

THE CONDUIT

NEWSLETTER OF THE PALISADES CITIZENS' ASSOCIATION

BEFORE KEY SCHOOL PRINCIPAL DAVID LANDERYOU COULD WALK...

..., let alone say "hike," Dolores Martin roamed the hallways of her Key School realm. Mrs. Martin, Mr. Landeryou's immediate predecessor, spent thirty-three years at Key, first as a classroom and resource teacher and then, for thirteen years, as principal. She was the first African-American teacher to be hired for a permanent position at this predominantly white school in 1968. It was a difficult year for her, in part because she had been trained in early childhood education and in part because of the dynamics of the school and of her classroom. Several teachers had just left, and Mrs. Martin's sixth grade included five or six out-of-boundary students "who were smart academically but extremely disruptive

and uncooperative. This was one of the earliest experiments to promote integration as the school system tried to respond to court decisions on desegregation," she says.

By the time she retired in 2001, Mrs. Martin had grown into a superb leader, respected and loved by children, staff and parents. "Cooperation rather than competition was always important to me." She left a legacy of an expanded building, the Six School Complex and the Fillmore Arts Center Program. More importantly, her talented professionalism and warm style were imprinted on thousands of hearts and minds.



Mrs. Martin with fifth-grader Virginia Ryan, a "Ten Who Are Ten" contest winner, 1999

Dolores Hardwick was born in Savannah, Georgia and graduated from high school in 1949. In those days, “parents wanted to get their children as far away from segregation as possible.” Washington also remained segregated, but less so than the South. Dolores wanted to become independent. She applied to Howard University and thinks that the fact that a great aunt had been the school’s well-respected matron in charge of all the women students in the teens and twenties played a role in her acceptance by this competitive college. Two friends from Savannah were also going, so the girls roomed together, helping Dolores “feel right at home.” They remain friends to this day. In her sophomore year, the writer Toni Morrison was a roommate. At that time, all the female students lived in one complex of dorms. Freshmen had to sign out, report where they were going and be back by 6 p.m., so no U Street nightclubs for them! If one was not back on time, her parents would be contacted. By the time they were in their third year, only with their parents’ permission could women students live off campus.

"MRS. MARTIN, I REMEMBER ON RAINY DAYS YOU WOULD BE OUTSIDE UNDER YOUR UMBRELLA GREETING US WITH YOUR SUNNY SMILE."

As she had always wanted to be a teacher, Mrs. Martin majored in early childhood education. She believed that four-year-olds could benefit from school in an era when there was no such thing as pre-K, and in many schools Kindergarten was a half-day affair. This was the case in DCPS.

At Christmas of her junior year, Dolores became engaged to Harold, who had grown up in Washington, had recently graduated from college and was now studying to be a dentist. He served in the army, where he worked in a dental clinic. “His mother was wonderful to me, really wanted us to get married. She became like a second mother to me.” Mrs. Martin was deeply affected by losing her mother when she was not quite fifteen. When she and Harold married in 1954, they moved into the family house near Dupont Circle, where they still live.

“Until I went to college, I’d had little or no interaction with any person of another race. It had a great impact on me to come to a place like Howard, with its students and teachers from other countries. I realized that we were different, but in so many ways we were so alike, and I’ve always been interested in people from elsewhere.”

Mrs. Martin brought her curiosity about the world to Key. With its many international families, Passport Tuesdays started. Hearing about the Mid-Atlantic Region Japan-in-Schools program sponsored by the University of Maryland and having taught some Japanese children as a resource teacher, Mrs. Martin decided to apply to the program. Her team included a classroom teacher, Ms. Ivy Caldito, and librarian

Jackie Moore. They won a grant and, together with three other teams, traveled to Japan one summer. They spent some of that time living in local homes, observing local life. Upon their return, they continued the program by starting a Japanese garden and Ms. Caldito’s Hawaiian arts project, and brought in speakers. They also shared their experiences with other schools. That summer nearly broke up the US team, as on the fast train to Hiroshima they disagreed vehemently about what had been right and wrong about the bombing. The dispute was devastating to her. “The museum in Hiroshima was one of the worst things I’ve ever seen.”



Groundbreaking for the
expanded building with
student Jack Anninos

As a resource teacher, Mrs. Martin was interested in educational methods being used in other countries. She led Key’s effort to apply for a Cafritz Foundation grant to travel to Scandinavia and Russia on a trip organized by the University of Virginia for school and college teachers. The Soviet Union was “awful and scary,” as the Americans were closely supervised. Their passports were taken from them, they would be chastised for taking pictures and their guide did not let them go anywhere without her. But they were taken to cultural performances and museums, including the Hermitage, Mrs. Martin’s favorite.

Mrs. Martin’s forty-three-year DC school career started in 1954 at Davis Elementary in Southeast. She then went to the Adams School on 19th Street Northwest, where she stayed for two years. She was not happy there because of the school’s strictness. A whole class would have to go to the bathroom at the same time, and she heard rumors about corporal punishment. She never saw a teacher strike a child, but the teachers did carry yardsticks.

An opportunity came up to transfer, and Mrs. Martin did, to Key. So did her principal, also an African-American, who divided her time between Key and Hardy Middle School, which was located on Foxhall Road then. Key was a cozy place, students walked home for lunch, and "most people who came in felt like it was home; we managed to create that atmosphere," she says. "We always had a lot of parental support." At a time when small schools had to share principals, it was the Key secretary, Mrs. Waunetta Stottlemeyer, who practically ran the school. "Initially I felt ostracized as the new kid on the block, the first African-American teacher," says Mrs. Martin. But over time she made friends with the other staff.

Key had opened in 1932 with eight classrooms and 259 students. By the 1970s, it was suffering from low enrollment, down to about 70, and the community feared that it would be shut down. The Six School Council formed to prevent their schools from being closed. An agreement to bus in children from the Bolling Air Force Base not only increased Key's numbers, but also added variety to the student body. Other out-of-boundary children were also admitted. As the number of neighborhood children enrolled rose again, the old building began to burst at the seams. It was during

Mrs. Martin's tenure, in the 1990s, that the District began a mass modernization of its school buildings, many of which had not been renovated in decades. Key jumped at this opportunity and put in a request, becoming one of the first schools to be updated and expanded. Mrs. Martin was pleased that the architects brought teachers and parents into their planning process.

After a few years as a classroom teacher, Mrs. Martin became the resource teacher, going from classroom to classroom to help students and other teachers. She had taken time off to earn an MA in special education, diagnostic and prescriptive teaching, from George Washington University. In 1987, when Key needed its own principal, she served for a year as acting principal and then applied for the permanent position, even though she had misgivings about supervising her peers and friends.

When she became principal, Mrs. Martin promoted diversity in staffing. "I pushed for more African-American teachers if qualified, student teachers from nearby American University and elsewhere, I was hopeful to have a mix, I believed in it strongly. I always felt the value of having a diverse faculty and student body." Today,



Key's student population is 67 percent white, with Latino, Black, Asian and mixed minorities.

The following comments of the many written on little cards for the scrapbook put together for Mrs. Martin's retirement give a sense of the impact she had on the Key community.

"Mrs. Martin, I remember...

The quiet way you set expectations for civility so high for all of us, students, teachers and parents, and made us strive to meet them. I also remember your great warmth and affection.

Whenever you look at my son and say 'He's really come a long way!' you show how much room you have in your heart for all your kids.

How much you loved music and how proud of all your students you were. You made Key School a wonderful family.

Your dedication to the success of your children. I am reminded most of the fairness you demonstrated towards your staff."

BY MAYA LATYNSKI



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SAVE THE DATE

Key School's annual Harvest Festival is coming on Sunday, October 21, from noon to 4 p.m.

This is a great event for kids of all ages. Come play a vast assortment of games, get your face painted, enjoy the giant moon bounce and slide!

And, of course, we will have the best haunted house in the city, complete with live actors! Visit our used book sale, concession stands and bake sale for delicious treats!

This event will be held rain or shine at Key Elementary School
5001 Dana Place.

Contact Kate Breslin at katebreslin2@gmail.com or 202-421-7274 for more information.

See you there!



LETTER FROM THE PCA PRESIDENT

Fall has arrived to the Palisades, and an election season is upon us. While the opportunity to make a national statement with our District votes is limited, this is still a critical election year in terms of local DC governance. This November 6th we'll be electing a mayor, an attorney general, a Ward 3 Council representative, two at-large Council members and local ANC representatives. While media attention has been scant thus far, this election has practical implications for the future of our community and for city policy as a whole.

Consider the issue of education alone. While DC Public Schools (DCPS) has endured a number of recent noteworthy scandals, the emerging crisis in our neighborhood involves school overcrowding. To meet the needs of a growing student population, the Key School parking lot was largely overtaken this past summer by expanded classroom trailers. Meanwhile, the most recent budget cycle resulted in Key receiving \$20 million in new capital funding presumably to expand a facility that is already severely constrained by its small campus size and its location in the heart of a crowded residential area. Similar overcrowding dynamics exist at neighboring elementary schools. Planning now for a new school in Ward 3 seems like a long-term solution that should at least be seriously considered by our elected leaders. However, no effort was made to pursue the Georgetown Day School lower school property on MacArthur Boulevard when it was up for sale, and the only remaining DCPS-owned property in Ward 3 that is not currently in use for public education, the old Hardy School building on Foxhall and Q Streets, remains at risk of being lost to a private school, which is pursuing a 50-year lease with the help of lobbyists. The vitality of our neighborhood depends on the continued presence of high-quality public education, so we all have a stake in ensuring that the challenges of overcrowding are met by our elected leaders.

The Palisades Citizens' Association will be holding a candidates' forum on October 2nd for the Ward 3 and at-large City Council races. A follow-on forum will be held on October 24th for our ANC candidates. Both meetings will take place at the Palisades Recreation Center from 7 to 8:30 pm. I strongly encourage you to attend to learn more about who will lead us in the future and to seek answers to your own questions.

MEET YOUR ANC CANDIDATES!

All politics is local, but for candidates running for our Advisory Neighborhood Commission things get really, really local. Commissioners consider a wide range of issues including traffic, parking, liquor licenses, zoning and economic development. The following candidates will appear on the ballot in districts that include the Palisades. Additional candidates may still run for office on a write-in basis.

- | | |
|-------------------------|-----------------------|
| 3D01: Chuck Elkins | 3D02: Troy Kravitz |
| 3D03: Paige Ela | 3D04: Michael Sriqui |
| 3D05: Heather Gustafson | 3D05: Alan Karnofsky |
| 3D06: NO CANDIDATE | 3D09: J.P. Szymkowicz |

Not sure what ANC district you live in? Here's a map – www.anc3d.org/anc-map

The Palisades Citizens' Association sent questionnaires to the ANC candidates so that we can all cast more informed votes in November. Their responses are posted at www.palisadesdc.org.

The only officially contested ANC race this November will be in 3D05, where two candidates are running to replace Alma Gates. When asked to tell us about themselves they said...

HEATHER GUSTAFSON I live at 2828 Hurst Terrace, which is a single-family home that I own with my husband, directly across the street from Key School's driveway. We have two boys, William (9) and Winston (6). I am the owner of Palisades Montessori, which is a home-based child development center that was founded in 1984 by the former owner, Barbara Allen. I am also the owner of Palisades Montessori's new infant and toddler daycare center, which will begin serving the community later this fall. I am the founder and executive director of Reach the World, an established global education nonprofit that seeks to help all children, in all communities, access positive and personal global experiences. I host a standing neighborhood potluck at our home every weekend. I am passionate about the Palisades, its community members and its unique qualities.

ALAN KARNOFSKY

I am running to be the next commissioner for single-member district 3D05. I am a current DC government employee working in the Office of the City Administrator. I received my Masters in Public Administration, with a concentration in State and Local Government, from American University. My passion in life is local government because I know that it is what affects people's day-to-day lives the most. Every day, in my job, I work hard for all residents of the District of Columbia, but now I want to do more work for my neighborhood. Being a public servant is my calling and that is why I am running for this office. When I am not working, you can find me at Mac Market getting a bagel sandwich, getting groceries from the Safeway or playing tennis at the Palisades Recreation Center. I love this neighborhood and want to see it become the safest and best area to live in Washington, DC.

AVI GREEN

ASSOCIATION BUSINESS



DEAR READERS AND NEIGHBORS,

As we go into the second year of our colorful Palisades Citizens' Association newsletter, let me thank you for your enthusiasm and suggestions of article topics and potential interviewees. Without you we would be nothing! There must be more of you out there who are aching to write a piece or to interview a worthy neighbor, whether a resident or a businessperson. Please come forward and holler!

(And please don't be shy about having to meet stratospheric standards in style and weight!)

Happy fall (should it ever come),

MAYA LATYNSKI, EDITOR



Don't forget to put this year's Town Hall meetings on your calendar. We bring in speakers to talk about issues of current interest and to take ideas from the community. Last year's guest speakers included Marcio Duffles, Ward 3 rep on the DCA Noise Working Group (NWG); Ruth Wattenberg, Ward 3 Representative on the

DC State Board of Education; John Green, Community Engagement Coordinator from the Office of the Attorney General for DC; DC Police Chief Peter Newsham; and Michael Sachtleben, President, MedStar Georgetown University Hospital.

The Town Halls take place on every first Tuesday of the month (except November) at the Palisades rec center, 7-8:30 pm (NOTE THE NEW EARLIER TIME, as the building will close earlier this year): October 2, October 30 (because November 6 is Election Day), December 4, NO JANUARY MEETING, February 5, March 5, April 2, May 7, June 4



JULY 4TH WAS A GREAT DAY FOR OUR PALISADES COMMUNITY. Not only did we have another fantastic parade and picnic on this very hot day, but our modernized Palisades Recreation Center at 5200 Sherier Place was officially dedicated. Mayor Muriel Bowser, Ward 3 Councilmember Mary Cheh and her council colleagues, representatives of the DC Department of General Services and the Department of Parks and Recreation, and our own Palisades community joined together to officially cut the ribbon to open our beautifully renovated building.

The new addition adjoining the original building is filled with splendid light and wonderful new spaces, including a half-court gym, meeting rooms, a senior lounge and a kitchen. It is now a very special place for all of us to use and enjoy.

Looking back, it is hard to imagine now that the city's first presentation to the community was in September 2014, followed by many meetings and myriad design discussions. Construction started in the summer of 2017. A year later, we celebrated with our official dedication and opening.

If you haven't been there, it is well worth the trip. And I think I can say that for all of us who were deeply involved in the process, it was well worth the wait.

**PENNY PAGANO,
CO-CHAIR OF THE PALISADES SIGHT
IMPROVEMENT TEAM (SIT)**



The proposed 2018-19 Palisades Citizens' Association budget is available for review at www.palisadesdc.org and will be voted on by the general membership at the October 30th Town Hall meeting.



A NEWER AND BETTER REC CENTER, HERE WE COME!
BY MAYA LATYNSKI

With the July ribbon-cutting ceremony behind us, the Palisades rec center is ready to be used by individuals and groups of all shapes and sizes. One crew to take immediate advantage of it has been the "frisky seniors ready to get back in the game," who have moved in to play PICKLEBALL! Who knew? It's the latest national craze! It is indeed a sport, and it combines aspects of ping-pong, badminton and tennis. It is played as singles or doubles with paddles and a plastic ball with holes in it on an indoor or outdoor court roughly the size of a badminton court.

Scott Parker is the official DC Pickleball liaison to the DC Department of Parks and Recreation. He is a local resident and veteran pickleballer and has been providing instruction to the Palisades group. The fifteen or so more-or-less-regular players meet on Mondays and Tuesdays from 10:30 a.m. to 1:00 p.m. Event notices are posted on the Palisades Listserv and the Nextdoor social network. For more information, please contact Scott at scottlparker@comcast.net or Nick Kauffman at nicklynnkauffman@verizon.net

"As one of the participants at today's pickleball session, I'd really encourage others to come. It's a terrific activity and a wonderful venue. I had never played before but it was relatively easy to learn and have lots of fun playing. Many thanks to Nick and Scott for making the arrangements so you can come (by yourself or with others)," writes a recent recruit.

As we settle in for the fall, let's use the pickleballers as an inspiration to put on more new activities in this fantastic new building. Game nights? Movie shows? Art pop-ups??? The possibilities are infinite!



WELCOME TO FALL AT THE PCA!

Summer seems like a distant past with Labor Day behind us and the kids back at school. It's fall again! The Palisades Citizens' Association is gearing up for another exciting year, to include Family Night at the Fire Station and Breakfast with Santa. Of course, how could anyone forget our fabulous Palisades Farmers' Market!

However, we cannot do this without your support. So please join or renew your membership during our Fall Membership Drive. It's an inexpensive way to entertain the kids year-round and a wonderful way to stay connected with the community.

AND HAVE YOU HEARD OF THE BARGAIN TO END ALL BARGAINS? IF YOU RECRUIT TWO NEW MEMBERS, YOUR MEMBERSHIP WILL BE FREE FOR A YEAR!

Please call Howard Clare, PCA Membership Chair, at 301.215.7111 for additional information or register online at www.palisadesdc.org/membership.php

YET ANOTHER PALISADES JULY FOURTH!

BY SPENCE SPENCER AND JESSICA DAVIS

It all began the day before with the first annual Pie Eating Contest at the Hoedown, celebrating the fun of getting messy! Contestants competed in three age categories under the watchful eye of Officer Anthony McElwee, who deftly managed to hold back the crowd of cheering onlookers while he judged each pie plate. Kids and adults alike found themselves with mixed-berry faces and smiles all around! Record crowds and laughter filled the tent to kick off our Fourth of July celebration! Big thanks to the Palisades Parade Committee for all their efforts and to the Palisades community. What an event!

Thousands turned out in Fourth of July finery to be a part of the annual Parade and Picnic. The Palisades Citizens' Association organized this event for the 52nd time, and this year was no disappointment—support for and participation in the homespun, all-volunteer parade set best-ever records.

The parade started at Whitehaven Parkway and MacArthur promptly at 11:00. It was led by our Boy Scouts, police, PCA officers and bagpipers. William Kim of the Palisades' own MacMarket presided as Grand Marshal. Not to be missed was the cavalcade of no fewer than six beauty queens, Miss DC, Miss

DC USA, Little Miss DC, Mrs. DC, Little Miss Virginia and Little Miss North America.

Mayor Bowser, Delegate Eleanor Holmes Norton and all the members our City Council turned out as always, but the theme of several floats was the Washington Capitals' Stanley Cup victory, and the Oletmans of MacArthur Court won the special #ALLCAPS award for this year's parade. The horsemen, Bolivian dancers, marching bands and Chinese dragon were also there and, of course, marchers shared bags and bags of candy with the kids lining the parade route!

OUR TOUGH BUT FAIR JUDGES AWARDED PRIZES TO THE FOLLOWING SPECTACULAR ENTRIES! AND FOR THOSE WHO DID NOT WIN—THERE IS ALWAYS NEXT YEAR!

**The Palisades Pride Award Key School and the Sherier Boys Founding Fathers Award: Spring Valley Neighborhood Association and the MVP Dolphins
#ALLCAPS: The Oletmans of MacArthur Court
Motorhead Award: The Sons of Solomon
Hot Wheels Award: Brooke Kennedy and Hanniford
The General MacArthur: The Freemasons of DC and the Palisades Air Defense Force
Most Patriotic Pet: City Dog, Rocklands and Middle C**

Thanks to everyone who marched down MacArthur Boulevard!

As always, the big parade concluded with the picnic, where everyone could enjoy hot dogs, watermelon and drinks under the big top! The Masons served 4,000 hot dogs this year, and volunteers sliced around 100 watermelons. The Lions served the drinks. There were two moon bounces, face painting, Mr. Funny Man and the song stylings of the band Better Than Therapy.

At the picnic, Mayor Bowser officially opened the fully renovated Palisades Recreation Center Field House, cutting the ribbon together with all of those who had been involved in this highly successful, collaborative effort. Penny Pagano, representing the PCA, and Stephen Gardner, chairman of Advisory Neighborhood Commission 3D, gave remarks and represented the neighborhood.

Perhaps most importantly, your Palisades Citizens' Association wants to thank everyone who made our community celebration such a success! Hats go off to the entire parade committee, the Masons and the Lions, as well as the panoply of DC agencies that provided their support, from the Metropolitan Police Department, to the Department of Public Works, to Parks and Rec! Thanks go out to volunteer parade marshals, watermelon cutters and t-shirt sellers. Specific shoutouts should go to Committee All Stars like Maria Garcia, Anne Ourand, Marjory Hardy, Joe Neale, Jenny Wieroniey, Robin Anne Floyd, Kathryn McDonnell and Jessica Davis. We could not have done it without everyone pitching in!

Finally, special thanks go to Kevin Nigri, who designed this year's t-shirt! It turned out to be the biggest seller in PCA history—for the first time, shirts continued to be sold even AFTER the parade.

The parade enjoyed unsurpassed volunteer and financial support, and was one of the most enthusiastic events organized since the Palisades made this an annual exercise in 1966. We are already looking forward to next year!

Support from local businesses is critical to our parade! Hearty thanks to the following business members of the Palisades Citizens' Association:

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- Palisades Montessori
- St. David's
- The Lab School of Washington
- The Palisades Community Church
- The River School
- Thomson & Cooke Architects Vanessa Carpenter Lourie, P.C.

BRONZE

- American Painting/Andrei Kushnir Studio
- Artisans Art & Frame
- B. Salon
- Capital Antiques
- Chryssa Wolfe/Hanlon Design Build
- Chu's Cleaners
- David Mitchell - Design 1
- DC Boathouse
- Palisades Deli
- Stretchworkz
- Prime Cleaners



Photos by Kathryn McDonnell

COME HELP THE PALISADES COMMUNITY CHURCH CELEBRATE OUR 95TH YEAR!

The Palisades Community Church was founded in 1924 when a couple of families realized that there was no organized opportunity for the spiritual growth of their children in the neighborhood. They called a community meeting, and the idea of a local Sunday School took off. As one of the founders stated, "Let us form a Church in which everybody will be welcome. Then we will enjoy the best from every heritage!" The Palisades Community Church is dedicated to being a safe place where spiritual seekers feel welcome. We desire to build a Christian community amidst diversity of race, lifestyle and belief, through inspiring worship and community service.

ANNIVERSARY WEEKEND

October 20

9 a.m.: Red Cross Blood Drive. To sign up to donate go to RedCrossBlood.org and look up our zip code to find our drive.

6 p.m.: Anniversary BBQ Dinner catered by Rocklands BBQ and Grilling Company, and Square Dance featuring Palisades resident and caller Caleb "Spider" Rossiter accompanied by Tadeusz Latynski-Rossiter. Please call the church office to RSVP.

October 21

10 a.m. Anniversary Sunday. Special worship service with lively music and honored guests, followed by coffee hour.

5200 Cathedral Ave., NW, Washington, DC 20016, 202-966-7929 | PalisComCh@verizon.net Follow www.ThePalisadesCommunityChurch.org for more information about the anniversary event.



OFFICERS INCLUDE PRESIDENT, FIRST VICE PRESIDENT, SECOND VICE PRESIDENT, SECRETARY AND TREASURER. THE BOARD OF DIRECTORS INCLUDES THE ELECTED OFFICERS, COMMITTEE CHAIRS AND THE IMMEDIATE PAST PRESIDENT.

BOARD OF DIRECTORS

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NEIGHBORS

ARTIST OF THE PALISADES: PATTI FRANCIS

Patti Francis was born in Amory, Mississippi in 1963. "Apart from the occasional one in school, art classes weren't available in my small town. And since I was very focused on finishing college in three years summa cum laude so that I could go to a top law school, I didn't take art classes there either. So, I'm primarily self-taught and still have lots to learn, but I'm having fun." After 22 years in private law practice as a corporate partner, Patti now works independently as a lawyer for corporate clients and counsels on end-of-life issues. She is also busy doing architectural color consulting, which allows her to study color and the interplay of color, parenting two teens and volunteering. You can find her design work and artwork at SerpentineWalls.com, named for Thomas Jefferson's serpentine walls at the University of Virginia, where Patti attended law school. Patti creates collage paintings and assemblage art using vintage photos and papers, and she paints in oil and wax. She has a particular interest in social justice issues, color palettes and celebrating inspirational artists and activists. In addition to the Palisades Post Office, Patti had solo shows last fall and this summer in the gallery space at Simon Says Yoga. Her work will be featured at NIH (November 9, 2018–January 4, 2019) and in the gallery at River Road Unitarian Universalist Congregation in the fall of 2019.

"I've always been driven to create. When I was visiting my small hometown recently, I found an article from the local newspaper about my paintings and small sculptural clay work being sold in the gift shop of our local museum when I was in high school in the late '70s. As a partner in a law firm, I had far less free time but always found some to make things, whether mosaics, lamps, garden design, party/holiday decorations, cards, elaborate desserts or hors d'oeuvres... I enjoy cooking and baking, and after my children were born, I started designing decorative cakes/cupcakes/cookies that coordinated with what the boys were doing in school or on birthdays. I enjoy storytelling to honor issues and people of importance to me. I feel the need to create something, to move my hands, almost daily so I'm constantly planning and working on new projects." Patti has lived in the Palisades since 1996. You may reach her at pfrancis417@gmail.com or through SerpentineWalls.com or endoflifecounsel.com.



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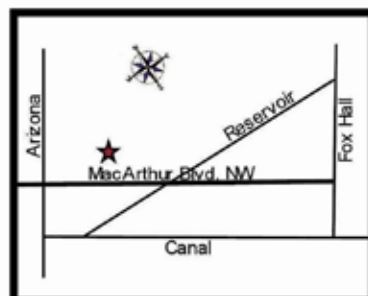
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FALL BIRDING IN THE PALISADES AND BEYOND

BY JESSICA HAMMOND. JESSICA HAMMOND GREW UP IN THE PALISADES AND IS THE DAUGHTER OF DAVID AND NANCY HAMMOND. JESSICA IS A CLIMATE ADAPTATION SCIENTIST AND AN AVID BIRDER.

With summer drawing to a close and school starting up again, many people are beginning to think about spending more of their free time on indoor activities. The cooler temperatures and lower humidity are more than just a respite from the balmy Washington summers, but for many they also offer a chance to view some semi-annual commuters to the region, for this is the time of year for fall bird migration! While fall migration is a much-anticipated time of year for those of us who own multiple pairs of zip-off quick-dry field pants, there are many others who remain largely unaware of migration occurring often directly overhead. It is well worth a little time and energy finding out why fall migration is so interesting, and where some of the best places are to witness this phenomenon first-hand.

The overarching goal of bird migration is not a huge mystery to many of us—birds spend their winters in one part of the world, where the climate and food are favorable for them, and migrate to more advantageous places when conditions change, when winter arrives and food becomes scarce. In many ways it is not unlike people who “migrate” by going to the beach in the summer or heading to tropical latitudes over the winter. But there are many factors that influence how, when and why birds migrate.

Environment, weather and climate all influence migration patterns, but while flight is a common denominator for bird migration, there are numerous flight strategies employed by different species. Think of a Ruby-throated Hummingbird that can hover at a flower: this type of flight is very different from what a bird like a Bald Eagle is capable of. So, logically we can assume that a hummingbird and a Bald Eagle will use different types of flight to migrate. When species migrate will also vary depending on the species—and here I am actually referring to the time of day that species will choose to fly. Larger species that are higher up on the food chain, such as our Bald Eagle, can fly during the day with virtually no risk of predators (other risks certainly exist, however) while smaller species, like our Ruby-throated Hummingbird, will frequently migrate under the cover of night to, among other reasons, reduce the risk that a predator will cut their journey short. The risk of predators also plays a role in who birds migrate with, as many smaller species will follow the adage of safety in numbers and migrate in large flocks of either single or mixed species.



BUFFLEHEADS IN FLIGHT

There is much more complexity to bird migration than what I have described. The real fun for many is simply being able to enjoy seeing the birds, which are one of the amazing resources available to residents of the Palisades and regionally of the Atlantic Seaboard. In the Palisades there are numerous forested and shrubby locations where you can easily hear or spot one of my favorite signs of fall, the White-throated Sparrow. This species is often heard before being seen and has a distinct song that resembles a drawn-out de-crescendo of someone saying *oh sweet Canada Canada* (I am not making this up). These birds will be visible all across the Palisades from as early as late September and will stick around in large numbers into April. Other species of shorebirds and waterfowl can be seen at locations where there is an abundance of water or wetland habitats. Shorebird migration is best viewed at several of the regional parks around Washington such as Kenilworth Aquatic Gardens, or a bit further afield at Blackwater National Wildlife Refuge or Bombay Hook National Wildlife Refuge, which hundreds of thousands of birds traverse every year. We also increase our local populations of waterfowl in the winter with species including Bufflehead, Ring-necked Duck and Common Mergansers to name a few. Many of these species are best viewed on open water including the Potomac and Anacostia Rivers, neighborhood reservoirs and Constitution Gardens on the Mall.

There are so many great locations to bird around the Palisades and a bit further afield. Birding during fall migration is a great opportunity not only to engage in something that gets us outdoors at a time of year when many are finding more excuses to stay inside, but it also allows us to learn more about our environment. Birders are a very friendly bunch and usually more than happy to share information about what they are looking at or a good spot to check out. There are numerous resources locally and online to help you enjoy your time birding, identify what you are looking at and hook up with people and groups to help orient you. Here are some of my favorites to help you get started:

www.ebird.com is an online citizen science data entry and clearinghouse that allows you to keep checklists, see where species are found and examine myriad data on bird species around the world.

www.allaboutbirds.org The Cornell Lab of Ornithology provides this amazing online resource for natural history, species identification, calls and behavior.

audubondc.org is the local Washington, DC Chapter of the Audubon Society. This group hosts monthly guided birding tours, sometimes in nearby locations such as the C&O Canal and Battery Kemble Park.

anshome.org The Audubon Naturalist Society with headquarters in Montgomery County, this group has a small restored sanctuary in Maryland and offers many naturalist courses, not just about birds.





THE WRITING LIFE

ELIZA MCGRAW

Kara Arundel is a journalist covering national special education issues for LRP Publications, which serves business and education professionals. Her book *Raising America's Zoo* is out now.

IS THIS YOUR FIRST BOOK?

Yes.

WHAT IS YOUR USUAL JOB?

Journalism. And in fact I worked for Nick Arundel. He owned a group of local weekly newspapers called the Times Community newspapers, and after college I worked at one of those newspapers. And now I cover national special education issues for LRP Publications. It's an online news service, and a lot of our readers are special education professionals. I love it.

WHEN YOU'RE IN THE NEIGHBORHOOD WHERE DO YOU LIKE TO WRITE?

I love to write at Palisades Library, the local coffee shops, I haven't come here [Black Coffee] a lot yet, but I've been to Starbucks. I honestly write whenever I can. When the kids are at soccer practices, I'll write or read to do research. I love the Palisades Library though.

WHAT INSPIRES YOU ABOUT THE NEIGHBORHOOD?

It has a suburban feel but you're so close to downtown, we ride our bikes down to the Mall. It's easier to ride your bike than find parking in Georgetown some days. I love that our kids grew up here. We would always take them to Hardy Park, Palisades Park when they were little. There's the July Fourth parade, there's trick-or-treating, like a reunion of the neighborhood. I love the people that I meet. I meet so many people with diverse interests and jobs and different cultures.

OK. SO PLEASE TELL ME ABOUT YOUR BOOK—I'M LOOKING AT SOME GORILLAS ON THE COVER?

The book is a true story about a family of gorillas that lived at the National Zoo, and their caregivers. But it's also a story of the zoo's transformation from an outdated, antiquated animal park to an internationally respected animal conservation center. So that timeframe when there became better animal management practices, the modernization of the National Zoo.

WHY WAS THIS YOUR STORY TO TELL?

Well, my father-in-law, Nick Arundel, brought two baby gorillas from Africa in 1955 and donated them to the National Zoo, a boy and a girl. And the gorillas, after they matured, they had the fourth baby gorilla born in captivity in the whole world. And when I was dating my husband, Tom, I had asked his dad, How did you capture gorillas? And he said it was a sad story. He didn't want to talk about it. Nick Arundel passed away seven years ago, and we knew he had kept a lot of boxes, diaries, journals and photos and news clippings throughout his whole life. So we went through these boxes seeing if we could find the story. And we didn't find the whole story, but we did find a great story about these gorillas' lives at the National Zoo and the people who cared for them.

WITH THIS BOOK, DID YOU FIND ANY SURPRISES? WHAT WAS IN THOSE BOXES OR IN THE SMITHSONIAN ARCHIVES THAT YOU NEVER WOULD HAVE SEEN?

So the National Zoo is part of the Smithsonian Institution, just like the Air and Space Museum or the American Indian Museum. And as part of the Smithsonian, and as part of a branch of the government, they had to preserve all their records, even from the first day. It's amazing what you can find, from the mundane, like employee holiday schedules, to really important documents, such as when the zoo acquired 3,000 acres in Northern Virginia to build a research and conservation center in Front Royal. One time I was researching and I was reading an animal log book from the '70s, for the primates, and it was a cloth-covered log book where the keepers kept records, what they ate, any health concerns. And a clump of black hair fell out on my lap. And I looked at it and I was like: oh my gosh! What is this? And I realized I was probably holding gorilla hair. So I never knew what I'd find in those documents, and luckily I didn't find any live animals.

AND ARE YOU A LIFETIME FONZ MEMBER? LIKE, HAVE YOU ALWAYS PARKED IN THOSE LOTS, AND EVERYTHING?

Well, I grew up in Virginia Beach, so I have only been a city resident for fifteen years, but yes, since then, absolutely. It's a wonderful place to take anyone with different interests, into history, hands-on.

AND DO YOU HAVE ANIMALS? ANY PETS OR ANYTHING?

We are on a waitlist for a puppy.

This interview has been edited.

HEALTHY BREAKFASTS

BY CHRISTY HALVORSON ROSS, LITTLE GREEN



As the school year starts back up, adopting healthy breakfasts into your routine is a great idea. Cereals and baked goods contain loads of sugar and can be highly processed. Smoothie bowls, on the other hand, are a wonderful way to introduce more fruits, vegetables and superfoods into your diet.

One of Little Green's favorite superfood fruits is the açaí berry. The açaí berry is famous in Brazilian culture as a high-energy food. It is one of nature's most concentrated sources of antioxidants (twice the amount of blueberries). It has a low sugar content, is high in healthy monounsaturated and polyunsaturated fats, and is packed with a large number of vitamins and minerals. Açaí also contains plant sterols, which are linked to lowering cholesterol. You can buy frozen açaí packets at Safeway, Whole Foods or Trader Joe's, throw them into a blender with other delicious goodness, top it all with granola and cut fruit or berries, and you have a filling, nutritious and delicious breakfast.

AÇAÍ SMOOTHIE BOWL

Smoothie:

1 4-oz frozen packet of pure açaí (unsweetened)
1 banana sliced, reserve half for toppings
1/2 cup frozen blueberries
1 1/2 cup almond milk (or coconut water)
1 tsp. almond butter

Toppings:

banana, sliced
1/4 cup granola
1/4 cup fresh blueberries
1/4 cup coconut flakes
1/2 tsp. flax seeds and/or hemp seeds

Directions:

1. Run water over the açaí packet for 5 seconds, and then break up the açaí with your fingers before opening the packet. Add to blender along with banana, blueberries, almond milk and almond butter. It should resemble a soft sherbet or very thick smoothie when you are done. Add more liquid if necessary.
2. Pour into bowls. Serve topped with banana slices, coconut, blueberries, strawberries, granola, hemp seeds and pomegranate seeds, or any other toppings you wish!

WHITHER NOT TO WITHER?

BY ROBERT WHALE

For myself, and many of my contemporaries who are in their eighth decade on the planet, change is something to be avoided. While others in my club may feel vexed by changes in technology, my primary concern is the impact of climate change on the world and what it will mean for the wine industry.

Only those whose belief systems are anchored by irrational feelings have no faith in the science of climate change. The only years hotter than this one will be the previous three. What does this mean for wine? Will things stay put or will they move? Will our grandchildren seek out the ever-reliable California Cabernet, or will they look to Canada for Cabernet? This is beyond the scope of this humble wine scribe to predict, but it is certain that there will be winners and losers in the world of wine—as there will be for all flora and fauna on the planet.

A look at the current responses to increased temperatures in the vineyard reveals a largely defensive set of measures to combat the adverse effects of higher temperatures:

- Pick early to avoid the accumulation of sugar levels that would result in extremely high levels of alcohol and unstable wines.
- Switch to varieties that are proven to be able to tolerate high temperatures.
- Move the vines to higher ground where temperatures would be reliably cooler. The restrictions here are obvious—when you get to the top, that's it!
- Go North!

The rise of the wine industry in England highlights the direction that climate change is leading the wine industry. Rain and cool temperatures prohibited successful viticulture there until pioneering efforts in the 1950s, spurred on by increasingly warmer temperatures (climate change, anyone?), led to the rejuvenation of an industry in the 1960s that is no longer the subject of scorn or ridicule, but much-prized and the subject of considerable excitement.

In the future (we don't know when), if producers in the lower 48 states are still training grapevines, it will most likely be to produce raisins and currants as wine grapes wither on the vine. Other losers? France, Spain, Italy, Portugal and established areas of viticulture in the southern hemisphere. Winners? How about a Scottish Sauvignon Blanc? Maybe a Russian Riesling, a Saskatchewan Chardonnay or a Swedish Shiraz will be the flavors in vogue.

The only thing for certain is that things will not stay put, they will move, and all that we thought that we knew will no longer apply.

Cheers anyway.

THE CONDUIT

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