

# The compass

Newsletter of the Cameron Station Community Association, Inc.

Volume 20 Issue 2 • March - April 2019

## It's the Season for Pride of Ownership

By Linda Greenberg

We have been fortunate in having little snow this winter and fortunate too that we have had an abundance of rain.

The weeks ahead will provide ample time to tidy up your front and back gardens by removing twigs, leaves, and stray debris, as well as trimming unruly bushes and pulling weeds (which seem to have gotten a head start thanks to a very wet February). Now is the time to plant a colorful and easy-to-care-for front spring garden. You might even draw up a sketch of which plants and which colors will go where so that when you shop for plants, you know how many you need.

Think, too, of how your front garden and home will look for the annual Pride of Ownership contest. Beautifying each home helps beautify all of Cameron Station and enhances the community's residential appeal and value. **The deadline for submission of entrees this year is May 13, 2019.**

You can nominate yourself and/or your neighbors. Judging takes into consideration the overall attractiveness of the residence, condition of grass or mulch and plants, and creativity of the plantings. Award categories include single family home, corner townhome, townhome, and condominium.

Send nominations by May 13 to [commonarea@cameronstation.org](mailto:commonarea@cameronstation.org). Judging will take place in late May, and winners will be notified shortly thereafter. If you are interested in contributing to the prizes for the winners, please e-mail the above address. The Pride of Ownership prizes recognize our local merchants.

Thanks to all for your participation and enthusiasm.

### Editor-in-Chief Needed for *The Compass*

Megan Skinner has been Editor-in-Chief of *The Compass* since the end of 2016. She has been at the helm for 13 issues and has done a fantastic job for the community. In truth, she has gone way above and beyond what was expected, remaining as Editor even after she moved down South! But in spite of her ongoing affection for Cameron Station, now she must focus on her two adorable boys and her full-time job and relinquish her position to someone else.

Megan's shoes will not be easy to fill, but fortunately many talented people live within our community. We are looking for someone who likes to write, edit, organize, and work with a fun and dedicated staff. If you are interested, please contact Pat Sugrue at [sugrue@comcast.net](mailto:sugrue@comcast.net) or 703-307-3939. Thank you.



# Great Crowd for the Cameron Station Civic Association General Membership Meeting

By Jeff Powers

There was a great turnout for the February 6 General Membership Meeting of the Cameron Station Civic Association, which was held in the Victoria Hebert Great Room in the Cameron Club. A roster of great speakers provided attendees with updates on a variety of projects going on in and around our community. The robust question and answer period following each speaker generated good discussions.

Mark Jinks, Alexandria City Manager, discussed economic changes to our city as a result of Amazon's coming to Northern Virginia, as well as other matters affecting the city budget. Amazon's move to Crystal City/Pentagon City is expected to bring over 25,000 jobs to the area over the next decade. Northern Virginia was chosen because of its infrastructure, education levels, and available transit. One particularly exciting development is the partnership with Virginia Tech, which will bring an Innovation Campus to the City of Alexandria. This facility will have a footprint of nearly two million square feet and aims to recruit and retain students interested in technology within the

Northern Virginia area. There are plans to collaborate with Alexandria City Public Schools as well. Plans are for the facility to open in 2022 or 2023.

Thomas Hamed, the city staff person in charge of the city's plans for the Metro shutdown, discussed what the city is doing to address the major disruption in transportation for Alexandria residents. Between May 30 and September 1, 2019, all four of the Alexandria City Metro stations will be closed for long-overdue maintenance. The city plans to increase WMATA Shuttles, look at changes to current city/DASH routes, and review mobility alternatives such as pedestrian access improvements and Capital Bikeshare promotion.

Mark Viani, counsel to Public Storage, updated the crowd on changes made to the proposal by Public Storage to build a storage facility on nearby Pickett Street. The Cameron Station Civic Association expressed concern that another

(See Civic Association continued on page 4)

## Join the Civic Association!

The Cameron Station Civic Association is a growing group of Cameron Station residents who focus on civic affairs in the broader Alexandria community that have an impact on our community. It also serves as a conduit of information to residents.

The Civic Association is separate and apart from the Homeowners Association (which every homeowner automatically becomes a member of). The Civic Association has been around since 2000 and has been key

on numerous projects such as getting the tot lot in Ben Brenman Park and reducing emissions from the nearby asphalt plant.

Membership is open to any resident, real property owner, or business establishment owner of a property located in Cameron Station. Membership is only \$10 a year.

If you'd like to become a member, please contact Sash Impastato at [aimpastato54@gmail.com](mailto:aimpastato54@gmail.com).

## Calling for Volunteers!

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

About . . .

## The compass

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

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

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

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

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

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

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

**Recurring Contributor:** Susan Birchler

**Photographer:** David Thorpe

# Committee Corner

HARD AT WORK ON BEHALF OF OUR RESIDENTS

## BOARD OF DIRECTORS

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Sarah Meyer Walsh – Director and Liaison  
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Meetings are the last Tuesday of every month,  
unless otherwise indicated.

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

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# Committee Corner

HARD AT WORK ON BEHALF OF OUR RESIDENTS

## Activities & Events Planning Committee

By Andrew Yang

The Activities and Events committee began the year with some new events—our first Women’s Self-Defense Class and Bingo. Despite the massive snowfall, 15 attendees braved the weather and took the two-hour class. Since it proved to be well-received, we may hold it again in the future. Bingo was fun for all ages and will likely be held periodically throughout the year.

Our major upcoming event is the annual Eggstravaganza in partnership with David Thorpe Homes. The event will be held on Saturday, April 20, from 11 am to 1 pm in the Donovan Drive/Kilburn Street Pocket Park. There will be games, prizes, food, face painting, and a balloon artist. David Thorpe will DJ/provide the music for event. Please e-mail [events@cameronstation.org](mailto:events@cameronstation.org) if you would like to volunteer.

Lastly, the Spring Yard Sale will be held on Saturday, April 27, from 8 am to 1 pm.

## Cameron Club Facilities Committee

By Ray Celeste

Please note our outstanding selection of complimentary classes below. We are very proud of our instructors—some of whom are our very own residents.

PsyScott, our fitness director, is a very accomplished professional dancer and fitness instructor in his own right. He welcomes fitness/personal trainer questions ([cameronclubfitness@gmail.com](mailto:cameronclubfitness@gmail.com)). Additionally, should you have nutrition questions, please contact Victoria Gravini at [victoria.gravini@gmail.com](mailto:victoria.gravini@gmail.com). Please make the time to visit our very excellent fitness center. Thank you very much for your consideration!

Descriptions of our eight complimentary classes can be found on pages 4-5 in the January/February issue of *The*

*Compass* as well as on the community website: [www.cameronstation.org](http://www.cameronstation.org).

## Complimentary Classes at the Cameron Club

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

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

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

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

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

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

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

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

## Communications Committee

By Kimberly Dillon

The Communications Committee is currently reviewing Cameron Station’s website in order to ensure the information is up-to-date and to make the navigation more user-friendly. We plan to have these changes implemented by the third quarter of 2019. We are also meeting with CMC to change the look and content of the weekly e-blasts (i.e., by deleting content that is repeated each week and placing outdated information on a new web page) to increase viewership and engagement.

## Civic Association

(continued from page 2)

storage facility is not the type of development we are looking for in the West End and that it is inconsistent with the proposed Eisenhower West Small Area Plan. The proposed changes include reducing the number of floors from five to four and having the facility sit further from the road. Some additional architectural changes to make the building more attractive were also presented.

Nathan Randall, the city staff person in charge of matters pertaining to Virginia Paving, gave an update on this large asphalt plant less than a football field away from Tucker Elementary School. For years, residents have noticed

odors emanating from the plant. There is a “sniffer” at the Tucker Elementary playground that constantly monitors particulate matter in the area. With the adoption of the Eisenhower West Small Area Plan, the facility would be given a seven-year “sunset clause” by which time they would have to cease operations. The development of this area into a vibrant mixed-use destination would greatly enhance our community.

Please consider joining the Civic Association. Dues are only \$10, and it is a great way to meet neighbors and get involved with all the exciting changes happening in the West End. We want the right type of development that will enhance our neighborhood, increase home values, and transform the areas around Cameron Station into vibrant, walkable destinations.

## Carpenter's Cook-Off 2019 Announced

Carpenter's Cook-Off 2019 will take place at The Birchmere on **Sunday, April 28, from 12noon to 3pm.** Mark your calendars and plan to indulge in an afternoon of food and fun while supporting Carpenter's Shelter.

Every year, 500 attendees enjoy tastings from 20 local restaurants, listen to live music by the Alpha Dog Blues Band, and bid on hot ticket items during the live and silent auctions. Visit [carpentersshelter.org](http://carpentersshelter.org) to purchase tickets.

## Join the Club, or Start One!

Do you have a special interest or talent you'd like to share with others (e.g., walking or bicycling, knitting or sewing, Scrabble or bridge)? If yes, contact *The Compass*, and we'll be happy to connect you with other neighbors who share your interests. Send your information, including name and contact information, to [thecompass@camerystation.org](mailto:thecompass@camerystation.org).

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# Neighbor in the News: Greg Gaskins, Head Coach of DC Divas

by Rene Zimmer

I had the opportunity to sit down with Greg Gaskins, coach of the DC Divas women's football team, which is in the Woman's Football Alliance (WFA). He and his wife have been members of the Cameron Station community for the last three years.

Greg is a native of York, Pennsylvania. He played college football for the University of Pittsburgh as a defensive lineman. He and his wife moved to the DC area in 2012 after graduation. Greg's initial position in the coaching world in the Washington area was as an offensive line coach for the Gonzaga College High School football team. When the head coach of the DC Divas approached the Gonzaga athletic office, they recommended Greg for a job. Greg started as an offensive line coach in 2013 and moved on to become head coach for the last three years. Greg also coached at other schools in the area and continues to coach high school boys' football for the Friendship Collegiate Academy. He also coaches elementary basketball in a Friendship school.

When I asked him what was the difference he found between coaching women and men, Greg stated that with boys you take for granted the football experience they have had in the past. They often know the expectations of the various positions. He can start from a different entry point. When coaching women, Greg feels that he has to be a better teacher and break down his directions into smaller

pieces. This is mainly due to lack of opportunity to play when the women were younger. He feels that coaching women has made him a better coach. He loves coaching this wonderful women's team.

What exactly is the Women's Football Alliance? This league is the largest and strongest league in women's football. It is a highly competitive league that draws women athletes from various sports and backgrounds. As the Divas' coach, Greg has worked with former volleyball, flag football, track, and swim athletes. His team members are teachers, lawyers, IT professionals, and nurses. The Divas hold about three or four tryouts a year in the DC area. The team plays eight games a season in the spring, and the playoffs begin in June. The Divas have won four National Women's League Championships (2006, 2009, 2015, and 2016). Most of their opponents are from the East coast and Midwest. There are teams in Richmond, Cleveland, Philadelphia, Pittsburgh, and Boston as well as other cities. The Divas' home games are held at the St. James athletic facility in Springfield, just beyond our Cameron Station neighborhood off the Edsall Road exit of I-395. You can find out more about this team, as well as the team schedule, by going on their website: [DCDivas.com](http://DCDivas.com). Let's go out and support this wonderful local team. The home opener is Saturday, April 13, at 6pm at the St. James. I hope to see some of our neighbors there!



Photo credit: Rene, Editing Staff



# SUPER BOWL PARTY

at London Curry House



Photo credit: David Thorpe

## Samuel Tucker Elementary Update

By Julie Painter

Students at Samuel Tucker Elementary School are gearing up for a three-week break in the beginning of April, two weeks of Intersession and one week of Spring Break, due to the modified academic calendar that the school follows. Some important upcoming dates at Tucker include:

- April 1-12: Intersession Break
- April 3: Kindergarten Registration begins. Call and schedule your tour today!
- April 15-19: Spring Break

- April 26: "Breakfast of Champions" for military children and their parents at Tucker
- May 4: Barnes and Noble Bookfair in Springfield, 1-4 pm. Activities are planned throughout the day. Mention Tucker, and a percentage of the sales will go to the school.

Thank you to The James and Tamandon Group Wealth Financial and Merrill Lynch for sponsoring our annual bingo night! Also, much appreciation for Irina Babb, The Podolsky Group, and 529 Consign for their continued community support.

### CLASSIFIED ADS

**MERCEDES-BENZ OF ALEXANDRIA** – I would like to help the residents of the Cameron Station Community with their automotive questions. Please call or text George Jermstad on 703-864-3386 or email: [gjermstad@mercedesalexandria.com](mailto:gjermstad@mercedesalexandria.com). Thank you!

**PIANO LESSONS** – Cameron Station residents, I have an opening for private piano lessons, from beginners to late intermediate. 30 years' experience. Please email: [lindataousakis@gmail.com](mailto:lindataousakis@gmail.com).



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# In Memoriam: John Philbin

Cameron Station lost one of its favorite people last November. John Philbin, a long-time Cameron Station resident, lost his battle with an aggressive type of prostate cancer. John will be remembered as a man who showed time and again how much he loved his family and his friends. He was devoted to his wife Laurel and was a caring father to his son Thomas.

Friend and neighbor of John's, Gerry Hebert, delivered one of the eulogies at the church service celebrating John's life. Gerry said that "every once in a while, someone comes into your life, and you know immediately that you like this person and you feel a close friendship can develop. That was how I felt about John when I first met him. We were close friends, and I admired his love of family and friends, his heart, his humor, his compassion, his spirit, and his sense of justice and fairness."

John was an active member of Fairlington United Methodist Church, volunteering for various programs and projects. He loved singing in the choir. Having grown up in the Pittsburgh area, he was a devoted fan of Pittsburgh sports teams, but especially his beloved Pittsburgh Steelers.



John was "all in" when he decided to do something. From raising money with Team in Training to fight against cancer, to playing the cello, to serving his church family, John did things with unbridled energy and enthusiasm.

In 2017, John joined with other members of his church and drove to Charlottesville on that fateful day to march against white supremacy.

When asked why he went to Charlottesville, John explained that he hoped to use every day to show all those around him, and especially family and friends, how much he truly cared for them. He thought that if more and more people could do this, maybe someday we would be considered good and faithful servants because we made a positive, caring difference to others. This is how John lived. In a way, this was his legacy.

John was steadfast in his genuine concern for the downtrodden. When he learned that there were children and adults in Alexandria who wanted and needed bicycles, word went out through a local charity that he was looking to get used bikes. He got way more than he could handle. His garage on Grimm Street was soon filled with bikes, and John refurbished them all. John knew bikes: how to repair them, how to ride them, how to use them to help those in need. So John became a bike minister, fixing them up, and the reconditioned bikes were delivered to those in need. John loved to see the joy in children's faces when they got their first-ever bike that John provided.



Photo credit: Family of John Philbin

John was a huge fan of the 1970's singing group The Carpenters. Each year, on March 2 and February 4, John reminded his friends what the significance was of those two dates: the dates that Karen Carpenter was born and died, respectively. Each year on those dates, he'd ask his friends if they knew what the date was. Of course, his friends knew what was coming. He'd get a devilish smile on his face because he loved provoking our reactions! He also loved listening to the Carpenters' songs, praising Karen's contralto voice that became so famous.

At the services held at John's church celebrating his life, it was noted that "it's easy to let ourselves get consumed by our work and forget the things and the people that truly sustain us. It's easy, in effect, to miss our lives even while we're living them. John was fully present in his own life and in the lives of those he loved. John's life set an example for all of us and reminds us that we all have the good fortune of having the opportunity to create a life of purpose and meaning."

John's son, Thomas, also spoke at his father's services, asked all present to "think about John's love, work, charity – whatever you admired most – and take it with you in your daily life. Think about our hero, and what you can do to let his spirit live on."

Those words best capture well what his family and friends have been doing since John's passing.



# Restored Gazebo in John Ticer Pocket Park



Photo credit: David Thorpe

## Cameron Station Book Club for 55+ Couples

Fern and Saul Schwartz are starting a new book club designed for couples 55 and over. The initial discussion will be on Tuesday, May 14, 7-9pm, at their home.

The book we will read and then discuss is *Crossing to Safety* by Wallace Stegner.

Please RSVP to Fern Schwartz at [fern.schwartz1@gmail.com](mailto:fern.schwartz1@gmail.com), and she will give you specifics for the May 14 meeting.



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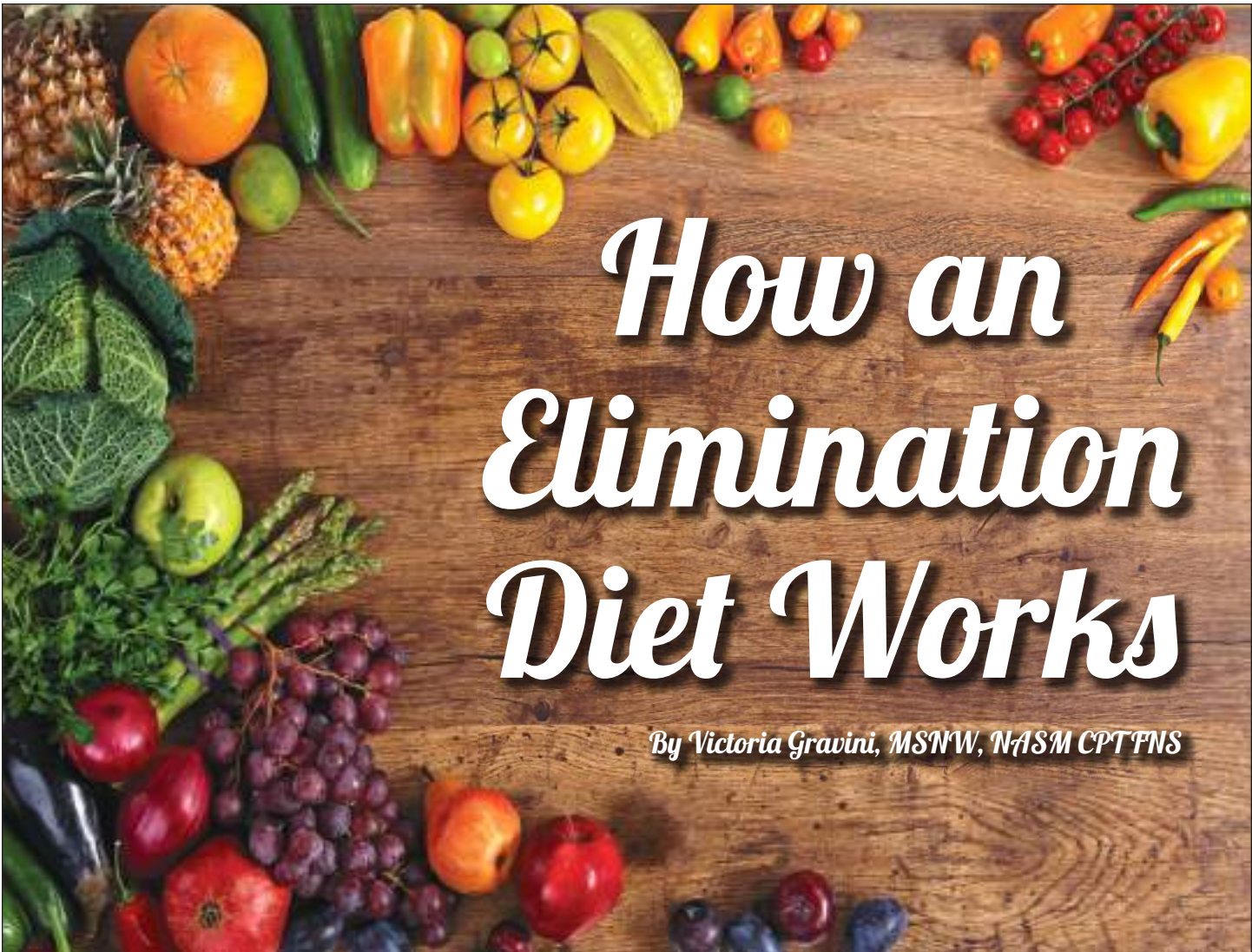
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# *How an Elimination Diet Works*

*By Victoria Gravini, MSNW, NASM CPTTNS*

That tiredness, bloating, skin rash or brain fog you've been experiencing could be the result of food intolerances. These discomforts, which we tend to write off as normalcy, can be directly related to what you're eating, and the way to know for sure if what you're eating is causing you trouble is to try an elimination diet.

To make it simple, an elimination diet consists of avoiding certain foods for a few weeks. After you get these foods out of your system, you'll begin reintroducing them to your diet one at a time. If you have kids, it's much like starting them on solids and watching for any symptoms of sensitivities, but in reverse.

## **Food Sensitivity Symptoms**

Intolerances aren't always a major allergic reaction with a swollen tongue and puffy eyes. In fact, the majority of food intolerances present themselves as common discomforts such as dry skin, itching, bloating, digestive upsets, headaches, fatigue, migraines, achy joints, and pains. You might only have one of these or a combination of them.

Yes, it sounds like just about every other illness, but you might find that with an elimination diet, you'll pinpoint

the source of that mysterious bloating and actually be able to do something about it, finally! You'll feel more like yourself, and you'll be aware of what foods cause inflammation for you.

Of top importance is getting rid of any chronic inflammation you may be dealing with. Over time, it can cause significant damage and lead to illness. Don't panic if you only feel these symptoms once in a while, but if you feel like this daily, for example, foggy when thinking, small aches, skin issues, or bloating, you should definitely try the elimination diet to see if you can get back to feeling like yourself.

## **How to Do It**

Want to get started? The elimination diet has two phases. The first one is about eliminating, while the second one is about reintroduction. You should keep a rigorous journal to help you spot any changes, good or bad.

**The Elimination Phase:** During this phase, you must eliminate for about two or three weeks any foods you think are triggering symptoms. Most of these are things like dairy, citrus, corn, nuts, eggs, seafood, pork, gluten, wheat, and nightshade vegetables. Generally, you'll notice your

symptoms clear up, which will mean you're ready for the next phase. If nothing changes, you should schedule a checkup with your doctor as soon as possible.

**The Reintroduction Phase:** Next, you'll slowly start bringing those eliminated foods back onto your plate. Only introduce one food group at a time over a period of a period of two to three days. Be watching for those symptoms mentioned. If anything you reintroduce sets off your symptoms, then you know you need to eliminate it.

One word of caution though—some of you may find several groups of reintroduced food that bring your symptoms back. Should that happen to you, schedule a checkup with your doctor or see a dietitian to help you get the right nutrition while avoiding the foods that trigger your symptoms, so you don't become nutritionally deficient.

All you need now is the willingness to devote the time. You will be saving yourself a lifetime of discomfort, and the time you invest is absolutely worth it.



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## Catch on the Avenue

By Carla Besosa, Cameron Station Foodie

*There's a fine line between fishing and just standing on the shore like an idiot.* – Steven Wright

For years we knew it as Caboose Café; for a minute we knew it as Snack Bar; now, as of December 2018, 2419 Mount Vernon Ave. is home to Del Ray's newest attraction **Catch on the Avenue**! Common Place Hospitality, the restaurant group that brought you Mason Social, Augie's Mussel House, and Urbano 116, has now ventured into the world of artistically prepared fresh seafood. Chef Eric Reid (Reserve; Augie's Mussel House) brings his experience, creativity, and a bit of an Asian influence. The menu is updated seasonally,

and ingredients are locally sourced. The result – a new hot spot that is unique to Del Ray and beyond.

The space has undergone a total makeover and is punctuated with bright red, piscatorial pieces of art, funky lighting, and a huge street map of Del Ray. Seating includes booths, high and low tables, 12 at the bar, and 10 at the window bar. The atmosphere is fun and festive!

Start at the stylish contemporary bar and treat yourself to Happy Hour (Mon.-Fri. 3-7pm). Happy Hour presents a continually modified offering of two wines, two beers, and





Photo credit: David Thorpe

a feature cocktail. General Manager Chris Glover is working with Chef Reid to create a Happy Hour bar bites menu as well. Beyond the Happy Hour specials, Catch pours 25 beers, primarily brewed in the Commonwealth (which I'm glad to see). Sometimes you just have to go with the name – I am destined to try the *Safety Dance Pils* by Smartmouth (Norfolk)! Their wine collection includes eight whites, six reds, and three rose/bubbles by stem or bottle.

There are two Signature Cocktails that intrigue me - *Smoke on the Berry* (Altos Reposado, guava & cranberry juice, lime juice, and smoked sea salt) and Apples for Sail (apple pie infused bourbon, lemon juice, and ginger beer).

For starters, I like the thick and creamy *She Crab Soup* and the *Smoked Trout Deviled Eggs*, smooth and decadent with arugula, red onion, xvo, and salmon roe. The *Red Thai Curry Sweet Potato Soup* with Almonds (smooth with texture) received rave reviews as well. The *Bang Bang Shrimp & Friends* has a nice kick, without making your lips exfoliate. I've enjoyed a couple of unique salads - the *Fennel Salad* includes apples cashew, beets, and feta in a ginger-mint vinaigrette. The *Marinated Avocado & Blue Cheese Salad* contains apples and micro greens, with a sorghum-pecan vinaigrette. On the sandwich side, try the *Shrimp or Andouille Po'Boy*.

The entrée section of the menu showcases seafood masterworks such as *Tuna Ceviche*, *Shrimp & Grits*, and *Beer Battered Cod & Chips*. If you don't mind your meal looking back at you, go for the *Whole Teriyaki Sesame Rainbow Trout*. If you're not a "fishy" person, there's a *Short Smoked Hangar Steak* for you.

I've yet to partake of the brunch experience, but the more outside-the-box options would be their *BBQ Octopus* and the *Bang Bang Benny*. Their small plates, salads, and sandwiches are also available during brunch hours.

Dessert options are constantly changing, but if the decadent *Blackberry Cheesecake* we enjoyed is an accurate representation, I think you're in good hands.

I've ventured to Catch on the Avenue several times already. The service has always been personable and efficient. Servers, bartenders, and managers are informative and happy to answer your questions and make recommendations

Check it out for lunch, brunch, Happy Hour, dinner, or all of the above. It's great to have something different in our midst!

## Catch on the Avenue

2419 Mount Vernon Ave.  
Alexandria, VA 22305  
703-566-1283  
[www.catchdelray.com](http://www.catchdelray.com)

### Hours

Mon.-Fri. 11am-midnight  
Sat.-Sun. 9am-midnight

### Happy Hour at the Bar

Mon.-Fri. 3-7pm

### Price

Small Plates \$7-\$15  
Salads \$8-\$9  
Entrees \$19-\$27  
(Market Price on Some)  
Sandwiches \$12-\$16  
Brunch Entrees \$13-\$19

### Bar

Full

### Smoking

No

### HC Access

Yes

### Parking

Street

### Reservations

Yes

**B&L Cleaning Service**  
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**Letty Velasquez**  
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Off: 703-583-2784

# Advertising & Submissions Policies & Procedures

## Advertising:

*The Compass* newsletter is published bimonthly and distributed to approximately 1,800 residences, as well as displayed on the Cameron Station website. Advertising space is filled on a first-come, first-served basis, and the ads published in each issue are solely at the discretion of the newsletter staff or Communications Committee. **Only one ad per advertiser per issue is permitted. Ads must be submitted NO EARLIER than the 15th of the month preceding issue date and no later than the 30th (see box).** Payment must accompany all ads. Artwork must be camera-ready in JPEG or TIFF format: 65 line screen or 300 dpi. ELECTRONIC SUBMISSIONS ARE PREFERRED. Ads appear in black/white in printed copies; but are displayed in color on the website. Advertisers will receive a copy of the newsletter in which their ad appears. Estimated (not guaranteed) time of delivery for the next issue is the last week of the last week of March to the first week of April.

## Article Submissions:

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

## Publishing Deadlines

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

## Advertising Rates:

Display Ads (*Camera-ready*)

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

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

## Classified Ads

(Limit 35 words)

Resident.....\$5

Non-resident.....\$25

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

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

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

# Book Clubs

## Monday Night Book Ball

April: *Code Girls* by Liza Mundy

May: *Defending Jacob* by William Landry

June: *Life at the Dakota* by Stephen Birmingham

If you are interested in joining Monday Night Book Ball book club, please contact PJ at [sottilepj@aol.com](mailto:sottilepj@aol.com). We'd love to have you.

## Reading Between the Wines

April: *The Invention of Wings* by Sue Monk Kidd

May: *The Life Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing* by Marie Kondo

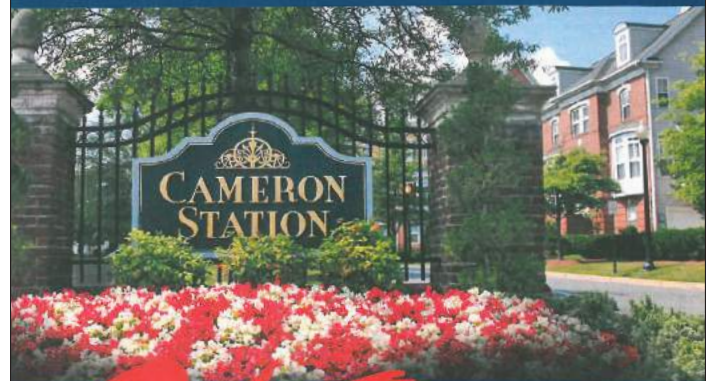
## Third Thursday of the Month Book Club

April: *Summer at the Lake* by Erica James

May: *The Nightingale* by Kristin Hannah

New members are welcome! Contact Christina Finch at [christina.finch@gmail.com](mailto:christina.finch@gmail.com).

## Painting Your World Beautiful



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## Carla's Picks

By Carla Besosa

### Alden Theater (McLean)

May 4 - I've Got A Little Twist  
(Gilbert & Sullivan Cabaret)  
May 11 - All The Way Live

### Alexandria

2nd Fri/mo - After Work Concert Series  
(changing venues)  
Apr. 6 - Del Ray's 2nd Poetry Walk of Avenue Poems  
Apr. 14 - Tapestry Cello Ensemble;  
Trinity United Methodist Church  
May 4 - Perfectly Paired Chocolate & Wine Tasting;  
Carlyle House  
May 12 - Mother's Day Tea; Carlyle House

### Anacostia Playhouse (DC)

May 19-Jun. 16 - *Klytmenestra: An Epic Slam Poem*

### Anthem Stage (DC Waterfront)

Apr. 6 - Trey Anastasio  
Apr. 18-19 - Kenny Chesney

### Arena Stage (DC)

Mar. 1-Apr. 14 - *JQ*  
Apr. 5-May 5 - *Junk*  
Apr. 2-Jun. 2 - *Jubilee*

### Atlas Performing Arts Center (DC)

May 5 - Capital City Symphony: Songs of the Universe

### The Barns at Wolf Trap (Vienna)

Apr. 12 - Storm Large  
Apr. 23 - Omara Portuondo (of Buena Vista Social Club)  
May 3-4 - Evening of Comedy

### Bethesda Blues & Jazz Club (Bethesda)

Apr. 20 - Tribute to Luther Vandross: Luther ReLives  
Apr. 27 - Hey Nineteen, Tribute to Steely Dan

### Birchmere (Arlandria)

Apr. 7 - Keiko Matsui  
Apr. 9 - Tab Benoit  
Apr. 11 - Lizz Wright  
Apr. 25-26 - Kristofferson & The Strangers  
May 1 - Zoë Keating  
May 13 - Gordon Lightfoot  
May 14-15 - Damien Escobar  
May 19 - Jonathan Butler  
May 23 - Amy Ray Band  
May 26 - Walter Beasley

### Blackrock Center for the Arts (Germantown)

Apr. 12 - Soul in Motion: Earth, Wind, & Fire Tribute  
Apr. 13 - Unforgettable: The Music of Nat King Cole  
May 10 - The Ivy League of Comedy:  
Ladies of Late Night TV

### Blues Alley (Georgetown/DC)

Apr. 18-21 - Arturo Sandoval  
Apr. 25-28 - Yellowjackets  
May 7 - Brian Simpson  
May 9-10 - Mary Wilson: A Supremes Legend  
May 23 - Earth, Wind, & Fire Tribute Band

### Brave Spirits Theater (Alexandria)

Apr. 4-27 - *As You Like It*

### Carlyle Club (Alexandria)

Apr. 12 - All 80s All Night  
Apr. 19 - Natalie Cole Tribute  
Apr. 28 - Tribute to Al Jarreau, Sade, Incognito, & More  
May 3 - Dance to the Decades (70s, 80s, & 90s)

### Creative Cauldron (Falls Church)

Mar 22-Apr. 14 - *Alice in Wonderland*  
May 2-26 - *On Air*

### Dance Place (DC)

Apr. 6-7 - FarafinaKan  
Apr. 13-14 - Kista Tucker Insights  
Apr. 27-28 - Christopher K. Morgan & Artists  
May 4-5 - Heart Stück Bernie & DancEthos  
May 11 - NEXTgeneration Showcase  
May 18 - New Releases Showcase  
May 28-31 - DanceAfrica, DC

### DAR Constitution Hall (DC)

Apr. 27 - The Clintons

### Del Ray Artisans Gallery (Del Ray)

May 3 - "Sacred Feminine" Opening Reception

### Dulles Expo Center (Chantilly)

May 4-5 - The D.C. Big Flea & Antiques Market  
May 4-5 - The Modernism & Pottery Show

### Eagle Bank Arena (GMU, Fairfax)

Apr. 2 - 2CELLOS

### Epicure Café (Fairfax)

Apr. 12 - Eclectic Jam with Cristian Pérez  
Apr. 13 - Broadway Night  
May 10 - Eclectic Jam with Cristian Perez  
1st Stage Theater (Tysons)  
Mar. 28-Apr. 20 - *Columbinus*  
May 9-Jun. 2 - *The Member of the Wedding*

### Folger Theater (DC)

Apr. 30-Jun. 9 - *Love's Labor Lost*

**Ford's Theater (DC)**

Mar. 8-May 22 - *Into the Woods*

**Foxfire Grill (Alexandria)**

Apr. 20, May 18 - Wine Tasting with Small Plate Pairings

**Gadsby's Tavern Museum**

Apr. 6, 13, 20, 27 - Hamilton BFF & Frenemies  
(specialty tours)

**George Mason Center for the Arts (GMU, Fairfax)**

Apr. 6 - Russian National Ballet: *Giselle*  
Apr. 7 - Russian National Ballet: *The Sleeping Beauty*  
Apr. 12 - Pablo Sáinz Villegas  
Apr. 20 - Parsons Dance  
Apr. 27 - Fairfax Symphony Orchestra: *Holst's The Planets*  
May 11 - Fairfax Symphony Orchestra: *Verdi's Requiem*

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

Apr. 3-7 - Three World Premieries; Washington Ballet  
Apr. 30-Jun. 2 - *The Oresteia*

**Harris Theater (GMU, Fairfax)**

Apr. 11-13 - Spring New Dances  
May 3-4 - Dance Innovations/Spring

**The Hub Theater (Fairfax)**

Apr. 26-May 12 - *The Burn*

**Imagination Stage (Bethesda)**

Mar. 30-Apr. 14 - *Aquarium*  
Apr. 27-May 26 - *Escape from Peligro Island*

**Jammin Java (Vienna)**

Apr. 14 - David Wilcox  
Apr. 20 - Shenandoah Run  
May 12 - Lee DeWyze  
May 17 - All 80s All Night  
May 24 - The Vi-Kings: The 60s Soundtrack to Your Life

**Jiffy Lube Live (Bristow)**

May 11 - The Who: Moving On!  
May 2 - Bob Seger & The Silver Bullet Band

**Keegan Theater (DC)**

May 4-25 - *God of Carnage*

**Kennedy Center (DC)**

Apr. 11-13 - NSO: *Debussy's La Mer*  
Apr. 14 - QueenLatifah  
Apr. 17-21 - ShenYun Performing Arts  
Apr. 18 - NSO: *Beethoven's Fifth Symphony*  
Apr. 25-28 - *Tommy*  
Apr. 26 - Jay Leno  
Apr. 28 - Itzhak Perlman  
May 1-3 - Leslie Odom, Jr.  
May 5 - Silkroad Ensemble  
May 10-11 - Mary Lou Williams Jazz Festival Concert

**Lincoln Theater (DC)**

May 3-4 - Imogen Heap

**Lorton Workhouse (Lorton)**

Apr. 6 - Drum Circle with Percussionist Tom Teasley  
Apr. 28 - Cello Recital

**Lyceum (Old Town)**

Apr. 14 - Friday Morning Music Club

**MGM Theater (National Harbor)**

Apr. 6 - Chicago  
Apr. 19 - Derek Hough  
Apr. 28 - Straight No Chaser  
May 3 - Temptations & 4 Tops

**Mount Vernon (Alex)**

May 17-19 - Spring Wine Festival & Sunset Tour

**National Harbor (P.G. Co.)**

Apr. 14 - Cherry Blossom Festival/Sakura Sunday  
May 4 - National Wine & Food Festival  
May 18, 25, 27 - Salute to Sunset Concert:  
Navy Sea Chanters

**National Theater (DC)**

Apr. 23-28 - *Stomp*  
May 1-12 - *Pride & Joy*

**Olney Theater (Olney)**

May 29-Jun. 2 - *Twelfth Night*

**Round House Theater (Silver Spring)**

Apr. 24-May 19 - *Oslo*

**Show Place Arena (Upper Marlboro)**

Apr. 4-7 - Maryland National Horse Show

**Signature Theater (Shirlington)**

Apr. 2-May 19 - *Grand Hotel*  
Apr. 30-Jun. 23 - *Spunk*

**Sixth & I (DC)**

Apr. 29 - Beth Hart

**Sonoma Cellar**

Apr. 14 - Wine Class with José  
May 15 - Wine Class with José

**The State Theater (Falls Church)**

Apr. 13-14 - Todd Rundgren  
Apr. 27 - Tusk; Fleetwood Mac Tribute  
May 3-4 - Almost Queen  
May 17 - Kick; INXS Tribute

**Strathmore Performing Arts Center (Bethesda)**

Apr. 9-10 - Black Violin  
Apr. 11 - BSO: *Porgy & Bess*  
Apr. 13 - National Philharmonic, Verdi Requiem

May 1 - Joshua Bell, Steven Isserlis, Jeremy Denk  
May 2 - BSO: *An American in Paris*  
May 10 - Chick Corea & Béla Fleck  
May 21 - Evgeny Kissin

#### **Studio Theater (DC)**

May 1-Jun. 2 - *The Children*

#### **Synetic Theater (Crystal City)**

May 15-Jun. 16 - *Richard III*

#### **Thomas Jefferson Community Theater (Arlington)**

Apr. 26-May 11 - *Curtains*

#### **Twins Jazz Club (DC)**

May 3-4 - Jeff Antoniuk & The Jazz Update

#### **Union Stage (DC Waterfront)**

May 4 - Several Species: The Pink Floyd Experience

May 11 - KT Tunstall

#### **Warner Theater (DC)**

Apr. 26 - Joan Baez

#### **Woolly Mammoth (DC)**

Apr. 1-20 - *The Peculiar Patriot*

May 27-Jun. 23 - *Describe the Night*

## Days to Celebrate

By Carla Besosa

Apr. 6 - Hostess Twinkie Day (Deep-fried?)

Apr. 7 - National Beer Day (What! Only one day?)

Apr. 12 - Grilled Cheese Sandwich Day

(Try one from the new Hops & Shine.)

Apr. 13 - Scrabble Day (Pat Sugrue, this one's for you!)

Apr. 19 - National Garlic Day (Celebrate with others, not alone.)

Apr. 24 - World Penguin Day (Wear your tuxedo;  
you'll fit right in!)

Apr. 26 - Pretzel Day (Crab Pretzel at Glory Days...YUM!)

May 2 - Robert's Rules of Order Day (\*Who is this Robert  
and why should he make the rules?)

May 3 - 2 Different Colored Shoes Day (Naturally occurring  
phenomenon when getting dressed in the dark)

May 9 - Moscato Day (Does anyone really drink that?)

May 10 - World Lupus Day (Any questions? Feel free to ask me.)

May 11 - Windmill Day (Don Quixote, we salute you!)

May 12 - Limerick Day

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May 18 - Pizza Party Day (I pick Lena's or Reynolds)

May 24 - National Tiara Day (Gentlemen, dust off your tiaras!)

May 25 - Geek Pride Day (Don't make me name names!)

\*Henry Martyn Robert and Sarah Corbin Robert penned  
their *Rules of Order* in 1876.

## And Another Thing...

### **(newsy notions & other fun facts!)**

\**Urbano* 116 opened at 116 King St.

\**Village Brauhaus* to open at 710 King St.

\**Chef Guo* opened at 6259 Little River Tnpk. (formerly  
Tempt Asian)

\**Taco Bell* to open at 417 King St.

\**Hops & Shine* opened at 3410 Mount Vernon Ave. (beer,  
bites, moonshine, and loaded grilled cheese)

\**Whiskey & Oyster* to open Spring 2019 at 301 John  
Carlyle St.

\**Bistro Sancerre* open at 1725 King St. (French bistro/  
steakhouse)

\**Oak Steakhouse* hopes to open at 530 First St.

\*Aslin Beer Co. to open Summer 2019 at 847 S. Pickett St.  
(west of Van Dorn)

\**Lost Boy Cider* to open Summer 2019 at 317 Hooffs Run  
Dr. (south of Eisenhower)

\**The Beer Garden* to open by Charlie's on the Avenue at  
1501 Mount Vernon Ave. (formerly Greenstreet Garden)

\**Augie's Mussel House & Patio* at 1106 is temporarily  
closed for renovations until the Spring.

\**Chop Shop Taco* to open Winter 2019 in Parker Grey  
at 1008 Madison St., in the Madison Collective with  
Marlowe Ink Tattoo Shop, Zweet Sport, The Waiting  
Room, and Grateful Kitchen Co.

\**Prince & Branch*, a premium coffee shop serving small  
plates, to open at 1320 Prince St.

\**Misha's Coffee* to open a second location at 6 Prince St.

\**Java Grill* opened at 611 King St. (formerly Bread &  
Chocolate)

\**Happy Tart* closed at 2307A Mount Vernon Ave.

\**Bombay Curry* closed at 2607 Mount Vernon Ave.

### **Mark Your Dance Card...**

\*Tickets available for the Apr. 28 Carpenter's Cook-Off  
(Birchmere 12noon-3pm, 20 restaurants, live blues band,  
live & silent auctions...)

\*Cameron Station Egg Roll/Hunt April 20

### **What Am I Listening to?**

Damien Escobar: Boundless (violin)

Evan Price: Dialogues (violin)

St. Vincent: Massaduction

Dua Lipa : Dua Lipa

Luca Stricagnoli: What If? (guitar)

Cenk Erdogan: Fermata (guitar)

# The compass

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Alexandria, VA 22304

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