

The ompass

Newsletter of the Cameron Station Community Association, Inc.

Volume 14 Issue 1 • Jan-Feb 2013

Renovation Nearing Completion *By Martin Menez*

The Cameron Club is in the home stretch of its first major upgrade. Construction is expected to be completed in mid-

February, capped by the arrival of our new furnishings. The Cameron Station Community Association is planning a grand opening celebration so residents can see the results of their investment—and to make up for the cancellation of the annual holiday party in December.

The goals of the renovation are to improve the quality of the facility and to make better use of the existing space overall. Residents already enjoy a much-expanded fitness center with new equipment, and soon there will be a third conference room, more office and storage space, a new kitchen, a workshop for a new community maintenance technician (to save funds by doing in-house repairs), and a makeover with new lighting, paint and carpeting.

Project Manager (and Board member) Alvin Boone has kept a close watch on expenses, driving down the price considerably. We'll finish under budget. The renovation schedule was extended in part to conserve funds.

The Facilities Committee, as in the past, is charged with further ongoing incremental improvements. Suggestions are welcome.

Martin Menez is a member of the Cameron Club Facilities Committee.

Landmark Mall, Pickett Street Projects Moving Forward *By Judy Coleman and Mindy Lyle*

Change is coming to the area around Cameron Station. New developments along South Pickett Street and in the Landmark area are moving forward.

Landmark Mall

Preliminary design work is underway on a renovation of the mall, which is owned in part by Howard Hughes Corporation. The plans are expected to go to the City of Alexandria Planning Commission and City Council in the summer. The preliminary design includes retail, restaurants, and more than 400 residential units. A public meeting for West End residents will likely be held in March or April.

Oh la la!



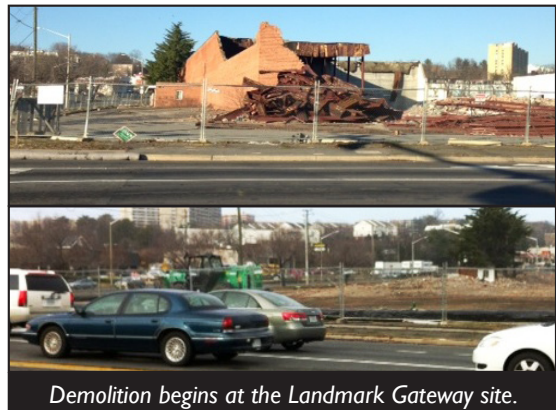
New painting classes are all the rage in Cameron Station. See page 8.

Photo courtesy of Maya Noronha

Meet Mayor Euille and the City Council

**Cameron Club
Thurs. Feb. 21
7-8:30pm**

Event sponsored by the CSCA and Civic Association.



Demolition begins at the Landmark Gateway site.

Photo by Lily Engle. Photo by Judy Coleman

Former Best Buy Site

The store Big Lots will move in to the store space formerly occupied by Best Buy, across from the Landmark Mall, according to the website West End Alexandria Patch.

(Continued on page 4)

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 printed newsletter in which their ad appears. Estimated (*not guaranteed*) time of delivery for the next issue is the last week of March to first week of April.

Article Submissions:

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

*Advertising Deadline

February 28 for March/ April

Article Submission Deadline

February 28 for March/ April

We welcome your ideas and photos, too!

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

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

Photo by Nicole Gauvin



About . . . The Compass

The Compass is the newsletter for the Cameron Station Community Association and is run entirely by volunteers. *The Compass* welcomes your article and photo submissions, as well as your suggestions for future issues. Please send us an email at TheCompass@cameronstation.org.

Back issues of *The Compass* are available online at www.cameronstation.org. Roll over the "Community" button at the top and go to "Newsletters."

Editor-in-Chief: Judy Coleman

Editorial Staff: Carla Besosa, Eliza Dolin, Lily Engle, Scott E.Z. Franklin, Nicole Gauvin, Catherine Huddleston, Shandra Kotzun, Cynthia Longo, Barbara Martinez, Deirdre Scott, Pat Sugrue

Holiday Celebrations

Com Com Dinner

Photo by Nicole Gauvin



The Communications Committee and The Compass staff held their annual holiday dinner at Café Pizzaiolo on December 11.

Holiday Happy Hour



Photo by Judy Coleman

The Cameron Station Community Association hosted a Holiday Happy Hour at Café Pizzaiolo on December 6. The happy hour replaced the annual holiday party this year as renovations were still underway at the Cameron Club.



Wounded Warriors

Dubey Liffman writes: Christmas was a great time to visit the Wounded Warriors at the Bethesda Naval Hospital. The veterans were in a festive mood because their parents, spouses and children were visiting. They were also having an "Ugliest Sweater" contest party. If any gentlemen you know received articles of clothing during the holidays that don't fit, or that they don't like, please consider donating them to our cause. Just give me a call at 703-370-6362.

Tucker School Adopt-a-Family Program

By Mindy Lyle

Through the generosity of the Cameron Station community, we completed another successful year of the Tucker School Adopt-a-Family Program. The success depends on the many people who shopped, wrapped gifts, adopted families, and donated money and gift cards.

Karen Morisato, a social worker at Tucker School, says she is always amazed at the involvement of the community. Some families have been supported by the same Cameron Station residents for several years. Sometimes whole blocks of neighbors adopt a family. Dinner clubs, book clubs, and some of the Cameron Station Community Association committees also participate. In addition to Cameron Station residents, many local businesses including Virginia Paving, Lancaster Landscapes, and TOKA Salon provided support.

Lois and David Solomon have participated in the program for many years. "We have been given many blessings and feel that providing a family with a better Christmas is just a small way to give back," they said. The Solomons shop and wrap packages together, decide if a child



Photo courtesy of Robert Burns

might need "one more thing for balance," and then enjoy thinking about the bright eyes and smiles on Christmas morning.

One dinner club in Cameron Station has made adopting a Tucker family a tradition for the past eight years. When the holidays roll around, the group shops together for the family. They have purchased toys ranging from razor scooters to Wii Rock Band, Barbies and other dolls to footballs and soccer balls. They have also provided families with pots, pans, appliances, glasses, sheets, towels, blankets, and suitcases.

The members of dinner club love the program because they are able to make a real difference for a family and do it together. Their hope is that when the families see the presents so thoughtfully and beautifully wrapped, they will know someone had thought of them, and that will make their holiday a little brighter.

Mindy Lyle is a member of the Cameron Station Community Association Board of Directors and coordinated the 2012 Adopt-a-Family Program.

Pickett Street Projects *(Continued from page 1)*

Landmark Gateway

S. Pickett at S. Van Dorn Street

Demolition is well on its way at the lot on the northeast corner of the intersection of Pickett and Van Dorn. Construction will begin soon on the new Landmark Gateway project, which includes more than 400 residential units, with retail space bordering Van Dorn. A right-turn lane from northbound Van Dorn onto Pickett (the turn toward home on the evening shuttle route) will be added as part of the project. The completion of the project is scheduled for the second quarter of 2014.

The Delaney

100 S. Pickett Street

Demolition of the bowling alley building should begin in early summer. The project, which is currently awaiting final permit approval, will create 200 residential units with first-floor retail space.



An artist's rendering of a potential new town center at Landmark Mall.

Pickett Place (working name)

S. Pickett at Cameron Station Blvd.

The concept plans for the property at the back entrance to Cameron Station are nearing completion. The project will include some housing units and extensive retail space. The planning and permit process will start in the spring or early summer. The Planning Commission and City Council are expected to review the project in the first quarter 2014.

Thoughts from the Outgoing President of the Civic Association



Dak Hardwick

By Dak Hardwick

After more than two years serving as President of the Cameron Station Civic Association, I am proud to announce that on December 6, 2012, Don Buch was elected the new president. I look forward to working with Don and the association as we continue to improve our neighborhood and the surrounding community.

During my time as president, I had the opportunity to participate in a number of local projects that affect our community: the Beauregard Small Area Plan, the High Capacity Transit Corridor Working Group, and negotiations with developers as parts of West Alexandria are redeveloped. With my term coming to an end, I'd like to offer a few observations that can hopefully help guide our neighborhood in the future.

Relationships with the Mayor, City Council, and their staffs are critical. I have spent countless hours working with our local elected officials and professionals on staff with the City of Alexandria. In order for them to know our concerns and opportunities, we must continue to develop and enhance our relationship with them. We are blessed to have Alexandria's City Manager Rashad Young and his family in our community, and continuing to build on our relationships will be important for Cameron Station going forward.

Redevelopment should to be managed, not opposed.

One of the biggest challenges a community can face is redevelopment of the area around it, and Cameron Station is no exception. As a 10-year resident of our neighborhood, I've seen very few redevelopment plans around our neighborhood come to fruition—until recently. Long ago, I learned that working with commercial developers and the City of Alexandria is a far better way to enhance our neighborhood than outright opposition. Redevelopment is not a zero-sum game. It is a process that, when managed well, can greatly enhance both property values and neighborhood desirability.

Ethanol is here to stay. Unfortunately, the ethanol transloading facility on the other side of Backlick Run will be with us for some time. The Cameron Station community must remain vigilant about the activities at the facility but must also accept that closing it would be a difficult proposition. Just as with Potomac Yard 30 years ago, the facility will likely remain open until Norfolk Southern has a solid business case for closing it. Ethanol will continue to be offloaded at the facility until it is no longer the additive of choice for gasoline.

Your voice is crucial. We live in an extraordinary neighborhood, with people from all around the country (and the world) literally right around the corner. I've met Cabinet members, generals and admirals, intelligence-community members, businessmen and women, academics, all within a few short steps from my front door. It's understandable that many residents of our community have little time to spare for community activities. But, if you do find a spare hour, please consider joining your fellow neighbors as we work to ensure that our community interests are heard by our local government. New voices are always welcome at Civic Association meetings and at community events hosted by the City.

I look forward to seeing you around the neighborhood.



Common Area Committee Plans for Spring

By Robert Burns

Spring is just around the corner, and the Common Area Committee has been hard at work preparing for some new projects.

Work on Cameron Station Circle

The Common Area Committee is working with Lancaster Landscaping, whose renewed contract is now in place, to renovate and revitalize the center circle on Cameron Station Blvd. The water pump shed will soon be removed, and upcoming renovations will focus on the entry view from Duke Street, where the majority of traffic enters and leaves the community via the circle. The committee is considering adding a crosswalk going from northeast to southwest so that residents will be able cut through the park in the center of the circle. The committee is also planning to expand planting beds and add new plantings.

Tree and Bush Care and Replacement

Lancaster Landscaping asks that residents contact the Common Area Committee if they are having problems with their trees and bushes. It is important that residents obtain professional consultation instead of using defoliants, which will not resolve the situation. Please also notify the committee if a tree or bush needs to be replaced.

Volunteer Gardeners

If you love gardening or landscape design, please consider joining the community's volunteer gardener program. These volunteers are available to consult fellow residents about their gardens, but they do not provide labor.

Take Pride in Ownership

And even though spring is still only in our thoughts, begin to think about Pride of Ownership awards. It's never too early or late to clean up your private gardens in preparation.

Robert Burns is chairperson of the Common Area Committee.

Meeting Calendar

*All meetings start at 7pm
unless otherwise indicated.*

Please check www.cameronstation.org to confirm the time and location for each event.

Thurs., Feb. 21: Financial Advisory Committee

Tues., Feb 26: Board of Directors

Mon., Mar. 4: Activities & Events Committee

Thurs., Mar. 7: Civic Association

Tues., Mar. 26: Board of Directors

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Neighbors in the News: Sweet Success for Resident's Cupcake Shop

By Maya M. Noronha

In 2012 D.C. radio station 99.5 FM awarded Danielle's Desserts the title of "2012's Hottest Cupcakes." The best cupcake, according to baker, owner, and Cameron Station resident Danielle Poux, is coconut.

If coconut is not your cup of tea (or in this case, cake), there are other delicious options at her store in Tyson's Galleria, which was named one of ten finalists for *Martha Stewart Living's* American Made Award last year. Danielle makes 12 other flavors of cupcakes, so there's a wide selection for anyone's tastebuds to be satisfied. If Danielle's cupcakes are too "hot" for you, Danielle's Desserts also has similarly mouth-watering cakes, pies, cookies bars, and bread pudding.

Three years ago, Danielle Poux became a Cameron Station resident. What drew her to Cameron Station was the "aesthetic perspective, strong community, great location, and nice amenities." Just six months after moving in, Danielle started her own business.

Hard work and a love of baking passed down from her own mother is the secret to this baker's success. Since taking the risk to go out on her own and found her own business, Danielle has regularly worked 90-hour weeks. (Even during this interview she was at work, icing a cake.)



Danielle says the decision to hang her own shingle was something

she knew 25 years ago that she was going to do. She says, "I've been baking all my life. I come from a family of bakers."

Poux is often told that her baked goods are just like what her customers' grandmothers make. But you don't need to tell Danielle. She knows first-hand. Danielle's two grandchildren absolutely love when their mother brings them to visit grandma in Cameron Station because she'll have lots of tasty treats ready for them.

For more information, visit Danielle's Desserts website at www.daniellesdesserts.com.



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Winter Reminders

Shuttle Bus Weather Policy

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Help Needed With Snow Removal for Older and Disabled Neighbors

Management maintains a list of Cameron Station residents who are willing to provide assistance to Cameron Station neighbors who might need help with snow removal this winter. If you would like to obtain the list of volunteers, or to sign up to participate, please contact Meghan Flynn at assistantmanager@cameronstation.org or 703-567-4881.

Snow Removal Contractors

Management also has developed a list of people willing to shovel snow (for a charge) for Cameron Station residents. If you would like to receive a copy of the list, or be added to this list, please send your name, email, and phone number to assistantmanager@cameronstation.org and reference "Private Snow Vendor" in the subject line of your email.



Book Clubs



Monday Night Bookball

Feb.: *I Feel Bad About My Neck, and Other Thoughts on Being a Woman* by Nora Ephron

Mar.: *Buddha in the Attic* by Julie Otsuka

Apr.: *Ancestor Stones* by Aminatta Forna

Reading Between the Wines

Feb.: *In the Garden of Beasts: Love, Terror, and an American Family in Hitler's Berlin* by Erik Larson

Mar.: *The Rules of Civility* by Amor Towles

Apr.: *Annie Freeman's Fabulous Traveling Funeral* by Kris Radish

Cameron Club Fitness Center Hours

Monday-Friday
4:45am-11pm

Saturday-Sunday
7am-8pm

The Fitness Center's regular hours will be in effect every day, except for the following:

Closed:

Thanksgiving Day, Christmas Eve, Christmas Day, New Year's Day

Closing at 6pm:

Fourth of July, Thanksgiving Eve, New Year's Eve

Opening at 8am:

Martin Luther King, Jr. Day, Presidents' Day, Memorial Day, Fourth of July, Labor Day, Columbus Day, Veterans' Day, Day after Thanksgiving



Art by the Glazz: Good Spirits at New Painting Class

By Maya Noronha

Every weekend, passersby on Brenman Park Drive gaze in the window to catch a peek at new masterpieces developing before their eyes. The large group room at Café Pizzaiolo has transformed into an art studio. The painters are laughing, singing, and drinking wine in front of their easels. Art by the Glazz has come to Cameron Station.

Art by the Glazz has been hosting sold-out art classes of 24 people every weekend at Café Pizzaiolo since October of last year. Of the 1,200 people who have participated in these classes, about two-thirds have been Cameron Station residents.

Art by the Glazz's motto is "If it's not fun, you're doing it wrong." And that motto stems from the experience of founder Lisa Jones. Lisa, who is now a professional artist, says she "found out [she] liked to paint by mistake" after a friend convinced her to go to a painting class as a therapeutic way to deal with her mother's death. Three weeks later, Lisa had three clients commissioning work from her. Her work is currently displayed at the White House, the Pentagon, and Howard University's Blackburn Gallery, as well as corporate offices and private residences. Among her most notable works is her commissioned painting at the Pentagon entitled "Honor," dedicated to those who lost their lives and families in 9/11.

Now, Art by the Glazz has now been in existence for two years in D.C. and Virginia. It also holds classes in New Jersey and Illinois and is expanding to Atlanta and New York.

Art by the Glazz is not your typical art class. There are two Zs in Art by the Glazz, and that's by design. As the company's website says, "It's a twist in the name of our company, like the twist with the painting you walk out with." Art by the Glazz avoids the formal classroom structure. There are no "instructors." Instead, company "guides" pick up paintings to show others what their classmates are up to. The class is open to all, especially those who have never picked up a paintbrush before. The company shows a completed painting as a source of inspiration, but creativity is welcomed, and unorthodox techniques, like painting with a paper towel and finger-painting, are encouraged.



Photo courtesy of Carla Besosa

Cameron Station residents Eddie and Emilie Lin enjoyed a recent class.

Take an Art by the Glazz class in Cameron Station, and you're likely to meet guides Crystal Jones, Beth Heinitz, Wendy Spain Holmes, or Melanie Olmstead. To Crystal, the classes are "therapeutic." They offer benefits such as stress relief, camaraderie, self-growth, and self-awareness. "A lot of people need that today," Crystal says, "We need to put away the laptop, loosen the tie, and escape a little bit."

Art by the Glazz holds an art studio in a restaurant on purpose. Students are inspired by the food, and they sometimes incorporate what they are eating into what they are painting. Crystal recalls that for a painting of wine glasses, a student asked the server for a cork and put it inside the painting. Another student put cheese slices on the painting after seeing them on her dinner plate.

Jorge Lemus, formerly of Café Pizzaiolo, says of the café's alliance with Art by the Glazz, "I like the energy that it brings. It's good vibes. The staff gets excited." Those who work at Café Pizzaiolo want to share in those "good vibes" so much that they have signed up for their own session.

For more information, visit www.artbytheglazzpt2.com or look up Art By The Glazz on Facebook. Cameron Station residents are eligible for \$20 gift cards, available at Café Pizzaiolo.

Starting a club?

Residents of Cameron Station who are starting clubs or want to invite new members should send an announcement about their group to *The Compass* by sending an e-mail to:

thecompass@cameronstation.org.

Cameron Station Singles Meetup

Cameron Station residents are starting a new singles group for activities, pot lucks, and other events. Meetings will be organized on Meetup.com. For more details, visit www.meetup.com/Cameron-Station-Singles/

Cameron Station Street Names: Yarrow Lane

By Judy Coleman

This is the second of a series of updates about the history of Cameron Station street names.

Yarrow Lane may be a short road, but its (apparent) namesake, Dr. Henry Crecy Yarrow, was a figure larger than life.

Yarrow was the acting assistant surgeon general for the Union Army during the Civil War. After the war, he participated in the Wheeler Surveys of the Western United States, as a naturalist with a special interest in birds and reptiles. He was also an anthropologist, and in 1880 he published a book on the "Mortuary Customs of the North American Indians," including some of his own detailed drawings.

Yarrow later became a professor of dermatology at George Washington University and served part-time as the first curator of the reptiles section of the Smithsonian Museum. The desert spiny lizard (*Sceloporus jarrovi*), also known as Yarrow's spiny lizard, is named after him. (Don't worry, it is native to Arizona, not Alexandria.) Yarrow also served as an assistant with the U.S. Fish Commission and was one of the founders of the Washington Cosmos Club.

When Yarrow retired, he purchased a farm on the land that is now occupied by Cameron Station. Although the land had been stripped bare during the Civil War, when it served as a Union army camp, (see Nov./Dec. 2012 issue of *The Compass*), the area had been restored to pastureland in the decades following the war. The farm established here was called The Meadows, a name the area may have had before the war as well.

Yarrow and his wife Anne bought The Meadows in the summer of 1891. They kept horses, hogs, and dairy cows and made a number of improvements to the farmhouse and the land. These included a new windmill and a gated road linking Little River Turnpike to the makeshift Bush Hill train station on the Southern Railway line. The



Photo by Judy Coleman



H.C. Yarrow portrait
by Paul Renouard, 1906.

Source: Images from the History of Medicine.

Yarrows continued to live in Washington, D.C., and their son managed the farm's day-to-day operations.

The Yarrows' farmhouse burned to the ground in an accidental fire on October 11, 1891, not long after they purchased the property. The *Alexandria Gazette* reported that the barn, stables, and dairy were "entirely burned." Despite this initial setback, the Yarrows held onto the farm for another 12 years.

The Yarrows sold The Meadows in 1903. The purchaser, and the next owner of the farm, is the namesake of another Cameron Station street. We'll reveal his name and story in the next issue of *The Compass*.

H.C. Yarrow died in 1929 and was buried with full military honors at the Arlington National Cemetery in Arlington. There is a more extensive account of his work on the website of the Colorado Herpetological Society (<http://webspinners.com/coloherp/cb-news/Vol-31/cbn-0409/Yarrows.php>), and a number of photographic portraits on the site Images from the History of Medicine, <http://ihm.nlm.nih.gov>.

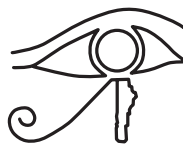
Judy Coleman is working on a series of pieces about Cameron Station history. All rights reserved.

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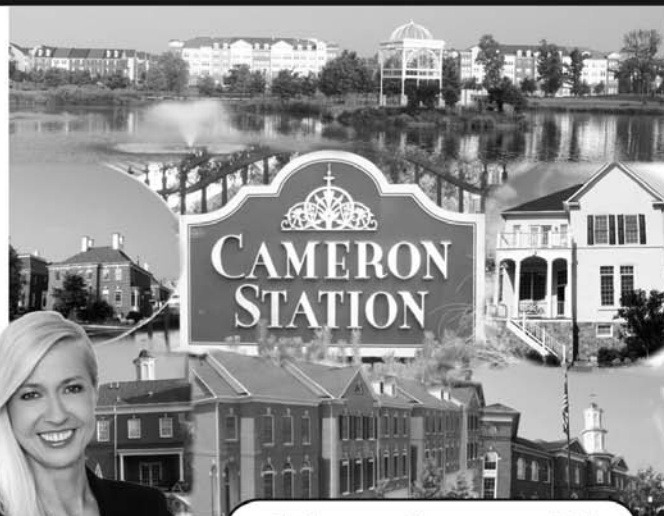


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Gene and Tanya Rosera, Pocosin Lane in Cameron Station



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A 10K-a-Day Resolution

By Paula Jarvis

A 10 K a Day—have you heard this phrase? It refers to the recommendation by the President's Council on Physical Fitness and Sports that all adults who are able to walk should walk 10,000 steps each day. Do you have any idea how many steps you take on an average day?

A few years ago, my husband and I each wore a pedometer all day for a period of a week or so to learn how we were doing in reaching our 10K a day. Since we both walked every evening after dinner, we were reaching the 10K on most days, and I was surpassing it on days when I was able to take several walks. But on a day when the evening walk was put aside, my husband was amazed and disappointed to find he walked only a few thousand steps during his day in an office setting.

In order to learn how much a person's workplace activity level affected their daily step total, the American Council on Exercise did a study that involved giving pedometers to about 100 volunteers in 10 different occupations. The results weren't too surprising – mail carriers walked from 14,000 to 19,000 steps a day. Restaurant servers and custodians also managed to reach 10K during the workday. On the other end of the activity spectrum, teachers, secretaries, and lawyers walked from 3,000 to 7,000 steps.

So how far is 10,000 steps? It's about four to five miles, depending on the length of your stride. My stride is only about two feet long (measured from one heel to the next when an average step is taken). Since a mile is 5,280 feet, I need to walk 2,640 steps for every mile. If I take a 45-minute walk at a pace of 15 minutes per mile, I will walk three miles, or about 8,000 steps.

Why walk, and why 10K steps? Walking is an exercise available to just about everyone, and it requires no equipment. As we have all heard many times, the health benefits of walking (and various other forms of regular exercise) are many. There are positive effects on your heart, blood pressure, body fat, cholesterol, and mental health. Walking outside in a natural setting has additional benefits

to our mental health. Since many people with sedentary jobs walk only about 3,000 steps a day at work, adding the remaining 7,000 will add about 45 minutes of activity to their day, which is the amount recommended for maintaining good health.

You can add a couple of walks, but there are other simple changes to add a few steps here and there:

- Park your car at the far end of the parking lot or a few blocks from your destination.
- When you're waiting for your children at music lessons or sports practice, go for a walk.
- Instead of a snack break
- Have a walking meeting
- Take the stairs, and take an extra flight, then come back down.
- Taking the escalator? Walk, don't ride. Instead of a snack break at work, take a quick walk. Have a walking meeting with a colleague.

In order to actually see your results, you'll need to purchase a pedometer. They can be found in many sporting goods stores or online, and they cost less than \$20. Stick with a basic model that simply counts steps –you don't need to convert to miles or calories.

Placement of the pedometer is important. It should be on the front of your hip, fastened to the waistband or a pocket. Try to make sure it is free to move with every step you take. Studies have found that people who keep track of their steps are motivated to walk significantly more.

And don't feel you need to stop at 10K. We have great walking right here in our neighborhood, so get out and enjoy the season!

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



Photo by Nicole Gauvin

Fitness Center News

By Kevin Horner

Group Exercise Classes:

Our first group exercise session of 2013 began the week of January 27, 2013. Residents who did not register for the session can always drop in on a class for a \$10 drop-in fee. These classes are great for everyone who has resolved to be healthy and fit in 2012! We added several new classes to the schedule!

Fitness Center Reminders:

It is that time of year again: cold and flu season. The germs and bacteria sweat carries could cause a cold, stomach illness, or staph infection. It is more important than ever to wipe down your equipment. We provide sanitizing wipes and anti-bacterial spray to make wiping down the machines easy. Once you do wipe the equipment off, make sure you follow up with a dry towel to dry everything off!

Remember the best way to keep from getting sick is to wash your hands often and to use the hand sanitizer we provide in the center.

Maintenance Issues:

With the weather change and the inclement weather that will follow, please remember to wipe your shoes off or bring a spare pair of shoes to change into before entering the fitness center. Salt and sand are bad for the equipment, especially the treadmills!



Toys for Tots:

Once again residents of Cameron Station stepped up and were very generous in the giving of toys for the Marine Reserve's Toys for Tots program. Thanks to all those who donated! We filled three boxes in 2012!

All of us at the Cameron Club appreciate everyone's commitment to fitness, and we value your support throughout the year. Thanks for making the fitness program here at Cameron Station a huge success!

For information on any of the programs, please contact the Fitness Center: 703-567-8555 or fitness@cameronstation.org.

The Facilities Committee is grateful for all of the input it has received for our fitness center over the years from residents and Kevin Horner, our fitness director from WTS, the fitness center management company. We are delighted with the improvements to the fitness center so far, but please keep the suggestions coming. Our Board of Directors has been amenable to supporting equipment changes and policy changes if they are affordable and if they make sense for our community. We are excited about the reopening of the entire clubhouse soon. It will make living in Cameron Station all the more fun.
— Ray Celeste, Chair of the Cameron Club Facilities Committee

WINTER ACTIVITIES SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30AM		5:30-6:30AM Tone 2 Tighten (Kara)		5:30-6:30AM Tone 2 Tighten (Kara)		
8:30AM	8:30-10:00AM Workout Parents		8:30-10:00AM Workout Parents		8:30-10:00AM Workout Parents	
9:00AM		9:00-10:00AM Yoga (Denise)		9:00-10:00AM Yoga/Sculpt (Denise)		9:00-10:00AM Fitness Fusion (Denise)
10:00AM						10:00AM-12 NOON Pick-up Basketball
3:30PM	3:30-5:00PM Workout Parents		3:30-5:00PM Workout Parents		3:30-5:00PM Workout Parents	
6:15PM		6:15-7:15PM Core Concepts (Kimber)		6:15-7:15PM Core Concepts (Kimber)		
6:45/7:30PM		6:45-7:45PM Cardio Boot Camp (Sarah)	7:30-8:30PM Pilates (Denise)	7:30-8:30PM BeginnersYoga (Kittie)	7:30-8:30PM Yoga (Kittie)	
8:30PM		8:30-10:30PM Pick-up Basketball				



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

This schedule can change at any time due to low class participation, so please call the fitness center for an updated schedule.

Restaurant Review

Sugar Palm

By Carla Besosa

Thai has become one of my favorite cuisines, but there are soooooo many Thai restaurants in the area that the selection process can be baffling. I've never found a bad Thai restaurant, just varying degrees of good. So when one outshines the others, it's worthy of your attention. Sugar Palm is that restaurant.

The size of the dining area is intimate, the scheme is colorful, and the staff is wonderful. The abundance of windows fills the room with natural light that optimizes the effects of the muted green and orange colors. The resulting atmosphere is uplifting, modern, and inviting.

The menu offerings are a function of the season and the chef's creativity. There's always something new to try with each return visit ... and you *will* return. Appetizers, approximately 15 of them, include many varied ingredients. My favorites were the *Gai Satay* (marinated/grilled chicken skewers with their homemade yummy peanut sauce, *Kanom Jeeb* (steamed dumplings stuffed with a shrimp/scallops/pork medley), and the *Thai Wings* (fried chicken wings tossed in siracha honey glaze). I am not even a fan of wings, but these were incredibly tasty.

I am, however, a sucker for the Thai noodle dishes. The *Pad Thai* is always my initial litmus test, as it is a staple on any Thai menu. The chef at Sugar Palm has a masterful flair with seasoning, which raises the bar. The dish passed the litmus test with flying colors, so I moved on to the *Kua Gai* (stir-fried rice noodles with chicken and egg), which was also flavored perfectly.

I've visited Sugar Palm *eleven* times by now, and with over a dozen various dining companions. Each visit affords me an opportunity to tactfully (I hope) stick my fork into the dishes ordered by those accompanying me. Every one of my fellow diners absolutely loved this place and was eager to return. Folks have raved about their curry, eggplant, chicken, pork, rice, fish, beef, shrimp, and tofu dishes, each a delicious creation in its own right. The chef adeptly customizes your selection based on preference. Children's portions are also available.

My favorite desserts are their *Sticky Rice with Mango* and *Fried Banana with Honey Glaze*. The bar section, containing both bar stools and tables, is home to an enjoyable Happy Hour featuring discounts on select libations and \$3 Thai bites. This is a great way to sample a variety of flavors.

The lunch special at Sugar Palm has also been attracting a crowd: select lunch entrees accompanied by a salad and a spring roll. The staff seems to make an effort to remember the patrons, adding to the overall hospitable feeling. The owner, managers, and servers are genuinely pleased to welcome you. A superb dining experience.

To sum up Sugar Palm in a word - YUM!



Photo by Judy Coleman

Sugar Palm

5580 Vincent Gate Terrace
Alexandria, VA 22312
(off Edsall Rd.)

Website: www.sugarpalmthairestaurant.com
Free delivery within 3 miles; \$20 minimum

Hours of Operation

Mon.-Thurs.: 11am-10pm
Fri.-Sat.: 11am-11pm
Sun.: 11am-9pm

Price Range

Appetizers: \$5-\$9
Soups & Salads: \$5-\$9
Entrees: \$8.95-\$16.95
Kids' Meals: \$6
Desserts: \$6-\$7

Smoking

No

Bar

Full

Handicapped-Accessible

Yes

Parking

Lot

Reservations

Yes

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Carla's Picks

By Carla Besosa

Alexandria

Feb. 18 George Washington Birthday Parade

Birchmere

Feb. 13 Tab Benoit (blues guitar)
Feb. 15-17 Eddie from Ohio (folk/roots rock)
Feb. 23 Harmony Sweepstakes (mid-Atlantic
a cappella competition)

Black Rock Center for the Arts

Mar. 7-8 Lula Washington Dance Theater
Apr. 13 Frederic Yonnet (jazz/harmonica)

Busboys & Poets (Shirlington)

Mondays, 8-10pm. Open mic, \$5 cover payable
online

Cassatt's Café (Arlington)

Mar. 30 Veronneau

Del Ray Artisans Gallery

Feb. 1 "Dot and Dash" opening reception
Mar. 1 "Power Art" opening reception with live
music by Back Alley Blues Boys

National Harbor

Mar. 4-17 Restaurant Week

St. Elmo's Coffee Pub

Mar. 13 Janna Audey
Mar. 15 Back Alley Blues Boys
Last Weds. of month Open mic hosted by Kate Moran

Fort Ward Park

Feb. 17 Revolutionary War Reenactment

Gadsby's Tavern Museum

Feb. 17 Madeira wine tasting "with" George
Washington

Grape & Bean/Rosemont

Every Thurs. / Fri. / Sat., 5:30-7:30pm
Wine and beer tastings

Grounded Coffee

Feb. 3 Back Alley Blues Boys
Mar. 3 Janna Audey



The *Compass's* top
"picker" (at right) tries
her hand at painting
with friend Jean Borgella
(left).

JV's (Falls Church)

Motto: "Ageless Charm without Yuppie Bastardization"

Feb. 23 Wicked Jezebel - all-girl band,
classic rock

Mount Vernon

Feb. 1-28 Celebration of Black History Month

Port City Playhouse

Feb. 22-Mar. 9 The Drawer Boy

Signature Theater

Feb. 5-Mar. 3 Shakespeare's R&J

Strathmore

Feb. 2 Baltimore Symphony Orchestra performs
Mussorgsky's magnificent Pictures at an
Exhibition

Strathmore Mansion

Feb. 13 Wytold (cellist, Strathmore Artist in
Residence). *You may have heard
him perform at the Torpedo Factory
Holiday Open House.*

And Another Thing...

La Strada (Del Ray) closed its doors as 2012 came to a close. The good news is their other establishment, **Osteria 1909** (previously reviewed in *The Compass*) is still open.

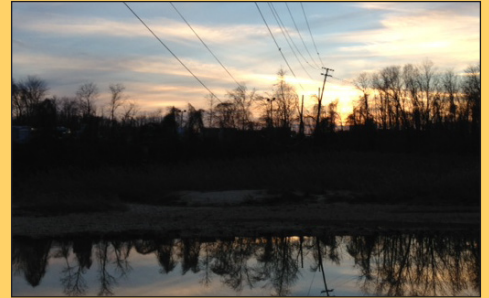
If you've been curious about the **Art by the Glazz** classes you see in the private dining room at Café Pizzaiolo, I am here to tell you JUST DO IT! I registered for a class (no prior training) and had a blast! Be sure to grab a discount coupon (next to the cash register) before you sign up, or check Groupon for discounts.

Remember Hector's Restaurant, which used to be in Del Ray's Calvert strip? I often wondered what happened to Hector Lobo, the owner/chef. Now, several years hence, I am happy to report there's been a Hector sighting! He has paired with fellow chef Ricardo Arias to open **Dos Amigos**, right by the Braddock Road Metro.

You can hire the **Alexandria Harmonizers** to deliver your singing valentine! (www.harmonizers.org)

Winter in Ben Brenman Park

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Photos by Judy Coleman

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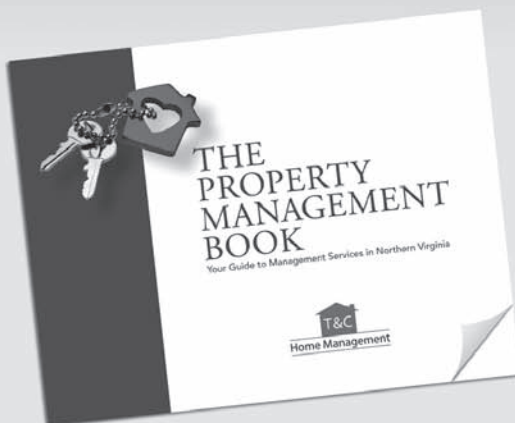


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