

The compass

Newsletter of the Cameron Station Community Association, Inc.

Volume 14 Issue 3 • May/June 2013

Norfolk-Southern Seeks Permit To Expand Operations Near CS

By Judy Coleman

Norfolk-Southern has applied for a state air-quality permit that would allow it to expand its operations at the ethanol-transloading facility adjacent to Cameron Station. The site currently handles 14 railcar shipments per day. The permit would expand that number to 30.

Currently, Norfolk-Southern does not need a permit for its operations, but the increased number of cars coming into the facility triggered the need for one.

The company's actions also triggered an immediate response from the City of Alexandria. City Manager Rashad Young, who lives in Cameron Station, promptly requested that the state department of environmental quality delay action on the permit application and hold a public hearing in the community.

The response from longtime Cameron Station residents has been a bit more pointed.

"We need to fight for the [State] to hear our opposition," said Mindy Lyle, Vice President of the Cameron Station Community Association. Lyle was there for the initial battle



Photo by Rupert Munro

over the ethanol facility a decade ago, when Cameron Station and the city attempted to halt the project on the grounds that flammable ethanol should not be handled so close to Tucker Elementary and the surrounding neighborhood. That fight ended when a court dismissed the city's legal challenge in 2009.

In the past year there have been two ethanol spills at the Norfolk-Southern facility. Neither was found to have presented a threat to the nearby community, though the lack of communication has bothered area residents.

"There have been two spills at the facility and now a request to increase capacity, all without one word to the community," said Dak Hardwick, former president of the Cameron Station Civic Association, adding "Norfolk-Southern has simply not been a 'good neighbor'."

No hearing had been set as *The Compass* went to press.

More information can be found at www.alexandriava.gov/Transloading.

Giving Back at the Garage Sale

By Jan Chong

Katherine Donnellan and Sarah Petro, both in the fourth grade, brought a special mission to last April's community garage sale. The two lifelong Cameron Station residents (pictured at right) set up a lemonade stand to raise money for the family of Alexandria Police Officer Peter Laboy, who was shot in the line of duty on February 27 and is recovering at Washington Hospital Center.

Laboy suffered a bullet wound to his temple that will require multiple surgeries and up to a year of rehabilitation and recovery. He is progressing remarkably well, and doctors say his survival is a miracle.

Katherine and Sarah got their start in the lemonade business at last fall's garage sale. They were so pleased with the

positive results that they decided to do it again, with the intent of donating the proceeds from their sales of drinks, brownies, and cookies. In all, Sarah and Katherine raised \$205 to help Officer Laboy and his young family overcome their tragedy.



Photo courtesy of Jan Chong

The girls plan to collect more funds with another lemonade and cookie sale in the fall.

Jan Chong is a resident of Cameron Station. You can follow Officer Laboy's story at www.caringbridge.org/visit/peterlaboy. Information about his recovery fund is available at www.alexandriava.gov/Laboy.

Annual Pool Party * Saturday, August, 10 * 11am-3pm

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 September to first week of October.

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.

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August 31 for September/October

Article Submission Deadline

August 31 for September/October

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Beginning with the September/October issue, *The Compass* will have a maximum ad size of 1/4 page.

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.

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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

West End Farmers Market Opens for the Season

Photos by Stephanie Arbieto and Judy Coleman



J.C.



J.C.



S.A.



S.A.



S.A.



S.A.

Cameron Station Singles Club Off to Great Start

By Tracey Ray

In just a few short months, the Cameron Station singles group has grown to more than 30 members. The club has had two Friday night happy hours, and bike rides and movie trips are on the calendar. The club will be having a BBQ Pot Luck on June 8. To participate, visit: www.meetup.com/Cameron-Station-Singles.

Tracey Ray is a resident of Cameron Station.



Photo courtesy of Tracey Ray

Standing Room Only at Landmark Mall Meeting

By Pat Sugrue

The April 8 meeting was not the first time Alexandrians had been invited to hear a developer talk about the future of Landmark Mall. Those of us who had attended focus groups and other meetings many years ago, as General Growth Properties laid out its grandiose plans, feared it was going to be “déjà vu all over again.” But that doesn’t seem to be the case.

The almost 200 people jammed into the community room at Landmark Mall learned that General Growth is out, and the Howard Hughes Corporation is in; and according to John Simon, Hughes Executive Vice President of Strategic Planning, the company is committed to making Landmark Mall a thriving, mixed-use development. Hughes has created high-quality developments from coast to coast (including Columbia Town Center in Columbia, Maryland, the South Street Seaport in New York City, and Riverwalk in New Orleans) as well as in Hawaii, and expects Landmark to be another success.

There is one concern, though. Hughes owns only a third of Landmark – the center portion that is slated for redevelopment. Sears and Macy’s own the other two thirds, and unless they agree with the plans, the project cannot proceed. Simon assured the crowd, however, that Sears and Macy’s “want to cooperate, and they are working with us.”

The city has posted the developer’s presentation at:

<http://alexandriava.gov/planning/info/default.aspx?id=71190>

In a nutshell, the plan calls for demolishing the two-story central area of the mall and replacing it with an open-air,



A slide from the developer’s presentation.

mixed-use retail and residential complex. Streets will run through the complex; new ramps will be added to the existing parking garage, along with escalators leading from the top level of the garage to the mall; and buses will be located on the garage’s lower level. Rooftop spots will be reserved for residents. A cluster of four restaurants is planned for the front of the complex on the ground level, with an upscale movie theater on the top level, where meals and wine will be available. There will be sidewalks, trees, and open spaces. The plan calls for about 250,000 square feet of retail and 350-400 rental apartments. According to Simon, the rumor about a Wegman’s being part of the development was just a rumor, and the addition of a hotel and/or office space will depend on whether Macy’s and Sears decide to give up some of their existing land. The developer is working with the city to ensure that the development will be consistent with the 2008 Landmark/Van Dorn Corridor Plan, which can also be found on the City of Alexandria’s website.

The proposed development schedule is June 15, 2013, for site plan and zoning approval; demolition beginning in the spring of 2014; and opening in spring 2016. Another community meeting was scheduled for May, in the old Lord & Taylor’s space in the mall. For more information about the project, call Colleen Willger at 703-746-3817 or Pat Escher at 703-746-3817 in the Department of Planning & Zoning.

Now, a Word from the Architectural Review Committee...

Spring and summer seemed to have simultaneously arrived after our late winter. In addition to spring cleaning, it’s a good time to visually inspect your home’s exterior to identify areas that may require repair and/or maintenance. Catching cracked moldings, peeling paint, or missing shingles early keeps small projects small and relatively inexpensive. Please refer to the Cameron Station Design & Maintenance Standards (DMS) if you have any questions on community standards, or if you’d like to make improvements to your residence.



Resources at **CameronStation.Org**

Calendar of Events and Meetings
Fitness Center Information
Board Minutes and Agendas
CSCA Policies
Back Issues of *The Compass* and more...



Classified Ad

HELP WANTED: Tom & Cindy and Associates at Long & Foster - looking for an **Assistant Listing Manager**. 4-5 hours Monday-Thursday, and up to 8 hours on Friday. For more info: **e-mail Susan@HelloVirginia.com**

Completion of Renovations, Pedestrian Pathway Top Board's Agenda

By Judy Coleman

At its April meeting, the Cameron Station Community Association Board of Directors reviewed the status of the delayed renovations to the clubhouse and heard resident testimony about the pedestrian walkway proposed between the west side of Cameron Station and the new Delaney project at 100 S. Pickett Street.

The renovations were expected to be completed by the time *The Compass* went to press. Due to the delays, however, the annual pool party was rescheduled to August 10.

The source of the last delays was ongoing work in the renovated Victoria Herbert Great Room of the clubhouse. The Board has had full use of the second floor since April.

The renovations project also went \$2,300 over the original \$900,000 budget, due to the number of changes that had to be made along the way and the need for additional local inspections. Nevertheless, the Board, through Director Alvin Boone, was able to shift a substantial part of the additional costs back to the contractor and the architect.

The Board is expected to vote on proposed plans for the Delaney pedestrian walkway at its next meeting on May 28. Residents speaking in favor of the walkway highlighted their interest in having walkable access to local businesses. Those speaking against raise concerns about safety and property values.

Are You Planning on Selling Your Home?

by Airielle Hansford

Virginia law requires you to obtain the Resale Disclosure packet for your property from the Cameron Station Community Association and your condo association, if applicable. This packet contains pertinent information regarding any design or maintenance violations that may have been observed during the Management Staff's exterior inspection of your property and will include assessment information for new buyers, as well as other important homeowner resource materials. Under state law, the homeowners or their agent must purchase the disclosure packet in order to complete the sale.



Photo by Judy Coleman

Meeting Calendar

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

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

- Mon., June 3: Activities and Event Committee
- Tues., June 4: Architectural Review Committee
- Tues., June 11: Common Area Committee
- Thurs., June 13: Facilities Committee
- Mon., June 17: Communications Committee
- Thurs., June 20: Financial Advisory Committee
- Tues., June 25: Board of Directors
- Tues., July 23: Board of Directors

Book Clubs



In each issue, *The Compass* lists books currently being read by the two resident book clubs, primarily for other residents' interest. The book clubs are not accepting new members. If you have a book club and want to share what your members are reading, please contact *The Compass* at thecompass@cameronstation.org.

Monday Night Bookball

June: *Year of Wonders*: A novel of the plague
by Geraldine Brooks

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

Reading Between the Wines

June: *Drowning Roth* by Christiana Schwarz

July: *Major Pettigrew's Last Stand* by Helen Simonson

New Book Club Starting July 16

Mary Birchler is starting The Cameron Station Third Tuesday Book Club. This club will read a variety of books - fiction, non-fiction, biography, etc. Meetings will be at 7pm for 60-90 minutes at the homes of book club members on a rotating basis. The first book will be *The Art Forger* by B.A. Shapiro. It has been on the *New York Times* and bestseller lists. It is in paperback as well as on Kindle. If you are interested in joining, please contact MHBirchler@gmail.com. All readers welcome!

Civic Assn. Talks Schools Local Developments at April Meeting

By Will Bohlen and Pat Sugrue

On April 4, the Cameron Station Civic Association welcomed Karl Moritz, deputy director for long range and strategic planning for the City of Alexandria, to discuss the city's master plans for dealing with a projected boom in school-age population.

Moritz said that according to current population trends, the Alexandria City Public Schools will face a projected increase from 12,500 students now to 16,720 students by 2019. That school-age population would come close to the city's all-time high of 17,500 pupils, reached in 1970. That number dipped to 9,000 by 1990. There has been 24.6% increase in students since 2007, with the growth first hitting elementary schools, now hitting middle schools, and then the high school in 2017.

Cameron Station sent 172 children to the city schools this year, which is up from 112 students in 2008-09.

Over the next six months, a city working group will study enrollment forecasts and demographics, facility capacity, potential curriculum changes, and a student assignment strategy, Moritz said. The group will try to determine if the growth will be sustained in the long term.

On the facility side, one big challenge is a lack of available real estate adequate for building additional schools that could accommodate the growing population, Moritz said. Under consideration is building out — or up — by adding new wings or even new stories to existing schools. Moritz said Samuel Tucker Elementary is not a candidate for expansion given the limitations of the plot of land it sits on.

A number of factors have led to the increase in students in the school system, Moritz said, most notably the factors that kept people from moving out of Alexandria over the last several years: the fall in home sales, rise in unemployment, and increase in gas prices. Compared to the past, more children are being born in Alexandria, more are staying for



Photo by Judy Coleman

kindergarten, and more are staying in the system. Two-thirds of the births five years prior to 2012 ended up in Alexandria public kindergarten, up from 58% in 2008, he said.

The second half of the April 4 meeting was a snapshot by President Don Buch of the housing and retail developments around Cameron Station.

Beauregard - Rezoning was approved and Special Use Permits are in the works for the different developers.

Delaney (100 S. Pickett St.) - Construction will start at year's end. Pathway connecting to Cameron Station is being addressed by the Cameron Station Board of Directors. (See Page 5).

Landmark Gateway (S. Pickett / Van Dorn) - 360 residential units; 15,000 square feet of retail space

Cameron Park (Cameron Station Blvd. / Pickett) - 400 rental units, 70 townhouses, 80,000 square feet of retail with grocery store as anchor tenant.

Washington Suites - Converting rentals.

Landmark Mall - See page 4.

Shell Station (Edsall / Van Dorn) - Expanding, adding carwash and general store.

Ethiopian Market (next to Baldino's on Duke) - Opening soon.

BRAC - 6,400 employees now on site; parking spaces to increase from 2,000 to 2,500.

Victory Center (Eisenhower Ave.) - Renovated years ago but still empty; floor-to-ceiling height does not meet federal standards.

Next Meeting of the Cameron Station Civic Association

Thursday June 6

Cameron Clubhouse

Featured Speaker -- City Manager,

Rashad Young

Association Petitions Council for Eisenhower Plan

By Judy Coleman

The City of Alexandria has delayed too long in finalizing the Eisenhower West Small Area Plan, according to the Cameron Station Civic Association. The Small Area Plan (SAP) would provide a blueprint for development along the nearby section of Eisenhower Avenue.

"Nothing much of a materially positive nature is likely to happen on West Eisenhower (including Victory Center) and

(Continued on page 21)

Ben Brenman Park Updates

By Judy Coleman

Gone with the wind?

Last summer, as many will recall, Brenman Park was overridden with waddling hordes of giant Canada Geese. They were not deterred by the goose-chasing dogs. They were not deterred by the plastic alligator. And they did not fly south for the winter.

Spring is here now, and the geese are largely absent. There are two smaller families that sometimes come to the pond, but are more likely to be seen in nearby Holmes Run. What happened?

According to Robert Taylor, the head of Natural Resources for the City of Alexandria Parks Department, the geese might have been annoyed into leaving. In the past few months, city staff have embarked on an aggressive campaign to prevent the geese from getting too settled into their nests. Although federal law protects the birds from hunting, nothing prevents harassment.

Below are some pictures of some visitors to the park this Spring. Here is the latest work from around the pond:

Long-Range Plan for Brenman and Boothe Parks Goes to City Council

Since last fall, the city's Parks Department has been gathering community input on the six large parks under its jurisdiction, including Ben Brenman Park and Armisted Boothe Park (which count as one).

At a recent workshop with local residents, city staff revealed plans to make moderate upgrades to various amenities at Brenman and Boothe parks, including new push-button lighting at the dog park and potential renovation of the existing volleyball courts. Funding has not been allocated for the improvements. Rather, the plan sets goals for the next ten years, subject to changing circumstances.

The park improvements were developed using feedback from residents of Cameron Station and surrounding neighborhoods.

Judy Coleman is the editor of The Compass and a member of the city's Parks and Recreation Commission.

Photo by Walter Barrows



Belted Kingfisher



Osprey

Redeared Slider



Photo by Jon Nuechtelein

Photo by Jon Nuechtelein



Earth Day Festival

Photo by Judy Coleman



American Wigeon

Photo by Walter Barrows



One (!) Goose Family

Photo by Judy Coleman

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Solopreneur Jeanne Edwards Launches Power Lunch, LLC

By Eliza Dolin

She's giving a whole new meaning to the phrase "power lunch": neighbor Jeanne Edwards is determined to energize your health by offering lunches prepared using fresh ingredients. Just think: no more noshing on junk food or devouring fast food just to get through the day. Instead, you can have healthful, delectable convenient meals dropped at your door, ready to be popped into your purse or briefcase for savoring at the office.

Jeanne's creation is a result of, and now is an addition to, her career as a student of biochemistry, then an environmental biologist for a regulatory agency in Washington, DC. After years working, and eating - sugar, fat, greasy processed food, all in large quantities - at a desk just because it was there and was quick, Jeanne had a problem - several in fact: weight gain, high cholesterol, and brain fog (which you might not even know you have until you *don't*). As an analyst, she realized that if she continued to eat lunch and two snacks of the same unhealthy food every day, she would eventually not only be unwell, but poor and suffering from brain drain.

Not one for half measures, Jeanne decided she had to do something big. That something is Power Lunch, LLC. She delivers food, packed in advance, dropped off at their houses, to service their brains, their waist lines, and their taste buds. There's a menu, and everything is labeled so clients know what they're eating.

Jeanne has long had a love of good food, having worked in the restaurant industry for over 15 years as everything from a prep cook to a bartender to a server in a high-end seafood restaurant. Now, she not only is eating healthy at her own desk, but she also has her own business helping other local workers to eat well too.

There's a different entrée each day, and either a salad or pasta in the summer; in the fall she offers heartier soups, stews, and similar meals. Recent offerings:

Chocolate Breakfast Bar

Chicken Pasole Salad

Grilled chicken with chilies in adobo sauce, black beans, hominy, lettuce, tomatoes, radish, cilantro (fresh and dried), and cumin 218 calories, 57 mg cholesterol, 8g fat

Organic Greek yogurt with fresh berries

Jeanne will even prepare personalized offerings that avoid

(Continued on page 20)

Radka Dopitiva Wins Prestigious Award

By Pat Sugrue

Longtime Cameron Station resident Radka Dopitiva was honored with the prestigious Woman Leader of the Year Award from the International Health, Racquet & Sportsclub Association in March.



Photo courtesy of Radka Dopitiva

The IHRSA oversees fitness- and health-club standards in 70 countries. Each year, it recognizes the courage, excellence, and professionalism of one of its members. In the fitness industry, the IHRSA award is the equivalent of an Oscar.

Radka received her award at the annual IHRSA conference in Las Vegas. There she gave an acceptance speech to a crowd of over 5,000 people, resulting in a standing ovation.

Radka and her husband Brent were among the first residents of Cameron Station and lived on Tancreti Lane. Many of us old-timers remember Brent, a U.S. Marine, as the man who organized the Cameron Lake clean-up in 2001 (see article in September 2001 issue of The Compass). While Brent is stationed in Hawaii, Radka is living with a neighbor on Donovan Drive.

In an email after she received the award, Radka thanked all of the people who contributed to her success and kept her going in times of difficulty.

"This award is about having dreams and goals no matter how distant they may seem to be," she said.

Neighbors in the News

Cameron Station is filled with interesting people doing interesting things. If you would like to be recognized in a future issue of *The Compass*, or if you have a neighbor you think deserves recognition, please email information to thecompass@cameronstation.org.

Another Successful Bake Sale for Wounded Warriors

By Pat Sugrue

Neighbor Dubey Liffman ran the second annual bake sale in Cameron Station for the Wounded Warriors at Bethesda Naval Hospital. The event, held on April 13, was even more successful than the first, raising almost \$1,600 for the recuperating soldiers.

The bake sale was held in the private dining room at Café Pizzaiolo. The café's manager, John Sullivan, came in several hours early to open for the event and could not have been more gracious and helpful. Thanks to beautiful weather, and Dubey's clever scheduling of the sale to coincide with the community yard sale, many residents and visitors came by and made purchases. And like last year, almost every buyer said to "keep the change."

There was not an inch of space left on the display table, thanks to the dozens of Cameron Station neighbors who provided homemade cakes, pies, and pastries and to the neighborhood businesses that contributed a variety of baked goods and breads: Super Giant Food on Duke Street, Giant Food on Van Dorn Street, Harris Teeter, El Paw Veterinary Clinic, Costco, and our own Cameron Café.

One of the most popular and creative items in the sale was Alison Ferko's chocolate train brownies. They were really



Photos by Pat Sugrue

too fabulous to eat, but the happy kids who bought them did not agree! Another masterpiece was Mindy Lyle's towering pink cake (chocolate sour cream cake covered with chocolate ganache, filled with raspberry mascarpone and frosted with raspberry buttercream). This cake brought in the day's highest price, and who better to buy it than Pinky Fitzgerald. Not only was it a perfect complement to Pinky's wardrobe (see above), but as former coordinator of the Cameron Station Wounded Warriors program, Pinky was delighted to show her support.

Thanks to all those who baked, bought, donated, sold, and greeted customers. And special thanks to Dubey, who is devoted to helping these wounded men and women all year long. In addition to the annual bake sale, Dubey regularly visits the soldiers and brings donations she collects throughout the year.

If you would like to donate clothing or other items, please contact Dubey . . . (please note they must be NEW) that you would like to donate, please contact Dubey at 703-370-6362.



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The Compass Visits... Monticello

By Nicole Gauvin

If you plan your day right, you can avoid the morning traffic, spend the day at Monticello, and have dinner in Fredericksburg. Which is just what I did when my parents visited me in March.

The three of us left Cameron Station around 9am and drove south. We arrived around 11:30am, which gave us plenty of time to walk around the visitor center, eat our picnic lunch, take the Slavery Tour and the Garden Tour before our tour of the house at 4:15pm. (**Tip:** Buy your tickets online in advance so you can choose what time you want to take your tour of the house.)

The visitor center includes a small theater where you can watch a 15-minute film, *Thomas Jefferson's World*. There is also a small art gallery with more information about Thomas Jefferson, his family, and Monticello. There are two models of Monticello, one of its earlier 14-room design and one of the 43-room building that was finally completed only 17 years before Jefferson died.

On a warmer day, we probably would have walked from the visitor center to the house instead of taking the shuttle bus, but it was cool that day, especially since it had just snowed two days earlier.

The Slavery Tour was excellent. Our guide, Brandon, was a true orator and quite knowledgeable. Our rather large group was led to several stopping points along Mulberry Row, where we learned about the slaves who lived at Monticello in Jefferson's time. A touchy and uncomfortable subject was



Photo by Nicole Gauvin

handled with grace, earning Brandon an impressive round of applause.

Rather than go on the Garden Tour, my parents and I opted to spend more time in the garden sitting in the pavilion, out of the wind and warmed by the sun. Nearby cabbage, kale, and rosemary were growing well despite the cool temperatures.

The House Tour was timed exactly, with one group outside the house, another on the porch, a third in the foyer, a fourth in the south square room, a fifth in his library, and so on. With each tour group consisting of 15-25 people, there could be 300 people in the house at one time—and that's only the first floor. The second floor is not yet open to the public.

After leaving Monticello, we drove to Fredericksburg and stopped to have dinner at Sammy T's. All three of us ordered hot tea and falafel. The dinner was fantastic and with such a huge plate, also very filling. It was a great way to spend the day with my parents, and I would recommend going when you have out-of-town visitors so you can make a whole day of it.

More information about visiting Monticello is available at www.monticello.org

Green Thumbs Here to Help



Spring is here, the plants are stirring to life, and it's time to get your garden off to a good start. If you're struggling turning good intentions into action, either not knowing where to start, or thinking it's too hard to do, there is a group here in Cameron Station who can help.

Volunteer Gardeners are Cameron Station neighbors who can help you with a complete redesign, suggestions for seasonal planting, or identifying and recommending how to maintain what's already there. They'll give you the confidence to do the right things. They are very familiar with what can grow successfully in your garden's particular conditions. Some are certified Master Gardeners.

Owners are responsible for the upkeep of their private land around their homes. Those mystery plants left by a previous owner probably need major grooming or replacing by now.

Contact gardeners@cameronstation.org to schedule a consultation with one of the Volunteer Gardeners, or if you are a gardening enthusiast who'd like to help your neighbors, offer to join the group. Volunteer Gardeners are active from now through Fall.

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



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Cameron Station Announcements

New Facilities Passes Being Issued

The Cameron Station Board of Directors recently approved an update to the access/security system for the Cameron Club. The conversion to the new system will result in the reprinting and distribution of all the Cameron Station Facilities Passes, Nanny Passes, and Guest Passes. New passes will be mailed out in batches by street name. Your home will receive a letter in the mail when your passes are ready for pick-up at the Cameron Clubhouse. Passes will be at the Fitness Center front desk in the Cameron Club Monday through Friday from 4:45am to 11pm, and Saturdays and Sundays from 7am to 8pm.

If you have not yet registered with the Management Office, have never received a Facilities Pass, or have not submitted a signed Cameron Station Usage Agreement, then you must come to the Management office during regular office hours to have your photo taken for your new pass once you have received your letter. Office hours are Monday through Friday from 9am to 5pm, and Saturday from 12pm to 4pm. Everyone residing in your household (including children) needs a Cameron Station Facilities Pass in order to access the facilities, including the pool, gym, and shuttle bus.

If you have any questions or concerns about this conversion, please contact the Management staff at 703-567-4881 or via email at residents@cameronstation.org.

Forming New Resident Clubs

Interested in starting a club? There is a new Club/Groups page on the Cameron Station web site to help connect you to fellow residents. Just go to www.cameronstation.org, click on "Community" at the top, then "Information" at the right, and select "Clubs & Groups" from the menu. You can also e-mail clubs@cameronstation.org to get information about your club posted to the web site.

Cameron Cafe Extends Hours

Starting Memorial Day, the Cameron Café will have new extended hours for summer. The café will now be open until 7pm, Monday through Saturday, with Sunday hours remaining the same.

Committee Members Needed

The Financial Advisory Committee currently has vacancies and is seeking interested homeowners who would like to volunteer. You can learn more about the meeting times and review the committee charters on the committee's web page at www.cameronstation.org. Please contact Airielle Hansford, Community Manager for more information at 703-567-4881 or via email at communitymanager@cameronstation.org

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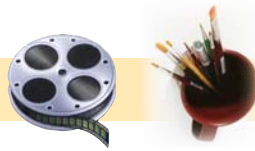
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Carla's Picks for the Summer

By Carla Besosa



Alexandria Art Market

1st Sat./mo. Next to Del Ray Artisans, 10am-4pm
Live Music, 12-2pm
June 1 Janna Audey
July 6 After Jack
Aug. 3 Snakehead Run

Alexandria Food & Wine Festival

June 22 Carlyle District, 12-7pm
Live entertainment

Armenian Festival

June 1 Old Town 21st Annual

Birchmere (Arlandria)

June 12 Wayne Newton
OMG! Yes, he's still alive
July 2 Simon & Garfunkle Retrospective
AJ Swearingen & Jonathan Beedle
July 7 Swing Out Sister
Rare opportunity to see them
Aug. 14 Justin Hayward
Moody Blues frontman

Blue Arbor Café (Occoquan)

June 22 Janna Audey, 12-3pm
July 20 Janna Audey, 12-3pm
Aug. 17 Janna Audey, 12-3pm

Café Pizzaiolo Cameron Station

June 3 Karen Reedy Dance
Pre-premier sneak peek at new dance
June 12 Steal the Pint Night Troegs
July 17 Steal the Pint Night TBA
Aug. 21 Steal the Pint Night TBA

Cheesetique (Del Ray)

Every Sat. Wine Tasting, 1-4pm
5 wines for \$5 and \$5 off 1st bottle of wine

Del Ray Artisans Gallery (Del Ray)

June 1 Reception/Fund raiser, \$10
Supports DRA & American Cancer Society
June 7-30 Exhibit: Music in Art
Opening reception, June 7
Aug. 2-Sept. 1 Exhibit: Anything Goes!
Opening reception, Aug. 2

Dulles Expo Center (Chantilly)

July 20-21 D.C. Big Flea Market
Aug. 3-4 Brickfair

Lego Fan Festival

Aug. 16-18 Int'l Gem & Jewelry Show
Sensory Overload!

Fireflies (Del Ray)

June 15 Back Alley Blues Boys

Flying Fish (Old Town)

Mon.-Fri. Dollar Sushi Happy Hour, 5-7pm

Gadsby's Tavern Museum (Old Town)

June 16 Free Fathers Day tours, 1-5pm
June 23 Presidential Salon with James Madison,
3-4:30pm
Aug. 18 Presidential Salon with James Madison,
3-4:30pm

The Hub Theater (Fairfax)

July 12-Aug. 4 Act a Lady

Grounded Coffee (Telegraph Rd)

June 9 Back Alley Blues Boys, 11am-1pm
July 28 Janna Audey, 11am-1pm

Jammin Java (Vienna)

June 1 Paul & Storm
Formerly of DaVinci's Notebook
July 19 Deanna Bogart Band
Honky Tonk Blues
Aug. 16 Dan Navarro
Formerly of Lowen & Navarro

Little Theater of Alexandria (Old Town)

July 27-Aug. 17 Avenue Q

Los Toltecos (West End)

Every Tues. Trivia Tuesdays, 7:30pm
First place: \$100

Mount Vernon (Alexandria/Fairfax Co.)

Apr. 1-Oct. 31 Garden & Landscape Tours
11am-12pm

Nick's (West End)

Every Tues. Free line dance lessons, 7:45pm
Just around the corner on Pickett

Carla's Picks (cont'd)

Oronoco Bay Park (Old Town)

July 13 USA & Alexandria Birthday Celebration

Sidewalk Sale (Old Town)

Aug. 10-11 Shops throughout Old Town, 4th Annual

Signature Theater (Shirlington)

Aug. 15-Sept. 22 Miss Saigon

State Theater (Falls Church)

June 23 Buddy Guy Kennedy Center Honors recipient

Aug. 10 Almost Queen Tribute band

St. Elmo's Coffee Pub

Wed.-Sat. Live Music
Last Wed./mo. Open Mic Night

Torpedo Factory

2nd Thurs./mo. Art Night, 6-9pm
Free, refreshments served

Walker's Grille (Kingstowne)

Every Thurs. evening Live music
On the patio

Wolf Trap (Vienna)

June 4	Earth Wind & Fire
June 15	Bill Cosby
June 22	Grease Sing-A-Long
June 29	Anita Baker
June 30	Straight No Chaser
July 1	Pink Martini
July 6	Doobie Brothers
July 12	NSO performs Carmina Burana
Aug. 10	Mary Chapin Carpenter & Shawn Colvin
Aug. 14	Diana Ross
Aug. 16	Josh Groban
Aug. 31	Sound of Music Sing-A-Long

And Another Thing...

We Virginians tend to think of winery visits in terms of heading south or west of here. Try the eastern trail for a change. Yes, Virginia, there are wineries in Maryland! Calvert County is home to Running Hare Winery (Prince Frederick), Cove Point Winery (Lusby), Solomons Island Winery, and Friday's Creek Winery (Owings). Friday's Creek, while by no means fancy in appearance, has some particularly well-made wines. If you plan to visit Running Hare Winery, I recommend synchronizing with one of the dates when Angie Miller is performing (noon): June 15, July 6, and August 31.



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From his detailed guidance with preparing our home for sale to his aggressive marketing strategies and meticulous follow-through, we were able to sell our home in just four days -- at a price that nicely exceeded our expectations!" -Ken

"**AARON** sold my house on Barbour Drive in 4 days for essentially the asking price, which was substantially higher than what these units were going for just 6 months prior. His recommended paint scheme, turned out so well that I wish I had done it when I bought the place! Aaron helped to make the selling process as easy as possible. I highly recommend Aaron, and I definitely support his advertising as a neighborhood specialist for Cameron Station. Anyone selling property in Oakland Hall and along Barbour Drive or Martin Lane would be foolish not to use him!" -Bree



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Restaurant Review:

Maggio's on Duke Street.

By Carla Besosa

When the old Café Monti down the street closed its doors, the "Coming Soon" sign for Maggio's appeared. That sign was visible for quite some time, and I'll tell you why. The owners of Maggio's undertook a total make-over! The results are impressively obvious as soon as you enter. Maggio's is an intimate bistro-style establishment with full table service and welcoming décor. The wood plank floors, brick walls, and fireplace make for a notable facelift, while the Italian opera soundtrack sets the mood.

As a new venue, Maggio's is still a work in progress ... in a good way. They constantly tweak the menu as the transformation continues. I have eaten at Maggio's half-a-dozen times, and with each visit I've discovered new creations and upgrades to their selections. Their website currently reflects more of the Italian/Latino offerings prepared at their Huntington Avenue location, whereas the Duke Street location favors more of an Italian/Greek theme.

You may have recently received their promotional postcard in the mail featuring such delicacies as *Red Snapper* (charbroiled, ocean fresh, smothered in Greek herbs and spices), *Cacciatore di Pesce* (Boston cod, pan-seared with olive oil, garlic, green pepper, onion, and tomato, with a touch of marinara, and finished with white wine), and the *Lamb Shanks* (seasoned and marinated with tomato sauce). The price for these upscale dishes tends to hover in the mid-teens. Rather reasonable!

The menu includes several variations on pasta, kebabs, chicken, shrimp, fish, lamb, stromboli, and pizza (three sizes). I particularly like their *Pesto Pasta*, which is done in an amazing sauce and is sufficiently plentiful to take a doggie bag home with you. They have wonderful bread as well, and though tasty as-is, it makes for some gourmet sopping. (Hmmm...would Emily Post approve?) My fellow foodies have enjoyed many different dishes and have been extremely pleased with all, committing to return to Maggio's to explore further.

The beer and wine selections are very respectable, yet not pretentious. Peroni is a refreshing choice if you are a beer drinker. *Cappuccino* is also offered.

Among the desserts, you will likely find *Tres Leches*, *Baklava*, *Cannoli*, and *Tiramisu*. If you are bordering on capacity, dessert-sharing is often a prudent option.

During my multiple visits, I have interacted with the owner, the manager, two chefs, and four servers. All have been friendly, informative, and attentive. Maggio's delivers a bang for your buck, so check it out. You'll be assured of a positive experience!



Photo by Rupert Munro

Maggio's

3250 Duke St.
Alexandria, VA 22314
703-461-3343

Website: www.eatatmaggios.com
(Click on menu tab for printable coupons.)

Hours of Operation

Mon.-Wed. 11am-10pm
Thurs. & Sun. 11am-11pm
Sat. 11am-midnight
(may vary)

Price Range

Appetizers \$3.25-\$7.50
Soups & Salads \$5.50-\$8.95
Sandwiches \$7.25-\$8.95
Entrees \$10.95-\$14.95
Chef's Specials may vary in price.
Desserts \$3.50-\$4.50
(Take-out and catering available)

Smoking

No

Bar

Beer & Wine

Handicapped-Accessible

Yes

Parking

A few spaces in front
Additional parking in back

Reservations

Due to the intimate size of the restaurant, it would be advisable to give them a heads-up for parties of six or more.

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| Superheroes! | Lights, Camera, Action! |
| Sky Rangers | Hip-Hop Karate Chop! |

Now Enrolling!

Fitness Center News

By Kevin Horner

2013 is flying by! Our third group exercise session of 2013 will begin the week of June 2, 2013.

Residents can drop in on a class for a \$10 fee. These classes are great for everyone who has resolved to be healthy and fit in 2013! See the summer activities schedule below for classes and times.

If you do not receive emails from the fitness center and would like to please email Kevin at fitness@cameronstation.org to join the list.

Personal Training

The mission of the Exceed Personal Training Program is to educate and motivate individuals to achieve their fitness goals through personalized instruction and guidance designed to enhance results and provide improved quality of life.

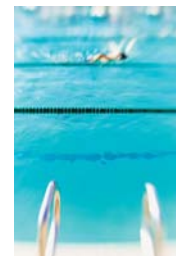
Since everyone has unique goals, we offer a variety of program formats to meet your needs, including private one-on-one training and express half-hour training.

Pool Hours

Monday - Friday: 10:30am to 8:30pm
Saturday & Sunday: 10:30am to 8:30pm
Holidays: 10:30am to 8:30pm

Early Lap Swim Hours:

Monday - Friday: 6am to 8am
(excluding federal holiday)



Fitness Center Reminders:

- As a courtesy to others please re-rack the weights when you are finished using them.
- Please make sure that you leave the locker rooms in the Cameron Club usable for the next person. If you are having a problem with the locker rooms please contact a member of the front desk staff.



All of us at the Fitness Center 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.

SUMMER 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	
10:00PM		10:00-11:00AM Yoga/Sculpt (Barbara)		10:00-11:00AM Yoga (Barbara)		10AM-12NOON 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 / 6:45PM	6:45-7:45PM Cardio Boot Camp (Sarah)	6:15PM-7:15PM Core Concepts (Kimber)				
7:30PM			7:30-8:30PM BeginnersYoga (Kittie)	7:30-8:30PM Yoga (Kittie)		
8:30PM		8:30-10:30PM Pick-up Basketball				

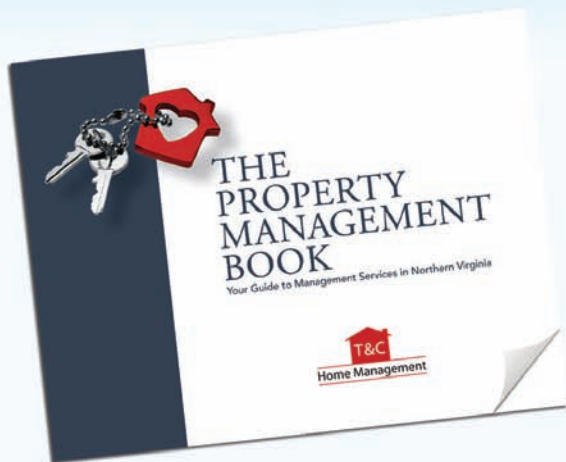


Drop-ins are welcome on a space-available basis for \$10.

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



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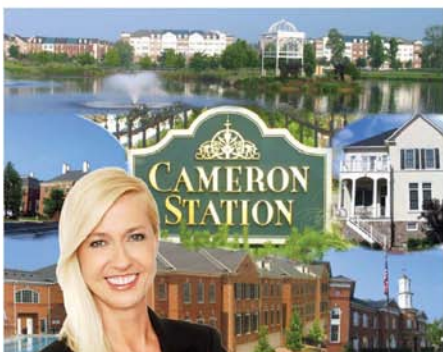
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*SOLD in 2013 to Date

5257 Bessley Place	SOLD
400 Cameron Station Blvd, #218	SOLD
5184 Brawner Place	SOLD
191 Somerville Street, #411	SOLD
5075 Donovan Drive	SOLD in 1 day!
5030 Grimm Drive	SOLD
4914 Gardner Drive	SOLD
5236 Brawner Place	SOLD in 6 days!
5035 Murtha Street	SOLD in 1 day!
261 Cameron Station Blvd, #101	SOLD
5116 Grimm Drive	SOLD
104 Cameron Station Blvd	SOLD
5267 Pocosin Lane	SOLD
400 Cameron Station Blvd, #309	SOLD
5235 Bessley Place	SOLD
177 Barrett Place	SOLD
5023 Grimm Drive	SOLD
400 Cameron Station Blvd, #424	SOLD
5010 Waple Lane	Under Contract
5229 Tancreti Lane	Under Contract
120 Cameron Station Blvd	Under Contract
5076 Grimm Drive	Under Contract
271 Medlock Lane	Under Contract
5094 English Terrace	Under Contract
4950 Brenman Park Drive, #214	Under Contract
334 Cameron Station Blvd	Under Contract



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Metabolism 101

By Paula Jarvis

My lifestyle hasn't really changed much, but I have this extra fat around my middle now! What's that all about?!"... After I turned 40, I have started gaining weight, especially around my middle"... I don't eat much at all. But I don't seem to be able to lose weight. Why is that?

Sound familiar? All these people are talking about their metabolism, or the way in which their body uses energy. Metabolism is partially determined by genetics, and in that regard, we can't do anything about it. But there are other factors which contribute to your individual metabolism – factors which you can control.

Metabolism is the chemical change that takes place in your cells, where energy is provided for your body's processes. You eat food which provides calories, a unit of energy. Your body burns calories for three basic purposes. The first is to sustain your body functions and maintain your body temperature. This is your Resting Metabolic Rate (RMR) and it uses about 60% to 75% of your daily energy. The thyroid hormones regulate and control your RMR. The second use of energy is the Thermic Effect of Food, or TEF, and it is the energy required to eat, digest, and store food. It uses about 10% of your calories. The last use is the Thermic Effect of Activity, or TEA. In sedentary individuals this can be about 15% of calories burned, but in an active person it can be as high as 35% of total calories.

There are several possible causes of changing metabolism and weight gain during middle age. Resting Metabolic Rate, which represents the greatest use of energy, is directly linked to your body's fat-free mass, which includes organs, bones, and muscle. Active muscle burns more calories than fat, so more muscle leads to a higher metabolism. As we become older, without exercise we lose about 5% of our fat-free mass per decade. This contributes to the slowdown of our metabolism.

Decreased activity levels are a significant cause of a reduced metabolism, because activity accounts for anywhere from 15% to 35% of total calories burned. Since many people become more sedentary as they age, their metabolism drops accordingly. One theory suggests that in menopausal women, the reduction in estrogen production by the ovaries contributes to an increase in fat, because fat cells can convert other hormones into estrogen, thus taking up the slack.

While some of these factors are at work, we continue to eat the same number or even a higher number of calories as we did when we were younger. The excess calories are stored as fat, which shifts your body composition and further lowers your metabolism. To make matters worse, the fat is stored more around your middle as you get older.

Individuals who eat very little but don't lose weight are experiencing the adaptability of their metabolism. When their body is denied adequate calories to perform its functions, it goes into starvation mode, becoming super



efficient at making the most of the calories it does get from food and drink. It does this by protecting its fat stores and instead uses lean tissue or muscle to provide it with necessary calories. This results in a loss of muscle, which in turn slows the metabolism and makes it harder to lose weight.

So what can you do other than just accepting the middle-age spread? Exercise – both aerobic and strength training – will offset the effects of each of the factors that contribute to decreased metabolism and weight gain.

Instead of accepting the fact that you lose muscle tissue as you age, perform strengthening exercises to maintain your muscle mass. You'll be stronger, less likely to injure yourself, and your metabolism will increase.

Performing aerobic activity daily will burn calories and fat, helping to further shift your lean - to - fat body composition, and your metabolism will get a boost. Beginning exercises can burn calories at 10 times their resting rate, and this increase has been found to continue into the day after an exercise session.

Increase your incidental activities such as walking from the far end of the parking lot, taking the stairs, standing rather than sitting. All of these contribute to increased energy use and help to raise your metabolism. And don't forget to watch your calorie intake.

Don't be discouraged by your body's changes as you age. Instead, make changes in your lifestyle so you can be active and healthy for many years to come!

Paula Jarvis is a resident of Cameron Station and a personal trainer certified by the American Council on Exercise.

Power Lunch, LLC

(Continued from page 9)

certain ingredients (salt, sugar) or conform to a nutritional program's requirements.

Almost everyone's resolved (more than once!) to eat better, get more organized in the morning, and be more environmentally conscious. The fridge is full of fresh food bought with good intentions over the weekend, just waiting to be sliced, diced, prepared, cut into reasonable portions, and packed to go. Then reality hits: it's 6:15am on Monday and the shuttle is coming, there's a meeting at 8am, a project deadline at noon, email to answer, a call from the pediatrician ... and that's a quiet day.

Well, now lunch is served – delicious, good for you, and packed in environmentally friendly tubs. Jeanne herself says it best: "Lunch should make you empowered, not make you sick. Every bite should help you through your work day – through your life. Lunches you eat and the food you pack are as important as your education, your professional wardrobe, your livelihood. Lunch should create power in you, and empower you.

Association Petitions Council

(Continued from page 6)

the south side of South Pickett Street (including Virginia Paving) until the long-awaited Eisenhower West Small Area Plan is done," said Civic Association President Don Buch, in a letter to the community.

In May, the City Council was scheduled to decide which SAP would be "next" on its list – Eisenhower West or North Old Town. In the run-up to the vote, the Civic Association posted a petition to urge the City Council to take immediate action on the SAP, citing the need for a broader commercial tax base and an interest in triggering the "sunset clause" on the Special Use Permit under which the Virginia Paving Company operates an oil-processing facility next to the railroad tracks.

Plans to create a bridge from the Cameron Station area to the Van Dorn metro station for pedestrians, cars, and buses, have also been put on ice, according to the petition.

Although the SAP is currently slated for discussion fiscal year 2015, Buch says more immediate action is needed. In his letter to the community, Buch noted that five commercial property owners have offered to fund a significant portion of the cost if the Plan gets underway early in the fiscal year beginning July 1, 2013.

As *The Compass* went to press, no decision had been made by the council.



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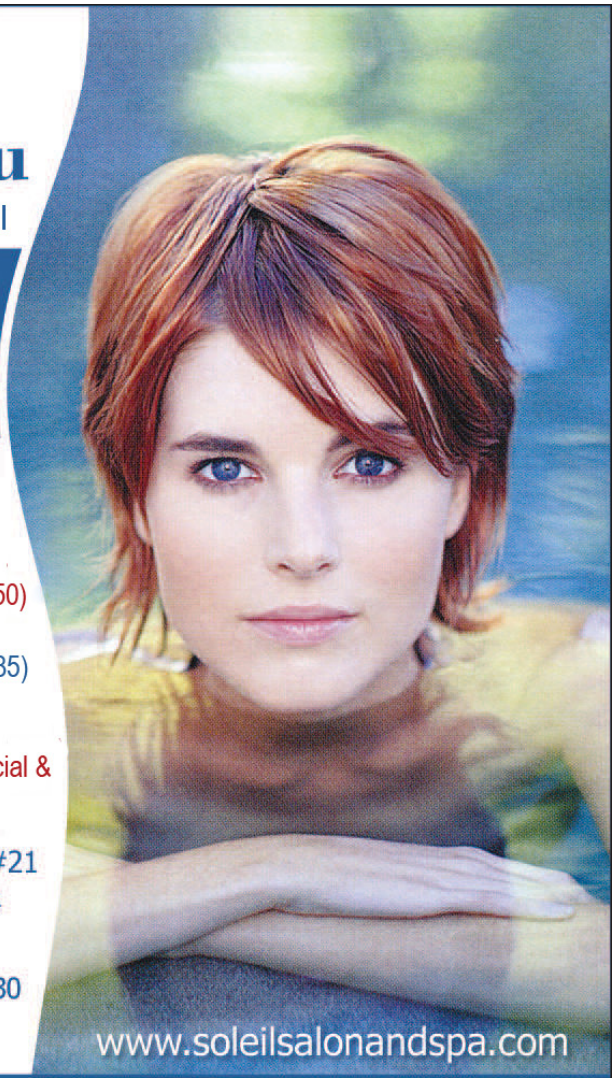
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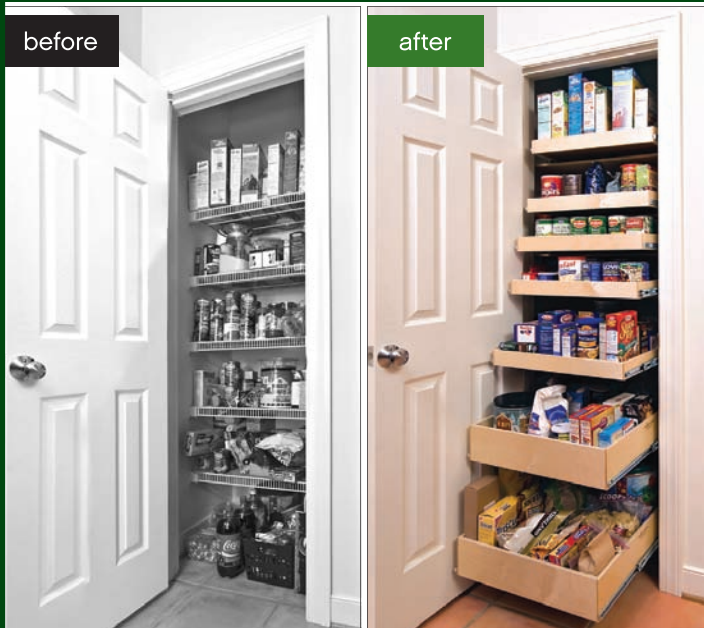
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Community Management Corporation

Deirdre Baldino, Manager on site at Cameron Club:

703-212-8020, 703-212-8021 (fax),

dbaldino@cmc-management.com

Main Street Condominium

Management Company:

GHA Community Management, 703-752-8300

After-Hours Emergencies, 888-660-7132

Elevator Emergencies, 800-995-5093

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

Judy Wojciechowski, President

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

The Residences at Cameron Station

Management Company: Armstrong Management
703-385-1133

Angela Luker, Community Manager:

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