station residents should follow and participate in the City of Alexandria's "Eisenhower West" planning process, which kicked off with a meeting on February 19 at the Samuel Tucker Elementary School.

The area generally from Duke Street to the City's southern border, and from Cameron Station/Brenman Park to the City's western border, is in need of coordinated, modern planning and zoning to address future development. Alexandria City Council expressed that view when announcing the "Eisenhower West" area as the subject of the City's next small area plan. The approval of the plan will trigger a seven-year "sunset" provision in Virginia Paving's permit.

This small area plan will directly affect the quality of life for Cameron Station residents. The 12-person steering committee includes three Cameron Station residents. Derek Hyra is committee chair and serves as the the Planning Commission representative. Don Buch serves as a community representative in his capacity as President of the Cameron Station Civic Association. I am also on the committee, as the Park and Recreation Commission representative. The committee members, including business and landowner representatives, were appointed by City Manager Rashad Young – also a Cameron Station resident.

Setting Boundaries

The first task in this process, a surprise to many of us on the committee, is to decide on the plan's boundary. At a minimum, the plan will include Eisenhower Boulevard from Victory Center to the Van Dorn Metro station, and Pickett Street from Van Dorn to the City's western boundary. Landowners from the two areas have been waiting years to learn the fate of their parcels and, to speed up the process, they are providing funds for the City to hire a planning consultant.

Beyond the yet-to-be-mapped core area, boundaries are under discussion. A number of committee members, including this writer, strongly prefer the City's paid planning staff apply their expertise to the situation and propose options with pros and cons as the goal of the second meeting, scheduled for March 24.

Transportation Study

A transportation study will address the feasibility of a multi-modal bridge allowing pedestrian, bicycle, and bus traffic to cross from the Metro station to somewhere along

South Pickett Street. The study will also consider, with or without the multi-modal bridge, the continuing need for the "Clermont Connector" to link the current "Eisenhower Connector" off I-495 to Duke Street. The City is seeking proposals for a consultant to conduct this study. The procurement process may take until May, and the study is expected to be completed in early 2015.

Next Steps

In addition to a transportation consultant, the City will hire a "general" consultant, to be paid for by the landowners, to support the broader planning effort. Residential and commercial zoning, density, open space, stormwater management, and sustainability will be important components of the plan.

The next steering committee meeting, slated to involve broader public discussion and input, after publication of this issue of *The Compass*, is tentatively scheduled for May 19, 6:30 p.m., at the Beatley Library. Committee documents and meeting materials are posted at <http://www.alexandriava.gov/EisenhowerWest>.

Judy Coleman is the Park and Recreation Commission representative on the Eisenhower West steering committee.

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Volunteer & Community

Wounded Warriors

By Dubey Lifmann

Let it snow! Volunteers meant to go to the Bethesda Naval Hospital on January 22, but the snow storm kept us home. The following week, on a freezing cold day, our donations of hats, gloves, jackets, and scarves were well-received and gone within an hour! We were glad to have Susan Willis assist us, and grateful to her church for the much-needed warm clothing donations. Thank you to everyone who donated items for this event! Please note we take new clothing donations year around. Contact Dubey Lifmann at 703-370-6362, or email at dubeyd@comcast.net.

Our *Spring Bake Sale* will be held at Café Pizzaiolo on Saturday, April 12, from 8:30 – Noon. This is a great opportunity to pick up desserts for the following Easter weekend. To donate baked goods, please contact Dubey for drop-off time and location. Thank you for supporting our Wounded Warriors!

Alexandria West Rotary Club

By Jonathan Lucas



Alexandria West Rotary Club is underway and we are looking for new members focused on fun, fellowship, professional development, and community service.

We moved our meeting time and location:

Date:	Every Thursday
Location:	Café Pizzaiolo
Time:	6:30 p.m. Social at bar 7:00 – 8:00 p.m. Meeting

Be a part of a growing, diverse group of West End residents who are committed to service above self and building a sense of community!

If interested, contact Jonathan Lucas at: jtlucas@gmail.com or 443-326-0244.

For more information on Rotary International:
www.facebook.com/cameronstationrotary or www.rotary.org

No Books of Their Own

By Pat Sugrue

For some children in Alexandria, their only access to books is inside the classroom or school library. They don't have books at home to call their own. Imagine not being able to go to a bookshelf in your home to get a book to read? Thankfully, a non-profit organization in Alexandria is working to rectify this situation – the **DreamDog Foundation**. DreamDog develops innovative programs to get children and their parents involved in education with the goal to create a true love of learning.

One program is the Alexandria Book Shelf (ABS), providing books for children in need. Bookshelves are set up around the City – at recreational centers, Title 1 schools, family shelters, child development centers, and other locations where children and families gather. According to Lorraine Freedman, Executive Director of the DreamDog Foundation, "Reading is the number one predictor of success in schools, yet many of our children, here in Alexandria, do not own books of their own. While groups have made an impact through book donations, tutoring, and reading buddies, a free book a few times a year is different than access to books on a regular basis."

Do you have gently used books to donate? The greatest need now is preschool through elementary age. Or would you be willing to purchase an extra one the next time you're at Goodwill, Salvation Army, or at a library book sale? Or when you're shopping at Harris Teeter – they have a giant bin of heavily discounted new books, usually located near the greeting cards (thanks to neighbor, Cris Naser, for sharing that information). And I just heard from neighbor, Nicole Gauvin, you can get a bag of books for \$5 at the Catholic Charities Thrift Store! If you can help, I'd be happy to collect the books from you – call me at 703-566-6721. Or drop them at these sites:

Hooray for Books: 1555 King Street in upper Old Town
Mt. Vernon Rec Center: 2701 Commonwealth Ave., Del Ray
UpCycle: 1712 Mt. Vernon Avenue (2nd floor) in Del Ray
CrossFit: 805 North Royal Street in Old Town

To learn more about the Alexandria Book Shelf program, read this article from the local Connection Newspapers: <http://www.connectionnewspapers.com/news/2014/jan/09/alexandrias-new-book-shelf/>

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IN MEMORIAM: Daniel E. Kilcullen, Jr.

Daniel E. Kilcullen, Jr., passed away suddenly in a car accident due to heart failure on February 11, 2014 in Alexandria, VA. He was a loving husband to Maureen Sheehan Paparella Kilcullen. After a two-year housing search, that included a short drive to downtown and metro access as necessities, Dan and Maureen decided to make Cameron Station their new home as original owners. Dan was an accomplished professional who devoted his life to public service, from directing a home for children who suffered developmentally, to keeping our country safe by serving as a Special Agent in the FBI for 22 years.

Dan and Maureen enjoyed Cameron Station's west end and also convinced their daughter and son-in-law to move to here. At the Cameron Station 10-year anniversary party, Dan and Maureen danced the night away on the outdoor dance floor. Dancing was just one of many activities they enjoyed together. Dan could often be found taking his granddaughter for walks through Cameron Station and pushing her on the swings in Ben Brenman Park. Dan will be missed by neighbors and all of those who loved him.

Gifts in memory of Dan can be made to a scholarship fund began for his son, Kevin, at Holy Ghost Preparatory School. The web address is <http://www.holyghostprep.org/memorial> and mailing address is:

Holy Ghost Prep,
Attention: Peter Manetas,
2429 Bristol Pike, Bensalem, PA 19020.

Please indicate "Kevin Paparella Scholarship Fund" when making the gift.



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Inaugural Cameron Station Photo Contest

By Karen Diener and Jihee Kim

We're looking for great photos to decorate the walls of the newly renovated Cameron Club! Please submit your photos to showcase life in Cameron Station, residents, events, pets, community, etc. The Design Committee will select the top three photos in each category and the photos will be displayed in the gallery corridor between the fitness center and main entrance.

Photo Contest Categories: (1) Architecture/Seasons I: Cameron Station Community Streets, Houses, or Home Decoration (2) Architecture/Seasons II: Washington, D.C., or Alexandria (3) People (4) Animals (5) Smile (6) Art & Culture & Events (7) Black & White

Deadline for submission: April 30 by 5:00 p.m.

Email photos to: facilities@cameronstation.org. Photo files must be a high-res .jpeg, at least 300 DPI or greater, for good quality prints. You may also submit hard copy photos in 8"x10" or 9"x12" size. Please drop them off to our staff person at the fitness center desk in an envelope marked "Attention: Meghan Flynn - Inaugural Cameron Station Photo Contest." Include a note inside the envelope with your name, address, email address, and phone number.

Restaurant Review:

Haute DOGS & Fries

By Carla Besosa



Photo by Pat Sugrue

it a down-to-earth feel. Order at the counter; food arrives quickly.

One foot in the door and I was pleasantly greeted by one of the owners. She explained to me the family has a long-standing history of offering high-end cuisine. She wanted to create something casual with a culinary twist, giving Haute DOGS some "creative oomph." The philosophy is keep it simple, but provide exceptional taste and value. Mission accomplished! The ingredients are locally sourced and gluten-free buns are available, as are veggie dogs and chicken dogs. You won't leave hungry, and you'll enjoy the artistry of their concoctions as well as their novel concept!

The first section of the menu offers 13 varieties of their all-beef signature dog. The standard Haute Dog is adorned with homemade warm onion relish, yellow mustard, mayo, and celery salt. I like the Three Piece Suit with chili, melted cheese, and chopped onions. On my list to try next is the District "D.C." Dog with blue cheese, BBQ sauce, yellow mustard, chopped onions, and dill pickle. Those with a spicy outlook on life might like the Banh Mi with sriracha mayo, carrots, cucumber, jalapenos, and cilantro, or The Bombshell (a.k.a. The Monroe) with sauteed onions, mango-pineapple relish, and jalapenos.

Moving on to the sausage section of the menu, you are offered such things as Tex-Mex Beef Bratwurst, Kielbasa, Lamb (mint sauce included), German, and Italian. All dogs/sausages are served on scrumptious toasted buns. Other haute items are not dog-shaped. Enjoy the Yeungling-battered Fish & Chips, the vegetarian Snooki with fried pickles, coleslaw, and sriracha mayo, or the New England Style Lobster Roll (so many chunks of lobster, I couldn't keep it in the bun).

To accompany, choose from five variations of fries, baked beans, tater tots, fried pickles, chili-mac, and my favorite – mac & cheese (with several kinds of cheese).

Beverages include soft drinks, beer, and wine. They also make a milkshake thick enough to warrant a spoon! If you have room for the Sweet Tooth options, the Eskimo Dog is the way to go – a brown sugar cinnamon toasted bun topped with vanilla ice cream, then drizzled with chocolate and caramel.

Though the seating is comprised of primarily two-tops and four-tops, they are happy to do some rearranging to accommodate a larger group. Haute DOGS can also be reserved for private parties.

A family business with a unique niche! What's not to like? Check it out!



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Neighbor Profile:

TIFFANY PASANEN

By Maya M. Noronha

Military mom, Tiffany Pasanen, says it was perfect to find Cameron Station, a converted military base, as her family's home. Living in the Washington, D.C. area can "shock" military families used to the tight-knit



Zane held by Lt Col Tiffany Pasanen, Quinn, and Lt Col York Pasanen

community they find on military bases. This difference leaves military members in our nation's capital area "hungry for community." Tiffany is proud to say Cameron Station satisfies that hunger for the Pasanen family.

Tiffany is not the only military person in her family. Tiffany, and her husband, York, are both active duty in the Air Force. She says it was challenging when her husband deployed to Afghanistan for six months last year. A fellow Cameron Station resident relieved the babysitter when Tiffany had a mandatory work function. Another neighbor invited her to a holiday event. Still another brought her home-cooked meals.

Location was key to Tiffany selecting Cameron Station as her home, with short distances to her children's day care and school, work, and parks. She says, "The location enables me to spend more quality time with my family." Tiffany's son started at Bright Start day care and now attends Tucker Elementary School. Her second son is still at the day care center. Tiffany finds it really convenient to live close to the day care center. Tiffany's husband works at the Pentagon, only a short Metrobus ride away. As for Tiffany's transportation to work, she has a 25-minute commute to Andrews Air Force Base and she can easily hop on I-495. But it's not just work and school Cameron Station is close to; with two parks, Ben Brenman and Armistead L. Boothe, at either end of the community, Tiffany says her children are happy to play outside. She explains, "Having parks close by is fabulous. My kids can climb and be rambunctious. They can ride their bikes."

Community also played a role in Tiffany's decision to defend our country as a member of the military. She says she felt called by "a sense of patriotism and something greater than myself" to become a member of the Air Force. The example set by her two grandfathers, both active duty in the U.S. Navy, also inspired her to participate in ROTC as a young woman. Now, Tiffany is a few months away from

marking 20 years of service in the Air Force. This military mom whose desire to serve was fostered growing up in a military town in Jacksonville, Florida, finds her home again on a military base, just one that closed years ago.

Cameron Station Walkability — Walk for a Pint

By Melanie Zimmerman

A community's "walkability" score isn't just about closeness to grocery stores, parks, and school routes. Quality of life includes the fun stuff too — food, drink, sports, cultural events. How does the walkability of Cameron Station stack up?

If you're sticking to New Year's resolutions, a fresh pint of local brew may not fit into your calorie plan. But what if you WALKED to get a pint? Let's see, one pint = 180 to 230 calories. The 2.2 mile roundtrip walk to Port City Brewery (3950 Wheeler Avenue) burns approximately 180 to 300 calories. Those zero out!

This nationally award-winning brewery just celebrated anniversary #3. If you haven't skipped through Ben Brenman Park to taste Port City Brewing Company's beer, you are definitely missing out. As a bonus, you may get lucky with one of three often-seen food trucks on the premises. Who can say no to grilled cheese from Big Cheese, or tripletas from the Borinquen Lunch Box, or barbeque goodness from the BBQ Bus? But I'm not calculating those calories in. That's on you!

If you did partake of the food truck fare, perhaps you should walk one mile in the opposite direction from Cameron Station toward the new CrossFit Kingstowne gym (652 South Pickett Street). Or a slightly longer, two-mile walk to Sport Rock Climbing Center (5308 Eisenhower Avenue) to practice your rock climbing skills.

Too much fitness? How about relaxing with a cigar from Cigar Palace (4815 Eisenhower Avenue) — just a 1.5 mile walk. Catch a fest or the farmer's market in Brenman Park. Walk 1.1 miles to Cameron Run Regional Park and the Great Waves Waterpark for 18 holes of mini-golf. You may count that as fitness... depends on how aggressively you play golf.

And if you're in the mood for something farther out, a two-mile walk to Van Dorn Metro will take you anywhere the Blue Line runs. Happy walking!

Carla's Picks

By Carla Besosa

930 Club (DC)

Apr. 8 Carolina Chocolate Drops
Apr. 21 Boy George (at 52, shouldn't he be Man George?)

American Century Theater (Arlington)

Mar. 21-Apr. 12 *Oh, Dad, Poor Dad, Momma's Hung You in the Closet and I'm Feelin' So Sad*
May 30-Jun. 28 *Judgment at Nuremberg*

Arena Stage (DC)

Mar. 21-May 4 *Camp David*
Apr. 25-Jun. 8 *Smokey's Joe's Café*

The Barns at Wolf Trap (Vienna)

Apr. 4-5 George Harrison Tribute
May 2-3 Evening of Comedy

Birchmere (Alexandria)

Apr. 2 Hugh Masakela
Apr. 4 Manhattan Transfer
Apr. 6 Regina Carter (violin)
Apr. 26 Najee
May 1 Three Dog Night
May 9 Suzanne Vega
May 23 10,000 Maniacs

Blues Alley (DC)

Apr. 7 Chick Corea
Apr. 24-27 Yellowjackets

Café Pizzaiolo Cameron Station

Apr. 8 Lupus Night (buy food, drinks, gift cards — Pizzaiolo will donate a percentage of sales to the Lupus Foundation!)
Apr. 9 Steal the Pint Night
Apr. 12 Karaoke
May 14 Steal the Pint Night
May 15 Karaoke

Carlyle Club (Old Town)

May 9 Beatlemania Magic

Del Ray Artisans (Del Ray)

Apr. 4 Revolution: Art & Technology (opening reception)
May 2 T.C. Williams Student Art Show (opening reception)

First Stage (Tysons Corner)

Mar. 28-Apr. 20 *The Cripple of Irishman* (cast includes Cameron Station's own Claire Carroll)
May 23-Jun. 22 *Bat Boy*

GMU University (Fairfax)

Apr. 11-13 Virginia Opera: *Carmen*

GMU Harris Theater (Fairfax)

May 1-3 George Mason Dance —
Spring: New Dances

The Hub Theater (Fairfax)

Apr. 25-May 18 *Failure: A Love Story*

Indigo Landing (Alexandria/on the Potomac)

Apr. 6, 20, 27, May 18, 25 Angie Miller (guitar/vocals)

Jammin Java (Vienna)

Apr. 12 Disappear Fear

Lisner Auditorium (at GWU)

Apr. 25-26 Momix

Little Theater of Alexandria (Old Town)

May 3-24 *Boeing Boeing* (comedy)

Metro Stage (Alexandria)

Apr. 3-May 18 *The Thousandth Night*
Apr. 12-May 25 *Underneath the Lintel*

National Theater (DC)

Apr. 4-5 Hal Holbrook in *Mark Twain Tonight!*

Port City Playhouse (Arlington)

May 5-17 Blues for an Alabama Sky

Potomac River Company (Old Town)

Mar. 29-Apr. 13 Cherry Blossom Boat Tours

And Another Thing...

- ♦ Mango Mike's is rumored to be reopening as Chuchos (Mexican Restaurant).
- ♦ A new Mexican restaurant will be opening in Landmark Plaza (formerly Cairo).
- ♦ Vaso's Kitchen is opening a second location on King Street, where Bistrot Lafayette was.
- ♦ Walker's Grille has a new Chef and an elevated level of service.
- ♦ Sweet Fire Donna's BBQ & Hops is opening in the Carlyle complex.
- ♦ Borinquen Lunch Box food truck (Puerto Rican food) can be found most Friday evenings at Port City Brewery.
- ♦ Musician: Check out Juana Molina.
- ♦ Movies: Check out the *Live Action Shorts* (5 movies in 2 hours, 1 ticket).

SPRING PLANTING IDEAS: CHOOSING ANNUALS

By Kathy McCollom and Linda Greenberg

Annuals give color from spring to fall for one year only. A small number can add a bright pop to your garden or container. If you think you're a "brown thumb," it could be only a mismatch between what you select and where you plant it. Picking the right plants for the right location is the critical first step to happy plants throughout the season.

Some plants need lots of sun, some only grow in shade. How do you know which is which? Garden centers put the sun plants out in the open and shade plants under cover. Garden center employees are very knowledgeable about what grows best. Otherwise, the plant pot's little plastic tab will specify the plant requirements.

Annuals look best planted in groupings rather than as isolated plants. Again, the little plastic tab will tell you the mature height and needed spacing. Some tiny plants can get surprisingly large by fall. Annuals need ongoing care: watering often to get them started, weekly deep watering if there is no rain, and watering often in the hottest summer days. Plant food every few weeks will keep them blooming.

Garden centers will have pansies as early as March. They are good for early color although they cannot survive the heat and will fade by June.

To get you started, here are some Volunteer Gardener favorites for Cameron Station growing conditions:

Strong Afternoon Sun:

Small Wax Begonias: what you often see in landscape planting. Unlike their fancy begonia cousins, these are tough little plants that can handle our clay soil, strong sun, and occasional dryness. The double varieties have cute ruffled flowers. They stay small and when closely planted, fill areas nicely.



Euphorbia: have a baby's breath look of small white flowers and delicate foliage. In spite of their fragile look, they are tough plants. They get a foot tall or more and will bloom until a hard frost kills them. Great as a fill plant for containers.



Angelonia: come in white, pinks, and purple, with small blooms along blooming stems. They tolerate heat and some dryness. They will get tall, more than a foot, and blend in container mixes.



Purslane: a low growing cascading succulent and ideal for containers in the hot sun. They bloom profusely through early fall and can tolerate bouts of dryness.

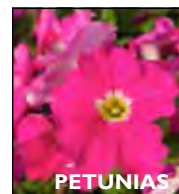
Pentas (Egyptian Starflower): come in pink shades, white, and red. They need regular

watering and do better in improved soil (our clay mixed with fine mulch or compost) rather than straight into the clay.

Scaevola: have cascading flowers that look like fans, come in white or blue, and bloom steadily until a frost. They will survive hot summer sun with regular watering and look wonderful in hanging baskets or window boxes.

Morning Sun:

Petunias: instant color that starts out so pretty. They require regular care to stay that way through the summer, including pinching back, plant food, and watering. The tiny petunias are extremely sensitive to over watering and need good drainage.



Geraniums: need sun but struggle in the heat (unless heat-resistant variety). They do well with morning sun only.

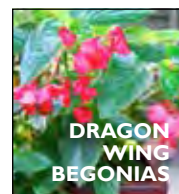
Coleus: have color in their leaves rather than flowers. New varieties have dazzling variety in colors and leaf detail.



Vinca: these will bloom through fall and require good drainage. If they are planted in our clay soil, dig a hole much larger than the pot and mix it with a soil lightener like vermiculite.

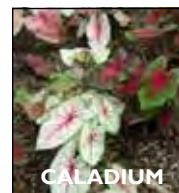
Part Shade:

Dragon Wing Begonias: cascade beautifully from hanging baskets away from wind. Buy as established plants rather than bulbs. Bulbs can take months to get to a mature blooming size.



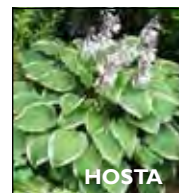
Ivy Geraniums: also cascade beautifully. They need some morning sun to keep blooming. Avoid hot afternoon sun.

Caladium: have color in leaves including pinks, reds, and white. New varieties have very striking patterns. They do best out of windy areas.



Deep Shade:

The best plants for deep shade are perennial hostas. Almost all annuals need some sun to bloom and they will languish in deep shade. Hostas take several years to become large attractive mounds. When older, they need to be divided. They have white, yellow, or blue tones in the leaves, plus white or lavender flowers in late summer, so will add color. If a shade area can stay constantly moist, ferns are varied and attractive.



Volunteer Gardeners Can Help!

Contact us at gardeners@cameronstation.org for a consult before this year's planting. We can help identify what a previous owner left behind and recommend design and plants that will be happy in your garden.

Photos courtesy of the Volunteer Gardeners.

Postcrossing from Alexandria, VA

By Nicole Gauvin

In the age of email and social media, "real mail" is a rarity. When was the last time you received a handwritten letter or postcard? I can excitedly report for me it is happening more often! I discovered a project called Postcrossing that allows members to receive postcards from all over the world. Membership is free, so the only cost is postcards and postage. Every postcard sent has a unique code the sender writes on the postcard. Once the recipient registers the postcard using the code, the sender's address is sent to a random Postcrossing member and is next in line to receive a postcard.

The project was founded in 2005 by Paulo Magalhães, from Portugal, while he was a student. Magalhães loved getting postcards from around the world, the more remote the better. Today, more than 463,000 Postcrossing members hail from 214 countries. The top Postcrossers (for number of postcards sent) come from Germany, Finland, Denmark, The Netherlands, and Belgium.

"Sending postcards to random people is fun because you get the element of surprise," – Yoanna Hui, a member from Hong Kong. "Postcrossing allows me to travel from my armchair!" – Vel, a member from Australia.

"I love Postcrossing because there is such a warm fuzzy feeling you get when you open your post box to find a postcard someone has taken the time to share a little piece of their life with you, from somewhere on this big beautiful world." – Hillary, a member from Canada.

My first five postcards were sent to Russia, Michigan, Belarus, Germany, and The Netherlands. Most people like to receive postcards from the sender's city. For me, it was a



bit tough finding postcards from Alexandria – and not Washington, D.C. I decided to have some postcards printed using my own photos. They have been very well received and I plan to print and send more!

If you're interested in becoming a Postcrossing member, see their website: www.postcrossing.com/. Or join the Postcrossing Meet-up on April 26, 2-4 p.m. at the Cameron Café



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Book Clubs

Each issue, *The Compass* lists the books that our resident book clubs are reading in the upcoming months. Club openings are noted. If you have a club and would like to provide reading recommendations to your fellow residents, please drop us a line at thecompass@cameronstation.org.

Monday Night Bookball

Monday Night Bookball has openings for new members. Contact P.J. at psottile@steptoe.com.

Mar.: *The Language of Flowers* by Vanessa Diffenbaugh

Apr.: *Orphan Train* by Christina Baker Kline

May: *The Husband's Secret* by Liane Moriarty

Reading Between the Wines

Mar.: *Dear Life* by Alice Munro

May: *Midnight in Peking* by Paul French

Third Tuesday Book Club

Third Tuesday Book Club has openings for new members – contact Mary at mhbirchler@gmail.com.

Mar.: *The Secret Keeper* by Kate Morton

Apr.: *The Sweetness at the Bottom of the Pie* by Alan Bradley

Beatley Library Events

Apr. 2 **Author talk with Dr. Hassan Yemer:** *Leading Strategically – New Thinking for Entrepreneurs, Organizations, & Your Personal Life*

Apr. 10 **Blockbuster Thursday Movie Night**

Apr. 13 **Geocaching: An Introduction** (2-3 p.m.)

Apr. 17 **Introduction to Fundraising Planning** (6:30 – 8:30 p.m.) Learn a basic planning process for diversifying your organization's base of support. A successful nonprofit organization needs to cultivate multiple revenue streams through sound financial planning. Introduction to Fundraising Planning will show you how to analyze your organization's situation and develop a fundraising plan will include a variety of revenue sources. Space is limited. Register online or by calling 202-331-1400 or 301-739-3250.

Apr. 25-27 **Friends of the Beatley Central Library Spring Book Sale** Members-only Preview (Memberships at door for \$10 donation), April 24, 4:00-8:30 p.m.; open to general public April 25, 10:00 a.m. - 5:30 p.m.; April 26, 10:00 a.m. - 4:30 p.m.; and April 27, 1:00 p.m. - 4:30 p.m. General prices: \$1 for paperbacks; \$3 for hardbacks; kids' books for less.

Friends of Beatley Library

The Alexandria Library Board agreed to match the \$35,000 Friends earmarked for the Children's Area Redesign, including approval of the murals. The Children's area has been painted and new flooring has been laid. Now the materials – new rugs, chairs, tables, info desk, etc. – will start to come in. The wall murals will provide the finishing touches on a great project.

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Fitness Center News

By Kevin Horner

Group Exercise Classes:

Our second group exercise session of 2014 will begin the week of March 23. These classes are great for everyone who resolved to be healthy and fit in 2014! See the spring schedule for classes and times. Residents can always drop in on a class for a \$10 fee. If you do not receive emails from the fitness center and would like to, please email Kevin at fitness@cameronstation.org to be added to the list.

Personal Training is available at the Cameron Club:

The mission of the Exceed Personal Training Program is to educate and motivate individuals to achieve their fitness goals through personalized instruction and guidance, designed to enhance results and provide improved quality of life. Since everyone has unique goals, we offer a variety of program formats to meet your needs. The following formats are available:

- Private One-on-One Training
- Express One-on-One ½ Hour Training

Contact the fitness center for more information at fitness@cameronstation.org.

New Equipment:

The 5-year modernization plan for the fitness center weight equipment began in 2014 and is scheduled to be completed in 2018. At the end of March, we will receive six Cybex

weight machines. We also replaced the old rowing machine with a new Concept 2 rower.

Fitness Center Reminders:

- Please clean off the bottoms of your shoes before using the fitness center. Ice melt and sand are not good for the machines.
- Please re-rack the weights and wipe down the equipment when you are finished using it.
- It is a violation of the Cameron Club operating rules and procedures to drop the weights.
- Please leave the Cameron Club locker rooms usable for the next person. If you have a problem with the locker rooms please contact the front desk staff.

All of us at The Cameron Club appreciate everyone's commitment to fitness and we value your support throughout the year. Thanks for making the fitness program here at Cameron Station a huge success! For information on these programs, please contact the Fitness Center: 703-567-8555 or fitness@cameronstation.org.



SPRING ACTIVITIES SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Early Morning			5:45-6:45 AM Body Back (Fit4Mom)			5:45-6:45 AM Body Back (Fit4Mom)	
Mid-Morning		8:30-10:00 AM Workout Parents	10:00-11:00 AM Yoga (Debbie)	8:30-10:00 AM Workout Parents		8:30-10:00 AM Workout Parents	10:00 AM-NOON Pick-up Basketball
Afternoon		3:30-5:00 PM Workout Parents		3:30-5:00 PM Workout Parents		3:30-5:00 PM Workout Parents	
Evening I	7:00-8:00 PM Body Back (Fit4Mom)		5:30-6:30PM HIT (Cody)	7:00-8:00 PM Body Back (Fit4Mom)	7:30-8:30PM Yoga (Kittie)		
Evening II			8:30-10:30pm Pick-up Basketball	7:30-8:30 PM Beginners Yoga (Kittie)			

Drop-ins are welcome on a space-available basis for \$10.

Schedule may change due to class participation, please call the fitness center for an updated schedule.



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Classified Ads

DOG WALKER/PET SITTING:

Wag4Walks — Specializing in loving, reliable pet care services. BONDED & INSURED! CAMERON STATION REFERENCE! Call (571) 338-9241 or email@wag4walksinfo@gmail.com. Online at www.wag4walks.com.

WHAT'S IN YOUR GARDEN?

Creative Gardening, LLC — Cameron Station resident. Check out the before and after pictures on www.creativegardening.net. I can be reached at sonia@creativegardening.net. 703-887-6320.

INTERESTED IN PLACING A CLASSIFIED AD?
See the information on page 22.

Little Gym
Serious Fun.

JUMP INTO THE QUEST FOR ADVENTURE

All New The Little Gym Camps Coming Soon!

Put on your super cape... it's time for an adventure! Our all-new Super Kids' Quest Summer Camp is full of exciting, creative missions where kids will exercise their muscles, imaginations and cooperation skills to complete a different Quest each day! Plus, flexible scheduling options allow you to sign your Super Kid up for several weeks, a single week or even just a day at a time!

The Little Gym of Alexandria at Van Dorn
291 S. Van Dorn Street
Alexandria, VA 22304
(703) 751-5700
www.tlgaalexandria-va.com

Little Gym
Serious Fun.

WEST END FARMERS MARKET



EAT WELL !

Vegies, Fruits, fresh-baked Breads, fresh-brewed Coffee, Cheeses, Yogurts, Free Range Meats, Orange Juice

EAT CHEAP

Produce usually cheaper or same price as grocery stores

EAT SAFE

No or few pesticides, no wax, coatings or irradiation
All veggies and fruits just picked

SHOP WELL

Jewelers, Adult & Children's Clothes, Dog Treats, Toys, Lotions & Soaps, Potters, Stationary, Photos & more!

EAT DELICIOUS & HAVE FUN

WEST END FARMERS MARKET

Sundays 8:30 Am to 1PM Ben Brenman Park

www.westendfarmersmarket.org

Like us on Facebook

Follow us on Twitter @WEFM_

Can Willpower Be Strengthened?

By Paula Jarvis

Because I include exercise in my daily life and only indulge occasionally in foods high in calories, fat, or sugar, people comment on my willpower. Many think willpower is a personality trait, a virtue, or a skill. Some say they just don't have it. In reality, everyone has willpower, and just about everyone demonstrates it daily.

Do you get out of bed in the morning and get ready for work even though you're tired and prefer to sleep in? Do you smile politely at a rude customer rather than snap back? Do you pass up a great sale item because you're trying to cut back on spending? These are examples of willpower.

Research 15 years ago by Roy F. Baumeister examined where we get the inner strength for willpower, and why it seems to stronger at times. His results supported the idea willpower operates like a muscle. Using willpower expends energy, and it responds to exercise by becoming stronger; however, willpower is limited, so it can be exhausted.

More recently, another researcher (Gailliot et al., 2007) demonstrated that willpower expends energy. He found willpower uses high levels of glucose, the primary fuel of the brain and muscles. These studies found simpler acts of self-control used lower levels of glucose, while tougher challenges used higher levels. In addition, they found subjects were better able to exert willpower repeatedly if they snacked in between demands. Does this mean you need a steady supply of sugar to maintain self-control? That wouldn't be a healthy practice. But what does work well is eating small portions of lean protein, fruits, and vegetables (which your body converts into glucose), and don't skip meals. To demonstrate this principle, think of the box of pastries next to the office coffee pot. If you've had a healthy snack, you will better resist the temptation because your body has a steady supply of energy available to exert willpower.

The concept that we can strengthen willpower by exercising it, as with muscles, should be encouraging. To increase muscular strength, we challenge a muscle to the point of fatigue, or temporary exhaustion. Then we rest and challenge it again, and the muscle increases in strength and endurance. Interestingly, performing consistent acts of willpower, such as trimming your budget or improving your time management skills, will increase your willpower. The more you demonstrate willpower, the easier to exert self-control in other areas.

The third way willpower acts like a muscle is its ability to become exhausted. Willpower is limited, so we must set reasonable goals and priorities. Choose areas where self-control really matters, and make them your highest priorities.

Forgive an occasional setback, recognizing you've reached your limit right now and need a rest. That doesn't mean you should quit. Just as a muscle loses tone when no longer exercised, willpower will weaken if you stop exercising it. Keep your willpower fueled with a healthy diet as well as adequate sleep and restorative experiences. Remember, the demands in your life, including family, work, and friends, draw on your willpower. If you need strong self-control to begin, or maintain, a health and fitness program, try to reduce other stresses in your life. Finally, remember as your willpower is exercised, it becomes stronger, and you'll find challenges easier to meet successfully.

Paula Jarvis is a certified Personal Trainer and Wellness Coach, living in Cameron Station, Alexandria

The Alexandria Art Market at Del Ray Artisans

2nd Saturday of the month: May-October 2014

Del Ray Artisans (DRA) is pleased to announce its fifth season of The Alexandria Art Market. The market will be held in the Nicholas A. Colasanto Park, adjoining the Del Ray Artisans gallery at 2704 Mount Vernon Avenue, Alexandria, VA (corner of Commonwealth Avenue and Mount Vernon Avenue). This is a rain or shine event and is free and open to the public.



The grand opening festivities for the fifth season will be on May 10, 10 a.m. - 4 p.m. and will include live music and yummy treats. A variety of original artwork from over 25 artists will be displayed for sale, including but not limited to, painting, photography, pottery, jewelry, and glasswork.

The market will be held on the 2nd Saturdays of May through October 2014 in the Nicholas A. Colasanto Park on the corner of Commonwealth and Mount Vernon Avenues, 10 a.m. - 4 p.m., rain or shine. For more information, visit: TheDelRayArtisans.org/ArtMarket

Del Ray Artisans members and non-member artists are encouraged to apply for an art space in the market. This event offers great exposure for local artists and is a perfect venue to connect with the community. Applications for artists are being accepted and are due Monday, April 14. Download an application at: TheDelRayArtisans.org/shows/calls/

For more information about the Alexandria Art Market, how to apply for an artspace at the market, or about being a food purveyor or musical act, please contact Kimberley Bush at 703-627-7656 or ArtMarket@TheDelRayArtisans.org.

Advertising & Submissions Policies & Procedures

Advertising:

The *Compass* newsletter is published bimonthly. 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: 65 line screen or 300 dpi. ELECTRONIC SUBMISSIONS ARE PREFERRED. 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 for typos, length, tone, and content. They will also determine the newsletter to be "full" at their discretion. Articles are to be factual and of public interest. Editorial content may be deemed inappropriate at the discretion of the newsletter staff, Communications Committee, or Board of Directors. Photographs submitted will be returned to sender if accompanied by a self-addressed, stamped envelope.

Advertising/Article Submission Deadline

April 30 for May/June Issue

We welcome your ideas and photos, too!

Advertising Rates:

Display Ads (*Camera-ready*)

1/4 page (3 1/2" x 4 1/2") \$150

1/8 page (3 1/2" x 2") \$125

Classified Ads (*Limit 35 words*)

Resident \$5

Non-resident \$25

Lost & Found, Carpool, etc. Free

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

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

CSCA & CCA Information

By Colleen Hariston

Community Association:

All 1,769 homes in the Cameron Station Community are part of the Community Association, sometimes referred to as the "Master Association." See page 4 for management information.

Condominium Associations:

The six Condominium Associations within the Cameron Station Community each have their own management company and staff, separate from the Community Association's management company and staff. Condominium owners should contact their Association's management company for issues pertaining to their Association.

Carlton Place Condominium:

Abaris Realty

Phone #: (301) 468-8919 After Hour Emergency #: Same

Dany Abebe, Property Manager, dabebe@abarisrealty.com

Lawan Trent, Administrative Assistant, ltrent@abarisrealty.com

Condos at Cameron Station Boulevard:

KPA Management

Phone #: (703) 532-5005 After Hour Emergency #: (703) 644-8735

Janet Waskin, jwaskin@kpamgmt.com

Main Street Condominium:

GHA Community Management

Phone #: (703) 752-8300 After Hour Emergency #: (888) 660-7132

Nate Port, Property Manager, nport@ghacm.com

Linda Gibbs, Administrative Assistant, lgibbs@ghacm.com

Oakland Hall/Woodland Hall Condos:

Community Management Corporation (CMC)

Phone # (703) 230-8576 After Hour Emergency #: (301) 446-2635

Maureen Burns, Portfolio Manager, mburns@cmc-management.com

Deirdre Baldino, Community Coord., dbaldino@cmc-management.com

Cameron Station "The Residences":

FirstService Residential Management

Onsite Office #: (703) 751-5002

Corporate #: (703) 385-1133 - After Hour Emergencies: Same

Angela Luker, angela.luker@fsresidential.com



CAMERON STATION COMMUNITY ASSOCIATION, INC. (CSCA)

BOARD OF DIRECTORS

(boardofdirectors@cameronstation.org)

Michael Johnson, President

Alvin Boone, Vice President

Nicholas Giannotti, Treasurer

Jon Dellaria, Secretary

Igor Dubinsky, Director

Donna Kenley, Director

Paul Rocchio, Director

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

COMMUNITY MANAGEMENT

Colleen Hairston, Community Manager
communitymanager@cameronstation.org

Mary Meghan Flynn, Asst. Community Manager
assistantmanager@cameronstation.org

Bethany Lammers, Covenants Administrator
covenants@cameronstation.org

Candace Lewis, Administrative Assistant
admin@cameronstation.org

703-567-4881

703-567-4883 (fax)

CAMERON CLUB FITNESS CENTER

Kevin Horner, Director
fitness@cameronstation.org
703-567-8555

CSCA COMMITTEES

ACTIVITIES & EVENTS COMMITTEE

events@cameronstation.org

Vacant – Chairperson

ARCHITECTURAL REVIEW COMMITTEE

arc@cameronstation.org

Brian Sundin – Chairperson

CAMERON CLUB FACILITIES COMMITTEE

facilities@cameronstation.org

Ray Celeste – Chairperson

COMMON AREA COMMITTEE

commonarea@cameronstation.org

Robert Burns – Chairperson

COMMUNICATIONS COMMITTEE

communications@cameronstation.org

Donna Gathers – Chairperson

FINANCIAL ADVISORY COMMITTEE

fac@cameronstation.org

Jeff Gathers – Chairperson

CONDOMINIUM/MANAGEMENT COMPANIES

Carlton Place Condominium

Management Company: Abaris Realty, Inc.
Dany Abebe, Manager, 301-468-8919

Oakland Hall at

Cameron Station Condominium

Woodland Hall at

Cameron Station Condominium

Management Company:
Community Management Corporation
Deirdre Baldino, Manager:
703-212-8020, 703-212-8021 (fax),
dbaldino@cmc-management.com

Main Street Condominium

Management Company:
GHA Community Management, 703-752-8300
After-Hours Emergencies, 888-660-7132
Elevator Emergencies, 800-995-5093

Unit Owners Association of the Condominiums at Cameron Boulevard (Centex Condos)

Management Company: Klingbeil, Powell & Alutz, Inc.
Janet Waskin, Manager 703-532-5005

The Residences at Cameron Station

Management Company: FirstService Residential
703-751-5002
Angela Luker, Community Manager:
On-site number, 703-751-4070

The compass

200 Cameron Station Blvd.
Alexandria, VA 22304

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