

THE CONDUIT

NEWSLETTER OF THE PALISADES CITIZENS' ASSOCIATION

THE WONDERS OF THE NEW PALISADES LIBRARY

Our neighborhood has its library back, and it's splendid. The renovated building is sunny and airy, its re-furnished spaces welcoming to both adults and children. The nicest touches: a colorful light board to amuse and enlighten young minds and, at the top of the stairs, a wall-sized photograph of the Conduit Road Schoolhouse, the library's home until 1964. For community activities, there is a large programming room (which seats 100 people or can be divided into two rooms), a conference room for fourteen and three small study rooms for four people each. Its technological updates include twelve laptops for adult patrons to use (a first for a DC public library). The building has a green roof and a LED Gold Certification.

The ribbon-cutting ceremony on Saturday, January 20, attracted a large, high-spirited local crowd as well as officials, including Mayor Muriel Bowser and Councilmembers Mary Cheh and David Grosso.

The Palisades Library's renovation is a piece in the District's dynamic strategic plan to improve neighborhood libraries and their offerings. Don't wait, you must absolutely come and check it all out for yourselves!

MAYA LATYNSKI



ASSOCIATION BUSINESS

The Palisades Citizens' Association invites you to join us for the monthly Town Halls (general membership meetings) at the recently renovated Palisades Library (upper meeting room). They take place on the first Tuesday of most months from **7:00 to 8:30 p.m. PLEASE NOTE THE NEW MEETING TIME**. The speakers scheduled for the next three meetings are:

March 6 | DC Police Chief Peter Newsham

April 3 | Palisades resident and United Airlines pilot Pierre Oury

May 1 | Michael Sachtleben, president, MedStar Georgetown University Hospital to speak about the upcoming hospital construction and how the additional traffic will affect the Palisades



United States Court of Appeals for the District of Columbia hears oral arguments on aircraft noise litigation from the DC Fair Skies Coalition. There have been new developments in the residents' battle against aircraft noise. For updates, see www.palisadesdc.org

Folks:

The Palisades community has come together to organize the annual Fourth of July Parade and Picnic every year since 1966! All of the things that make our neighborhood great come together on the Fourth: homespun floats and marching bands, capped by the Moonbounce and free hot dogs and watermelon slices at the Rec Center.

It may look easy to pull this off each year so seamlessly, but it actually requires all of us to step forward and make a contribution, however small. Your PCA needs help! If you can assist with the planning, please contact Spence Spencer about dates of meetings at williamspencer@yahoo.com. As always, we are looking for public-affairs expertise, parade marshals, watermelon slicers, t-shirt sellers and prize judges, to name only a few of the different jobs that are part of the parade. And, of course, the committee will vote on the Fourth of July t-shirt design. So please make the time—however brief—to come by and show your support for the best Fourth of July parade in our nation's capital!

SPENCE SPENCER



CAPTION CONTEST

Come up with a caption for Carlton Stoiber's cartoon.

PLEASE SUBMIT YOUR ENTRIES TO MAYALATYNSKI@HOTMAIL.COM. THE PRIZE? FAME AND GLORY (GUARANTEED ONLY LOCALLY).

FEDERATION OF CITIZENS ASSOCIATIONS UPDATE

BY NICK KAUFFMAN

The PCA is a long-standing member of the Federation, along with many neighborhood associations. For many years, Sheila Hafner-Gray was the PCA's representative to both the Citizens and Civic Associations, whose members are mostly "east of the river." The PCA has always embraced the one-city philosophy, believing that, collectively, residents would have greater influence on city government. The PCA-Hillcrest partnership is an example of that outreach. The Federation has made significant progress, under President Earl Williams, in attracting many new member associations from across the city. In 2016 the Federation awarded its Citizen Association award to the PCA in recognition of its annual July 4th parade. The Federation is active on issues of citywide importance, such as the amendments to the Comprehensive Plan. Nick Kauffman currently serves on the Federation Board as the PCA representative. Keep your ears open for news of spring events!

CALL BOX PROJECT MOVING FULL STEAM AHEAD

The committee met for the first time on January 28. (If you would like to join, there is still time. Please contact its chair, Shoshana Rosenbaum, at shoshana.rosenbaum@gmail.com) We talked about how the call boxes should be decorated. We asked the community on the listserv for ideas of Palisades-related themes to suggest to the artists in the upcoming RFP. The response was enthusiastic. The main themes that were put forward may be grouped loosely into: history (indigenous population, Douglas MacArthur, the Civil War), nature (the Potomac, Battery Kemble Park), buildings and infrastructure (water conduit under MacArthur Boulevard, trolley), and local traditions (Fourth of July parade, farmers' market, Halloween). Next step: writing the RFP.

EXTRA! EXTRA! READ ALL ABOUT IT! THE REC CENTER RENOVATIONS ARE RUNNING ON SCHEDULE! A RIBBON-CUTTING CEREMONY IS BEING PLANNED FOR JULY 4.

The latest report from Jackie Stanley at the DC Department of General Services tells us that the construction crew has completed the interior demolition of the existing building, excavated for the foundation of the new wing, replaced windows and doors of the existing building, repaired historic wood trim, restored the existing wood-framed dormers and installed new wood siding and trim to match the existing ones. Work continues on the foundation, interior framing, electrical and plumbing rough-ins, and structural steel.



INTERIOR DEMO PROGRESS



FRAMING PROGRESS



FOUNDATION WORK



FOUNDATION WORK



NEW WINDOWS



NEW DORMERS

2017 BUDGET

Palisades Citizens' Association

Transactions by category

10/1/2016 – 9/30/2017

	BUDGET	1Q ACTUAL	2Q ACTUAL	3Q ACTUAL	4Q ACTUAL	YTD ACTUAL	BUDGET VS. ACTUAL
INCOME							
BUSINESS INCOME	15,000	150.00	1,250.00	415.00	17,200.00	19,015.00	4,015.00
INTEREST & DIVIDENDS	100	6.40	6.12	5.32	0.00	17.84	-82.16
FARMERS' MARKET DUES	21,000	615.00	5,345.00	8,673.00	5,461.00	20,094.00	-906.00
RESIDENT DUES	27,000	6,990.70	4,760.00	8,249.10	3,578.56	23,578.36	-3,421.64
GRANTS	0.00	-843.63	0.00	-1,520.00	0.00	-2,363.63	-2,363.63
T-SHIRT SALES	8,000	0.00	0.00	4,953.40	3,775.00	8,728.40	728.40
TOTAL INCOME	71,100	6,918.47	11,361.12	20,775.82	30,014.56	69,069.97	-2,030.03

	BUDGET	1Q ACTUAL	2Q ACTUAL	3Q ACTUAL	4Q ACTUAL	YTD ACTUAL	BUDGET VS. ACTUAL
EXPENSES							
PROFESSIONAL FEES	20,000	4,475.40	4,350.00	4,350.00	4,350.00	17,525.40	-2,474.60
NEWSLETTER	7,000	3,169.07	3,287.31	2,034.56	0.00	8,490.94	1,490.94
BANK FEES	200	36.45	15.30	34.20	0.00	85.95	-114.05
FARMERS' MARKET	11,000	1,620.00	3,060.00	1,620.00	3,255.00	9,555.00	-1,445.00
AIRCRAFT COMMITTEE	1,000	0.00	0.00	0.00	0.00	0.00	-1,000.00
FAMILY FIRE STATION	1,800	1,450.21	0.00	0.00	0.00	1,450.21	-349.79
FOURTH OF JULY	16,000	0.00	0.00	3,539.88	11,042.47	14,582.35	-1,417.65
TAX PREPARATION	500	0.00	0.00	0.00	0.00	0.00	-500.00
INSURANCE	2,500	1,490.75	425.75	420.75	0.00	2,337.25	-162.75
JULY 4 T-SHIRTS	3,000	0.00	0.00	0.00	3,910.82	3,910.82	910.82
CIVIC ACTIVITY	1,500	460.00	418.78	21.97	0.00	900.75	-599.25
MEETINGS	100	0.00	0.00	0.00	0.00	0.00	-100.00
MEMBERSHIP	4,500	94.00	436.00	421.00	0.00	951.00	-3,549.00
GENERAL ADMIN	2,000	695.43	223.21	168.85	83.41	1,170.90	-829.10
TOTAL EXPENSES	71,100	13,491.31	12,216.35	12,611.21	22,641.70	60,960.57	10,139.43



RECRUIT FRIENDS AND NEIGHBORS...

ANNUAL MEMBERSHIP DUES

Single: \$25
Family: \$40
Senior single: \$15
Senior family: \$20
Sponsor: \$100
Patron: \$250

...GET A
FREE PCA
MEMBERSHIP
WHEN YOU
RECRUIT 2 OR
MORE NEW
MEMBERS!

Let me thank each one of you for your continued support of the **Palisades Citizens' Association (PCA)**. Your backing helps us foster the strong sense of community we have in the Palisades. And, of course, you are well aware of the benefits of membership, which are many and include our quarterly newsletter *The Conduit*, seasonal events for the children, the year-round Sunday farmers' market and our Fourth of July parade.

The PCA also provides us with a common voice that supports and protects our community and our investment by addressing prevailing concerns such as traffic, development and neighborhood improvements. Local elected officials attend our town hall meetings to listen to our viewpoints and inform us about their activities and ideas. Lastly, our listserv allows us to communicate among ourselves.

As you might know, the spring membership renewal period is coming up, and here is a challenge for you: help spread the word about the benefits of the PCA to your friends and neighbors. **If you recruit two new members, your own membership will be free for one year.**

If you have any questions regarding membership, please go directly to our website: www.palisadesdc.org/membership.php or feel free to contact me, Howard Clare, PCA Membership Chair at 301.215.7111



FRIENDS ACROSS THE CITY

BY PENNY PAGANO, FORMER PCA PRESIDENT AND FORMER CHAIR, ANC3D

It doesn't take long living in the Palisades to see how special our neighborhood is. Our Palisades Citizens' Association (founded in 1916) has a long, productive history. Our July 4th parade and picnic remain one of the best in the city. The Palisades Community Fund, with assets of around \$200,000, provides grants twice a year. Our farmers' market draws consistent crowds and rave reviews.

But here's something you may not know. Around 1996, several of us in the community began discussing how we could reach out beyond the Palisades to build a partnership with another citizens' group across town in another part of the city. We began looking and learning. Through our participation in the Federation of Citizens Associations we developed a partnership with the Hillcrest Community Civic Association in Ward 7. In 1997, then-PCA president, Alice Stewart, and Miles Steele III, her counterpart in Hillcrest, formalized our neighborhood-to-neighborhood partnership. To our knowledge, it continues to be unique in the city.

In its October 2007 newsletter, the Federation called our partnership "extraordinary" and noted that "both organizations have demonstrated, with great success, how neighborhoods can find common ground with the help of able volunteers, time and creative ideas. Well done, we say, to our 'across city partners.'"

Initially the partnership focused on environmental matters and the arts. In October 2007, it put on a "Neighbors through ART" gourmet potluck and art show at the MLK Library. Over time, we have gone to garden and historic house tours in both neighborhoods, picnicked together, attended each other's meetings, participated in the Hillcrest Chili Cook-off and organized a reception at the German Embassy. Alice and Miles also testified together before the DC City Council on environmental legislation.

As Miles once put it, "the purpose of the partnership between Palisades and Hillcrest is primarily to get to know each other, and to develop a strong sense of kinship across town. That has happened."

This enduring partnership continues, as you can see from the banner carried together by representatives of the two neighborhoods in our July 4th parade, along with cars filled with Hillcrest residents. Currently, my good friend Robin Marlin serves as the liaison for her Hillcrest neighborhood in the partnership, while I play that role for Palisades.

Stay tuned, as we hope to have some events for both of our communities to enjoy together. What I've learned from this partnership—now 21 years old—is that making friends across the city is one of the best things you can do.



The PCA's annual Easter Egg Hunt and Potluck Breakfast will take place on Saturday, March 24. Time and location TBD!

SPRING IS JUST AROUND THE CORNER!

TO A BUG...

BY LYNN SCHOLZ

To a bug, even a small yard is a universe where plants can support its entire life cycle. To a bird looking to feed its young, a small yard with juicy insects and plants in which to shelter and build a nest is a goldmine. To a rabbit, delicious familiar plants are all she needs to shelter, raise her young and feed. All to the delight of our children.

It's all about chemistry. Plants that evolved in our area, "native" plants, emit chemical signals familiar and attractive to our local creatures. Yards full of plants that originated elsewhere, such as "English" ivy, "Japanese" maple and others, emit chemical signals generally unfamiliar to our local creatures and thus become largely "uninhabited."

It all starts with plants. We often hear that "habitat loss" has led to creature extinctions but we can reverse this loss by creating "habitat" with native plants—yard by yard, by even the smallest yard. Native plants have evolved in response to our area conditions: they require less watering, and they are more likely to survive droughts and heat waves. They can be just as decorative as exotic plants. They don't need applications of pesticides or fertilizers to keep them healthy—they thrive while being munched upon.

Local nurseries are beginning to offer "native" plants as they become aware of the concern about "habitat loss." Look for native plants that are described with only two Latin names like "Aster lanceolatus" instead of "Aster lanceolatus Suzanna." The third name suggests hybridization or genetic modifications that may reduce their attractiveness to local critters.

The DC area has an excellent source of some 340 species of local native plants at non-profit Earth Sangha (www.earthsangha.org), a volunteer organization that runs a wild plant nursery near the Beltway, off 6100 Cloud Drive in Franconia Park in Springfield, Virginia. Earth Sangha propagates seeds from our local wild areas. The Park Service uses their plants to restore compromised areas and Earth Sangha also offers plants for sale to the public at spring and fall annual sales and by appointment.

The seminal, easy-reading book that discusses the effects of "going native" in our yards and gardens is Doug Tallamy's *Bringing Nature Home: How Native Plants Sustain Wildlife in our Gardens*.

The introduction of even a few native plants to a yard may create surprising—and entertaining—changes. Remember, to a bug, even a small yard is a universe. And much to the delight of children.



A CAROLINA CHICKADEE WITH A JUICY CATERPILLAR. PHOTO COURTESY OF DESIREE NARANGO AND DOUG TALLAMY AT EARTHSKY.ORG



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PHOTO COURTESY OF THE NATURE CONSERVANCY, MARK GODFREY

INTERVIEW WITH PALISADES FARMERS' MARKET MANAGER GLORIA GARRETT

Since she became manager of the Palisades Farmers' Market in 2011, Gloria Garrett has presided over a market that has seen the number, selection and quality of offerings steadily improve. Meanwhile, the market's role as a place for neighbors to gather has continued to grow. The Palisades Farmers' Market observes its tenth anniversary this year. Kathryn McDonnell and Spence Spencer sat down with Gloria to get her impressions on the market's past, present and future.



THE CONDUIT What does it take to be a vendor?

GLORIA The first requirement is that each vendor must provide the best quality and be within a hundred-fifty-mile range. Your farm has to be checked, your animals have to be checked. Greenhouses and high tunnels have to be looked at. On market days, I am also continuously checking both the vendors and what they sell.

The top five categories are produce; orchard fruit; eggs, poultry and meat; bakery items and dairy. We have three produce vendors. One is the organic grower Blueberry Hill. Garner

Farms sells produce. Another is Gonzales, but they don't have greenhouses or high tunnels that allow for winter sales, so they're finished about November. This allows us to bring in other products, including oysters, salsa and salmon. We also sell olive oil, which is sourced from California olives. There are a handful of items that people have expressed interest in, and aren't grown in this part of the country. We look at them carefully and make sure they add value.

We have four bakers, and each is distinct in its own ways. Patisserie Poupon has the same offerings as a French patisserie, another focuses on rustic-style breads. Another sells cookies and pies. Stoneybrook has sourdough, and they mill their own grains.

Our main season runs from April to December; most times we have 22 vendors. Regular-season vendors take up more space and have more products to sell. During the winter season, they shrink a little bit and we have a little more space, which means additional producers. In the winter there is naturally less fresh produce, so there is more prepared food available. I try to keep prepared foods at 25 percent of the market.

THE CONDUIT What is the work of a market manager?

GLORIA My first job is to confirm which vendors are going to be there on Sunday. I ask that they let me know four or five days ahead of time, so I can arrange for substitutes to come if they cannot. We post no-parking signs every week so that the street is closed each Sunday morning, from the beginning of setup at 7:00 am to the end of breakdown at 2:00 p.m. We do have artists and artisans who also participate. They sell in front of Addy Bassin's. We also have to make sure there is space for the community outreach table.

During the week I also try to make calls on production facilities, especially if a vendor is introducing new products. I also receive many inquiries, ranging from people asking for general information to producers investigating how



they can become part of the market. Fortunately, we've been sold out for almost six years now.

THE CONDUIT How does this market differ from other markets in Washington?

GLORIA Organizations like Fresh Farms were the first to operate farmers' markets in DC, and we have to thank them for that first push. In most cases, they work on a percent of sales like a mall would. Generally it's seven percent of sales, and in some cases ten percent if selling finished products. Instead, we charge a subscription for the entire season based on our space. Specialty vendors can purchase a space for individual markets. Since this is part of the PCA, we do not have the overhead of other organizations. This makes it cheaper for the growers and

eliminates administrative headaches for us. We of course make sure that all our growers have all the required certifications and permits.

THE CONDUIT How many people visit the market on a normal Sunday?

GLORIA In 2017, our average on any given Sunday was 1,200 persons. The highest we've ever had was 1,400 persons last October. The winter season is always the lowest: average foot traffic is between 900 and 1,000.

THE CONDUIT What do people need to know if they want to use the market's community space?

GLORIA They need to tell us their cause, explain what they want to do, and when. "Neighbors' Corner" information can be accessed on OUR website, www.palisadesfarmersmarket.com.

THE CONDUIT How did you wind up becoming a farmers' market manager?

GLORIA I got into this because I'd been in the food business. I was a manufacturer sales rep for many years in the Northeast Corridor selling mainly equipment. And then I went to the Academy of Cuisine. While I was there I met one of the principals of Firefly Farms. I worked with them for six years, including at the Dupont Circle Farmers' Market, and I've always been a good buyer. This helps me understand what people are looking for. When I started with the Palisades Farmers' Market, it just kind of worked for me.



THE CONDUIT What is in store for the market's tenth anniversary?

GLORIA We are looking at developing merchandise commemorating the anniversary, similar to what we sold in 2013. We are thinking about some specific activities as well, such as a dog wagging contest, a treasure hunt for kids and a ribbon cutting ceremony with local dignitaries.

THE CONDUIT And how about the customers?

GLORIA Oh, they're unbelievable. They love coming to the market. They bring their children; they bring their dogs. They can walk along the sides of the market. They all enjoy chatting with each other, and I know so many of them. I don't have children of my own, but I feel like I have a whole community's worth! I live in the Palisades and it is always wonderful to hear my neighbors tell me how much they love the farmers' market and how it is a big part of their Sunday morning.

This interview has been edited.

NEIGHBORS

PALISADES VILLAGE BRINGS HELP, FUN AND COMPANIONSHIP

BY ANDREA SACCOCCIA, EXECUTIVE DIRECTOR, PALISADES VILLAGE

For nearly a decade, Palisades Village has proudly been helping neighbors who want to live at home as they age safely and comfortably, and to remain engaged in their community. Fifteen years ago, residents of Beacon Hill in Boston had a vision of forming a community that takes care of itself. They started the nation's first Village. About five years later, some of our Palisades neighbors sat around a picnic table to talk about creating a similar model, and Palisades Village was born. Ever since, this compassionate, aging-in-place, volunteer-based organization has been helping residents of Berkley, Foxhall, Kent, Palisades, Spring Valley and Wesley Heights. A big and fun success was being awarded top honors for our spirited float at the 2017 Palisades Fourth of July parade!

Our members have benefited from the many services that our volunteers and donors provide, including transportation to medical appointments and errands; technical support for computers, phones and other electronic devices; shopping; mail pick-up; plant watering and pet walking; basic home repairs; yard work and snow removal; comfort food prep; house visits for a chat; or note-taking during doctors' appointments. Palisades Village members also have access to a social worker. A special thank you goes out to the PCA for their many years of financial support. In 2017, the PCA granted Palisades Village funds for case-management services to 25 neighbors! This was an invaluable

service. And there are the renowned Palisades Pan Handlers: this dedicated group of volunteer gourmet chefs prepare the most delicious meals at many of our social events.

Whether you require volunteer services as a full member or want to be a friend or supporter (associate member), or would like to volunteer, we encourage you to come to our numerous educational and social gatherings. Palisades Village members have fun! **We are looking for your help as we put together a team for our sixth annual House Tour, which will take place on Saturday, October 13. Please call the office at 202-244-3310.**

Many have found a walking partner, a movie buddy or a coffee or dinner companion through the Village. Below is a sample of upcoming events:

Every Tuesday in March at 2 p.m.: yoga class, Palisades Community Church

Thursday, March 1, 10 a.m. to noon: Mindful Self Leadership Class, Palisades Community Church Parlor

 The Village Monthly Book Club meets the first Monday of each month at the Palisades Library. **Monday, March 5, at 1 p.m.:** *The Hamilton Affair*, The Novel by Elizabeth Cobbs

Thursday, March 8, at 4 p.m.: Palisades Village Bowl-A-Thon, Bowlmor, Bethesda



Sundays, March 11 and 25 at 3 p.m.: Storytelling Group, Palisades Community Church Parlor

Tuesday, March 13, at 7 p.m.: Workshop on “When Seniors Lose Their Rights: Guardianship and Fiduciary Issues” with Elder Law Attorney William Fralin, Palisades Library

Please join us at the Pi Day luncheon, celebrated on the rounded pi day, **Thursday, March 15, at 12:30 p.m.** in Memorial Hall of the Palisades Community Church. You’ll be treated to the fine cuisine prepared by our in-house Palisades Pan Handlers.

Thursday, March 22, at noon: join your friends and meet new ones at the Lunch Bunch, Bistro Aracosia, the newest favorite neighborhood restaurant.

Tuesday, March 27, at 11 a.m.: Docent-led tour of the Kreeger Museum with Molly Buck.

Check out our Calendar of Events for the most up-to-date listings at www.palisadesvillage.org. Want to sign up for any of these activities? Call the Palisades Village office at 202-244-3310 or email me at asaccoccia@palisadesvillage.org.



PHYLIS GELLER



Phylis Geller is a producer, writer and director in film and television. Media work is collaborative, and Phylis has always enjoyed working with a team. Still, some years ago, she felt the need to pursue a creative activity that would be individual, so she began painting. Living in Los Angeles at the time, Phylis studied at Otis Parsons. She moved to

Washington in 1995 to become Senior VP at WETA.

In 2002 she established her own company and continued producing for PBS and cable, while taking art classes at the Corcoran School and the Yellow Barn at Glen Echo.

In recent years, drawing and painting have become more of a priority for Phylis. Certain skills and sensibilities in composition, shape and color cross over from the medium of film, and texture is a welcome addition. Phylis aims for a kind of “expressionist realism,” foregoing detail for greater vibrancy and a sense of motion.

Phylis is very pleased to be sharing some of her work with her Palisades neighbors.

THE WRITING LIFE

ELIZA MCGRAW

Florence Williams is the author of *The Nature Fix* and *Breasts Unbound*. She's a contributing editor at *Outside Magazine* and a freelance writer for the *New York Times*, *National Geographic* and many other publications. She's also the writer and host of the Audible podcast *Breasts Unbound* and of *Outside Magazine's* Double-X Factor podcast.



IN YOUR BOOK *THE NATURE FIX* YOU'RE NOT ALWAYS A HUGE FAN OF WASHINGTON. WHAT IS IT ABOUT THE PALISADES THAT YOU DO LIKE? We moved here from Colorado about five-and-a-half years ago, and who moved here to the Palisades from Colorado before we did, Will and Erica Shaffroth. And Will and they said to us, you guys love nature, you have to come live in the Palisades. We have the best trails, the best river, the best access, and you'll love it. And because we trusted them as fellow and former Coloradans, we were very keen to check out the Palisades. And, sure enough, we do love the trail access. In fact, it is probably the number one thing we love about the Palisades. And we often bike and hike on the canal, and we're also a family of kayakers. I love getting to know the nesting hawks and the great blue herons and watching the geese fly the river and walking with my friends along the river. It is a really special geography in the city, and I feel really fortunate to live here. I also love the friendly people and the neighborhood feel.

WHERE DO YOU WRITE? I write at home. I have a writing shed in the backyard that is tiny and sometimes freezing. But it enables me to look out onto the grass and trees in the backyard. And I really don't feel like I'm in the middle of a big city.

WHAT ARE YOU READING RIGHT NOW? Among other things, I'm reading *The Odyssey*. I'm in a book club, and we broke it up into two sections, part one and part two, so I'm currently reading books 12–24.

IS THIS THE NEW TRANSLATION? It is and it's surprisingly readable, and surprisingly great. In my work, I sometimes write about veterans who have PTSD, and Odysseus was really the original traumatized veteran. And the lessons of his journey home are still weirdly relevant.

AND IT'S THE FIRST TRANSLATION BY A WOMAN, RIGHT? And that matters! She [classicist Emily Wilson] was really thoughtful about how she translated words like house-servants. She now calls them house-slaves. You know, they are slaves. Let's call them what they are. So the gender politics take on a slightly different tone in her translation, which is interesting.

WHAT ARE YOU WORKING ON NOW? I am working on a new podcast project for Audible, which will be my second series for them. And I'm working on a feature magazine story for *Outside Magazine* also on the topic of nature and healing. And I'm starting to think about a new book, in which the value of wilderness will play a large role.

WHO ARE YOUR FAVORITE DC-AREA THINKERS AND WRITERS? I'm really fortunate to be in a small group made up of nonfiction book writers, and I'm a huge fan of everyone in that group.

YOU ARE RAISING TWO KIDS IN THE PALISADES. HOW DO YOU FEEL ABOUT THE NEIGHBORHOOD AS A PLACE FOR KIDS? Great! My kids are both teenagers, so the Palisades has really been where they have spread their wings as newly independent creatures. And they walk the dog around, and they go buy ice cream and pizza and are able to do kind of classic teenage things. And I am feeling grateful that they're able to have that experience here.

SO...WHAT QUESTIONS SHOULD I HAVE ASKED? What about those airplanes? I notice the airplanes and I'm so grateful that some of my neighbors are advocating on our behalf in terms of noise pollution. And I'm hopeful we'll make some progress.

WHY IS NOISE POLLUTION SO BAD? One thing I've learned through my research is that loud annoying noises do activate our stress response, even when we're sleeping. And those small stresses accumulated over time can cause some health detriments. It turns out that I am unusually sensitive to noise pollution, which I did not know until I moved to Washington so, you know, sometimes when I'm working I wear noise-cancelling headphones and listen to bad dance music, and then I seem to do ok with it. I recommend bad dance music for every writer. It helps keep you from taking yourself too seriously and from sitting like a lump in your chair.

This interview has been edited.

FOOD & DRINK

DAN'S DECENT DINNERS: ZUCCHINI NOODLES & CANNELLINI BEANS WITH GOAT CHEESE

BY DAN BALSERAK, PCA SERVICE COMMITTEE CHAIR

(The first in a series in which the author, by no means a chef, will relay an experience of having had modest success making a weeknight dinner with ingredients that happened to be on hand)

Ingredients:

One box of store-bought zucchini noodles
One can of cannellini beans, rinsed and drained
Jarred minced garlic
Dried oregano and/or other Italian-style herbs

Red pepper flakes
Jarred marinara or other red sauce
Soft goat cheese

This low-risk venture came together predictably well. First, I generously salted the zucchini noodles in a colander, tossed them briefly to distribute the salt and let them sweat out their water for a bit, at least 15 minutes. Then I took some paper towels and pressed out/absorbed the moisture. This way you don't end up quasi-boiling them in their own water.

After that, eyeballing was the name of the game. I sautéed the noodles in olive oil over medium-high heat for a few minutes. At that point it seemed like a good idea to add some garlic and spices, so I cleared out a space in the center of the pan, put a dash more of olive oil into it and threw in an appropriate-looking amount of garlic, oregano and plenty of ground black pepper. When the garlic was golden, I added a few sprinkles of red pepper flakes and let them sauté very briefly before mixing the garlic and spice mixture in with the noodles. In went the beans and enough marinara to make it into a bit of a stew. Once the marinara started to bubble, things looked done. I tasted it for salt (good trick: oversalted food can be saved by adding some acid, which in this case would probably have been lemon juice; similarly, overly acidic food can be saved with salt).

I crumbled some fresh goat cheese on top because fresh goat cheese is delicious in general, and especially so when it can melt a bit into a sauce or soup. Opportunity seized! The wife was a big fan of this, and numerous variations come to mind (add crumbled Italian sausage or pancetta/bacon, cherry tomatoes, Swiss chard, etc.). **Tell me, should I have done anything differently?!**

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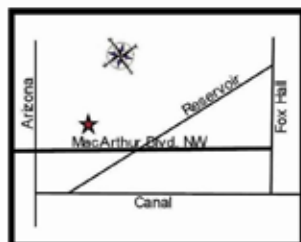


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PALISADES COOKS: DARK LEAFY GREENS



BY CHRISTY HALVORSON ROSS, A PALISADES RESIDENT, WHO FOUNDED LITTLE GREEN, WHICH RUNS CONSCIOUS + NOURISHING PLANT-FORWARD CLEANSSES PROMOTING A HEALTHY INDIVIDUAL AND A THRIVING EARTH. YOU ARE WELCOME TO CHECK OUT HER WEBSITE AT WWW.LITTLEGREEN.ME

Dark leafy greens are the most missing ingredient in the western diet, and they arguably hold the highest nutritional value of any food available to us. We are talking kale, Swiss chard, collard greens, lettuces, spinach, dandelion greens, Brussels sprouts, arugula and more. Kale, as one example, is an excellent source of vitamins C and B6, carotenes, manganese and fiber. It also contains many minerals including copper, iron and calcium. Its high phosphorus content has been proven to help prevent osteoporosis, and it has some of the highest anti-cancer properties of any food.

There are over 200 scientific studies showing that people with diets high in dark green leafy vegetables have a 60-percent reduced chance of developing cancer, and they have even been shown in some cases to shrink existing cancers.



In Little Green's programs, I encourage my clients to add in dark leafy greens with EVERY MEAL! The one caveat is if you have thyroid problems. If so, you should not consume RAW BRASSICA vegetables every day, although cooked is safe, and so is raw a few times per week. Brassica vegetables include kale, cabbage, mustard greens, broccoli, cauliflower, Brussels sprouts, rutabaga and turnips. Non-Brassicicas, which would be safe to eat often if you have a troubled thyroid, include spinach, Swiss chard, celery, cucumber, collard greens, bok choy and lettuces. Variety is always the key to good health. All fruits and vegetables have different superpowers, so eating a good mix (with a lot of dark, leafy greens) is the goal.

RED CABBAGE AND KALE SALAD W/ PEANUTTY DRESSING

PEANUTTY DRESSING

2 Tbsp. water

4 Tbsp. agave

2 Tbsp. tamari (gluten-free soy sauce)

4 Tbsp. peanut butter (no sugar added!)

Juice of 1-2 lemons

2 tsp. ginger powder

Combine in a blender or Vitamix. Use half on the red cabbage salad, and reserve half in a jar for other salads.

SALAD

1/2 a red cabbage, thinly sliced and cut into 1-inch lengths (can also buy pre-shredded cabbage)

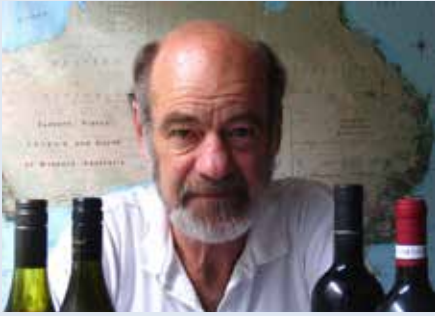
1/2 head kale, thinly sliced and cut into 1 inch lengths (or bag of baby kale)

Bunch of green onions, diced

One avocado, diced and reserved (top right before serving to prevent browning)

Combine salad with dressing and let sit for at least half an hour in fridge before serving to blend flavors. Top with avocado on each plate right before serving.

IN VINO - CONFUSUS!



"Young man, should I like this wine?"

The setting was the foyer of the Australian Embassy in the fall of 2008 during the Annual Australian and New Zealand Wine Expo; the question was directed to me by a woman in her early 80s who had spent a considerable amount of time sampling the wines I was exhibiting. She was recently widowed, and as her husband had been fond of beer and whisky, she was now keen to explore what this wine thing was all about. She was possessed of a sharp wit, an extensive vocabulary and a keen desire to learn; she was also, like many, absolutely lacking in self-confidence about her ability to determine if each wine were something she should allow herself to enjoy. She had entered into a chasm of self-doubt, and she came to me with a glass holding another exhibitor's wine, seeking confirmation that this wine was OK. After assuring her that it would be unethical of me to comment on another importer's

selection, I advised her that no one could tell her that a wine was good or bad: only she could do that. The encounter left me wondering what a person is to do if they want to begin to explore the world of wine. Here are some suggestions:

Find a store with a combination of expertise and great selection. We live in the Palisades, and there is a neighborhood wine store... With the first part easily accomplished, here comes the hard part.

Expose your preferences. For many, this is almost impossible. Once you find a wine advisor/wine steward you trust and whom you like enough to share something about yourself, give the person a base to work from. Do you like coffee or tea, or both at different times? Do you take milk/sugar in your hot beverages? What kind of cold beverages do you prefer? Sweetened iced tea, soft drinks or sparkling water? What beer do you prefer? What type of cuisine do you enjoy? Really dislike? Do you like to chew wet cardboard? No, then maybe cheap California chardonnay is not for you.

Read about wine locally. Read Dave McIntyre's wine column in the *Washington Post* on Wednesdays.

Be inflexible/flexible. Set a budget of low-to-high that you will not EVER exceed until you find yourself emerging from the chasm of self-doubt. Setting an upper and a lower level provides a cushion against crushing disappointment at the top end, and surging joy when you find a bargain in varieties that you can't pronounce and didn't know existed. Explore! Have fun, take copious notes and, above all, resist the temptation to become a wine snob.

CHEERS, ROBERT WHALE



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