

# The compass

Newsletter of the Cameron Station Community Association, Inc.

Volume 18 Issue 5 • November-December 2017

## Strength, Joy, and Community Spirit from the 2017 Pillow Award Winners

By Pat Sugrue

This year's Mark Pillow Award was given to two deserving neighbors, Carla Besosa and Jeff Gathers. Carla and Jeff both honor Mark's legacy of neighborliness and volunteerism while demonstrating that there are many different ways to help our community.

Carla works hard on one of our committees -- the Newsletter Subcommittee. She is both *The Compass* restaurant reviewer and the author of "Carla's Picks," where she provides timely information about theater and musical events in VA, MD, and DC. As one of Cameron Station's earliest residents, Carla is also an excellent example of neighborliness on a more personal level. When she moved here in 2000, much of the community was still a construction site. Carla set about with her own brand of community-building -- she not only gets to know almost everyone who moves into her condo building but also hundreds of other folks from all over our community. With her outgoing personality and enthusiasm for Cameron Station, she makes everyone feel welcome and glad they moved here. Carla supports every community event, from big holiday parties to small happy hours. She patronizes the Main Street Retailers. You can find Carla at Martini Mondays, game nights, lobby-decorating parties, and movies at the Cameron Club and in Brenman Park. Carla never misses an opportunity to support our community, including holding her

annual LUPUS fundraiser at our neighborhood restaurant, benefitting both the restaurant and the organization.

Jeff is an excellent example of a resident who devotes time and energy to the all-important work of the community's advisory committees. Jeff has lived in Cameron Station since 2010 and almost immediately joined the Financial Advisory Committee (FAC). In 2014, he became its chairperson and, along with his committee members, has worked tirelessly to ensure the financial stability of our community. Through his leadership and sound financial advice, he has helped keep community expenses down and homeowner fees at a reasonable level, he has improved transparency of information to the Board of Directors and homeowners, and he has initiated a review of the Reserve Study to project future funding of repairs and replacement of community infrastructure. Jeff attends all board and committee meetings, offers assistance to other committees with their budgets, and offers his time freely to provide new board and FAC members with an understandable context of Cameron Station's financial information.

Congratulations to Carla and Jeff who represent the many ways we can show our community spirit and honor the legacy of Mark Pillow. It's never too early to start thinking about which of your neighbors you would like to honor with next year's award!



Photo credit: Micki Aronson

# Dick Meyer Is 2017 Volunteer of the Year

By Pat Sugrue

The Volunteer of the Year Award was instituted last year to recognize residents who have had a significant, positive impact on our community by volunteering their time and service.

This year's recipient, Dick Meyer, is a member of the Cameron Club Facilities Committee (CCFC). Dick moved into Cameron Station in 2013 and began volunteering that same year. He works diligently to help ensure that the Cameron Club, our community clubhouse, is well-maintained and remains in good shape.

Dick has a background in construction contracting, which enables him to provide invaluable advice to the CCFC. Here are just some of the projects he has worked on since joining the committee:

- assisted with pool renovations in 2016 and the roll-out of the pool snack bar,
- worked with management to identify and fix numerous leaks in the locker rooms,
- selected the contractor to upgrade the locker rooms and coordinated with him on the work to be performed,
- identified the need to upgrade the clubhouse photos and was the prime motivator behind their updating, and
- researches options and makes recommendations regarding new fitness center equipment.

In addition, Dick has functioned as the acting Chair of the Committee when work commitments have kept Chairperson Ray Celeste from attending a monthly meeting. Dick makes himself available at any time and is willing to help in any way to ensure that the Cameron Club remains the vital centerpiece of our community.

Congratulations, Dick, on your well-deserved award.

## Not Receiving The Compass Regularly?

If you have not been receiving the newsletter on a regular basis, or if 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*.



Photo credit: Dick Meyer

## About . . . *The Compass*

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

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

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

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

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

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

**Editorial Staff:** Carla Besosa, Judy Coleman, Lily Engle, Scott E.Z. Franklin,

Maya Noronha, Debbie Routt, Eric Veres, and Pat Sugrue

**Recurring Contributor:** Susan Birchler

**Photographer:** David Thorpe

# Committee Corner

HARD AT WORK ON BEHALF OF OUR RESIDENTS

## BOARD OF DIRECTORS

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

Megan Brock  
Jon Dellaria  
Mike Johnson  
Mindy Lyle  
Martin Menez  
Michelle Rampey  
Elliott Waters

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

## CSCA COMMITTEES

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([events@cameronstation.org](mailto:events@cameronstation.org))  
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([arc@cameronstation.org](mailto:arc@cameronstation.org))  
Mark Brzezinski – Chairperson

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([facilities@cameronstation.org](mailto:facilities@cameronstation.org))  
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## HOA Committee and Board of Directors Meetings

All meetings are held in the Cameron Club. If dates change due to holidays or other reasons, they will be posted on the Cameron Station website: [www.cameronstation.org](http://www.cameronstation.org).

### Board of Directors

Fourth Tuesday of the month at 7pm (except November and December when dates will be announced)

### Activities and Events Planning Committee

First Tuesday of the month at 7pm

### Architectural Review Committee

First Tuesday of the month at 7pm

### Cameron Club Facilities Committee

Second Thursday of the month at 7pm

### Common Area Committee

Second Monday of the month at 7pm

### Communications Committee

Third Monday of the month at 7pm

### Financial Advisory Committee

Third Thursday of the month at 7pm



# Committee Corner

HARD AT WORK ON BEHALF OF OUR RESIDENTS

## Activities & Events Committee

By Michelle Rampey

### Annual Holiday Party

The Annual Holiday Party will be on Sunday, December 10, from 6pm to 10pm in the Cameron Club. Volunteers are needed at 10am on Saturday, December 9, to decorate the Clubhouse.

The holidays are chaotic enough, so let's relax and enjoy our time together by celebrating as one big family. Bring your cameras, and take your own photos with Santa as well as other family photo sites. Relax to a jazz ensemble while sipping your wine. Kids will make a wish list to hand to Santa to ensure Santa's elves know what they want to wake up to on Christmas morning. Bring a family ornament to represent your family for a neighborhood tree. Enjoy carols and s'mores by the fire. Holiday movies will be shown. Come and share traditional food and fun with your Cameron Station family. This event is sponsored by Irina Babb, the Podolsky Group, and Brandywine

### Great Holiday Cookie Exchange

It's the Great Holiday Cookie Exchange on Saturday, December 16, from 2pm to 5pm in the Cameron Club.

We have great moms in our neighborhood who dreamed of hosting an event that creates holiday cheer. These incredible ladies want to bring us together for a cookie exchange, and they ask that you make two dozen of your favorite cookies and bring the cookies, recipe, and your favorite tin/container. You are asked to bring two dozen so that they can donate the additional 12 cookies to a city food kitchen, police department, and/or fire station. It's on you to bake and bring them in order to reach all of the different groups. RSVP for the event, and send your RSVP via messenger to the events committee, or e-mail the committee directly at [events@cameronstation.org](mailto:events@cameronstation.org). This event is sponsored by Irina Babb.

## Architectural Review Committee

By Mark Brzezinski

The holiday light season is fast approaching, and the Architectural Review Committee (ARC) wishes to remind all residents that temporary holiday lights and decorative objects associated with this time of year are permitted for up to four weeks prior to a holiday and three weeks after the holiday being celebrated. Please be mindful of your neighbors when placing and timing holiday light displays, whether on your deck or in front of your residence.

Winter weather can be difficult to predict, so please review the highlights from the Snow Removal Policy regarding driveway and sidewalk maintenance.

### Snow Removal and Inclement Weather Rules and Regulations

- Owners and residents are required to clear snow and ice from the driveways serving their home, the lead walkway to the residence, and any sidewalks fronting or bordering the home no later than 24 hours after each snow event.
- Owners and residents shall not throw snow or ice onto the Association's roadways after the roadways have been cleared of snow for emergency vehicle access.
- Owners and residents shall not throw snow onto the Association's roadways in a manner that impedes vehicular traffic.
- Owners and residents shall not throw snow or ice onto adjacent neighbors' sidewalks or driveways.

The City of Alexandria enforces the same 24-hour requirement. In February 2010, the City of Alexandria issued Cameron Station a citation for not removing snow from the walkways under its control, including many of those serving private residences. To assist residents with this time-sensitive requirement, management annually develops a list of individuals/contractors willing to provide snow removal. Residents may contact these individuals/contractors directly to arrange snow removal and negotiate a price.

The Board of Directors or management staff may make a determination on the closure or modified schedule of the facilities and/or cancellation of events. The Board of Directors and management will make every effort to publish notifications regarding cancellations, modifications, and/or closures on the Association's website: <https://www.cameronstation.org>. They will work to notify residents through the Association's various communication methods, such as e-mail blasts.

The Board of Directors and management staff also have the discretion to designate certain visitor parking spaces as snow collection locations, provided that a snowfall affecting the Association is sufficient in quantity and severity. The Association's snow removal contractor may use these spaces as a place to deposit snow during snow plowing efforts. The Board of Directors and management staff will attempt to publish notifications (on the Association's website) advising residents when use of visitor parking spaces will be limited due to snow accumulation.

The Association has the right to tow any vehicle left in a visitor parking space that has been designated as a location for snow collection. If a vehicle parked in a visitor

parking space is in violation of the Association's parking policy, the Association will tow the vehicle offsite at the owner's expense. (NOTE: If a vehicle displaying a valid Visitor Parking Pass is in a visitor parking space designated as a location for snow collection, the Association shall first attempt to notify the owner of the vehicle.) If the Association must relocate a vehicle that is parked in a snow collection area and is in compliance with CSCA's Parking Policy, the Association shall be responsible for the associated towing costs. If a vehicle displaying a valid visitor parking pass must be towed, the Association shall provide notification by:

- posting notification on the vehicle, and/or
- providing actual notice to the owner of the vehicle telephonically, verbally, or electronically.

If you have any questions about this policy, contact the Cameron Station management office at 703-567-4881 or via e-mail at [communitymanager@cameronstation.org](mailto:communitymanager@cameronstation.org).

## **Cameron Club Facilities Committee**

*By Ray Celeste*

The pool renovation was well-received by our community. It was badly needed after 16 years of use. The aqua aerobics class on Saturday mornings was well-attended. Also, the swim instruction offered by Community Pool Services was appreciated. The Cameron Club Facilities Committee (CCFC) continues to strive to improve our Fitness Center equipment selections. We are focused now on upgrading our cardio equipment, which gets heavily used. We are grateful for the time and effort the Board of Directors gives to supporting our efforts along with great support from our management team of Judy Johnson, Deirdre Baldino, and Mimi Kebede (Community Management Corporation [CMC]). Psy Scott has taken the fitness director position to another level. His leadership and contagious enthusiasm are very well appreciated by all. We look forward to further serving our residents at Cameron Station in 2018 and wish all of them a very Happy Thanksgiving!

## **Communications Committee**

*By Kimberly Dillon*

The Communications Committee, along with the Public Relations Subcommittee, sent out the community's first-ever online survey to assess the community's demographics and to gain insight into the motivation for individuals moving to our beautiful neighborhood. The survey closed on October 29 with an impressive response rate, and it gave us valuable insight into what each and every one of you who participated felt was most important to relay to our leadership. Our next steps will be to compile the top answers of each of the 15 questions, share them with the community, and suggest next steps to not only retain but also bring in new residents, while keeping our property values high. Thank you to all who participated!

# **New Partnership Allows Tax Deductions for Adopt-a-Family Participants**

*By Mindy Lyle*

For the past 16 years, the residents of Cameron Station have been strong supporters of the Adopt-a-Family program, which helps needy families from our local Samuel Tucker Elementary School have a Merry Christmas.

This year, Adopt a Family has formed a partnership with Greenhill's Pickett Place Community Foundation, a 501(c)3. This will allow a tax deduction to the extent of the law for both monetary and in-kind contributions. (Go to [www.Greenhillcompanies.com](http://www.Greenhillcompanies.com), and click on "philanthropy.") This year, the Foundation is only able to accept contributions made in cash, by check, or via scanned/copied receipts from gift purchases. A letter acknowledging the contribution will be provided.

Monetary contributions are not the only way to participate, however. For those not familiar with the Adopt-a-Family program, here is how it works. Tucker's social worker and principal select the families and screen their needs. Lists of needs – some as basic as dishes and towels – are compiled by the school, along with clothing sizes, shoe sizes, and wish lists from the children for toys, books, and games. Families are then available for "adoption."

There are many ways to "adopt." In the past, streets have banded together to buy for several families. Often, one family chooses a single family to buy for; neighbors sometimes select one or two members of a family, and other neighbors cover the rest; committees, book clubs, and groups of friends often buy for multiple families; and others prefer to give cash or gift cards so others may do the gift buying. For those who are unable to make a monetary donation, they volunteer their time to shop, wrap, or help deliver the gifts to the school. There are many different ways to participate, all of them valuable, and all of them are greatly appreciated.

If you would like to be a part of the Adopt-a-Family program, please e-mail [adopttuckerfamily@comcast.net](mailto:adopttuckerfamily@comcast.net).



# Grimm Neighborhood Halloween Party

By Susan Birchler

If you were not in Cameron Station on Halloween night, then you certainly missed out on one of the neighborhood's most exciting and attended events of the year. There was a dinosaur that waded through the fog; the Pirates of the Caribbean reigned over their small island in front of a shipwrecked mast; a giant spider sac enveloped the inside of a garage; and a large, purple dragon swayed gently in the breeze. Fairy lights of a magical Neverland — complete with a pirate ship, canoe, mermaid lagoon, and the Lost Boys' tree home — illuminated Peter Pan, Wendy, Smee, the Lost Boys, and the pirates, which were led by a wickedly handsome Captain Hook as he greeted trick-or-treaters. In the haunted cemetery across the street, kids and adults alike got a good scare when confronted by the gothic vampire; chainsaw-wielding clown; cackling, green witch; living corpse; and red-eyed Jawa. When they recovered, a cast of moving characters talked to them from the spooky cemetery.

DJ David Thorpe had the party hopping with lights, music, and a fog machine. The Grimm neighborhood, from one end to the other, was awash in music, color, lights, characters, and candy on Halloween night. As always, many community members participated in the event, and we want to thank all of the households who got in on the excitement by volunteering, decorating, dressing up, and/or providing candy. Nothing rivals a neighborhood that has collectively gone creatively wild! The kids loved the juxtaposition of fun, charming, and scary sights, and their parents were grinning the whole way. It was a remarkable scene!



Photo credit: David Thorpe

Although I was busy helping with the Knapp Pocket Park Halloween Extravaganza and was unable to walk through the entire neighborhood, I heard stories of other blocks in our neighborhood that went above and beyond with their creativity. I apologize for not being able to see all of the decorations that our community produced, but one thing is for certain — Cameron Station rocks Halloween!

My Halloween was extraordinary fun, and I hope that every person who lives in Cameron Station enjoyed the night as much as I did. I love the idea that Cameron Station is the best community in the West End! No other community has block parties and decorates like we do. We can be proud of our extraordinary Halloween creativity.



Photo credit: David Thorpe



# Dr. Frankenstein Was a Graveyard Smash at the Cameron Club on Halloween

By Maya M. Noronha

The children of Cameron Station flooded into the Cameron Club for the annual Halloween party on Saturday, October 21. This year, Dr. Frankenstein took over the Great Room with a lot of spooky experiments, inviting visitors to put their hands into one bowl of grape-colored eyeballs and one bowl filled with a mysterious, slimy goo.

These sneaky tricks were no match for the large spread of treats. Carrots were labeled as “witches’ fingers,” and gummies rising out of brownies resembled earthworms rising out of the soil. The kids feasted on macaroons and cream puffs, as well as the usual varieties of candy.

After grabbing something sweet, the children worked off all of that extra energy from the boost of sugar by taking a turn on the smoky dance floor. They laughed and twirled

around to such perennial favorites as “Monster Mash” and “Thriller.”

The basketball court offered a wide array of fun-filled activities at every turn. Some of the more popular games included skee-ball, bean bag toss, duck pond, and plinko. The lucky winners could put their hands into the prize bag and pull out something to take home. Parents were not left out of the fun either. At the urging of their children, these parents took turns showing their strength on the carnival sledge hammer.

In all, the annual Halloween party was a hit for residents of all ages. Parents and children alike enjoyed the neighborly fellowship, good food, and spirited fun. The Activities & Events Committee deserves a huge shout-out for putting on yet another smashing good time!



Photo credit: David Thorpe



Photo credit: David Thorpe



# Standing Room Only at 2017 Annual Meeting

By Pat Sugrue

More than 140 residents attended the Annual Meeting in the Tucker Elementary School cafeteria on November 1. A quorum was easily reached through a combined total of 358 on-site and proxy votes, resulting in the filling of four open positions on the Board of Directors. Thanks to all who were willing to serve, and congratulations to the winners: Mike Johnson, Mindy Lyle, Marty Menez, and Michelle Rampey.

Attendees were treated to a variety of delicious sandwiches and desserts, and door prizes were awarded throughout the evening – Cameron Café, London Curry House, and Shooter McGee's all provided \$25 gift certificates.

## Guest Speaker

Chris Watson, Park Manager for Alexandria's Recreation, Parks and Cultural Activities department, began the meeting with information about the Adopt-a-Park program.

## Award Presentations

Dick Myer received the Volunteer of the Year Award. (See article on page 2.) The Mark Pillow Award was presented to two residents – Carla Besosa and Jeff Gathers. (See article on page 1.)

## Committee Reports

Representatives from the six board advisory committees were present to update attendees on current activities. Areas covered included: the sound financial condition of the community; the popularity of the complimentary fitness classes; a reminder that applications are required for exterior modifications to houses; upcoming social events; response to the survey from the public relations subcommittee; sidewalk replacement, and proposed lighting for the gazebo.



Photo credit: David Thorpe

## Holiday Giving

Donna Kenley provided information on "Operation Gobble," which provides complete Thanksgiving dinners to needy Tucker families. Mindy Lyle announced a new partnership for the Adopt-a-Family program that will permit tax deductions for monetary and in-kind donations. (See article on page 5.)

## Resident Forum

Issues included: lowering the speed limit to 15mph on Brenman Park Drive where Bright Start preschool is located; concern over pocket parks being treated as dog parks, with dogs off leash; request for earlier receipt of e-mailed budget information in the future.



Photo credit: David Thorpe



# Just Around the Corner

By Judy Coleman

Cameron Station residents and other members of the community attended a meeting of the Eisenhower West/Landmark Van Dorn Implementation Advisory Group on October 23 in the Cameron Club. The group was established by the city to advise on redevelopment and includes several Cameron Station residents, including Mindy Lyle as chair. The group received updates from city staff about several ongoing studies that are necessary before intense redevelopment can proceed. These include a transportation study focused on the feasibility of a bridge over the railroad tracks to connect South Pickett Street to the Metro station, a sanitary sewer infrastructure study, and an air quality analysis of the proposed building heights for the area. Residents in the audience expressed concerns about traffic safety and air quality in particular. The advisory group will meet again on February 12 at the Beatley Library.

The Northern Virginia Regional Park Authority's lease on the city-owned park site next to the animal shelter is set to expire in 2021. The Park Authority operates the Great Waves Water Park, batting cages, and mini golf course on the site and has sought to renew the lease for an additional 40 years. In 2016, the City Council ordered a public input process on the proposed lease renewal and for potential better uses of the site that would maintain it as a park/recreational facility. The City Council is scheduled to revisit the issue in its November 12 legislative session and at a hearing on November 18 (dates current as of this writing). In September, the Park and Recreation Commission, composed of city residents, recommended that the City Council designate the site for a future city-wide recreational

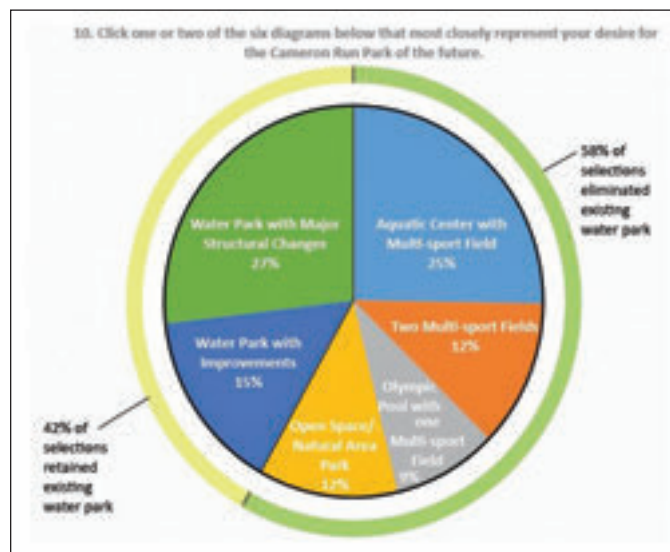


Photo credit: City of Alexandria

Pictured are the results from an online survey that asked about the best use of the Cameron Run site.

facility, including aquatics, and provide for interim uses with a built-in funding mechanism for the future facility. The Commission found that public support for the water park appeared to be largely from people living outside of Alexandria and that a 40-year lease renewal on the same financial terms would not be in the best interest of city residents, particularly in light of redevelopment expected to occur as a part of the Eisenhower West and Eisenhower East Small Area Plans.

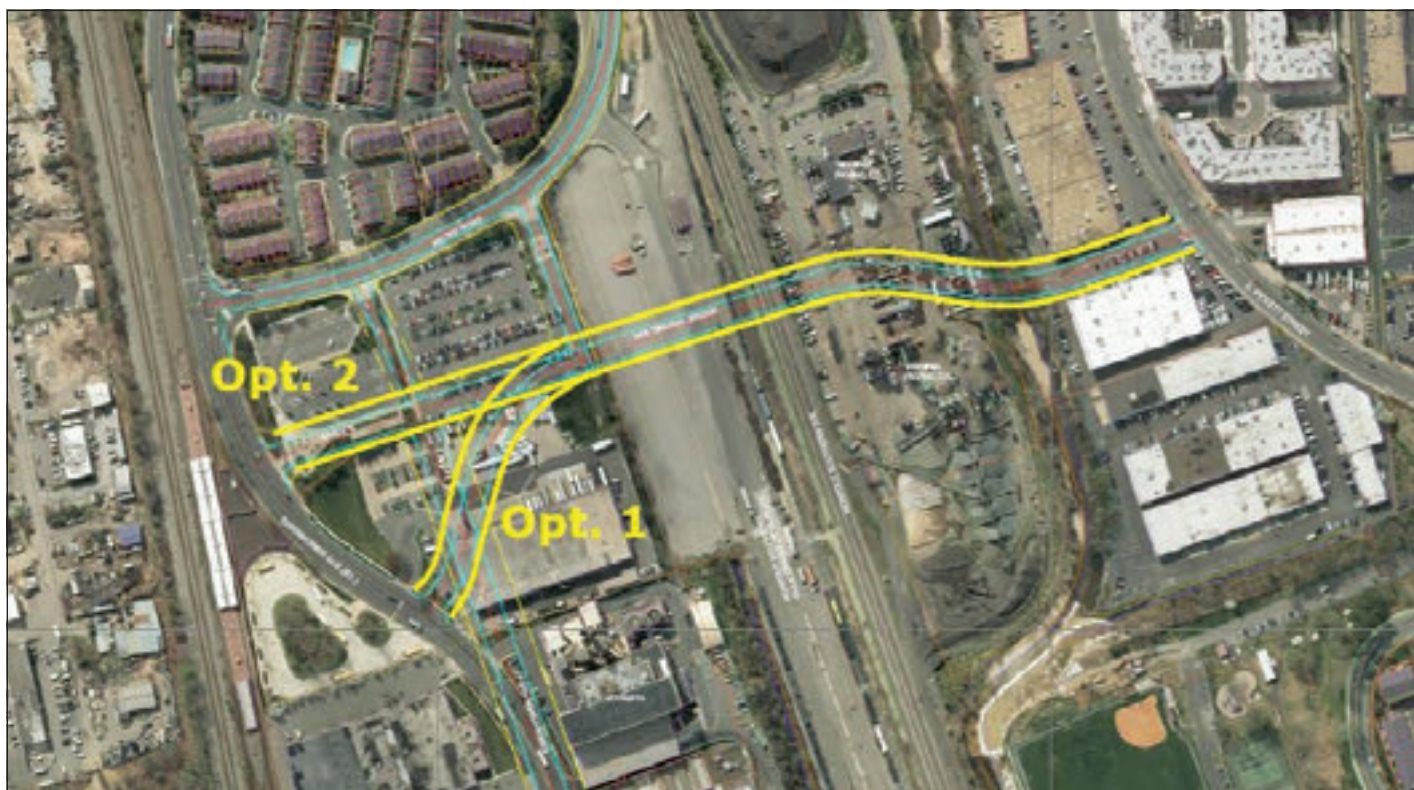


Photo credit: City of Alexandria

City staff presented potential alignments for a bridge to the Van Dorn Metro Station.

# Savoring Sundays

By Susan Birchler

Ah, Sundays — a day meant for enjoying a few lazy hours before having to rush back to cars, cares, and chores. On Sundays, a person might be tempted to bypass the kitchen altogether and take a stroll down to his or her favorite Farmers' Market to find the perfect brunch, lunch, and/or dinner treats. Imagine leisurely picking up some good eats at the market and ambling back home; the breeze ruffling the trees around you; walking onto your deck with a coffee, croissant, or orange juice in hand; and whiling away a few hours in the company of a good book, newspaper, or well-loved people.

While we were open this season (May to October), you might say that the West End Farmers' Market was there to fulfill your every Sunday desire. If you love to cook, bike, stroll, relax, run, eat on the run, enjoy the search for the new and different, or to just knock a few chores off your list; then your local market was the place.

We worked hard to provide a remarkable experience every time you visited. We had a Thai Food Truck every week — no visiting the kitchen on Sunday! Every other week, you could walk out of Rubie's Mobile Hair Salon feeling the chic of a new haircut. Bi-weekly, Rod and his wife put up their knife-sharpening equipment. You also had the option to get your bikes fixed at Rat's Cycles or to buy a new pair of leggings, a shirt, or a dress at Emma's tent. You could have treated yourself to a new pair of colorful earrings or bought a pair of Athena's hip sunglasses. Need more fun? You could take your pick of wreaths, stationery, candles, t-shirts, Turkish towels, and we have not even perused the food tents yet.

The market has four farmers who put out a cornucopia of seasonal, freshly-picked veggies and fruits under their tents every week. Poppa's Orchard was picking strawberries in the spring and was picking vine fruits, such as raspberries, blackberries, and blueberries, in late spring. Their summer peaches were divine; it was an especially good year for fruit trees. They sold plums, grapes, and nectarines, and they ended the year with six different varieties of apples and pears, as well as applesauce and cider. If you were craving gourmet cheese or yogurt, Tommy had a full complement as well as jellies and jams. Spartan Olive Oil did so well that they had to go back to their relatives' farms in Greece to get more. If you craved baked goods, Emmanuel at Met Bakery had buttery, French croissants, baguettes, pain du chocolate, breads, and muffins. If you like your breakfast a little sweeter, you may have stopped by Sugar Shack Donuts, which often sold out before the end of the day. Zilo sold her sweet and savory Uzbekistan baked goods close to Chef Michaels' Gourmet Cookies tent. Every other week, you could indulge in Deborah Brown's pound cakes and cookies. Because you need a cup of coffee to go with all of that goodness, Arkibuna Coffee sold their Ethiopian coffee, which is the finest in the world hot, cold, or pumped up with gas for a surprisingly beer-like drink. Joseph was busy squeezing fresh orange juice for your Sunday morning bliss.

So our customers could better enjoy the day, complete with good food and great company, we put out tables and chairs near the park and babysat people's bikes at the market manager tent. All in all, it was a stupendous year for having fun and eating well at the market. I hope you had the opportunity to enjoy your local farmers' market all season.

We would like to thank all of our loyal customers who shopped with us under cloudy skies, in the blistering heat, and, of course, on perfect days! Starting Sunday May 6, look for our tents to pop up in Ben Brenman Park so you can, once again, savor your Sundays.

We would also like to thank David Thorpe Realty for assisting with advertising and marketing; Aaron Podolsky Group for gifting us the tables; and Home Depot for donating the chairs. We will miss seeing everyone in the winter months, but we are already looking forward to seeing you again in May!



Photo credit: West End Farmers' Market



# Tucker Elementary News

By Julie Painter

Samuel W. Tucker Elementary students enjoyed a two-week break in mid-October for Intersession. Many of the students, if not on a break with their families, participated in courses providing enrichment or remediation, which are meant to offer a break from the routine school day.

Here are a few events that you can support in the upcoming months:

- **Adopt a Family:** Consider "adopting" a Tucker family over the holidays. Contact [adopttuckerfamily@comcast.net](mailto:adopttuckerfamily@comcast.net) for more information. (See article on page 5.)
- **Harris Teeter's Together in Education program:** This year, the Samuel W. Tucker PTA joins the Harris Teeter's Together in Education program to help raise funds for our school. It is easy and FREE. If you shop at any Harris Teeter and have a VIC card, you can sign up and help. Simply give the cashier the Tucker school code, which is 6272, the next time you are checking out at Harris Teeter, and ask the cashier to link your VIC card to Tucker Elementary. This program does NOT interfere with your VIC savings, nor does it cost you any money.
- **Box Tops:** To help Tucker, look for pink box tops on products, clip them, and send them to the school. For more information on the Box Tops for Education program, including a list of participating products and the school's




progress, visit [www.BTFE.com](http://www.BTFE.com). Be sure to become a member to receive exclusive coupons and recipes and to learn about extra ways for our local elementary school to earn.

- **Shop on Amazon:** Love Amazon? Want to support Tucker without ever leaving your house? The Tucker PTA has teamed up with the Amazon Smiles program to donate to Tucker every time you shop at Amazon. Use the link below to link your purchases to Tucker Elementary, and shop away: <https://smile.amazon.com/ch/54-1998920>.


## Feeling Out of the Loop?



Decisions on community matters made by the HOA Board of Directors and committees are discussed, debated, and determined in public, with the exception of private matters between residents and the board that are discussed in a closed Executive Session. If you want to know what is going on in Cameron Station, attend the monthly board and committee meetings (and/or read the minutes posted on the website); read the bimonthly flyers and newsletters; and sign up for e-mail blasts. If you have any questions regarding the board, committees, or HOA management, send an e-mail. E-mail addresses can be found in every issue of *The Compass* newsletter.

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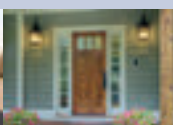

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## Carla's Picks

By Carla Besosa

### Alexandria

Dec. 2 - Holiday Boat Parade of Lights (Old Town Waterfront)

Dec. 31 - First Night Alexandria

### Anacostia Arts Center (DC)

Jan. 19-Feb. 10 - *This is All Just Temporary*

### Arena Stage (DC)

Oct. 27-Dec. 24 - *The Pajama Game*

Nov. 10-Dec. 24 - *Nina Simone: Four Women*

Jan. 12-Feb. 18 - *Sovereignty*

### Atlas Performing Arts Center (DC)

Dec. 1-9 - Mosaic Theater: *Draw the Circle*

Nov. 10-Dec. 22 - Mosaic Theater: *The Real Americans*

Dec. 9 - Holiday Cheers: Live Music, Champagne, & Fun for Grownups

Dec. 10-11 - Holiday Concert & Sing-Along

Dec. 15-30 - Step Afrika!: *Magical Holiday Step Show*

Dec. 16-17 - Sweet Spot Aerial Productions: *A Circus Carol*

Jan. 4-Feb. 4 - Mosaic Theater: *Queens Girl in Africa*

### The Barns at Wolf Trap (Vienna)

Dec. 3 - Washington Symphony Brass: Home for the Holidays

### Birchmere (Arlandria)

Dec. 3 - Blood Sweat & Tears with Bo Bice & Chrissi Poland

Dec. 17 - Norman Brown's Joyous Christmas with Bobby Caldwell & Marion Meadows

Dec. 30 - Hank Williams Tribute

Jan. 7 - MO' Fire - Motown Tribute

Jan. 12-14 - Eddie from Ohio

### BlackRock Center for the Arts (Germantown)

Dec. 2 - 15th Annual Celebration with Hot Sardines

Dec. 3 - Cherish the Ladies

### Blues Alley (Georgetown/DC)

Dec. 7-10 - Marcus Johnson's Holiday Jam

Dec. 13 - Chaise Lounge - Swinging Thru the Holidays

Jan. 11-14 - Stanley Jordan

Jan. 16 - Veronneau

### Capital One Arena (DC)

Dec. 14 - Trans-Siberian Orchestra

Jan. 16 - Shakira - El Dorado

### Carlyle Club (Alexandria)

Dec. 3 - Christmas with the Rat Pack

Dec. 14 - Glenn Miller Orchestra Christmas

### Creative Cauldron (Falls Church)

Dec. 1-23 - *Madeline's Christmas*

Dec. 3 - Shenandoah Run Winter Concert

### Crowne Plaza Hotel (Alexandria)

Dec. 21 - Chanukah Festival

### Dance Place (DC)

Dec. 16-17 - Kwanzaa Celebration

### Del Ray Artisans Gallery (Del Ray)

Every Fri-Sun in Dec. through Dec. 17 - Holiday Market

Jan. 5 - Opening Reception: "Sensorium"

### Dulles Expo Center (Chantilly)

Dec. 8-10 - Sugarloaf Crafts Festival

Dec. 15-17 - International Gem & Jewelry Show

Jan. 6 - DC Big Flea & Antique Market

### Eagle Bank Arena (Fairfax)

Dec. 16 - Christmas with Amy Grant & Michael W. Smith

### Evening Star Café (Alexandria/Del Ray)

Dec. 7 - Janna Audey

### Fiona's Irish Pub (Kingstowne)

Dec. 8-9 - Scott Fallon

Dec. 22 - Farley Granger

Dec. 23 - Greg Snyder

Dec. 29 - Dan Barry

Dec. 30 - Judge Smith

### 1<sup>st</sup> Stage Theater (Tysons)

Nov. 16-Dec. 17 - *My Name is Asher Lev*

### Ford's Theater (DC)

Nov. 16-Dec. 31 - *A Christmas Carol*

### Gadsby's Tavern Museum

Jan. 19 - History by the Glass: Hot Toddy

### GMU Center for the Arts (Fairfax)

Dec. 8 - Natalie MacMaster & Donald Leahy

Dec. 17 - Vienna Boys Choir

Dec. 20-21 - Moscow Ballet's Great Russian *Nutcracker*

### Gunston Theater (Arlington)

Jan. 5-14 - *Sherlock Holmes*

### The Hamilton (DC)

Dec. 10 - Emmylou Harris

Dec. 21 - BStreetBand (Bruce Springsteen Tribute)

Dec. 26 - Allman Brothers Tribute

Dec. 27 - Talking Heads Tribute

Dec. 30-31 - Bonerama & New Orleans Suspects

### Harman Center for the Arts (DC)

Nov. 14-Dec. 20 - *Twelfth Night*

Jan. 16-Feb. 25 - *Hamlet*

### Hub Theater (Fairfax)

Dec 1-24 - *Peekaboo! A Nativity Play*



**Imagination Stage (Bethesda)**Dec. 26-29 - *Charlotte's Web***Jammin Java (Vienna)**

Dec. 1 - The Fabulous Djaltones Rock the Holidays!  
 Dec. 6, 7, 10 - A Charlie Brown Christmas Live on Stage!  
 Dec. 11 - Big Band Christmas  
 Dec. 22-23 - Todd Wright's FIFTEENTH Annual Santa Clauster-f@%! Christmas Spectacular  
 Dec. 27 - Deanna Bogart Band

**Keegan Theater (DC)**

Dec. 14-31 - *An Irish Carol*  
 Jan. 19-Feb. 10 - *Unnecessary Farce*

**Kennedy Center (DC)**

Dec. 5-31 - *Twist Your Dickens*  
 Dec. 2-Jan. 7 - *An American in Paris*  
 Dec. 10-22 - Washington Chorus: A Candlelight Christmas  
 Dec. 13 - SING! An Irish Christmas  
 Dec. 14-17 - NSO: Handel's *Messiah*

**Lisner Auditorium**

Dec. 9-17 - Christmas Revels: A French-Canadian Celebration of the Winter Solstice

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

Dec. 1-16 - *A Christmas Carol*  
 Jan. 13-Feb. 3 - *Anne of Green Gables*

**Lorton Workhouse (Lorton)**

Dec. 10 - Winterfest

**Masonic Temple (Alexandria)**

Dec. 3 - It's a Brass Christmas

**Metro Stage (Alexandria)**Nov. 17-Dec. 24 - *Christmas at the Bull & Bush***MGM Theater (National Harbor)**

Dec. 6-9 - Cirque Dreams Holiday  
 Dec. 20-21 - Bruno Mars  
 Jan. 10 - Dancing with the Stars

**Mount Vernon (Alex)**

Nov. 24-Dec. 17 - Mount Vernon by Candlelight  
 Dec. 15-16 - Christmas Illumination

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

Holiday Movies on the Plaza:  
 Dec. 2 - *A Christmas Carol*  
 Dec. 9 - *Elf*  
 Dec. 23 - *A Year Without Santa*

**National Theater (DC)**

Dec. 13-16 - The Piano Guys  
 Dec. 20-Jan. 7 - *Les Misérables*

**Pentagon Row Outdoor Rink**

Dec. 21 - Chanukah on Ice

**Ritz Carlton - Pentagon City**

Dec. 17 - The Nutcracker Tea

**Round House Theater (Silver Spring)**Nov. 29-Dec. 24 - *The Book of Will***Schlessinger Center (Alexandria)**

Dec. 3 - Born2Dance: Awaken the Dancer Within

**Signature Theater (Shirlington)**Nov. 7-Jan. 14 - *Crazy for You***Sonoma Cellar (Old Town)**

Dec. 2 - Scott Fallon  
 Dec. 28, Jan. 4, 11 - Janna Audey

**The Strathmore (Bethesda)**

Dec. 1 - BSO: Mozart's *Mysterious Requiem*  
 Dec. 4 - Dave Koz Christmas Tour  
 Dec. 8 - Canadian Brass: Christmas Time is Here  
 Dec. 12-13 - Hip Hop *Nutcracker*  
 Dec. 16-17 - National Philharmonic: Handel's *Messiah*  
 Dec. 22-23 - Moscow Ballet's Great Russian *Nutcracker*  
 Jan. 21 - Step Afrika!

**Studio Theater (DC)**

Nov. 29-Jan. 7 - *Curve of Departure*  
 Jan. 17-Mar. 4 - *The Wolves*

**Sully Plantation (Chantilly)**

Dec. 9 - Christmas with the Lee Family

**Synetic Theater (Crystal City)**

Dec. 1-22 - *Hansel and Gretel*  
 Jan. 17-Feb. 18 - *The Trial*

**Theater J (DC)**

Nov. 29-Dec. 31 - *The Last Night of Ballyhoo*  
 Jan. 11-Feb. 4 - *Everything is Illuminated*

**Warner Theater (DC)**Dec. 1-24 - Washington Ballet's *Nutcracker***Wolf Trap (Vienna)**

Dec. 2 - Holiday Sing-A-Long

**Woolly Mammoth (DC)**Nov. 11-Dec. 31 - *Nothing to Lose (But Our Chains)*

## And Another Thing...

(in my stream-of-consciousness order)

### Did You Know...

If you fill a growler at *Portner Brewhouse* on a Thursday, it's half-price!

### What Am I Listening To?

Brian Gore: Legacy (guitar)  
 Cindy Bradley: Unscripted (trumpet)  
 Wayne Shorter: Speak No Evil (trumpet)

# Cameron Station Resident Returns to the Camino de Santiago in Spain

By Martin Menez

In the January/February issue of *The Compass*, I told of my wonderful adventure as I walked almost 500 miles on the Camino de Santiago Frances, from the French side of the border in the Pyrenees to Santiago de Compostela in Galicia, Spain. The trip was from mid-September to mid-November in 2016. I had the opportunity to describe it further before and after the showing of the movie *The Way* at the Cameron Club in March of this year.

I had no intention of walking the Camino again, but as 2017 progressed, the memory of the remarkable spiritual, cultural, and athletic benefits started pulling me back, which is a phenomenon experienced by many pilgrims. I decided to do the Camino Portugués this time, starting from Lisbon and walking north to Santiago, which is where all of the routes terminate.

This time, I started alone, and after flying into Lisbon, I immediately set out walking but covered only 9.4 km the day of arrival. I had a rather inglorious start, getting off track multiple times in Lisbon, with 10.4 kilos on my back



Photo credit: Martin Menez

(plus water) and no sleep on the plane. Things improved dramatically, as it does for most pilgrims after the first week, and I was doing an easy pace of about 20 km per day without strain.



Photo credit: Martin Menez

Martin is pictured in front of decorative tiles in the Coimbra Hostel lobby.



Most pilgrims who take the Portuguese route start at the more popular beginning point of Porto, which is about 60% of the way between Lisbon and Santiago. Others start just over the Spanish border in Tui, and they get their compostela (certification) by doing the last 100 km on foot (as opposed to the also-allowed bike or horseback). The segment from Lisbon to Porto is less favored since it's more industrial, more along the highways, not as well marked, and there are fewer pilgrim accommodations.

I met and enjoyed the comradery and company of a menagerie of characters who were similarly as quirky in nature as those who I had met last year and those who were portrayed in the movie. Each had a story to tell, and all were motivated, optimistic, and interesting. Each was also searching for something, which almost all kept to themselves. Two questions that are rarely heard on the Camino are "What do you do?" (irrelevant) and "Why are you doing this?" (personal). It's interesting to walk, eat, and sleep repeatedly in such close quarters with strangers and with little physical privacy, but each is alone in his or her thoughts, motivations, aspirations, and contemplation while on the Camino.

I took time to walk an alternate route along the Atlantic coast for a good bit and also to visit the cities of Tomar, Coimbra, Porto, and Valença, which are in Portugal, as well as Tui and, of course, Santiago, which are in Spain. In Portugal, I marveled at the common decorative azulejo tiles. I added bus side trips to the shrine at Fatima and the impressive Muxía and Finisterre, with the Atlantic crashing on their rocks. The Portuguese and Spanish food was plentiful and excellent, yet I couldn't get enough calories



Photo credit: Martin Menez

Pictured is an 18th-century church in Porto, Portugal, which has approximately 11,000 azulejo tiles on its exterior.

when walking 20+ km per day to maintain my weight, despite constant eating.

After 33 walking days (32 of which were dry) and 33 different beds, I had covered the 400 miles to Santiago and, again, strode into the Cathedral square with a mixture of triumph, relief, gratitude, and joy at having finished this year without injury. It was an outstanding spiritual, cultural, and athletic experience, as it was the first time. This time, I'm through...maybe.

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# The Athlete Among Us

By Psy Scott

Cameron Station is well-known throughout Alexandria as a premier community to live in with its beautiful landscaping and prime location to neighboring restaurants and stores, as well as easy access to the highway. Cameron Station offers so much on the surface level, but what about the hidden gems of Cameron Station that go unnoticed? I'm referring to its residents. Over the years, Cameron Station has been the home of government-appointed officials, news anchors, and professional baseball and basketball players. Yes, we have had major athletic talent within Cameron Station. When thinking about the word *athlete*, there is one person in particular who comes to mind, and that person is Ray Celeste.

I had a chance to talk with Ray and get inside of the mind of this tremendous athlete. He was able to take time out of his busy day to give us readers a glimpse of what he has accomplished over the past 27 years. In this interview, we were able to find the athlete among us.

**Psy:** How many consecutive marathons have you run?

**Ray:** I have run 27 Marine Corp marathons.

**Psy:** How did you get into running?

**Ray:** In the 80s, I was stationed at the 29 Palms, and other Marines were indulging in other activities that sometimes

led to unfavorable circumstances. I wanted to do something constructive and productive. I ended up doing my first marathon in 1985 in San Diego.

**Psy:** Why do you always run the Marine Corp marathon?

**Ray:** The Marine Corp marathon holds a special significance for me. One reason is that I'm a Marine, and secondly, the marathon is held in the nation's capital. I get to pass by the famous landmarks and feel a sense of reverence and honor.

**Psy:** How do you stay in shape and train for them?

**Ray:** The key is to be persistent and consistent. I have been a member of the Capitol Hill Running Club for 17 years. I have found that with vitamins, lifting weights, and plenty of rest, this enabled me to pursue my goals over the past 27 years.

**Psy:** What challenges have you faced during training?

**Ray:** Athletes are prone to injuries. I have pulled ligaments in my right hip, which required rehab. Over the years, there will be wear and tear. Knowing your body is key, and the steps you take in recovery before and after your workouts can keep injuries to a minimum.

**Psy:** What advice do you have for anyone who would like to start running?

**Ray:** I would suggest getting into a running club and seeking advice from experienced runners. You always want to have running shoes that fit well and are specific to your gait. If anyone needs help getting started, I'm happy to assist.

In closing, let me say that it was a pleasure speaking with Ray Celeste. He is a good-spirited individual who serves Cameron Station as Chair of the Cameron Club Facilities Committee (CCFC) and does all that he can to help those in need. Ray has also run ultramarathons, and his last ultra was in 2010. A Marine to the core, Ray recently ran a marathon in honor of a fallen soldier in Iraq. We are grateful to have Ray as a part of our community.

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## Annual Holiday Party

Date: Sunday,  
December 10  
Time: 6pm – 10pm  
Place: Cameron Club

## Let Us Hear from You...

The staff of *The Compass* welcomes your comments and suggestions about the newsletter and community updates. Please send them to [thecompass@cameronstation.org](mailto:thecompass@cameronstation.org). Thank you.



# A Full House at Casino Night

Casino Night was held on October 7, and residents flooded the Cameron Club to partake in the activities. As always, Casino Night offered an array of games, such as Blackjack, Poker, and Roulette, and attendees enjoyed food and drinks while they partied into the evening. Casino Night will return in 2018, so make certain to be on the lookout for future events at the Cameron Club in the new year!





# Nectar Del Ray

## Coffee & Wine Bistro

By Carla Besosa - Cameron Station Foodie

In my never-ending quest to find unique venues, I've discovered *Nectar Del Ray*. Located in the north end of Del Ray, just off Mount Vernon Avenue, this quaint establishment replaces the former *Emma's Espresso & Wine Bar*.

When sisters Shirley and Susan took the reins this past spring, a physical and conceptual makeover occurred. The split-level space is delightfully punctuated with uniquely appealing light fixtures and vibrant, colorful pieces of art. There's a fireplace to take the chill off when the temperature drops. The welcoming front patio is tastefully appointed with tables and chairs. Enjoy the fresh air, escape the congestion of Mount Vernon Ave, and relax!

By day, *Nectar* is a cheerful, sunny spot for coffee, breakfast, or lunch. By night, *Nectar* morphs into an evening bistro with linen tablecloths and a comfortably classy atmosphere. Friendly table service is provided in the evenings.

Morning offerings include delicious home-baked goodies such as muffins, apple caramel scones, and pesto parmesan scones. Breakfast sandwiches are available as is their soon-to-be-famous waffle menu. Try the *Star Spangled Waffle* with strawberries, blueberries, fresh cream, and pure Vermont maple syrup, or perhaps you'd enjoy (as I did) the *Banoffi* with bananas and toffee sauce. Every imaginable coffee drink is served, including frozen coffee. The tea selection is plentiful, including a scarcely found *Cinnamon Orange Rooibos*. Teas are steeped in cute, individual infuser pots.



Photo credit: David Thorpe



Photo credit: David Thorpe

For lunch, indulge in the freshly made sandwiches, creative salads, and scrumptious homemade soups. The *Tomato Basil Soup* is delicious and has an impressive texture. The *Blue Salad* combines blueberries, blue cheese, toasted almonds, beets, and spinach — a colorful medley of flavors and textures. The *Fig & Prosciutto Sandwich with Butterkase* is a wake-up call to the palate, and the *Chicken Salad* with cranberries and toasted almonds passed the litmus test with flying colors. I like to order Soup & ½ Sandwich or Soup & ½ Salad and mix it up!

The dinner menu is succinct but creative with an intriguing slate of appetizers, flatbreads, tacos, and pastas. The *Gambas al Ajillo* (shrimp sautéed in garlic, olive oil, and fresh lime) is served with a freshly-baked baguette for decadent dipping. The *Mushrooms Stuffed with Mac 'n' Cheese* boasts a new twist on an old favorite. The *Flatbreads* have been yummy; I've enjoyed the *Chicken Tikka Masala* and the *Fig, Gorgonola, Bacon with Balsamic Reduction Drizzle*. The *Orzotto*, with fresh spinach and shrimp in a lemon cream sauce was plentiful, filling, and tasty. I plan to return to try their *Soft Tacos*, *Charcuterie Board*, and *Chicken Pepitoria*.



Photo credit: David Thorpe





Photo credit: David Thorpe

(chicken in a saffron-cream white wine sauce). Eureka! *Nectar* offers vegetarian and vegan dishes, as well as a children's menu.

A singular selection of wine and beer is the result of Andrew's (manager) experience in the industry. *Nectar* pours five whites, five reds, a rose, a sparkling, and red or white frozen wine. I followed Andrew's recommendation and ordered the *Horton Viognier*, which was surprisingly good (as I am not usually a Viognier girl). *Nectar's* six craft beers hail from the Commonwealth, including my recently discovered *Legends Brown Ale* from the banks of the James in Richmond. Six additional brews round out the list. Three Virginia ciders are also available.

If you save room for dessert, you might like the *Mocha Mousse* or the *Affogato*, vanilla ice cream topped with espresso. Dessert wines include a *Tears of Dew Late Harvest Muscat*, *Silver Hand Mead*, and the recommended *Veritas Othello Port*. Try them all; get the flight.

During *Nectar's* Happy Hour (Wednesday – Friday, 5-7pm), you'll find \$2 off all-adult libations. Check their website for information on the newly initiated Yappy Hour...B.Y.O.P. (being your own pooch).

Experience one of Alexandria's newest haunts, and check out both day and evening selections. The helpful staff is forthcoming with descriptions, suggestions, and recommendations. The place has an all-round positive vibe! You're sure to find something to tickle your taste buds!



Photo credit: David Thorpe

## Nectar Del Ray

106 Hume Ave  
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[www.nectardelray.com](http://www.nectardelray.com)

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## Article Submissions:

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

## Publishing Deadlines

January/February .....	December 30
March/April .....	February 28
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September/October .....	August 30
November/December .....	October 30

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# Book Clubs

## Reading Between the Wines

November: *Commonwealth* by Ann Patchett

December: *Wonder* by R.J. Palacio



Photo credit: Pat Sugrue

Several members of Reading Between the Wines enjoyed a tour and dinner at Gadsby's Tavern in Old Town Alexandria.

## Monday Night Book Ball

November: *Call the Midwife: A Memoir of Birth, Joy, and Hard Times* by Jennifer Worth

December: *Born a Crime* by Trevor Noah  
January: *The Practice House* by Laura McNeal

If you are interested in joining the Monday Night Book Ball Book Club, please contact [sottilepj@aol.com](mailto:sottilepj@aol.com). We would love to have you!

## Third Thursday of the Month Book Club

November: *The Picture of Dorian Grey* by Oscar Wilde

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!





# Injury Guide: When to Use Heat or Ice for Relief

By Dr. Riccardo Tersigni

In my 13+ years of experience, you won't believe how many times a new patient walks into my office, and when one of my recommendations is to ice their injury, they emphatically state "Oh no, I've been using heat!" Most are surprised to learn that we use ice instead of heat in our rehabilitative setting. Truthfully, I understand their perspective. To me, nothing feels better than a cozy blanket and a nice cup of coffee on a crisp autumn day. However, our understanding of the human body and current research methods may contradict feeling good at the moment with feeling better in the future. When it comes to understanding heat versus cold, we must first understand the goal of the treatment. At Arlington Pain and Rehab, our goal is to reduce pain, restore function, and improve quality of life to help each patient live a healthier, happier life.

## Why Do We Use Cold Packs?

We do this to put the fire out! The application of cold may help to reduce swelling and reduce the blood flow that brings the immune cells to the area that cause pain and inflammation in the first place.

## Does That Mean All Heat Is Bad?

Heat is not necessarily bad, and it certainly has its place. Much like a fireplace protecting the house from the outside cold, inflammation and heat can serve its purpose. Inflammation lets us know when things aren't right by activating the immune system. The signals of pain are telling us, "PLEASE HELP!" So, don't ignore them. Your body is communicating with you; just listen.

When patients are past the acute phase of pain, some heat may be beneficial, but this is on a case-by-case basis. In addition to applying heat, I recommend patients move or stretch afterward. Just like you would jog to warm up for a sport or you would lift light weights before stacking the heavy ones, you are warming up muscles. Adding heat to a muscle warms it up, so it's best to move around afterward instead of sitting or lying down. All the swelling and added blood flow to the area with no movement may result in more pain and stiffness later.

## When Do I Know to Use Ice or Heat?

As always, consult with your trusted healthcare provider. In my office, I always use cold because it helps reduce muscles spasms, decreases inflammation, and has revealed more promising results with muscle re-education when compared to heat. So, the next time you're in pain and need relief, think of the cozy fireplace. Sure, the warmth may feel nice, but putting the fire out is necessary. Much like the house, our body is a structure too, and a constant fire with constant fuel is a recipe for disaster.

Remember these tips when icing:

- Ice no longer than 15-20 minutes. It can be repeated after 20 minutes following removal.
- Never apply ice directly to the skin. Always wrap in a towel, cloth, or paper towel.



- Use a frozen bag of peas for a quick and easy measure.
- Topical rubs and creams (e.g., Biofreeze) are good when there is absolutely no ice available, but it is not a substitute for ice. These products don't actually reduce internal temperatures but, rather, trick the cold receptors in the brain to mimic the sensation of ice.
- Fill paper cups with water and freeze. They can then be used for an "ice massage" while tearing away the plastic cup as it melts.



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