

# The compass

Newsletter of the Cameron Station Community Association, Inc.

Volume 18 Issue 3 • May-June 2017

## Protecting Our Investment

By Pat Sugrue

Ask any Cameron Station resident about this community, and you are likely to hear about how happy they are that they moved in. It doesn't matter if they are original owners who arrived when Cameron Station was still a construction site, or if they are new owners who only know it as a beautiful, mature community; the message is the same—Cameron Station is a great place to live, and there are dozens of reasons why.

But, *here's the problem*—even though it doesn't look like it, Cameron Station is almost 20 years old. When it was first built and for most of its existence, our community has been surrounded by commercial properties and a few older residential developments. Now, however, things are changing. Warehouses and other commercial buildings have been demolished, and in their place are high-end residential units.

*These new developments are affecting home sales in Cameron Station.*

As residents, we know that none of these new developments offer all of the amenities that Cameron Station does, nor are they likely to provide the neighborly lifestyle that makes this such a special place to live. However, what they do provide is “new.” And unless potential buyers are aware of Cameron Station and all of its benefits, the “new” factor will be hard to beat.

So, *here's the plan*—the Communications Committee is creating a Public Relations Subcommittee to raise awareness about our community in the Washington, DC metro area. The Communications Committee is looking for individuals who have a background in public relations or marketing or strategic communications to get the word out



Photo credit: Cameron Station Grapevine

and to help ensure that Cameron Station is on every buyer's list.

If you are interested in joining this very important committee, please contact [communications@cameronstation.org](mailto:communications@cameronstation.org). Your neighbors thank you!

## Cameron Café Update

By Rene Zimmer

I recently had the pleasure of sitting down with Dayan Worku, owner of our wonderful *Cameron Café*, to discuss his upcoming move to the corner of Ben Brenman Drive (4901) and Somerville St. The *Cameron Café* has been in existence at its current location at 4911 Ben Brenman Drive since November of 2009. The specific moving date remains unset, but it is expected to be sometime during the summer months. Dayan is pleased with the contractors and has been working with them on the specifics of repurposing the new space. He is very excited about the move!

For the first time, the new and improved Cameron Café will offer beer and wine, available for carry-out or consumption on the premises. The café will be open three or four days a week until 9pm, and Dayan plans to hire a few more age-appropriate, part-time staff members to assist with this new service offering.

In addition to the morning café offerings that have always been available (including muffins, croissants, and fruit), Dayan and his staff will have the ability to make sandwiches on-site every day. They also hope to have homemade

soup as well. The new space will have an expanded prep area as well as a kitchen to make these services possible. The children's play area will still be in the new space.

You may wonder why the *Cameron Café* is moving down the street. The new location has a pleasant view of the park and fields. Dayan is hoping to be more visible to the large number of people who use Ben Brenman Park on the weekends and to the crowds participating in athletic and social events during the week. Of course, he also wants to expand his support of the neighborhood community who have been his faithful followers. The new location will hopefully allow for more outside seating. Furthermore, there will also be two businesses in the new space. Another neighbor is hoping to use a part of the space to sell his homemade cookies!

Once Dayan gets an exact date, he will be providing the Cameron Station community with a continuous progress report on his social media website. Dayan mentioned to me that he is humbled and “totally blown away” by the support he has received by members of our community. He has the support and input of neighbors who are in the beer and wine industry. Many friends and neighbors have offered to physically help him with the move. Dayan stated that he hopes to meet the expectations of the community!

# ALIVE! House Wish List

By Pat Sugrue

Founded in 1969, ALIVE! is a non-profit organization devoted to helping Alexandrians who are facing emergency situations or long-term needs to become capable of assuming self-reliant roles in the community. Over the years, several Cameron Station residents have served in various capacities in the organization, including as executive directors.

ALIVE! House was established in 1972 as a shelter for women and families and is the oldest continuously operated shelter for women in the Commonwealth of Virginia. Following are a number of items needed currently at the shelter. If you would like to donate, please call Amanda at 703-684-1430 or e-mail [alivehousedir@alive-inc.org](mailto:alivehousedir@alive-inc.org).

- Diapers: Sizes 4-6 and Pull-ups
- Baby Wipes
- Trash Bags
- Bathroom and Kitchen Cleaners
- Laundry Detergent
- Soap
- Shampoo and Conditioner
- Feminine Products
- Toilet Paper
- Paper Towels
- Smart Trip Cards

## Save the Date

### Cameron Station Annual Pool Party

Saturday, August 12

11:30am-3:30pm

To enjoy the fun and food, please remember to bring your Cameron Station ID card to obtain a lunch ticket from the attendant in the Fitness Center lobby. A maximum of two guests per household will be admitted to the party, and they must be accompanied by a Cameron Station resident who presents a Cameron Station facilities visitor pass. In the case of inclement weather, all festivities except the moon bounce will move inside the Cameron Club.

#### Road Closure Notice:

A portion of the party will take place on Kilburn Street, between Cameron Station Boulevard and Medlock Lane. The street will be closed from 6pm on Friday, August 11, until 6pm on Saturday, August 12. There will be no parking in this area during that time.

Vehicles that have not been moved from visitor parking and/or the street by 6pm Friday will be relocated at the owner's risk and expense without further notice.

Questions? E-mail us at [events@cameronstation.org](mailto:events@cameronstation.org).

## Pets Permitted in Pocket Parks

By Robert Burns, Common Area Committee

The Board of Directors voted at the board meeting on January 31, 2017, to revise the current pet policy to remove restrictions on pet access to pocket parks throughout the community. Having considered a variety of viewpoints, this decision was based upon extensive community comments and the impact on landscaping from the Common Area Committee (CAC). All "No Pet" signs are being removed from

the pocket parks and common areas. The Board will oversee the review and evaluation of the common area conditions after a six-month period. For more information, for questions or comments, or to submit a complaint to regarding a resident who sees a violation of the pet policy, please contact [managers@cameronstation.org](mailto:managers@cameronstation.org), and the Board of Directors will be informed of your feedback. Thank you.

## About . . .

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

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

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

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

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

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

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# Committee Corner

HARD AT WORK ON BEHALF OF OUR RESIDENTS

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# Committee Corner

HARD AT WORK ON BEHALF OF OUR RESIDENTS

## Architectural Review Committee

By Mark Brzezinski

Whether you are planning a landscape project or improving the exterior of your home, review the Cameron Station Design and Maintenance Standards (DMS), and submit a Cameron Station Community Association Application form to the Architectural Committee (ARC) for approval before starting any exterior project. Applications must be submitted by the *homeowner* and apply to “any alteration, enlargement, demolition, removal, or any change whatsoever which alters the exterior appearance (including paint color) of the home or the lot on which it is situated, unless the DMS expressly authorizes the same without specific approval.”

Some projects may also require a building permit from the City of Alexandria.

To ensure your application processes smoothly, make sure to include the following items:

- a plat plan, if appropriate, to indicate the location and scope of your project;
- photos, brochures, drawings, and detailed descriptions and measurements of the proposed project; and
- if you are relying on a neighbor’s project as a basis or example of what you are proposing, please include photos and the address.

All exterior modifications are evaluated on a case-by-case basis.

With the arrival of spring, those pesky weeds will grow quickly. The DMS requires weeds to be removed from all areas of the lot, including driveways, and planting beds must be kept neat and be trimmed. Unused stakes and trellises should be removed.

Front yard plantings should be in the character and style of the community.

If you are planning garden improvements, don’t forget that an application is required for the following additions:

- garden timbers, stones, pavers, blocks, rocks, or other material that is used to form a wall;
- edging and ground filler for exterior planter beds; and
- rock gardens, a collection of rocks, and single rocks in dimension, with the exception of a single line of decorative edging.

Rocks should be left their natural color. Marble chips, volcanic stone, and railroad ties are not permitted.

Planning to repair or re-stain your fence and deck/balcony? Repairs must be completed in the same design as offered by the original builder of your home. Decks and fences should be stained or sealed—but not painted—and should be the same color. There has been a revision of allowable stain colors;

the color wheel is available for review at the Association’s Management Office. Stain colors on the color wheel are similar to those found in natural wood.

An application for approval is required for any change unless the DMS expressly authorizes the change without requiring specific approval. When in doubt, contact the Association’s Management Office.

Considering replacing windows on your home? The homeowner must submit an application for review and approval by the ARC in all cases. Window styles should be consistent with the architectural style of the community. Windows should match as closely as possible with the windows being replaced, including glass tint, grid style and pattern, and screen style. Photos, brochures, and contractor bid documents are helpful to the ARC’s consideration of the application. Window modifications are considered on a case-by-case basis and with the intent of maintaining the consistency of the architectural style of the community.

The Cameron Station DMS and a Cameron Station Community Association Exterior Modification Application form are both available online.

## Common Area Committee

By Kathleen McCollom

The Common Area Committee resumed monthly walk-through inspections in May. The committee teams with representatives from the management company and Lancaster Landscapes to ensure that common areas are well maintained and to note problem areas that require solutions. Many areas are now in deep shade from tall trees, and grass no longer grows in these areas. Some of these areas are better corrected with mulch and shade-loving foliage plants such as hostas and ferns. Other areas that are muddy or have rain erosion problems are better built into stone swales to direct water to drainage.

Common area tree maintenance will continue through this year. About a quarter of trees are pruned each year. Residents who have trees on their private property are responsible for keeping them pruned. Many are now getting large and may block sidewalks or signs. Branches that touch walls are an incoming path for insects and squirrels and can cause damage in high winds.

Judging for Pride of Ownership winners will be done in May, and the winners will be announced later in the month.

## Communications Committee

By Kimberly Dillon

How are your communication skills? How do you determine the best format to deliver your message – website, e-mail, print, or all three? What effect does the appearance of your message have on its impact?

*(See Committee Corner continued on page 6)*



# The 2017 Annual Spring Eggstravaganza Was Hopping

By Michelle Rampey

In the past, the Annual Spring Eggstravaganza has graciously been organized and hosted by Andree Pierson and David Thorpe. However, with Andree's recent move to Florida, David asked if the Activities and Events Planning Committee would be interested in carrying on the tradition. With an event such as this one, which provides families with an opportunity to come together and make memories, the committee was excited to continue the tradition.

The day was nothing short of magical. Volunteers placed candy-filled eggs everywhere by the early morning. Once the event kicked off, David Thorpe played perfectly selected music that kept the kids motivated to hunt and kept the parents happy to be in attendance.



Exciting sack races, hula-hoop contests, face painting, arts and crafts, and a balloon artist entertained the guests while waiting for the important host to arrive. Our host arrived in style, driven by his bunny security team, Mary Moffett, Dolores Murray, Natalie Lipsey, and Will Thompson. The escorts were needed for the Easter Bunny's arrival, as he arrived like a rock star stepping out of

his brightly decorated convertible. The kids rushed to greet him, climbing into his lap once he sat down for official family pictures. The whimsical day, with pastel pinwheels and yellow tulle bows, ended as quickly as it began. Kids carried their egg-filled baskets. The volunteers who gave their time all sighed relief that their efforts produced a memory to look back on fondly for all attendees.

There are many to thank for sacrificing their time in order to make the event a success. If you run into one of the incredible bunny security squad members, please thank them for their kind hearts and selfless attitudes to create great memories and tradition for the neighborhood.



Julie Martens, with her creative heart and eye for design, jumped in immediately to design the flyers to get the word out about the event and in such a short amount of time! Greta and Ohana, with their incredible mom Kristen Cunningham Biezke, were masters at handling the arts and crafts for the event. Jasmine Tupelo welcomed each child visiting the Easter Bunny's tent, ensuring they had a special moment and picture with the Easter Bunny. Susan Birchler, the Director of the West End Farmers Market in Brenman Park, helped to hide eggs, and she donated 40 bags of cookies for the participants from one of West End's vendors, *The Pretentious Gourmet*. Mindy Lyle, Trevor Johnson, Kim Brown, Angie Brew, and Amy Menefee Payne all woke early to ensure that all eggs were precisely placed, that the games were organized and managed, that the prizes were presented, and that the food and snacks were distributed.

There also were others who saw the morning volunteers setting up, and they asked to help because that's the kind of people who live in our neighborhood—people who love this place and people who can make things happen! Thanks to all of you! Thank you to David for sponsoring the event; thank you to Andree for founding and advising the event; and thank you to all of the volunteers mentioned and not mentioned in this article who made the event a success. Your selfless service deserves a golden egg!



Photo credit: David Thorpe (all images)



## Committee Corner

(continued from page 4)

The Communications Committee is responsible for internal and external communications for Cameron Station. This committee sets policy for the community website, *The Compass*, the weekly e-blast, and other forms of social media on an as-needed basis. This is vitally important for keeping the community in touch with current community news, enabling easy access to board meeting information and covenant documents, as well as providing marketing data for new people seeking to buy in this area.

We are looking for residents with skills in writing, editing, social media, advertising, marketing, or public relations to assist us in this work. As the area surrounding Cameron Station continues to develop, the need to promote our community and the unique quality of life it represents to those outside our borders becomes increasingly important. A small amount of your time could provide a great service to your community and to the value of your investment here.

If you are interested and would like to request an application or discuss this further, please contact the HOA office at [communitymanager@cameronstation.org](mailto:communitymanager@cameronstation.org).

Thanks for considering joining us. We will respect your valuable time and ensure your experience with us is a positive one!

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# It's Pool Time!

By Ray Celeste

The 2017 Cameron Station pool season runs from Saturday, May 27, through Labor Day weekend. The pool is open every day during that time, and then the pool will be open on weekends only through September.

## Normal Pool Hours:

- Monday - Friday: Lap swimming only, 6am-8am. There is no lap swimming on federal holidays (i.e., Memorial Day, Labor Day).
- Monday - Sunday: 10:30am-8:30pm

Community Pool Service offers swim instruction before the normal pool operating hours. Please contact Ed Garcia at [egarcia@communitypools.com](mailto:egarcia@communitypools.com) for further information. Community Pool Service is the only company approved by the Board of Directors for swim instruction.

Bathers who are not toilet-trained or are incontinent must wear swim diapers. Additionally, babies must wear rubber swim pants, which are available at the guard station. They are available at no cost to the resident.

Also available are pool toys and pool noodles.

For our serious swimmers, kick boards and swim buoys are available to check out from our lifeguards.

Please note that our Fitness Center will be open a half hour later on Saturdays and Sundays during the pool season and will remain open a half hour later (7:30am - 8:30pm instead of 7am - 8pm).

Poolside refreshments will be offered periodically by the *Pretentious Gourmet*.

If residents are interested in being a lifeguard at our pool, please contact Ed Garcia at [egarcia@communitypools.com](mailto:egarcia@communitypools.com) for further information.

## Upcoming Events at Cameron Club

- Bunco Night** - Last Wednesday of Every Month (May 31, June 28, July 26, August 30, September 27, October 25, November 29, and December 20 [second-to-last Wednesday due to holiday])
- Pool Party** - Saturday, August 12

## SWIM LESSON LEVELS AND DESCRIPTIONS:



### LEVEL I GUPPIES

This level focuses on children learning to be both comfortable and safe in the water. The introduction to basic skills includes students putting their faces in the water (blowing bubbles) and getting their hair wet. Both kicking and moving their arms will be included. Having fun is imperative at this level to reassure students' interest in swimming. Minimum age limit is 3 years. We recommend this class for any children who have never taken swim lessons no matter what age they may be.



### LEVEL II MINNOWS

The objective at this level is to teach the fundamental skills needed to start swimming. Some of these skills include arm movement, floating without support, kicking (kickboards will be used at this level), and breath control. At this level children will most likely be able to swim in short spurts at a water level where they can stand. Stream lining is another important objective at this level. Teaching the children to push off the wall is a vital step in continuous swimming.



### LEVEL III FISH

At this level, building on what has been previously learned is vital. Increasing the child's coordination and awareness of various strokes is the goal. They are comfortable in the water, but need to be introduced to technique. The introduction of freestyle swimming and backstroke will be the focus of your lessons. Diving will also be introduced at this time if the pool depth allows.



### LEVEL IV SHARKS

This class is fully capable to swim, but needs to be refined in strokes and endurance in the water. At this level the perfection of diving (if applicable) and the introduction to more advanced skills such as the butterfly stroke will be taught to the class.



## NOTES:

There must be a minimum of three students in order to hold a group lesson. Lessons that have less than three will be placed in another class if available.

Class schedules are permanent. If you are not able to attend all eight lessons, please register your child(ren) for a more suitable class. Missed days will not be made up.

Classes will not be held in inclement weather.

## REFUND AND CANCELLATION POLICY:

A refund will be given (minus a 25% handling fee) and must be requested by the second class.

No make-up classes or credits will be provided for missed classes.

We reserve the right to cancel any class that does not meet minimum enrollment requirements. Cancelled classes will be refunded in full.



# A Bit of a Stretch?

By Kathryn Payne Olson

"I can't do yoga; I'm too inflexible!" Really? Improving flexibility is just one of the reasons someone should try yoga. One study found that people increased their flexibility by 35% in only eight weeks. Here are just five more reasons to try yoga.

**1. Yoga eases pain.** Maybe you've seen those pharmaceutical commercials for fibromyalgia medications. The actor appears so lethargic and miserable and says, "Before fibromyalgia, I was active." There are over 3 million new diagnoses for fibromyalgia every year. It is simply defined as widespread musculoskeletal pain. Most people can't believe that I was diagnosed with this disease 15 years ago. They can't believe it because I am so active, energetic, and don't complain about pain or fatigue. I admit that I take a medication for fibromyalgia, but without yoga, the pain creeps into where I can't even turn my neck. Yoga has literally made my disease almost go away! I must practice yoga regularly to live my life as a yoga instructor and mom of two boys. Over the 18 years that I've been teaching yoga, so many people have come to me and said that yoga has cured their back pain. People who have been told that they required surgery have opted out after practicing yoga. In yoga, we often realign our own spines during class. We know we feel better after class, but we were not aware of the moment when those adjustments actually occurred. There are specific yoga postures that can fend off migraines and cure insomnia. Yoga lessens inflammation, which is not only linked to chronic pain but is also linked to diabetes and arthritis.



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**2. It can influence weight loss.** Yoga not only regulates the thyroid gland and helps lower blood pressure, but it also helps regulate the metabolism. I have personally witnessed many people drop unwanted pounds from just attending yoga a few times a week.

**3. Yoga improves mood.** Yoga can boost GABA, a neurotransmitter that is often low in people suffering from depression. When teaching at a military base on Stuttgart, Germany, I noticed that people started flocking to my lunch-time yoga class because they said it helped relieve the tension of the morning and enabled a more peaceful afternoon. The administrative staff of one particular Army General started putting this yoga class on his schedule as an appointment because he was a much more pleasant boss after having attended yoga.



**4. It is a brain booster.** Even just a short yoga session can increase memory and focus. Yogis often say that they can process information faster and with more accuracy than before.

**5. Yoga is healthy for the heart.** Yoga studies have proven that it reduces blood pressure and lowers LDL cholesterol.

These are only a few reasons why you should try yoga. Yoga may seem to be trending, but it's possible that people are just becoming more aware of its ability to add to their quality of life. Actually, there has been an 80% increase in yoga participation over the past five years.

There are many varieties of yoga so that everyone can find the right fit. Most instructors can accommodate multiple levels in the same class. There are also thousands of yoga sessions that can be taken online in the privacy of your own home. We're not going to get any more flexible by not going to yoga, but by giving it a shot, we can improve our quality of life so that we can be our best selves for those we love.

*Kathryn is a Cameron Station resident who just opened YogaToka, which is a yoga and fitness studio on South Quaker Lane.*

## Not Receiving The Compass Regularly?

If you have not been receiving the newsletter on a regular basis, or you know of any neighbors who have not been receiving it, please contact the HOA office at 703-567-4881 or [communitymanager@cameronstation.org](mailto:communitymanager@cameronstation.org) to be sure they have the correct address on the mailing list. Each occupied residence is entitled to one copy of each issue of *The Compass*.

# Echoes of Military Working Dogs

By Deborah Routt

Many of us view a dog as a man's best friend or as a member of the family, but some dogs have left home to serve in the military. They work tirelessly and loyally to protect the people who fight for and defend our country. Thousands of dogs passed through the Cameron Station Receiving and Holding Center in the 1950s, en route to the Army Dog Training Center at Camp Carson, Colorado, and then through conflict zones, most notably in Korea. Military working dogs (MWDs) performed functions that were hazardous for people. They were invaluable companions and fellow soldiers. Having dogs in the military is nothing new; their history dates back centuries.

Canines have taken part in military actions from the conquest of the Roman Empire, in the days of the Egyptians, and beyond. They guarded people and property; detected dangers; protected humans in battle; and played the hero, saving countless lives through their active duty.

MWDs are trained for different jobs based on a number of factors such as breed, temperament, and ability. These are descriptions of some of the jobs that dogs are trained to perform in military service:

- Attack dogs are trained to patrol perimeters and to apprehend and hold trespassers.
- Tactical dogs are trained for combat situations and are also used to test military gear for dogs.
- Silent scout dogs are trained to alert handlers to the presence of an enemy through silent warnings. They are trained not to bark or growl and are used in reconnaissance, patrol posts, and security groups.
- Messenger dogs are trained to deliver messages between two handlers.
- Casualty dogs are trained to locate injured soldiers on the field and in buildings.
- Sledge dogs are trained to locate Air Force personnel in the event of a landing or crash in an inaccessible area.
- Pack dogs train to transport supplies such as small arms and ammunition.

Around the time of World War II, over 30 dog breeds were initially considered to be suitable for military service. By 1944, the number of preferred breeds had been reduced to seven: German Shepherds, Belgian Shepherds, Doberman Pinschers, Farm Collies, Siberian Huskies, Malamutes, and American Eskimo Dogs. Crossed breeds also were acceptable. The four major breeds that have been used since World War II include the German Shepherd, Doberman Pinscher, Labrador Retriever, and Belgian Malinois.

The required physical specifications for MWDs cover several aspects, in addition to physical and mental soundness. Dogs need to be of a sturdy, compact working type, with evidence of power, endurance, and energy. They must have good bones, a well-proportioned body, deep chest, and muscular feet with hard, well-cushioned paws. The

dogs' front feet should not be facing inward or outward, the hind quarters should have moderate angulation, and the hind legs should be straight when viewed from the rear. The dog's temperament should show alertness, steadiness, and responsiveness. The dogs should not be timid, nervous, gun-shy, or noise-shy. In addition, the dog must be aged nine months to three years old, stand between 22 inches and 28 inches high at the shoulder, and must weigh between 60 and 90 pounds.

On July 11, 1951, a new Army War Dog Receiving and Holding Station was created at Cameron Station, in Alexandria, Virginia. The dogs were processed and conditioned after being shipped in, principally via rail, from across the eastern half of the United States. They were then sent onto the Army Dog Training Center at Fort Carson, Colorado.

Just like any other recruit, the dogs were measured for height and weight, given preventive shots, given a haircut, and had a serial number tattooed on their left flank. Once stamped with "Qualified for Duty," dogs were held in quarantine for 21 days and occasionally exercised. The Remount Branch of the Quartermaster Corps purchased these canine recruits, usually German shepherds. Their training consisted of a three-week basic course and an eight to 12-week specialized course. Each animal was graduated as a specialist in sentry, scout, or messenger dog operations.

The Cameron Station War Dogs Receiving and Holding station was put on standby on May 4, 1954, after peace negotiations ended the fighting. Scout dogs not assigned to infantry divisions were retrained for sentry work to patrol the demilitarized zone (DMZ) that was established between north and south Korea. No new dogs were coming into the program, and no new men were being recruited, so those who had been involved with the program knew it was drawing to a close.

From 1948 to 1957, the responsibility, location, and leadership of America's war dog programs shifted five times. Today, the U.S. Military Working Dog Teams National Monument stands at Lackland Air Force Base, in San Antonio, Texas. The memorial is called the "Not Forgotten Fountain." The bronze statue features four five-foot-tall dogs and their nine-foot-tall handler. The inscription reads: "Guardians of America's Freedom." In 2015, America's MWDs were guaranteed the right to return home after service, as a part of the National Defense Authorization Act. In the past, some of these animals were left overseas because they were no longer considered service dogs and were, therefore, ineligible for military-funded transportation home.

So, the next time you walk your dog or take your dog to one of the neighborhood's nearby dog parks, think about the thousands of dogs who once knew the Cameron Station Receiving and Holding Center as "home" to prelude their military service.

# Deaf Cameron Station Resident Shares Tips on Communicating with the Deaf

By Danielle Thompson-Ochoa

My family and I recently relocated to Cameron Station. We are so happy to be in this lovely neighborhood, and we look forward to interacting with neighbors and making new friends as we start a new journey in our lives. Some of you may have seen me with my four-year-old daughter and two-year-old son at the playground, in Cameron Café, or in London Curry House. I am the Deaf mother of two hearing children. You may have already realized this, of course (as it is hard not to), and I hope to meet you and make new friends. I know for some hearing persons, interacting with a Deaf person may seem like a challenge, and they may feel nervous and unsure about how to interact with a Deaf mom and her two kids, but you should not. You may have many questions but may be too afraid to ask as you may not want to appear rude, discriminatory, or clueless. I thought it was a good idea to share some tips or suggestions on how best to communicate with me.

To provide a little background, I am Deaf and wear a cochlear implant, which is an electronic medical device that replaces the function of the damaged inner ear. It is a tool that I use to help me to hear sounds. I love listening to music and hearing various voices and sounds. I am most comfortable in my Deaf world and within my Deaf community, but I was raised in a hearing family, and my husband and two children are hearing. I am, therefore, comfortable interacting with hearing people and enjoy it; so I hope you will read through the tips and, if the opportunity presents itself, that you will say hello.

First, it is important to know that every Deaf and Hard of Hearing (HOH) person is different and has different needs and desires. Not every Deaf or HOH person interacts or communicates in the same way. In fact, we are quite different given our backgrounds, support systems, education, etc. The way I communicate with you may be very different from the Deaf mom or dad you've met before or will meet in the future.

Here are some communication tips:

**1. Tap on the shoulder:** If I'm not facing you, it's ok to tap me on the shoulder and then to stand in front of me so I can see your face. Depending on your mouth's movements, I might be able to lip read and understand with the little residual hearing I have in my left ear. You don't have to exaggerate your mouth movements, but do speak at a normal pace. If I'm unable to understand you, then I will ask you to write your message on a piece of paper for me.

**2. Eye contact:** Eye contact is essential. If you look away from me, it will come across as if you are not interested in talking to me. As a mother, I understand that there may be times when you have to keep an eye on your child(ren) while speaking with me, and it's ok to raise your hand to let me know to "hold on a second" while you look away.



Photo credit: Danielle Thompson-Ochoa

**3. Name preferences:** If referring to me among others, I prefer to be called the Deaf Mom or by my name Danielle. Hearing-impaired, Deaf-Mute, and Deaf-Dumb are actually offensive words. I belong to a cultural group, the Deaf community. We do not see ourselves as disabled; rather, we see ourselves as a collectivist group that has our own culture and norms.

**4. Interpreting:** Please don't ask my kids to interpret for you. Asking my children to interpret for me is only acceptable if an emergency occurs, and I am not understanding you, such as if there is a fire in a building and I need to evacuate immediately with my children, or if a bomb threat has occurred and I need to avoid a specific area.

**5. Encourage your kids to play with my kids:** My children are what is referred to as CODA or Children of Deaf Adults, and I want them to communicate with both Deaf and hearing children. I have no objections to your children being willing to learn American Sign Language (ASL) to communicate with me or with my children. Bilingualism is awesome!

**6. Careful with labelling:** I have many Deaf friends. Some of us have hearing aids, some of us have cochlear implants, and some of us choose to go "au naturel" (i.e., no assistive listening devices). We all use American Sign Language to communicate with each other, and we are all proud of being a part of our Deaf culture. Suggesting or sometimes asking a Deaf person why he or she does not have a cochlear implant or hearing aid can be viewed as insulting and is, therefore, not suggested.

**7. Bring on the party:** I love to attend social events, and I love to discuss the latest fashion trends, beauty trends, cooking tips, etc. If an event allows a guest, and my Deaf friends are available, I would be happy to bring along a Deaf friend so they can also be a part of the event. I would also love to set up play dates with my kids if anyone is interested.

(See Deaf Cameron Station Resident continued on page 22)



# Lupus Night – A Success!

By Carla Besosa

Neighbors came out in full force on April 25, 2017, to join London Curry House in the fight against Lupus. Folks enjoyed cuisine, cocktails, and camaraderie while gathering for a cause near and dear to me. It was heartwarming to witness such support by Cameron Station residents and London Curry House, which generously donated a percentage of its total sales. I extend my personal thanks for your participation and generous donations.

## What is lupus?

*Lupus is a chronic, autoimmune disease that can attack or damage any part of the body (skin, joints, and/or organs inside the body). The immune system loses the ability to distinguish between foreign invaders and the body's healthy tissues. Auto-antibodies are created that attack and destroy the body's healthy tissue.*



Photo credit: David Thorpe

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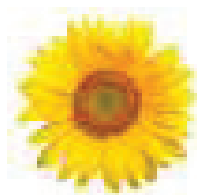
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## Carla's Picks

By Carla Besosa

### Alden Theater (McLean)

Sept. 24 - Martha Graham Dance Co.

### Alexandria

July 9 - Alexandria/USA Birthday Celebration with Fireworks (Oronoco Bay Park)

### Anacostia Playhouse (DC)

Jun. 6-Jul. 2 - *Still Life with Rocket*  
Jul. 13-Aug. 6 - *Lady Day*

### Arena Stage (DC)

Sept. 15-Oct. 22 - *Native Gardens*

### Atlas Performing Arts Center (DC)

Jun. 16-Jul. 2 - *The Return* (Mosaic Theater Co of DC)

### The Barns at Wolf Trap (Vienna)

Jul. 8 - Studio Spotlight: Opera Scenes & Highlights  
Jul. 9 - Aria Jukebox: Wolf Trap Opera Soloists

### Birchmere (Arlandria)

Jun. 18 - America  
Jun. 21 - Gerald Albright & Jonathan Butler  
Jun. 25 - Three Dog Night  
Jul. 16 - Gary Puckett & The Union Gap  
Jul. 23 - Pure Prairie League & Atlanta Rhythm Section  
Jul. 28-30 - The Bacon Brothers  
Aug. 5 - The Tribute (Beatles)  
Aug. 11-12 - Stephen Stills & Judy Collins  
Aug. 18-19 - Brian Culbertson

### Blues Alley (Georgetown/DC)

Jul. 13-16 - Marcus Johnson  
Jul. 18 - Earth Wind & Fire Tribute  
Jul. 19 - Nestor Torres  
Jul. 28-30 - Melba Moore  
Sept. 14-17 - Yellowjackets

### Carlyle Club (Alexandria)

Jun. 18-19 - Tribute to Motown

### Center for the Arts (George Mason University)

Sept. 30 - Festival of South African Dance

### Creative Cauldron (Falls Church)

Jun. 8-25 - *The Wizard of Oz*  
Jul.-Sept. - Summer Cabaret Series

### Dance Place (DC)

Jul. 7 - DC Hip-Hop Theater Festival  
Jul. 16 - Capitol Tap

### Del Ray Artisans Gallery (Del Ray)

Aug. 4 - Opening Reception: Clowning Around  
Sept. 1 - Opening Reception: Childhood Passions

### Dulles Expo Center (Chantilly)

Jul. 22-23 - DC Big Flea  
Aug. 25-27 - International Gem & Jewelry Show  
Sept. 16-17 - DC Big Flea

### Eagle Bank Arena (formerly Patriot Center/GMU)

Aug. 16-20 - Cirque du Soleil - OVO

### Fiona's Irish Pub (Kingstowne)

Jun. 17 - Janna Audey  
Jul. 29 - Janna Audey

### Festivals

Thursdays through Sept. 7 - First Thursday Del Ray festivities  
Sept. 23 - Prio Bangla Multicultural Street Festival (Walter Reed Dr, Arlington)

### 1st Stage Theater (Tysons)

Jun. 1-25 - *Ma Rainey's Black Bottom*

### The Hamilton (DC)

Jul. 22 - Sonny Landreth

### Harman Hall (DC)

May 30-Jul. 2 - *The School for Lies*

### Howard Theater (DC)

Jul. 7 - Ruben Studdard

### The Hub Theater (Fairfax)

Jul. 7-30 - *The Happiest Place on Earth*

### Imagination Stage (Bethesda)

Jun. 21-Aug. 13 - *Wonderland: Alice's Rock & Roll Adventure*  
Jun. 24-Jul. 30 - *Raton en Movimiento!* (Bilingual version of *Mouse on the Move!*)

### Jammin Java (Vienna)

Jun. 23 - Deanna Bogart Band  
Aug. 12 - Dan Navarro

### Jiffy Lube Live (Bristow)

Jul. 19 - Rod Stewart & Cyndi Lauper  
Jul. 29 - Chicago & The Doobie Brothers  
Jul. 30 - Boston & Joan Jett

### Kennedy Center (DC)

Jun. 13 - Jul. 16 - *The Sound of Music*  
Jul. 11 - Aug. 6 - *Cabaret*  
Jul. 18 - Aug. 20 - *The King & I*

**Lincoln Theater (DC)**

Aug. 9 - Tajmo - The Taj Mahal & Keb' Mo' Band

**Little Theater of Alexandria (Old Town)**

Jun. 3-24 - *Red White & Tuna*

Jul. 22-Aug. 12 - *Legally Blond*

**Lorton Workhouse (Lorton)**

Jul. 1 - Fireworks at the Workhouse

Jul. 13-14 - *The Complete History of Fairfax: The Musical*

**MGM Theater (National Harbor)**

Jul. 18 - The Who

Jul. 28 - Journey

**Mount Vernon (Alexandria)**

Jun. 19 - Farm to Table: Reception, Tour, & Dinner

Jun. 30-Jul. 1 - Independence Fireworks

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

Thursdays & Sundays: Free Movies (see website for full schedule)

Saturdays: Salute the Sunset Concert Series (see website for full schedule)

**National Theater (DC)**

Jun. 20-25 - *Rent*

**Port City Playhouse (Falls Church)**

Jul. (dates TBA) - *Fabulation, or the Re-education of Undine* (Gunston Theater for this show only)

**Round House Theater (Silver Spring)**

Jul. 14-30 - *Bon Voyage! A Happenstance Escapade*

**Signature Theater (Shirlington)**

May 9-Jul. 2 - *Jesus Christ Superstar*

**The State Theater (Falls Church)**

Aug. 19 - On the Border (Eagles tribute)

Sept. 16 - Trial by Fire (Journey tribute)

Sept. 22 - Almost Queen (Queen tribute)

**Studio Theater (DC)**

Jul. 12-Aug. 6 - *Wig Out!*

**Synetic Theater (Crystal City)**

Jul. 19-Aug. 13 - *The Mark of Cain*

**Theater J (DC)**

Jun. 14-Jul. 9 - *Broken Glass*

Sept. 7-Oct 2 - *The Last Schwartz*

**Tomas Jefferson Theater (Arlington)**

Jun. 2-11 - *The Jungle Book*

Jul. 21-30 - *The Music Man*

**Verizon Center (DC)**

Jun. 26 - Daryl Hall & John Oates and Tears for Fears

**Wolf Trap (Vienna)**

Jun. 10 - Joe Jackson

Jun. 21 - Sheryl Crow

Jun. 24 - Diana Krall

Jun. 26 - Lindsey Buckingham & Christine McVie (of Fleetwood Mac)

Jul. 3 - John Mellencamp, Emmylou Harris, & Carlene Carter

Jul. 5 - Tedeschi Trucks Band

Jul. 6 - Natalie Merchant

Jul. 18-19 - Mamma Mia!

Jul. 20 - Moody Blues

Jul. 25 - Diana Ross

Jul. 28 - NSO: CarminaBurana

Jul. 29 - Aretha Franklin

Aug. 12 - Mary Chapin Carpenter & Lucinda Williams

Aug. 20 - Beach Boys

Aug. 31 - Il Divo

Sept. 5-6 - Sting

Sept. 12 - 2Cellos

Sept. 14-15 - Steve Martin & Martin Short

**Woolly Mammoth (DC)**

Jul. 18- Aug. 6 - *An Octoroon*

Sept. 5-Oct. 8 - *The Arsonists*

## And Another Thing...

**(in my stream-of-consciousness order)**

London Curry House is featuring belly dancing every Saturday at 8pm.

Cameron Café now carries various ice cream goodies!

**New Eats!**

Meggrolls -

107 N. Fayette St. (YUM!)

**Be on the Lookout!**

Cathal Armstrong to open *Hummingbird*, one of the new restaurants to occupy the waterfront Hotel Indigo.

**Music!**

Check out this artist:

Matthew Halsall - Fletcher Moss Park (trumpet)



# How to Be a Half-Foodie

By Susan Birchler

How many of you reading this article are 100%, over-the-top foodies? By that, I mean to ask how many of you like to both eat good food *and* cook it as well?

I am a half-foodie. I love good food, but cooking is not high on my list of daily personal fulfillment. It's a conundrum. This is one reason why I love our local West End Farmers Market, which, by the way, reopened on May 7, just in time for your spring/summer foodie fix.

On Sundays at the market, I can stock up on enough scrumptious food to snack on for the rest of the week. There is no-fuss eating, so to speak. Allow me to share some of my favorite summer eating habits with you. Easy summer eating is defined by me as an excellent foodie experience with minimal chopping, cooking, mixing, or baking.

**Healthy yogurt:** *Tommy the Cheese Guy* sells excellent yogurt. Fold into the yogurt some of Tommy's honey as well as fruit from *Poppas Orchard* or *Alma's Berries*. Add in a touch of vanilla and voila – superb breakfast or snack.

**Dessert yogurt:** Mix together, in a ratio of one to five, orange juice and yogurt. Add in crumbled cookies from *The Pretentious Gourmet* (as many as you prefer) and boom — a five minute dessert. You can also add in honey or vanilla if you've got a sweet tooth.

## Cheese and fine summer day menu:

Friends love friends who bring cheese to the party. You can find an assortment of cheeses from *Tommy the Cheese Guy*. To really impress your neighbors, purchase a French baguette roll or croissant from Emmanuel, our French baker; pick up some fruit from *Alma's Berries* or *Poppas Orchard*; and drizzle a little honey on a plate along with some hot relish from Tommy. You now have the perfect cheese platter that can satisfy any palate.



**Sausage snackin':** *Maple Avenue Market* sells the most delicious sausages as well as other free-range organic meats. You put the sausages in a skillet with a little water, boil them until cooked, cut them, and yum! Pair the sausages with French bread or baguettes from *Emmanuel* or with Uzbekistan round bread from *Zilo*. Maybe a little salad greens on the side would be a nice pairing. Indulge in some sweet fruits afterward. This is so simple but so delicious.

## Chillin' with the salads:

The farmers market has all the makings for a delicious crispy salad. From fresh-picked greens and cucumbers to various cheeses, the West End Farmers Market has it all. Pair this with any of the baked goods at the market, and end with fresh fruit. This is easy with little clean-up, which makes it a perfect summer day fare.

**Veggie snack:** You could be so very French and put a pat of butter, some salt, and a radish on a plate. Dip the radish in the butter and salt, and you can eat it raw. It is actually quite delicious, and it works as a nice appetizer.



Photo credit: Cameron Station Grapevine

When you are really zapped and can't manage to whip up any of the aforementioned snacks, just give in and grab some hot empanadas at one end of the market or savory rolls from *Zilo* at the other end of the market. We don't need no stinkin' plates!

I hope you begin to see how easy it is to be a non-cooking foodie at your local market.

The market opened Sunday May 7, 2017, and will run through October 29, in the south parking lot of Ben Brenman Park (near the train tracks). We are open for business at 8:30am, and our tents come down at 1pm.

Please check out our website for information about our vendors. Please be patient as we are updating weekly: [www.westendfarmersmarket.com](http://www.westendfarmersmarket.com).

Please like us on Facebook. We post what's new, what's in season, and which vendors or non-profits are coming that Sunday: [www.facebook.com/WestEndFarmersMarket](https://www.facebook.com/WestEndFarmersMarket).

We are so hip and cool that we also have a Twitter! Follow us at @WEFM\_

In case you did not know it, the market is full of artists and crafters as well. If you are looking for a gift or a little personal indulgence, this is the place to come. In addition, every week, various non-profits ranging from the *Beatley Library* to *My Grandmother's House*, which picks up gently used children's clothing for children in need, set up their tents at our market.

Our motto is "Eat Well and Have Fun," and we strive to provide that experience every Sunday. We look forward to seeing you at the market!



# To See and Be Seen: The Binds of Community in Cameron Station

By Susan Birchler

I have been reading and thinking a lot lately about what defines a good community. These thoughts and ideas came home to roost this past weekend.

While out and about at the Saturday yard sale, shamelessly shilling for the opening of the Farmers Market, it struck me how many people knew me by sight or acquaintance. Running the market obviously accounts for some of that, but we also knew each other, however slightly, through other routes: block parties, the pool, the community center events, walking around, the coffee shop, the book and movie clubs, and the gym. OK, I admit — my gym stint was short-lived, but I met some cool people there.

The universe must be trying to tell me something because I had recently read an interesting article on what makes a good community. When urban planners talk about great communities, one of the markers is the ability to see and be seen; knowing your neighbors by having common areas to mingle in; as well as through participating in common entertainments, goals, or tasks. Seeing and knowing, according to urban philosophers, creates trust and good will. We all feel better about our neighbors when we feel safe with them, and we feel safe when we know them. The mix in the middle becomes a great community. Considering that definition, both the physicality of Cameron Station as well as our common civic events push Cameron Station into the category of a good community.

We are an odd mix of urban/suburban. We are packed tightly together, but we live in separate houses. Few of us have backyards, but nearly all of us have balconies. We can see and be seen just by grilling on the deck — not to mention playing with the kids in the pocket parks; walking the dog; running/walking/cycling the trail; picking up the mail; or, as I tend to do on a fine summer evening, continuously moving the lawn chair down the sidewalk, past my neighbor's house, to catch the last rays of the setting sun. The physical space is not perfect; a few bigger parks for the kids to play in would have been nice, for instance, and the banging-elbows reality has been known to cause disagreements. Nevertheless, the physical space provides opportunities to meet one another.

The commonality of shared physical space dovetails nicely with the many possibilities to share experiences with your neighbors, which is the other part of seeing and being seen. Not only does the Cameron Club community center have frequent events, but there are also sports teams, shared babysitters, book clubs, fitness classes, volunteering opportunities for various committees, yard sales, and let us not forget the Farmers Market! The market opened on May 7, and this year, we even have a pie vendor. Just saying!

So, while I wish the pool was bigger (and heated), that the community center was more amenable to small group meetings, that the pocket parks near me were not on a slant, and that some dog-walkers (you know who you are)



Photo credit: David Thorpe

would pick up their dog's poop, I nevertheless truly enjoy living here. I have the great pleasure of feeling connected. Sometimes I forget that, especially in the dreaded "it's dark, I need to go to bed at 7pm" dead of winter, but I always come back to it.

I hope you are also having a good time in Cameron Station and feel connected. Hopefully, I will see you on the sidewalks!



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# The Sixth Annual Wounded Warrior Bake Sale

The Sixth Annual Wounded Warriors Bake Sale was a big success! More donations were received than ever before, and over \$1,400 was raised. Coordinator Dubey Liffman holds the biggest seller, Ron Loveng's homemade chocolate layer cake.







## Spring Yard Sale

The Cameron Station Spring Yard Sale is always a great opportunity for neighborhood fellowship, and this year was no exception! There were some great deals on some unique items, and it is always exciting to see participation growing with each passing year. Thank you to all of the neighbors who participated in the yard sale, and a big thanks to the early-bird shoppers who made the day a huge success!





# Portner Brewhouse

By Carla Besosa

*"Beer makes you feel the way you ought to feel without beer." – Henry Lawson*

Welcome to the West End, Portner Sisters Catherine and Margaret, and the *Portner Brewhouse – Brewery, Restaurant, & Craft Beer Test Kitchen!* As the great-great-granddaughters of Robert Portner, they are proudly carrying on the family tradition of "Celebrating and Fostering the American Dream." Robert Portner was a German immigrant who became a well-known pre-prohibition brewer in Alexandria. With a keen interest in the family history and a desire to own and operate their own business (not to mention applicable backgrounds in chemistry and business), these two energetic Portner legacies took flight! The end result is an impressive restaurant/pub/brewery located very close to Cameron Station.

As the grandest retail occupant of the Modera Tempo complex, *Portner Brewhouse* has a commanding presence with a capacity of 110 in the dining area, 40 in the bar area (stools and high-tops), 15-30 in the private room, and 50 on the newly opened patio. The space is surrounded by windows, which allow in a great deal of sunlight. The brewing takes place on site, and the magnificent copper and stainless tanks are visible behind the bar.



David Thorpe

On your maiden voyage to the *Brewhouse*, I recommend starting with their *Pre-Prohibition Flight*. This will allow you to experience Robert Portner's original German-style brewing recipes. The flight includes a Pilsner, a Cream Ale, a Port, and a Lager — an excellent variety. Then you can graduate to a *Build-Your-Own-Flight* and factor in various rotating brews. All beers are custom-brewed and are only available on site, as the brew tanks run directly to the taps. It is fresh brew at its finest! Portner growlers are now available in 32 oz. and 64 oz. drink tank size. Not a beer drinker? Never fear — Portner offers a full bar and bartenders who can do it all!



David Thorpe

Portner's menu also perpetuates the German tradition. Chef Donnie Dennis has created a spread worthy of the Portner heritage. Traditional fare includes such items as hot *Bavarian Pretzels* (served with beer cheese and grainy mustard), piled-high *Reubens*, *Weiner Schnitzel*, *Paprika Shrimp*, *Bratwurst*, and *German Potato Salad*. The *Burgers* are impressive, and the *Pastrami Sandwich* receives rave reviews. The hot *Apple Crisp* is often the dessert of choice and is sizable enough to serve several. During Happy Hour (Tues.-Fri., 2-6pm), house wines and rail drinks are available for a discounted \$5 (beer is already being provided at a bargain price), and you can nosh on *Spicy Chicken Wings*, *Gourmet Flatbread*, or *Pastrami Fries* (a unique compilation of fries, pastrami, cheese, and sauerkraut) for \$6.

Join the *Portner Mug Club* and receive 10% off all food, a tour of the brewing production line, invitations to special events, and your very own handmade *Portner Brewhouse* ceramic mug that holds 20 oz. (but they fill it for the 16 oz. price). There may still be a few memberships left; check with any staff member.

There's a cohesive neighborhood feel to the *Brewhouse*. The greeters, servers, bartenders, and owners all seem genuinely happy to be there. Patrons actually chat with one another (for the most part) rather than texting away into oblivion. It's easy to get acquainted with the regulars and the *Portner* crew. The music (when you can hear it) is right up my alley—mostly 60s and 70s.

Check out what I call their "museum wall," which is a built-in showcase that displays an archive of Portner artifacts that are almost a century and a half old. Ask Catherine or Margaret about the Portner legacy; the place is steeped in history, and they are happy to share it with you.



David Thorpe



David Thorpe

I gaze into my crystal ball ("she's had too many," you may say), and I see great things to come! In the courtyard parking area, visitor spaces will be converted to retail spaces, which will create 15 additional spots. Valet parking will be available to patrons, so there will be no more scavenging around for a parking space. I see tasting events to come with a lot of great beers to try! I also see beer dinners on the horizon, pairing multiple courses with matched beers! Let's hear it for that crystal ball!



David Thorpe

When asked what Robert Portner would have to say about the Portner Sisters' business venture, Catherine humbly replied, "He'd say 'Great start, and I will expect much more.'" I believe that's a good indication of what we're in for! Go, ladies!



David Thorpe

## Portner Brewhouse

5770 Dow Ave  
Alexandria, VA 22304  
571-312-0243  
[www.portnerbrewhouse.com](http://www.portnerbrewhouse.com)  
[yourfriends@portnerbrewhouse.com](mailto:yourfriends@portnerbrewhouse.com)

### Hours of Operation

Tues-Thurs 11am-11pm  
Fri-Sat: 11am-midnight  
Sun 11am-10pm  
Closed Monday

### Price Range

Sharable Starters: \$8.50-\$14.50  
Large Salads: \$11-\$15  
Soups: \$6  
Entrees: \$13-\$22  
Sandwiches: \$12-\$13.50  
Weekend Brunch (Sat/Sun): \$12-\$16  
Desserts: \$7-\$7.50

### Smoking

No

### Bar

Full

### Handicapped-Accessible

Yes

### Parking

Lot, Street, & Valet

### Reservations

Tues.-Thur. for 8 or More  
Call-Ahead Seating Available

# Thank You Cameron Station!



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# Only If You Missed Our Own Farmers Market!

If you read the article on the West End Farmers Market, you'll agree that it's the best in town! But if you just can't get there some Sunday, and can't live without fresh farm produce 'til the next Sunday rolls around, here are some local farmers markets held on other days:

## Tuesdays

FreshFarm Crystal City Market, 1965 Crystal Drive, Arlington, 3-7pm, April 4-Nov. 21

Brookland Farmers Market, 10th and Otis Sts. NE, Washington, DC, 4-7pm, June-Oct.

## Wednesdays

FreshFarm Rosslyn Market, 1201 Wilson Blvd., Arlington, 4-8pm, May 17-Sept. 27

Rose Park Farmers Market, 26th and O Sts. NW, Washington, DC, 3-7pm, May 3-Oct. 25

## Thursdays

Old Town North Farmers and Artisans Market, 901 N. Royal St., Alexandria, 3-7pm in summer/2-5:30pm in winter, year 'round

FreshFarm Ballston Market, 901 N. Taylor St., Arlington, 3-7pm, April 6-Oct. 26

## Fridays

Capital Harvest on the Plaza, 13th St. and Pennsylvania Ave. NW, Washington, DC, 11am-3pm, May-Nov.

USDA Farmers Market, 12th St. and Independence Ave. SW, Washington, DC, 9am-2pm, May-Oct.

## Saturdays

Del Ray Farmers Market, East Oxford and Mt. Vernon Aves., Alexandria, 8am-noon, year 'round

Old Town Farmers Market, 301 King St., Alexandria, 7am-noon, year 'round

## Deaf Cameron Station Resident Shares Tips on Communicating with the Deaf

(continued from page 10)

If you are interested in learning more information about the Deaf community or Deaf culture, please feel free to contact me, and I'd be happy to provide some great resources of

information. I hope I've been able to share some useful information with you and hope you will take time to say hello whenever you have an opportunity to do so!

*Danielle Thompson-Ochoa is an Assistant Professor in Department of Counseling at Gallaudet University. She lives in Cameron Station with her husband and two kids, ages 4 and 2. She can be reached at [daniellethompsonochoa@gmail.com](mailto:daniellethompsonochoa@gmail.com) or [danielle.thompson-ochoa@gallaudet.edu](mailto:danielle.thompson-ochoa@gallaudet.edu).*

# Book Clubs

## Reading Between the Wines

May: *Priceless* by Robert K. Wittman

June: *Evicted: Poverty and Profit in The American City* by Matthew Desmond

July: *Digging to America* by Anne Tyler

August: *The Magic Strings of Frankie Presto* by Mitch Albom

## Monday Night Book Ball

May: *Winter Garden* by Kristin Hannah

June: *Before the Fall* by Noah Hawley

July: *The Dressmaker of KhairKhana* by Gayle Tzemach Lemmon

August: *The Devil in the White City: Murder, Magic, and the Madness of the Fair That Changed America* by Erik Larson

## Third Thursday of the Month Book Club

May: *That Part Was True* by Deborah McKinlay

June: *The Rosie Project* by Graeme Simsion



If you are interested in joining the Third Thursday of the Month Book Club, please contact [MHBirchler@gmail.com](mailto:MHBirchler@gmail.com). We would love to have you!





**f ShooterMcGees.com**



**Outdoor Patio Open!**

**Mother's Day Brunch**  
Sunday, May 14th

**LOCAL BREWS**  
Featuring local & seasonal beers

**NEW HAPPY HOUR**  
Mon-Fri 3:50-7:00

**SATURDAY DJ**



DJ at the bar  
Saturday nights  
9pm-1am

**KARAOKE**  
Thursday Night

**WEEKLY SPECIALS:**

**Monday**  
Half price burgers

**Tuesday**  
75c wings

**Wednesday**  
Whole Maine lobster

**Thursday**  
Barbecue ribs

**Friday**  
Prime rib

**Saturday**  
Half price bottles of wine

**Sunday**  
Taco night

**5239 DUKE STREET, ALEXANDRIA, VA 22304 (703) 751-9266**

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Alexandria, VA 22312

**www.gibbermandental.com**



## COMMUNITY MANAGEMENT

**Cameron Station Community Association  
Community Management Coporation (CMC)**

Phone: 703-631-7200 Onsite Office 703-567-4881

After Hours Emergencies 301-446-2635

**Bette Sanft**, Community Manager  
*communitymanager@cameronstation.org*

**Deirdre Baldino**, Assistant Community Manager  
*assistantmanager@cameronstation.org*

**Sabastian Hobson**, Covenants Administrator  
*covenants@cameronstation.org*

**Bethlehem Kebede (Mimi)**, Administrative Assistant  
*admin@cameronstation.org*

**Psy Scott**, Director  
Cameron Station Fitness Center  
*cameronclubfitness@gmail.com*  
703-567-8555

## CONDOMINIUM MANAGEMENT

**Cameron Station Condominium "The Residences"**

First Service Res:  
Angela Luker 703-385-1133  
After Hour Emergency: Same  
Angela Luker, Community Manager  
*angela.lucker@fsresidential.com*

**Carlton Place Condominium**  
Abaris Realty:  
Danny Abebe 301-468-8919  
After Hour Emergency: Same  
Dany Abebe, Property Manager, *dabebe@abarisrealty.com*

**Condominiums at Cameron Boulevard**  
CMC:

Whitney Shepard and Gita Lainez  
703-631-7200,  
*glainez@cmc-management.com*

**Main Street Condominium**  
GHA:  
John Lyons 703-752-8300  
After Hour Emergency: 888-660-7132  
John Lyons, Property Manager, *jlyons@phacm.com*

**Oakland Hall & Woodland Hall Condominiums**  
CMC:

Whitney Shepard and Gita Lainez  
703-631-7200  
*swhitney@cmc-management.com*

# The compass

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