

# The ompass

Newsletter of the Cameron Station Community Association, Inc.

Volume 15 Issue 3 • May/June 2014

## Announcing the Inaugural Cameron Station Photo Contest Winners!

By Karen Diener and Jihee Kim

Thank you to everyone who submitted photos for the contest! We received over 160 photos and had a tough time making the final selections. The winning photos are listed below and on page two by category. They will be printed, framed, and displayed on the walls of the newly renovated Cameron Club by the end of June.

The overall winning photo is displayed at right. We loved the combination of the intense look on the dog's face, and the leash lying in the snow as the snow accumulates on his fur.

If you submitted hard copy photos, you may pick them up from the Management Office in the Cameron Club.

### Photography Categories:

**Overall Winner:** Scott Stark (Dog in snow)

#### 1. Architecture/

##### Seasons 1:

*Cameron Station  
Community Streets,  
Houses or Home  
Decoration.*

##### First Place:

Claire Carroll  
(Ben Brenman Park)

##### Second Place:

Kirk Johnson  
(Cameron Perks  
umbrellas)

##### Third Place:

Richard Griffin  
(Blue parka in snow)

**Honorable Mentions:** Claire Carroll (Blossoms and Park)

Kirk Johnson (Footbridge), Kristen Rachnisky (Street lights), Kirk Johnson (Community Center)

#### 2. Architecture/Seasons 2:

*Washington DC or Alexandria*

**First Place:** Emily Ting (Sunset)

**Second Place:** Tamara W. Ashford (Cherry Blossoms)

**Third Place:** Emily Ting (Botanic Garden)

**Honorable Mention:** Scott Stark (The Fair is back in Town)



#### 3. People:

**First Place:** Matthew Riley (The Girl with Tulips)

**Second Place:** Claire Carroll (Girl with Bunny)

**Third Place:** Lou Ann McFadden (Michael and Dude)

#### 4. Animal:

##### First Place:

Claire Carroll  
(The Dog)

##### Second Place:

Walter L.  
Barrows  
(Blue Heron)

##### Third Place:

Barbara  
Bolin (The Cat)

**Honorable Mention:** Claire Carroll (Blue Heron)



# Photo Contest Winners

*Continued from front page*

## 5. Smile

**First Place:** Emily Ting (Ranger with Big Smile)

**Second Place:** Claire Carroll (Snowball)

**Third Place:** Kristen Rachinsky (Baseball)



**BLACK & WHITE:**  
"Tree" by Claire Carroll



## 6. Black & White

**First Place:**

Claire Carroll (Tree)

**Second Place:**

Kristen Rachinsky (Lake)

**Third Place:**

Kristen Rachinsky (Lake)

# Pride of Ownership Awards: Submit Your Nomination by June 6!

*By Susan Willis*

Our annual contest is underway to recognize the outstanding efforts of four homeowners who help beautify our community. We rely on you, our residents, to spot award-worthy properties throughout Cameron Station, and to send their addresses to [commonarea@cameronstation.org](mailto:commonarea@cameronstation.org). Winners will be notified by the CAC within two weeks of the nomination deadline.

Judging is based on the outward, attractive appearance of each home, including turf condition, pruned shrubbery and trees, and aesthetically pleasing and weed-free gardens. For their hard work, the winning homeowners receive generous gift cards from local businesses and recognition from the Common Area Committee and our community.

*Continued on page 21*



## 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). 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, Barbara Martinez, Maya Noronha, and Pat Sugrue



# Committee Corner

HARD AT WORK ON BEHALF OF OUR RESIDENTS

## Board & Committee Meeting Dates

May 5	Activities & Events Committee
May 6	Architectural Review Committee
May 6	Common Area Committee
May 8	Cameron Club Facilities Committee
May 20	Communications Committee
May 22	Financial Advisory Committee
May 27	Board of Directors
June 3	Activities & Events Committee
June 3	Architectural Review Committee
June 3	Common Area Committee
June 12	Cameron Club Facilities Committee
June 16	Communications Committee
June 19	Financial Advisory Committee
June 24	Board of Directors

Check the CSCA website for July, August, & September dates.

## BOARD OF DIRECTORS

([boardofdirectors@cameronstation.org](mailto:boardofdirectors@cameronstation.org))

**Michael Johnson, President**  
**Alvin Boone, Vice President**  
**Jon Dellaria, Secretary**  
**Igor Dubinsky, Director**  
**Donna Kenley, Director**  
**Paul Rocchio, Director**  
**Megan Brock, Director**

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

## CSCA COMMITTEES

### ACTIVITIES & EVENTS COMMITTEE

[events@cameronstation.org](mailto:events@cameronstation.org)

Radhika Goel — Chairperson

### ARCHITECTURAL REVIEW COMMITTEE

[arc@cameronstation.org](mailto:arc@cameronstation.org)

Brian Sundin — Chairperson

### CAMERON CLUB FACILITIES COMMITTEE

[facilities@cameronstation.org](mailto:facilities@cameronstation.org)

Ray Celeste — Chairperson

### COMMON AREA COMMITTEE

[commonarea@cameronstation.org](mailto:commonarea@cameronstation.org)

Robert Burns — Chairperson

### COMMUNICATIONS COMMITTEE

[communications@cameronstation.org](mailto:communications@cameronstation.org)

Donna Gathers — Chairperson

### FINANCIAL ADVISORY COMMITTEE

[fac@cameronstation.org](mailto:fac@cameronstation.org)

Jeff Gathers — Chairperson

## Architectural Review Committee:

Spring is a great time to replace your invasive, damaged, and/or ugly tree. The process is simple, and abundant choices make finding the perfect tree for your yard easier than ever. To start the process, review the authorized tree listing in the Design & Maintenance Standards (DMS). Each street has three recommended tree specimens, though you may choose a tree that is listed for any street within Cameron Station. Once you've selected a tree, fill out the tree replacement application (also in the DMS) and submit it to the on site management office.

## Common Area Committee

In the last few years, the CAC has improved the appearance of the pocket parks and public areas, such as the gazebo circle, to provide an open vista and make the areas more inviting. Original, large trees and shrubs have been pruned to clear walkways and streets. Other ongoing efforts include leveling uneven sections of brick walkways and improving drainage in areas with standing water.

Still, there is always more to do, and some actions depend on Cameron Station residents.

**Trash:** If only wind didn't blow on trash day. But it does, and sometimes scavengers such as rats and raccoons make the most of it. Trash cans must have lids firmly in place. Loose lids should be connected to cans so the lids won't blow away. Community management and the Board of Directors are aware of the problems created by wind and are reviewing the trash policy to be more clear and consistent about requirements.

**Recycling:** With open recycle bins, it's best to put heavy items on top to keep lighter contents from blowing away. Empty plastic bottles blow away easily. Don't leave blown-away recycling items for your neighbors to pick up every week.

**Yard Trash:** Plant clippings, trimmings, and branches should go into a clear, or paper, bag and are picked up with regular trash. Anonymous, abandoned piles have appeared in common areas, or worse, left visible by homes.

**Parking:** Cameron Station units have garages, and most have a short driveway space. Visitors can park in designated visitor spaces on the private community streets but visitor spots must not be used by residents. Parking is permitted

*Continued on page 4*

## Common Area Committee

*Continued from page 3*

by anyone for 72 continuous hours on city streets, such as Cameron Station Boulevard, and these limits are well-enforced by the City.



**Pet Stations:** Pet waste is a continual irritant to residents. The majority of dog owners are considerate and responsible.

Most dog owners save up plastic bags and take waste

home. Pet stations are a convenience for occasional use. Some individuals take large numbers of pet station waste bags at a time so they empty quickly. Please only take one bag at a time.

Pet owners must control where their pet does its business. Common areas, such as the median on Cameron Station Boulevard, or the grassy area between sidewalks and streets are good pet relief areas. Any area within five feet of a residential wall is someone's private property, and dogs should not use those areas. Likewise, the pocket parks are used by children playing on the grass. Pets are not permitted in pocket parks and other designated areas for any reason. New no-pet signs are coming to the parks to replace deteriorating wooden signs.

The CAC is reviewing the snow clearing policy to ensure walkways are promptly cleared, and safe, in a timeframe reasonable for residents.

In May, the CAC begins monthly walks through the community with the landscaping company. These walks ensure maintenance of common areas is done properly, and individual problem areas are investigated and corrected. If you know of areas that need attention, please let us know so we can view them on our walks. Notify the Community Manager at [communitymanager@cameronstation.org](mailto:communitymanager@cameronstation.org).

## Activities and Events Committee

### Upcoming Events

With additional members and volunteers, the 2014 calendar includes:

- Aug. 9 – Annual Pool Party
- Sep. 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. Please email suggestions to: [events@camersonstation.org](mailto:events@camersonstation.org).

## Town Hall Meeting

*By Pat Sugrue*



About a dozen residents joined Board

of Directors President Mike Johnson and Director Paul Rocchio at the March 23 Town Hall meeting in the Cameron Club. Both residents new to the community, and those who have lived here for many years, shared the same concerns.

One of the issues discussed at nearly every Town Hall meeting is parking. The question arose again as to how some residents get away with parking in visitor spaces without being fined or towed. It was explained that for budget reasons, Parking Enforcement Officers canvass the community 6½ hours per week, at varying times, and are not always able to catch the offenders. Residents may park their cars on city streets in the community; however, the City prohibits parking in the same space for more than 72 hours.

Concerns about the Guest Pass policy for the Cameron Club were raised, as well as the requirement that staff be present when the Fitness Center is in operation. Martin Menez from the Facilities Committee urged residents to attend the committee meetings to present concerns.

Mike noted that community policies are reviewed on a regular basis, and he encouraged residents to contact specific committees about any issues. Parking is a responsibility of the Common Area Committee, as are two other areas discussed: the rule that residents must clean snow from both sides of a double driveway (even if the resident only has one car and uses only one side); and the rule that residents must fit their car(s) inside their garages and not turn them into storage sheds.

Several questions concerned issues outside the community, so residents were urged to contact the Civic Association for details on those matters (and consider joining the Civic Association to keep better informed). These concerns included: traffic on Van Dorn Street with all the new development; the need for a left turn signal into Cameron Station from Pickett Street; and changes planned for the bowling alley site, which no longer includes retail.

The final issues raised were speeding, and yielding rather than stopping at the circle stop sign in front of the Cameron Club, both ongoing problems for our community.

## 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](mailto:CS CivicAssn@cs.com).

### **Tuesday, June 17 – Norfolk Southern (NS) Hosts a Community Meeting — Hilton Mark Center at 7pm:**

In May, we will be develop a specific agenda with NS and the City's Transportation and Environmental Services department (T&ES). Input and questions from the community will be important. More to come, but hopefully we'll see you at one or more of the above listed events!



# Civic Association

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

Several matters are coming up in May and June which might be of particular interest to members of our community. As we frequently stress, if you'd like to have "input" into these developments, it is far more productive to share your concerns, thoughts and/or support early in the process. Too many people focus only at the 11th hour and then get frustrated when told they are too late to alter the course. Updates to many of these matters are given below. Please check specific websites for future meetings.

### **Eisenhower West Small Area Plan Steering Committee:**

The public is welcome. It offers our community an excellent opportunity to demonstrate to City staff and our elected officials that we are interested and sincerely care about what happens in the West End. The decisions impact our roads, traffic, parks, schools, retail, housing, real estate values, and the like. Topics of discussion will include a review of the results of the on-line survey that many people participated in. You can find further information on the City website at: [www.alexandriava.gov/eisenhowerwest](http://www.alexandriava.gov/eisenhowerwest).

#### **Upcoming meeting dates:**

June 16 at 6:30pm – Eisenhower West (EW) Community Meeting

June 30 at 6:30pm – EW Steering Committee Meeting

July 28 at 6:30pm – EW Community Meeting

### **Thursday, May 1 – ACPS Representatives:**

A number of people in the community have requested an update on various ACPS activities with many of the questions centered around the Patrick Henry Project - renovation, addition, and/or new construction. With that in mind, School Board Vice Chairman and Project Co-Chair Chris Lewis will host a public presentation and discussion here on May 1. He will be accompanied by Project Co-Chair Mark Eisenhour and ACPS Facilities staff member Laurel Hammig. This is an opportunity to get your questions answered by people directly involved on a day-to-day basis.

### **Tuesday, May 6 – Cameron Park Development Considered by City Planning Commission – Council Chambers, City Hall:**

This is the site bounded by our "400 block townhouses" (opposite Tucker School) on the south, Cameron Station Boulevard on the west, South Pickett Street on the north, and Home Depot on the East. There is a Midas on the corner, and the block is directly across the street from the BMW dealer. The developer, JBG, is proposing 66 townhomes (backing/fronting onto us) with two five-story rental apartment buildings having ground floor retail fronting South Pickett, a total of 391 apartments and 36,919 square feet of retail.

Several of us from Cameron Station have spent time with JBG and their attorney as the project has evolved. While supportive of the plan, we expressed concern about the absence of any direct benefits to the immediate community despite the Landmark/Van Dorn Corridor plan calling for early projects in the vicinity ("catalyst projects") expected to make such a contribution. In fact, JBG is making a \$2.2M contribution to the City, which appears will be earmarked exclusively for affordable housing. In the interests of being a good neighbor, JBG has agreed to make a \$100K contribution to be used for a "neighborhood enhancement." Assuming that gets through the Planning Commission and City Council, we will undoubtedly have fun figuring out how that should be spent.

The complete report should be available at: [www.alexandriava.gov/Dockets](http://www.alexandriava.gov/Dockets). Follow the path to Planning Commission, 5/6/2014, click "Agenda" and scroll through "New Business" items until you come to CDD Concept Plan #2013-0002. Following the description there is a list of attachments and one will be "staff report."



# Eisenhower West (Small Area Plan) Steering Committee

The results of the Eisenhower West Small Area Plan online survey were distributed to interested respondents in April by the City of Alexandria, Department of Planning and Zoning. The report outlines the results of the first online survey which was available for participants to take March 7 - April 4. Of the 384 people who submitted complete responses (the majority of whom were Cameron Station residents!), 39% of respondents stated they most like the Ben Brenman Park and Trail Network, and 62% would like more park and open space. We'll report on further progress and decisions as they occur.



## Coffee with Mike

*Coffee with Mike, CSCA Board President*

**Saturday, May 31 and June 28**

Mike Johnson, Board President, invites you to stop by the Cameron Café between 11am and Noon, the last Saturday of each month, to discuss Association issues. Mike will be at the Café on Saturday, May 31, June 28, July 26, and August 30.




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# Your Neighborhood Farmers Market

## West End Farmers Market Opening

*Ben Brenman Park, 8:30a.m. to 1:00p.m.*

The sun was shining, and there was a cool breeze. It was perfect weather for the opening day of the West End Farmers Market! Before all the vendor tents were completely set up, the first foodie fans arrived for their seasonal fix of fresh vegetables, meats, cheeses, baked goods, and fresh-squeezed orange juice. You could almost hear the collective sigh from everyone who had waited out the winter for the market to reopen. Buyers roamed up and down looking for their favorite fresh foods and greeted friends and neighbors. All day, groups of people formed, dispersed, and formed again, talking, eating, drinking OJ, laughing, and having a good time.

By the end of the day, the bakers' cupcakes, scones, baklava, pastries, rolls, loaves of bread, cookies, and brownies had gone home with grateful customers, and the tables were bare. The farmers packed up empty crates that had been loaded with fresh spring vegetables: spring onions, lettuces, bok-choy, kale, chard, asparagus, garlic, and garlic snapes, as well as bedding plants of herbs and flowers. The artisans enjoyed a brisk business as well. Their candles, soaps, jewelry, children and adult's clothing, children's hairclips and bows, and wooden toys flew out of their tents.

Near noon, when the wind picked up, some of their wares actually did blow away. Bonnie of "It's the Beads" decided to put her jewelry on the ground, creating an interesting display tucked into the corners of two tables.

What a splendid way to spend a beautiful spring day! The market is open on Sundays from 8:30am to 1:00pm, May to November, Ben Brenman Park. Stroll down to the south parking lot, or park for free to enjoy all the goodies our farmers, bakers, chefs, and artists/crafters have to offer. Sit in the sun at the market's tables and chairs, enjoy your pastries



and orange juice, splurge on some flowers, purchase a gift from our varied artisans, and buy a week's worth of vegetables and fruits! Is there a better way to spend Sunday mornings?

To find out more about your West End Farmers Market:

**Website:** [www.westendfarmersmarket.org](http://www.westendfarmersmarket.org).

Like us on **Facebook:**

<https://www.facebook.com/WestEndFarmersMarket>

Follow us on **Twitter:** [@wefm](https://twitter.com/wefm)

or check out market videos on **YouTube.**

*Susan Birchler, Director, West End Farmers Market*





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# The Marketability of Cameron Station

By Melanie Zimmerman

Marketability. What makes your home readily sell-able? As we reach the summer high-moving season, think about the factors that make your home appealing to buyers.

As my husband and I house-hunted during the winter of 2013, we noticed many homes on the market from Cameron Station, even though it seemed homes for sale were few and far between in other areas. We wondered, "What's wrong with Cameron Station?" Internet research turned up nothing. Turns out, the high ratio of military residents (us now included!), meant homes turn over frequently, but not due to a significant problem in the area. In fact, this community offers far more "bennies" than most others in which we house-hunted.

First, the Fitness Center. Few other communities offer a built-in gym, especially one of this caliber. Whether you are a frequent or occasional user, the option to walk to your community gym without additional membership fees is truly a bonus!

Most communities seem to offer little more than some landscaping by the front gate. Cameron Station residents are fortunate to be bounded by parks on both ends, with pocket parks interspersed, and lengthy, connecting biking/walking trails. If you read the rest of this issue, you will notice over a third of West Alexandria survey respondents stated that was the #1 BEST thing about this area!

And whether you commute to work via the very timely community shuttle to the Metro, or hop on close access ramps to I-395, I-495, or I-95, we live in an area with easy access to work and social events, in any direction.

Easy access also includes the international culture and cuisine right at our doorstep. Whatever you are hungry for, most likely that particular cuisine is within a few miles of our community. Culture abounds as close as Old Town...or slightly further in the District.

Our area crime rate is minimal. The community police liaison is very proactive and attends our monthly Board of Directors meetings. We are definitely fortunate to live in a safe and secure environment.

Great neighbors and an active community association ensure we are always well looked after.

So if you MUST move on, know that you can truly "sell" the advantages of Cameron Station to prospective buyers. Few other places will feel this much like home!

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# SPIRIT

## Volunteer & Community

### Wounded Warriors Easter Bake Sale

By Dubey Liffmann

Saturday, April 12, turned out to be a beautiful day for the bake sale. I can't begin to thank the Cameron Station neighborhood for your generosity. We had prize-winning cakes: an Easter bunny, a decadent chocolate cake, and a



Donated Bunny Cake purchased by Mark Miller and Linda Blohm

beautiful pink cake honoring cancer awareness.

Thanks for making this bake sale so successful. We will be going to the Bethesda Naval Hospital with summer purchases that we made with your donations, totaling almost \$2,000!

I would also like to thank all the community stores for their generosity: Café Pizzaiolo for hosting the event, Super Giant at Duke Street, Giant at Edsall Road, Fresh Market, and Costco at Pentagon City.

*Thank you for supporting our Wounded Warriors!*



Left to Right: Volunteers Pat Sugrue, Dave Edwards, and Dubey Liffman.

### Lemonade Stand a Big Hit with Cameron Station Residents

By Michael McManus

Eight years ago we walked into the Vola Lawson Animal Shelter and walked out with the most amazing dog. She was a one-year-old Beagle named Cuddles. Though we renamed her Poochie, her sweet demeanor and endless penchant for food stayed intact!

My six-year-old son, Cameron (yes, we named him after our favorite neighborhood!), his three-year-old sister, Isabella, and their neighbor friend, Max, wanted to do something special for the animal shelter, so the kids hosted a lemonade stand on Sunday, May 11. The sun shone all day, and as the temperature hit the mid-80's, lemonade was the perfect drink to cool off fellow Cameron Station residents. Thanks in part to the warm weather, we quickly sold out of lemonade and Rice Krispy treats. At the end of the day, the kids raised a total of \$47.25.

I am so proud of my children, our friends, and neighbors in Cameron Station for stopping by to support the Animal Welfare League of Alexandria. The shelter and its volunteers are a wonderful group of people dedicated to housing, feeding, loving, and finding homes for many animals every single day.

We are already looking forward to our next fundraiser this fall – hot cider, anyone?



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# Call for Compass Volunteers

By Melanie Zimmerman

Due to professional work obligations, Catherine Huddleston, a *Compass* staff member, will no longer be able to focus her time and energy on our publication. So, as we say **Thank YOU, Catherine**, we also extend an invitation to our readers to be a part of our volunteer staff. You don't have to be a strong writer, photographer, or editor...just willing to write up a few lines on topics important to our community. If you are interested in helping out – a little, or a lot – please send us an email at [thecompass@cameronstation.org](mailto:thecompass@cameronstation.org). Our next issue will be published after the summer break, by the first week of October.

## Design and Maintenance Standards

By Colleen Hairston

To reduce costs and ensure all residents have access to the most up-to-date DMS manual, the most current issue is posted on the CSCA website, [www.cameronstation.org](http://www.cameronstation.org). A letter was recently distributed to all owners to announce the revised DMS is available online. Hard copies of the DMS are also available at the Fitness Center for pick-up. Copies will continue to be included in the New Resident Orientation package. All homeowners and tenants should be familiar with the DMS as it contains standards with which you much comply.

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# Restaurant Review:

## Dining Al Fresco in Alexandria

By Carla Besosa

**AL FRESCO** - Italian for “in the open air” has become the ubiquitous term for dining outside. As warm weather approaches, we contemplate the outdoor dining experience. Alexandria offers a variety of al fresco dining options to fulfill such desires.

Let's start at the Potomac.

**Indigo Landing**, renowned for its setting, clings to the banks of the river, just south of Reagan National Airport. As boats glide by and planes take off, you can dine on the deck and take in the panorama.

**The Chart House** is Old Town's sole river deck restaurant. Enjoy the energy of Old Town, the water view, and with any luck, a Potomac breeze.

**219**, just two blocks up from the water, is well known for its covered side patio with heaters in cooler weather and fans in warmer weather.

**Taverna Cretekou** is a favorite for its charming garden patio. A beautiful display of plants and flowers envelops you while relaxing in the cozy backyard site.

**Notting Hill** is fairly new on the restaurant scene and occupies the spot which was formerly Le Gaulois. The side patio lives on. Enjoy the outdoors and people watch as folks saunter up and down King Street.

**Chez Andrée** has been a favorite of Washingtonians for decades. They have a small patio in front so you can experience French cuisine al fresco.

In the north end of Old Town, you will encounter the neighborhood gem, **Vaso's Kitchen**. As the surroundings are residential, congenial neighbors walk by the front patio, often with dogs, and greet the diners.

**Walker's Grille**, off Beulah Road, has really spiffed-up their sizable patio. You can choose to sit under cover or out in the open. Enjoy the overhead fans and lounge on the patio sofas. Check with the restaurant for their live music schedule.

Del Ray boasts the greatest concentration of al fresco possibilities. **Los Tios** has become quite the patio destination with a lively neighborhood feel. **Caboose Café** has a patio with a canopy. **Taqueria Poblano** offers a rather small front patio, so you might consider a non-prime time. **Cheesetique** has a few sidewalk tables. **Evening Star** has outside dining

at the corner of Mount Vernon and Howell. **Fireflies'** street-front patio can be found on the south (quieter) end of the strip; also **Sapores d'Italia**. **Monroe's** has the monopoly on Commonwealth Avenue with a covered side patio ideal for people-watching. **Grape & Bean - Rosemont** (practically Del Ray) is the new kid on the block. Given the newly instituted food menu, neighbors now flock to the small patio in the shadow of stately trees.

Find the venue of your liking and enjoy!

**Caboose Café** - 2419 Mount Vernon Ave.  
[www.caboose-cafe.com](http://www.caboose-cafe.com)

**Chart House** - 1 Cameron St.  
[www.chart-house.com/locations/alexandria](http://www.chart-house.com/locations/alexandria)

**Cheesetique** - 2411 Mount Vernon Ave.  
[www.cheesetique.com/locations](http://www.cheesetique.com/locations)

**Chez Andrée** - 10 E. Glebe Rd.  
[www.chezandree.com](http://www.chezandree.com)

**Evening Star** - 2000 Mount Vernon Ave.  
[www.eveningstarcafe.net](http://www.eveningstarcafe.net)

**Fireflies** - 1501 Mount Vernon Ave.  
[www.firefliesdelray.com](http://www.firefliesdelray.com)

**Grape & Bean** - Rosemont - 2 E. Walnut St.  
[www.grapeandbean.com/pages/rosemont](http://www.grapeandbean.com/pages/rosemont)

**Indigo Landing** - 1 Marina Dr.  
[www.indigoland.com](http://www.indigoland.com)

**Los Tios** - 2615 Mount Vernon Ave.  
[www.lostiosgrill.com](http://www.lostiosgrill.com)

**Monroe's** - 1603 Commonwealth Ave.  
[www.monroesrestaurant.com](http://www.monroesrestaurant.com)

**Notting Hill** - 1106 King St.  
[www.nottinghillrestaurant.com](http://www.nottinghillrestaurant.com)

**Sapores d'Italia** - 1310 Mount Vernon Ave.  
[www.allmenus.com/va/alexandria/310733-sapores-d-italia-ristorante/menu](http://www.allmenus.com/va/alexandria/310733-sapores-d-italia-ristorante/menu)

**Taqueria Poblano** - 2400-B Mount Vernon Ave.  
[www.taqueriapoblano.com/alexandria-delray-location.php](http://www.taqueriapoblano.com/alexandria-delray-location.php)

**Taverna Cretekou** - 818 King St.  
[www.tavernacretkou.com](http://www.tavernacretkou.com)

**Vaso's Kitchen** - 1225 Powhatan St.  
[www.northernvirginiamag.com/restaurant/info/45/vasos\\_kitchen](http://www.northernvirginiamag.com/restaurant/info/45/vasos_kitchen)

**Walkers Grille** - 6909 Metro Park Dr.  
[www.walkersgrille.com](http://www.walkersgrille.com)

**219** - 219 King St.  
[www.219restaurant.com](http://www.219restaurant.com)

# Neighbor Profile:

Drinking in the Scenes of Cameron Station with

## BILL YOUNG

By Maya M. Noronha

Cameron Station resident Bill Young, and his wife Lori, moved into Cameron Station about a year ago when he transferred from Colorado to a downtown D.C. job. But this lobbyist has one of the most unique job titles in the government relations world: Director of Beer Policy for MillerCoors.



This MillerCoors Director is full of refreshing details about what's on tap. The most popular beverage MillerCoors offers is Blue Moon Belgian White. However, the Director of Beer Policy has his own personal favorite – Leinenkugel – a summer shandy produced by a small brewery in Chippewa Falls, Wisconsin.

Living in Cameron Station, Bill “couldn’t be happier.” He explains, “The amenities and proximities of Cameron Station are incredible.” He’s a regular user of the shuttle, enjoys going to the park nearby, and loves strolling along the tree-lined streets trees and seeing the beautiful flowers. Although he loves going to social events in Cameron Station, Bill jokes about “Martini Mondays.” Noting that he’s never actually seen someone drink a martini at a “Martini Monday,” Bill wonders whether the event is misnamed. He points out that “people drink beer and non-alcoholic drinks at Martini Mondays!” This beer-world insider says, “In the beer industry, we call martinis ‘jet fuel.’ Beer is a moderate beverage.”

Another enjoyable part of living here is the number of neighbors he’s found who are novice home brewers. He’s going to join a couple of neighbors this summer to create a brew called “Front Stoop.” It’s called “Stoop” because it’s a regular summer-time ritual for a bunch of neighbors to gather on the stoop of the McGovern’s house and just hang out and enjoy different beers, conversation, and watch the kids play. Mike McGovern also works for a brewery. He recently left Heineken and is now employed in Sales by Yuengling Brewery. His wife, Suzanne, also worked for Heineken several years until she left last year. Suzanne and Bill did the same job in the beer industry – Suzanne for Heineken and Bill for MillerCoors. It was Suzanne who introduced Lori and Bill to Cameron Station a year ago, and now they live just a few houses apart. In 20 years in the beer industry (14 with Coors and 6 with MillerCoors), Bill has never made his own beer at home, so he’s looking forward to helping out with “Stoop.”

Perhaps Cameron Station can recruit Bill as the director of “Tuesdays on Tap” ... but only if he brings some six-packs from work to share!



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# SUMMER PLANTING IDEAS: PRUNING

By the Cameron Station Volunteer Gardners:  
Sue Dingwell, Kathy McCollom and Linda Greenberg

Any bush or tree in your garden that's more than a few years old probably needs pruning. Trees and bushes on private property are the owner's responsibility. The landscaping company only takes care of the common area.

The whole idea of "pruning" can seem like a great mystery. Each plant needs precise handling, and that can be intimidating. Here are some basics to get you started.

Use sharp tools for pruning. Dull tools can be damaging to the plant and make your work much harder. Small branches can be pruned with hand clippers. Long-handled loppers have enough leverage to easily clip branches about an inch in diameter. Branches two inches or larger require a saw.

Both trees and bushes can get "sucker" growth, shoots that appear in spring from the base that grow quickly. These should be trimmed away as soon as they appear. They take away energy that should go into healthy growth, and detract from the shape of the bush or tree.

## Tree pruning:

- Prune any branch that blocks a sidewalk or hides a street sign.
- Now that trees are bigger, remove the lower branches, cut close to the trunk. Pruning helps a tree's new growth.
- Remove any dead branches. Better to cut it now than have it break in a windstorm.
- There is no need to paint the cut area over; trees do not "heal" these cuts, they seal off the area underneath them.
- Small branches can be cut close to the trunk, but if a branch has grown large enough to form a kind of "collar," or slightly swollen area at its base, then make the cut where the enlarged area slims down.
- Crape myrtles only need light tip pruning in this area, or no pruning at all. Severe cutbacks are not needed for the plant to bloom and they will harm the long-term shape.

## Bush pruning:

- The time to prune azaleas is now, right after they bloom. Then you are not disrupting the new buds for next year.
- Some hydrangeas were hurt this year by the severe cold winter. Many are coming back to life much later than usual, while some have died nearly to the ground. Scratch the

bark, and if you see green, the branch is still alive. Many hydrangeas bloom on old wood, so the only part you should be pruning is dead branches. Once you're sure a branch is dead and isn't getting leaves, trim to just above the leaf source.

- Trim any bush branch that blocks a sidewalk or has overgrown to make it hard to pass on a sidewalk.
- Branches significantly longer than the main plant should be trimmed to keep the plant compact and nicely shaped.

Need more help with your garden? There is a small group of neighbors happy to help you know more about what you have, how to take care of it, what to plant, or how to completely redesign a garden. To arrange a consultation, contact [gardeners@cameronstation.org](mailto:gardeners@cameronstation.org).




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# Our Canine Neighbors

By Dolores Murray, Certified Professional Dog Trainer  
and Cameron Station Resident

Cameron Station is a dog-friendly community. In fact, that's the reason many of us moved here. We have access to two great dog parks, multiple City parks, and walking our dogs in the community allows us to meet neighbors and make new friends. The decision to own a dog comes with many responsibilities. We owe it to him to provide love, proper nutrition, veterinary care, adequate exercise, and training. And we have responsibilities to our community as well.

Sadly, not all of our neighbors have embraced these responsibilities. We have neighbors who do not pick up after their dog. This poses a health threat to children as well as other dogs in our community. And not picking up is against the law, as dictated in the City Code. It is our responsibility to report neighbors who routinely ignore their responsibility.

We have other responsibilities, too. It's not fair to our dogs or neighbors to leave dogs barking and unattended on decks; or not to adequately secure their environment, which results in dogs running at large in our community. More than once, dogs have been found running along Cameron Station Boulevard. Running loose poses a threat to dogs, drivers, and pedestrians. All pets, dogs and cats, should be microchipped.

Dogs require adequate exercise. The type and amount of exercise depends on breed and age. A quick walk around the block is not adequate for a high-energy terrier, for example. And while crating a dog is an excellent housetraining tool, it is not fair to leave any dog crated for four hours or longer.

We welcome dogs into our community, but we must help them be good canine neighbors by providing them with adequate, positive-based training so they walk nicely on a leash and politely meet other dogs and neighbors. Dogs which lunge at other dogs, joggers, cyclists, and pedestrians are a hazard. Untrained dogs make for unhappy dogs and unhappy neighbors. Do your best to be a responsible dog-owner!



# Welcome to Our New CSCA Staff Members

By Colleen Hairston, Community Manager



Assistant Manager Kevin Taylor

Community Management Corporation is pleased to introduce two new staff members to the Cameron Station Community!

**Kevin Taylor** joined us in April as the Association's new Assistant Manager. Kevin has over 16 years in the service industry, including management and sales. He holds a B.S. in Business Administration with a concentration in General Management. Kevin has excellent written and oral communication skills and is a natural multi-tasker. All of this, coupled with his excellent customer service skills and dependable work ethic, makes him a perfect fit for Cameron Station's Management Office.



Maintenance Technician Craig Merritt

**Craig Merritt** joined us in January as the Association's new Maintenance Technician. Craig has extensive experience in the property maintenance industry and a strong work ethic. He holds licenses for Refrigeration, NAOPE 3rd Class Operating Engineer High Pressure Steam, American Society of Mechanical Engineers Certified Pressure Vessel Welder, Washington, D.C. Welder, Pipe Fitter, and Journeyman Carpentry, and was recently a Safety Instructor for the Occupational Safety and Health Administration (OSHA). Craig has already identified a number of important common area deficiencies and implemented repairs. If you see Craig on the property, please introduce yourself and feel free to mention any maintenance concerns.



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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@camerystation.org](mailto:thecompass@camerystation.org).

## Monday Night Bookball

Openings for new members - contact P.J. at [sottilepj@aol.com](mailto:sottilepj@aol.com).

May.: *The Husband's Secret* by Liane Moriarty  
June: *Rise and Shine* by Anna Quindlen  
July: *The Signature of All Things* by Elizabeth Gilbert

## Reading Between the Wines

May: *Midnight in Peking* by Paul French  
June: *The Light Between Oceans* by M.L. Stedman  
July: *The Black Swan: The Impact of the Highly Improbable* by Nassim Taleb  
Aug.: *Maya's Notebook* by Isabel Allende

## Third Tuesday Book Club

Openings for new members - contact Mary at [mhbirchler@gmail.com](mailto:mhbirchler@gmail.com).

May: *The Hypnotist's Love Story* by Liane Moriarty  
June: *Provence 1970* by Luke Barr OR  
*The Reach of a Chef* by Michael Ruhlman  
July: *The Great Gatsby* by F. Scott Fitzgerald

## Beatley Library Events

June 7 Special Event, 2-3:30 p.m.

The bread slicer was invented in July of 1927. Come learn about all the other inventions and trademarks of the 1920's. This program is presented in collaboration with the USPTO. Located in the Large Meeting Room.

June 8, 15, 22 & 29 Film/Screening, 2-4 p.m.

As we celebrate the 75th anniversary of America's earliest known civil rights sit-in at a library, join us for four feature films that show acts of civil disobedience. Please call 703-746-1751 for more information. Located in the Large Meeting Room.

# We Will Miss You, Café Pizzaiolo!

We are truly dismayed to hear that our beloved Café Pizzaiolo will close June 30. An integral part of our community - supporting the Wounded Warrior bake sales, committee holiday parties, and community happy hours - Café Pizzaiolo has been a wonderful walk-to eatery, and a friend to our neighborhood. We cannot imagine what will take your place, and we'll miss your tasty pizzas, family-friendly atmosphere, great food specials, and fun bar! Thank you for being part of the Cameron Station community.

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# CAFE PIZZAIOLO



# Fitness Center News

By Kevin Horner

## Group Exercise Classes:

Our third group exercise session of 2014 will begin the week of May 25. These classes are great for everyone who resolved to be healthy and fit in 2014! See the summer schedule for classes and times. Each eight-week class is \$62 if paid by May 25. Residents can always drop-in on a class for a \$10 fee.

**BOD POD at the Cameron Club:** The mobile BOD POD allows for a private, easy body composition and metabolic test allowing you to see if your work-out and diet are indeed working, all while providing personal caloric information crucial to setting up a proper diet. BOD POD will be at the Cameron Club on June 24 from 4pm to 7pm. We have a limited number of spots, so sign up early by contacting the Fitness Center. Cost for the test is \$50 a person.

**Meet the Trainers:** Have you ever had a question about a piece of equipment in the Fitness Center? How about a question regarding your fitness routine? Come to one of our Meet the Trainer days and get answers to all of your fitness questions. Meet the Trainer days will be held on the 3rd Saturday of every month starting May 17 from 10am to 2pm. Contact the Fitness Center to schedule a 15-minute session with a trainer. Spots are limited, so call early. Drop ins are welcome, but will be taken as time allows. Meet the Trainer spots are free to residents!

**Resident Orientation:** We invite anyone who is new to the Fitness Center, or anyone who would like a general overview of equipment, programs, Fitness Center rules and

services, to attend a free Fitness Center orientation. These orientations are held on the 4th Tuesday of the month from 9am to 11am and the 4th Saturday of the month from 10am to 2pm. Contact the Fitness Center to schedule an orientation.

**Chair Massage:** On Saturday, May 24 from 10am to Noon, we will have chair massages available in the Fitness Center lobby. Cost is \$1 per minute. Contact the Fitness Center to schedule a 15-minute massage.

**Fit Fest: Save the Date!** On Saturday, September 6, we will have a Fit Fest at the Cameron Club. We will have lots of family, health, and fitness-oriented vendors, so mark your calendars now. More details to come!

## Fitness Center Reminders:

- Re-racking the weights and other equipment continues to be a problem. As a courtesy to other users, please put the weights, mats, and other equipment back when you are finished using them. Also please wipe down the equipment and mats when you are finished.
- It is a violation of the Cameron Club operating rules and procedures to drop the weights in the Fitness Center.

**Like Us on Facebook:** To "Like" us on Facebook, go to Facebook and type in Cameron Station Fitness Center and click on "like this page!" All of us at the Cameron Club appreciate your commitment to fitness, and we value your support throughout the year. Thanks for making the fitness program at Cameron Station a huge success!

For information on any of the programs, or to be put on the Fitness Center email list, please contact the Fitness Center: 703-567-8555 or [fitness@cameronstation.org](mailto:fitness@cameronstation.org).

## SUMMER ACTIVITIES SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Early Morning			5:45-6:45am Body Back (Fit4Mom)			5:45-6:45am Body Back (Fit4Mom)	
Mid-Morning		8:30-10:00am Workout Parents	10:00-11:00am Yoga (Debbie)	8:30-10:00am Workout Parents		8:30-10:00am Workout Parents	10am-12noon Pick-up Basketball
Afternoon		3:30-5:00pm Workout Parents		3:30-5:00pm Workout Parents		3:30-5:00pm Workout Parents	
Evening I	7:00-8:00pm Body Back (Fit4Mom)		8:00-10:00pm Pick-up Basketball	7:00-8:00pm Body Back (Fit4Mom)	7:30-8:30pm Yoga (Kittie)		
Evening II			8:30-10:30pm Pick-up Basketball	7:30-8:30pm 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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# Five Stages of Change

By Paula Jarvis

If you're thinking about living a healthier lifestyle, but find it difficult to make the necessary changes, you're not alone. Adopting changes in our lives can be very difficult – it requires time, patience, determination, and persistence. It is a staged process and involves much more than is implied in the familiar slogan “just do it.”

Dr. James Prochaska developed the Transtheoretical Model of Change based on 25 years of research in measuring behavior change for health behaviors. This model describes five stages of change. Generally, we move from (1) not thinking about or planning to change, to (2) considering the possibility, to (3) planning for the behavior change, then (4) testing out ways to accomplish the change. Lastly, (5) we maintain the changed behavior. Perhaps understanding this process will help you evaluate your current position and move yourself forward.

The first stage might be referred to as the “I won't” or “I can't” stage. Even though you know you are overweight, should quit smoking, or need to be more active, you are not yet ready to begin considering moving forward. Perhaps the benefits of the behavior change and the drawbacks of continued resistance haven't been adequately addressed or considered. In the “I can't” stage, usually the change seems too difficult or complicated. At this point, information about the pros and cons of the new behavior can be very helpful. Take the time to learn more about the benefits of the new behavior and you may find something that matters greatly to you that will help move you from “I won't” to “I might.” If you are feeling like “I can't,” make a list of your perceived obstacles. Then enlist help from family, coworkers, and friends, to overcome them. Thinking like this may reveal some simple steps you can take to begin contemplating the change.

The second stage, contemplation, is the “I might” stage. At this point, you are more aware of the benefits of changing, but you are still intimidated by how difficult the task will be. Maybe you're unconvinced you can really do it. Again, it is helpful to think about your obstacles and do some problem solving. Think about small steps you could take and test them. Success is a powerful motivator, so make sure the goal is attainable while also giving you a sense of accomplishment.

The third stage is the “I will” stage and involves making plans. You might be ready to experiment with some approaches. You're probably feeling optimistic and hopeful, and it's important to plan well for your success. Set reasonable and attainable goals for each week. Identify motivators and keep them in mind. Anticipate difficulties and obstacles, and plan strategies to overcome them. The more detailed your plans, the better prepared you will be for the next stage – action.

The fourth stage, action, is the “I am” stage. You started changing your behavior and you're establishing new habits. This is a time to be attentive to your attainable goals and gradual, steady change. Impatience can lead to frustration and setbacks. Lapses are expected, and you can learn from these occurrences. Avoid risky situations that will unreasonably test your new behavior. An example of a risky situation would be going to an all-you-can-eat buffet when you are trying to cut back on calories. Another would be spending social time with friends who smoke when you are trying to quit.

After your new behavior has become a habit, you will be in the “I still am” stage, or maintenance. At this point, you might experience a lapse in your new behavior brought on by a risky or tempting situation, boredom, or perhaps stress. It's important to focus on the benefits you have experienced from new behaviors. Act quickly to identify what is happening and make the corrections to get back on track. If a lapse continues and turns into a relapse, it will be important to identify what happened, then restart the preparations of stage three. Perhaps more time will be needed to anticipate difficulties and plan strategies.

While this process of behavior change is generally applicable to each of us, we all have unique goals, motivations, obstacles, and strategies. Your particular circumstances will dictate what motivates you to change and how you adopt new behavior to reach your goals.

*Paula Jarvis is a Personal Trainer, certified by the American Council on Exercise, and Wellness Coach certified by Wellcoaches. She lives in Cameron Station.*





# 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 September to first week of October.

**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.

## 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 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](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.

## Pride Ownership Awards

*Continued from page 2*

The CAC urges homeowners to examine and improve their personal landscaping space, while complying with design and landscaping regulations. Your efforts enhance the curb appeal of Cameron Station, help elevate home values, and increase the overall desirability of our neighborhood. Thanks for your interest in keeping Cameron Station beautiful!

## School's Out!

*By Pamela DeNunzio*

Samuel Tucker Elementary is gearing up for summer. School ends June 20 and resumes July 31. Yes, we start a month earlier than schools that follow a traditional calendar. Tucker follows a modified calendar with more breaks spread out over the school year, such as time off in October, December/January, April, and July.

Tucker is a unique, wonderful school. The school exists because of a dedicated staff and committed families. The PTA fundraises throughout the year, and the money is used for school enrichment programs, new curriculum tools, etc. If you would like to make a donation to a non-profit, please consider Tucker, your neighborhood school. Contact us at [tuckertigersroar@gmail.com](mailto:tuckertigersroar@gmail.com) for further information.

The PTA will focus on "Service" next year. We look forward to showing Tucker students how to give back. We have lots of activities planned such as: Pennies for Patients, Earth Day, and more. We are excited to welcome our new Kindergarten class - the 2014-15 school year will be terrific!

# SCHOOL'S OUT!



# Eat Local

By Susan Birchler

One summer, I took my city-bred niece and nephew to the Children's Farm at the New York Botanical Garden. Acres of vegetables and fruit bushes had been grown for visiting children to water, weed, and to EAT, right off the plant. My niece, drawn to the gleam of red shining in the sun, picked a tomato and tentatively bit into it. Immediately, her face lit up. She picked one for her brother and one for me, and we sat in the sun gobbling fresh, warm tomatoes. She went from row to row, picking and eating green beans, grapes, peas, and cucumbers.

At some time in each of our lives we have experienced that taste – the flavorful burst on the tongue of something picked fresh from the garden. Remember the goodness of the first bite of a freshly picked vegetable or fruit?

That taste sensation is just one of many reasons people love local food and the locavore movement has grown so rapidly. No long-distanced-shipped produce can compete with locally-grown food for taste, texture, and nutrition.

Look at the fruits and vegetables at the grocery store. That produce has often traveled a long way, including from South or Central America. They are picked weeks before they are ripe. To stop the ripening process they are irradiated or gassed, cold-stored (which can change the texture and juiciness of some produce), shipped, then re-irradiated or gassed to restart the ripening process. Some produce, tomatoes for instance, are genetically modified to survive long trips without bruising. Unfortunately, modifying vegetables and fruits often negatively changes the taste and texture. Mealy, tough tomatoes or peaches, barely sweet fruits, nearly tasteless produce; these are often the results of picking too early or engineering for long-distance shipping.

In addition to taste, nutrition is a factor in eating locally-grown produce. At the peak of ripeness, that moment when the fruit or vegetable is ready to start scattering their seeds by bursting open, fruits and vegetables are maximally packed with nutrients. Unripe fruit does not have the full load of vitamins and minerals that occurs in a fully ripened state. False ripening, away from the nutrients gained directly from the soil, cannot match the fullness of being picked at the peak of goodness.

Walk to the West End Farmers Market on a Sunday morning and, like my niece on that summer day at the Botanical Garden Farm, experience the colors, smell the goodness, and taste the scrumptiousness of fresh-picked produce, grown by local farmers. Fruits and vegetables found at your local West End Farmers Market are picked at the height of their freshness, bursting ripe, packed with flavor, and ready to eat. Your taste buds will thank you. Your kids might even be tempted to try a new vegetable! If you'd like to find additional freshly-farmed, local meats and produce, check out [localharvest.org](http://localharvest.org)!

## COMMUNITY MANAGEMENT

**Cameron Station Community Association  
Community Management Corporation (CMC)**  
Phone: (703) 631-7200 Onsite Office (703) 567-4881  
After Hours Emergencies (301) 446-2635

**Colleen Hairston**, Community Manager  
[communitymanager@cameronstation.org](mailto:communitymanager@cameronstation.org)

**Kevin Taylor**, Asst. Community Manager  
[assistantmanager@cameronstation.org](mailto:assistantmanager@cameronstation.org)

**Bethany Lammers**, Covenants Administrator  
[covenants@cameronstation.org](mailto:covenants@cameronstation.org)

**Candace Lewis**, Administrative Assistant  
[admin@cameronstation.org](mailto:admin@cameronstation.org)

## CAMERON CLUB FITNESS CENTER

**Kevin Horner**, Director  
[fitness@cameronstation.org](mailto:fitness@cameronstation.org)  
703-567-8555

## CONDOMINIUM MANAGEMENT

**Cameron Station Condominium "The Residences":**  
FirstService Residential Management  
Onsite Office: (703) 751-5002; Corporate: (703) 385-1133  
After Hour Emergencies: Same  
Angela Luker, Community Manager  
[angela.luker@fsresidential.com](mailto:angela.luker@fsresidential.com)

**Carlton Place Condominium:**  
Abaris Realty  
Phone: (301) 468-8919 After Hour Emergency: Same  
Dany Abebe, Property Manager, [dabebe@abarisrealty.com](mailto:dabebe@abarisrealty.com)

**Condos at Cameron Station Boulevard:**  
KPA Management  
Phone: (703) 532-5005  
After Hour Emergency: (703) 644-8735  
Jennifer Nitschke, Manager, [jnitschke@kpamgmt.com](mailto:jnitschke@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](mailto:nport@ghacm.com)

**Oakland Hall & Woodland Hall Condominiums:**  
CMC  
Phone: (703) 631-7200  
After Hour Emergency: (301) 446-2635  
Jackie Deane, Property Manager  
[jdeane@cmc-management.com](mailto:jdeane@cmc-management.com)



# Carla's Picks

By Carla Besosa

## Alexandria Art Market (Del Ray)

July 12 Back Alley Blues Boys

## American Century Theater (Arlington)

May 30-June 28 *Judgment at Nuremberg*

## Anacostia Playhouse (DC)

June 4-28 *The Wonderful World of Dissocia*

## Atlas Theater (DC)

June 12-22 *Distracted (A Comedy by Lisa Loomer)*

## Ben Brenman Park

June 12 Teen Rock Night  
June 26 Mokihana (Traditional Hawaiian Dance)  
July 17 Mister Don  
July 31 The Jonathan Parker Quartet

## Birchmere (Alexandria)

June 26 Love & Soul Tour (Norman Brown, Jonathan Butler, & Alex Bugnon)

## Blues Alley (DC)

June 19-21 Karrin Allyson  
July 10-13 Marcus Johnson

## Café Pizzaiolo Cameron Station

June 11 Steal the Pint Night  
June 19 Karaoke

## Carlyle Club (Old Town)

June 1 Tusk (Fleetwood Mac Tribute)  
June 12 Veroneau (Brazilian Samba)

## Creative Cauldron (Falls Church)

June 6-22 *A Midsummer Night's Dream*

## Dance Place (DC)

June 7-8 Dance Afrika DC

## Del Ray Artisans (Del Ray)

June 6 Opening Reception: SUITES  
Scandalous, Uproarious, Intriguing,  
Titillating, Entanglements & Seductions  
August 1 Board Showcase

## Del Ray

June 28 Del Ray Music Festival

## Dulles Expo Center (Chantilly)

July 19-20 DC Big Flea Market

## The Hamilton (DC)

June 20 Bonerama (Trombone Blues/Jazz)

## The Hub Theater (Fairfax)

July 11-Aug. 3 *Abominable*

## Indigo Landing (Alexandria/on the Potomac)

Every Sunday - June & July Angie Miller (guitar/vocals)

## Jammin Java (Vienna)

June 14 Deanna Bogart Band  
June 22 Paul Simon Tribute  
June 26 Toby Lightman

## Mount Vernon (Alexandria)

July 4 An American Celebration

## National Harbor (Oxon Hill, MD)

June 6-7 Beer, Bourbon, & BBQ Festival  
Sundays Free movies on the Potomac

## National Theater (DC)

June 3-8 *West Side Story*

## Schlesinger Center (NVCC Alexandria)

June 1 Born 2 Dance Studio

## The State Theater (Falls Church)

June 10 Buddy Guy (Kennedy Center Honor)

## Strathmore (Bethesda)

June 4 Smokey Robinson  
June 6 Sergio Mendes & Elaine Elias  
June 13 John Prine  
July 20 John Hiatt & Robert Cray

## Studio Theater (DC)

July 9-Aug. 3 *Carrie the Musical*

## Warner Theater (DC)

July 26-Aug. 3 *Peter Pan*

## Wolf Trap (Vienna)

July 6 American Idol Live! Tour  
July 14 Sara Bareilles  
July 31 Rodrigo y Gabriela (Mexican Guitar Duo)

## Woolly Mammoth Theater (DC)

June 2-29 *The Totalitarians*

## And Another Thing...

- Oreo now has a peanut butter version!
- Samurai is open in Foxchase Shopping Center (Same menu and sushi chef as Hana Tokyo had)
- Viva Tequila! open in Landmark Plaza
- Who's singing on the Nationwide commercial in which a cat burglar comes in through the window? Gin Wigmore - check her out!

## Noteworthy Musicians:

Lake Street Dive (Thanks, Lori!)

# The compass

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Alexandria, VA 22304

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