

THE CONDUIT



NEWSLETTER OF THE PALISADES CITIZENS' ASSOCIATION

Dear Neighbors,

Spring is about to be sprung, and this year these are busy times for civic engagement in the Palisades, with many opportunities and challenges on the horizon. Here's a brief rundown on what's happening:

PALISADES SAFEWAY

A hot topic! At the time of writing, I regret to say that not a lot of hard information is available about Safeway's plans for the site. My understanding is that Safeway is speaking with a new prospective developer and is clearly taking steps to investigate a future development and/or sale. In the meantime, we can take some comfort in knowing that our City Council made the 2014 emergency legislation permanent. As a refresher, the legislation prevents property owners (in this case, Safeway) from adding covenants to real estate contracts forbidding future owners from operating a grocery store – something I believe we can all agree is a priority to retain whether the site becomes mixed-use or not. Rest assured, the Palisades Citizens' Association is ready to play a role in aggregating feedback and influencing this process in tune with the needs of the community.

PALISADES MUSEUM

Thanks to a generous grant from the Palisades Community Fund (have you donated yet?) and the PCA's fundraiser sale of historic Palisades maps (have you bought one yet?), the vision of a Palisades Museum located within our newly renovated rec center is taking shape. Many thanks to Doug Dupin who is spearheading the effort. This is an entirely volunteer, homegrown effort, and if you would like to play a role or contribute an artifact to the collection, please email Doug at dougdupin@yahoo.com. (For more about the museum, see p. 6.)

OLD HARDY SCHOOL BUILDING

Whether you are a current, past or future public school family or not, the future of the old Hardy School building is important, and the issue has become very timely. Key Elementary School is substantially overcrowded today, and similar conditions exist in schools across Ward 3. D.C. is projecting 25% growth in public education across our area over the next 10 years. Key and the neighborhood it sits in simply cannot bear this expansion even if the school is renovated again. The prospect of major redistricting is politically untenable and would not serve the interests of our community and our friends in and

around Foxhall Village. Studies have been undertaken and working groups have been convened without identifying a workable solution short of the most obvious one – to keep Old Hardy public.

Old Hardy is the only unused DCPS-owned building in Ward 3. The building sits on a six-acre parcel with ample space for play and recreation. It is located in an area dense with families but without an elementary school within walking distance. It is a fiscally responsible solution for relieving public education overcrowding in Ward 3. The current lease expires in 2023, and the time to plan for its reintroduction to DCPS is now. Learn more at www.kohp.org and take a stand for the future of public education and the overall health of our community.

TRESTLE BRIDGE & TROLLEY TRAIL

The D.C. Department of Transportation is currently undertaking a feasibility study for the future use of the Palisades Trolley Trail, which includes the prospect of restoring the bridges that used to span the gullies between Galena Place and Georgetown. Most notably, the District is evaluating whether it would be possible to renovate the Foundry Branch Trestle Bridge over Glover Park near Canal Road. It would not be inexpensive, but the vision of a trail (regardless of surface) that is contiguous and possible to traverse without scrambling over rocks and through bushes is extremely exciting and worth investing in as a city.

OPEN FIELD TIME AT PALISADES REC CENTER

Springtime in the Palisades means the return of league baseball and soccer play at the Palisades Rec Center. Although it's great to see all of the kiddos from other neighborhoods using the local fields, it's important for the community, and for people of all ages, to have access as well. Good news! The Palisades Citizens' Association in conjunction with our local ANC has reached an agreement with the Department of Public Recreation to officially designate open field time on Saturdays and Sundays as follows:

- Open Soccer Fields | 11:00 am–12:00 pm + 3:00 pm–4:00 pm
- Open Baseball Fields | 1:00 pm–2:00 pm & 4:00 pm–5:00 pm

Hope to see you on fields and around our lovely neighborhood this spring!

Avi Green, PCA president

THE SERIOUS STUFF

IT'S A BIRD... IT'S A PLANE... IT'S A MOSQUITO!

UPDATE ON ACTIVITIES TO ALLEVIATE AIRCRAFT NOISE

BY KEN BUCKLEY

On May 9, 2018, the D.C. Fair Skies Coalition filed a petition with the U.S. Court of Appeals for D.C. to review its March 27, 2018, decision against the Coalition's lawsuit to overturn the changes made by the Federal Aviation Authority's (FAA) NextGen program to Reagan National Airport departure and landing paths. NextGen's changes concentrated aircraft flight paths and moved them to the east side of the Potomac, bringing increased noise to D.C. and up-river Montgomery County residents. The coalition fought to restore the pre-2015 flight paths, which more closely tracked to the center of the river. The Court of Appeals declined to review its March 27 ruling. But on November 8, 2018, the State of Maryland filed a lawsuit similar to the Coalition's challenging the FAA's NextGen program. If the Court rules in favor of Maryland, it would also provide some noise relief to Palisades residents. The case has not yet been heard by the Court.

Fair Skies Coalition members include the Citizens Association of Georgetown, Burleith Citizens Association, Foxhall Community Citizens Association, Hillandale Citizens Association, Colony Hill Neighborhood Association, Palisades Citizens' Association, Foggy Bottom Association and Georgetown University. The coalition intends to pursue the recommendations contained in the D.C. Noise Study Report released by the Department of Energy and Environment (DOEE) last December. Four members of the coalition serve Wards 2 and 3 on the Community Working Group (CWG) of the Metropolitan Washington Airport Authority (MWAA). Both MWAA and CWG are made up of representatives from D.C., Virginia and Maryland. The coalition is working directly with the D.C. government to pursue noise abatement actions and to help align D.C. MWAA and CWA priorities on key noise-related issues. D.C. and Montgomery County CWA colleagues are collaborating to develop a "Fly Quiet Program" for Reagan National. The program promotes several recommendations that could potentially reduce aircraft noise, such as implementing new nighttime flight restrictions/procedures and a runway rotation plan to disperse departure flight paths. Please visit the PCA site to see the following recently posted reading matter:

- "DC releases aircraft noise study showing adverse impacts" summarizes the recommendations from the D.C. Noise Study Report conducted by the DOEE in 2018. Some of the recommendations, such as reinstating nighttime noise restrictions, are being pursued by the CWG. The full report is available on the DOEE website at <https://doee.dc.gov/node/1217496>
- "Detrimental effect of aircraft noise on student learning" cites a letter sent to DOEE expressing concern by the Coalition that the report did not more fully pursue potential detrimental effects of excess noise on student attention and cognitive development at area schools. At least 20 DC schools lie within the "noise corridor" of Reagan National Airport's departure and landing paths. The article provides references to several studies that describe detrimental effects of noise on student cognitive development.
- "Filing a noise complaint using a mobile app" describes the recently improved MWAA noise reporting mobile app as well as a third-party companion app that tracks and identifies offending aircraft. It also gives a link to the CWG site on the MWAA web site that provides information on complaint statistics and CWG activities and meetings.

Last November, D.C. CWG members met with D.C. Council Chairman Phil Mendelson, Ward 3 Council member Mary Cheh and D.C. MWAA representatives to prioritize issues and coordinate efforts to alleviate aircraft noise. Mr. Mendelson was supportive of expanding the D.C. membership on the CWG to include other wards and requesting that MWAA hire an expert to assist the CWG on technical matters.

THE TRUTH ABOUT MOSQUITOS

COMPILED BY LYNN SCHOLZ

Nobody likes mosquitos. Once just annoying, like ants at a picnic, now a small percentage carry exotic diseases like West Nile and Zika viruses. Every good reason to protect ourselves... but spraying has been proven to be ineffective and harmful to people and the environment.



Mosquito larvae | Photo Credit: James Gathany, CDC

Mosquitos lay eggs in standing water, and as Palisades sits by the river floodplain, this area is a particularly fertile breeding ground for them. Mosquito eggs hatch into larva that live in the water until they emerge as flying adults. Only adult female mosquitos bite in search of a blood meal needed to develop their eggs. (Males do not bite and subsist on flower nectar.)

How do mosquitos find their meal? Many insects, particularly mosquitos, detect chemicals emitted from animal bodies, and mosquitos are especially attracted to exhaled carbon dioxide gas. Some pick up visual cues, some can detect body heat. Moving away from the river might be one way to protect ourselves, but fortunately there are effective and non-toxic methods to reduce the number of mosquitos about.

THE FIRST LINE OF DEFENSE

The first and most effective line of defense is on our skin and clothing:

- (1) Cover up bare skin with clothing, preferably white or light-colored. Mosquitos, bees and a number of insects are attracted to dark colors (this is why beekeepers wear white).
- (2) Use "repellant spray" on clothing or on bare skin. These sprays work by interfering with the insect's ability to detect odors or by masking the odors that attract them. There are numerous natural-based repellents on the market. These should be reapplied regularly. They do not kill insects, but they make it harder for mosquitos to find you.

THE LAST LINE OF DEFENSE

The last line of defense is the nearby outdoor environment, the yard. Since mosquitos only need a thimble-full of standing water in which to lay their eggs, and certain mosquitos do not fly long distances to find a meal, standing water around the home can breed the ones most likely to bother us.

- (1) Remove any standing water near the house. Keep pools refreshed with clean water or chlorinated. Stock ornamental pools with mosquito-eating fish (Gambusia). Change water regularly in pet bowls, birdbaths, flower vases, etc. Clean clogged roof gutters and drain flat roofs. Screen rain barrels and dump all miscellaneous standing water.



Gambusia holbrooki | Photo Credit: Osado - Own work, CC BY-SA 3.0

- (2) Naturally occurring soil bacteria, such as *Bacillus thuringiensis* (Bt) or *Saccharopolyspora spinosa* (Spinosad), are effective against mosquito larvae living in water before they become biting adults. Sold in tablet form called "mosquito dunks," these can be dropped periodically in storm drains with standing water. These bacteria have no effect on non-target organisms when applied properly.

- (3) Luring adult mosquitos to a trap can be effective if the traps are selective and do not kill large numbers of non-target insects. Traps that emit mosquito attractants, such as carbon dioxide, can be helpful.

Lures that use UV light to attract insects and electricity to "fry" them, known as bug zappers, are worse than worthless because of the indiscriminate killing they do of helpful

and harmless insects along with mosquitos.

For further information about the damage caused by spraying for adult mosquitos, and the effectiveness of other control strategies see <https://www.beyondpesticides.org/programs/mosquitos-and-insect-borne-diseases/documents/the-truth-about-mosquit>



Mosquito Dunk

INTERVIEW WITH ALAN KARNOFSKY, ADVISORY NEIGHBORHOOD COMMISSIONER 3D05

BY SPENCE SPENCER

On January 2 a new class of advisory neighborhood commissioners took the oath of office and began their two-year terms. Advisory neighborhood commissioners are unpaid volunteers. There are several new commissioners who represent our neighborhood at Advisory Neighborhood Commission 3D, which covers American University, the Palisades, Spring Valley, Wesley Heights and Foxhall. Spence Spencer interviewed Alan Karnofsky, incoming advisory neighborhood commissioner for Single Member District Five, at 7th Hill Pizza on January 12. With each ANC commissioner representing about 2,000 people, Alan's district covers the area from the reservoir to Arizona Avenue, up to Loughboro Road.

Spence: Thanks for sitting down with me. First off, since being an advisory neighborhood commissioner is a volunteer position, what do you do at your day job?

Alan: I'm an operations analyst in the Office of the D.C. City Administrator, working for the deputy mayor for education and the deputy mayor for greater economic opportunity. I serve as the liaison between the city administrator and any agencies that fall within my assigned clusters. For example, I work on D.C. Public Schools and Department of Employment Services issues. I haven't worked specifically on Palisades issues in my day job, but my work touches on all schools in the District. I live on Sherier Place right in front of the Palisades Rec Center, closer to Arizona Avenue.

Spence: How and why did you become an ANC commissioner?

Alan: My passion is local government. I grew up in Fuquay Varina, North Carolina, and graduated from the University of North Carolina majoring in political science. I came to D.C. to get my Master's in Public Administration with a concentration in State and Local Government from American University. I've lived in D.C. since 2015, and I moved to the Palisades in August of 2017. Advisory Neighborhood Commissions represent a different side of government that I don't get to work with in my regular job. With an Advisory Neighborhood Commission, you're dealing with liquor licenses, zoning, infrastructure and all these small, very hyper-local issues. I'm a public servant; I want to know how things work from high and low. I see myself as someone who can leverage my position as an ANC commissioner to help neighbors.

Since the previous commissioner decided not to run, I thought that since this seat would be open, I might as well throw my hat in. The campaign was really interesting. It was the only contested seat in ANC 3D. I went door to door talking to neighbors in the Palisades and Kent. Many didn't know of the existence of the Commission or how Advisory Neighborhood Commissions work, so that was an interesting wrinkle.

Spence: What did you learn from all that shoe leather?

Alan: Most conversations focused on three main issues: aircraft noise; infrastructure, such as the state of our roads, sidewalks and traffic; and issues surrounding Key School.

Spence: What about all the bubbling rumors about the sale and possible development of the MacArthur Safeway?

Alan: I go to the Safeway about four times a week. Talking with neighbors, I see that they love having a grocery store so close by. Some want to see an updated Safeway, some neighbors want a different grocery store. I'd be in favor of an update to the store, and do not want the Palisades to lose a grocery store. I hope that an outright closure doesn't happen without Safeway consulting the community first.

Spence: Let me downshift to development in general. What should be the future of the MacArthur Corridor? Many Palisades businesses are in your single-member district.

Alan: Development is inevitable, but as long as we're making sure that the people who live here have a say in what's happening here, we'll be okay. Obviously, I don't want to see MacArthur Boulevard turn into Connecticut, Wisconsin or Massachusetts Avenues. As long as we have a seat at the table with developers, we can make progress.

Spence: What about schools like St. Patrick's, the River School or the Lab School?

Alan: Those schools are important to our community. However, I'm more of an advocate for public schools. I don't know if



expanding those private schools will help alleviate pressure on our public schools.

Spence: What is your take on Key School overcrowding?

Alan: The District needs to do something to address this. We can advocate the need for action to the District Government and our council member. Maybe we need another elementary school in Ward Three. It's pretty tight already, so the District is moving forward with expanding Key Elementary. We need to have more conversations on how we address overcrowding in Ward Three. The Master Facilities Plan came out recently, it states that overcrowding is an issue and it's only going to get worse in Ward 3. I'm definitely in favor of the District taking back Hardy and reopening it as a public school, once the lease is up with the current occupant, the Lab School.

Spence: What about making the Trolley Line more accessible?

Alan: I said in the past I wanted to see crushed stone on the trail, but then I switched my position. Now I would like to see the trail maintained as it is. The city can make minor improvements along the trail to help with storm water runoff and other issues, but the trail comes up behind a lot of people's homes. It is right there in their backyards, including my own. Paving the trail would increase traffic literally in people's backyards.

Spence: Let me segue towards our brand-new Palisades Recreation Center.

Alan: I like it as it is. I just moved to the Palisades when they were doing the renovations and then it opened in July 2018. We need to have a conversation about use of the basketball court and rooms in the rec center, and operating hours should be clarified. We need to make sure that the community knows about Department of Parks and Recreation rules on using the rec center. Every recreation center in the city is closed on Sundays, so we can't change that. We could potentially advocate for them to keep it open until nine the other days. It just depends on what the community wants. I for one would like to see some more equipment in the weight room.

Spence: What about traffic issues in the neighborhood?

Alan: This was one of the main concerns voiced when I was campaigning. I want our ANC to focus first on Chain Bridge Road and University Terrace. We have a lot of people cutting through between MacArthur and Loughboro. It's dark, there are no sidewalks, and the new repaving has resulted in cars that just speed down the road. I'm working with D.C.'s Department of Transportation to see if they can conduct the studies to help provide calming measures for those streets. On street repaving and streetlights, we are working as an ANC to prioritize what needs help.

I'd like to see a left-turn signal from MacArthur on to Arizona. We already have left-turn signals from Arizona onto MacArthur. Currently, the traffic backs up during rush hour and drivers use Sherier as a cut-through.

Spence: Aircraft noise, you said, was one of the main concerns uncovered in your campaign canvassing.

Alan: It bothers a lot of neighbors. The PCA is a member of the Fair Skies Coalition, an alliance of communities that includes Burleith, Foxhall Village, Georgetown and others, and I would like to get involved with them. I'm willing to help out with those efforts in any way we can to change flight paths and reduce noise.

Spence: So how can people get in touch with you?

Alan: I have a new ANC email from the District Government, and people should email me at 3D05@anc.dc.gov. I am considering monthly meetings or setting up a regular table at the Palisades Farmers' Market. I want to put out newsletters that I plan to personally deliver and put them online as well. I'm just trying to be accessible and get people more engaged in our community.

Spence: And my final question: what do you do for fun?

Alan: I love to work out and exercise. I also love playing tennis.

Spence: Alan, thanks for your time and thoughts. And good luck as a new ANC commissioner! Any final words?

Alan: I'm excited about being a commissioner and I'm looking forward to helping neighbors out. Thanks for talking to me about this, I appreciate the time!



The PCA's annual Easter Egg Hunt & Potluck Breakfast will take place at 10 a.m. on Saturday, April 13th, at the Palisades Rec Center. We will have an egg hunt, live music, neighborhood camaraderie, relay races and – of course – the famous egg toss. Please bring a breakfast item to share (bagels, muffins, yogurt, etc.). Drinks will be provided. Free for PCA members; \$10 donation per family for non-members. Questions? Email jjog2424@comcast.net.

On December 3, the annual Federation of Citizens' Associations lunch, a friendly and joyous affair, took place. Several PCA Board members attended. The FCA gave its Outstanding Citizen Award to Sandra MattaVous-Frye of the Office of People's Counsel. The Sponsored Charitable Organization to be recognized this year was Pathways to Housing D.C., a charity that places long-term homeless in homes. Paul Kihn, brand-new deputy mayor for education, was the guest speaker who shared his initial observations of DCPS and gave some examples of existing initiatives and teaching methods he wishes to expand.



What are those glass cases (watch out pickleballers!) hiding in the rec center behind the fast and furious pickleballers?

When you walk into the hall of the new Palisades Rec Center and dodge those pickleballs, you shouldn't miss the two large glass cases: they are the home of the new Palisades Museum! Were it not for the doggedness and devotion of Doug Dupin and a Palisades Community Fund grant, we wouldn't be getting this chance to learn more about the prehistory and history of our neighborhood through objects from Doug's personal collection and exhibitions he is planning for the future. The case on the left will have a permanent display of Doug's prehistoric collection, some of it to be ready by the end of March, and the one on the right will present changing exhibitions of more recent objects, both telling us about the people who once lived here.

Doug, who was educated as an archeologist and worked on digs in Hawaii, moved to the Palisades in the mid-1990s. He was thrilled with our neighborhood's digging potential! When the soccer field was expanded, huge numbers of items – prehistoric stone knives and arrowheads – could be easily found. For centuries, from about 2000 to 1500 BC, the Palisades had been home to a large Native American community. The bluff was ideal for safety and still close to the river's plentiful fishing.

How can you get involved in this cool project? 1. you can loan or donate exhibits, 2. you can conduct historical research, 3. you can assist with cataloging or 4. you can help to design exhibitions. Please contact Doug at dougdupin@yahoo.com

GET READY FOR ANOTHER BANNER 4TH OF JULY IN THE PALISADES!

Since the 1930s, thousands have turned out in Fourth of July finery to be a part of the annual Palisades Fourth of July Parade and Picnic. They became annual events in 1966, and this year's 53rd is again being organized by the Palisades Citizens' Association, to be bigger and better than ever before!

The parade will start as always at 11:00 a.m. on Thursday, July 4. It will feature marching bands, beauty queens, bagpipers, Bolivian dancers, boy scouts, and bags and bags of candy for the kids lining the parade route. In many respects, this is also the parade for our city, and Mayor Bowser, Delegate Eleanor Holmes Norton and almost all of our City Council always participate.

Of course, the parade always depends on the creativity and energy of our neighborhood! As an all-volunteer event, it welcomes all comers. There is no advance registration; all you have to do is be at Whitehaven Parkway and MacArthur for the parade lineup, which officially starts at 10:00 a.m. And as an extra incentive to march, our tough but fair judges will award glamorous prizes for the most spectacular entries. Prize categories in the past have included the Palisades Pride Award, the Founding Fathers' Award, the General MacArthur, Most Patriotic Pet and a special Stanley Cup-friendly award last year, #ALLCAPS!

The parade will wind up at the renovated Palisades Rec Center for a community picnic, featuring hot dogs, watermelon and drinks under the big top! Last year the Masons served 4,000 hot dogs and volunteers sliced 100 watermelons. The Lions served the drinks. We hope to reprise many of the picnic standards, including two moon bounces, face painting, Mr. Funny Man and live music.

As always, your Palisades Parade Committee needs your help! This is an all-hands-on-deck moment for the neighborhood, and any contribution no matter how small is very much appreciated. The committee is holding a handful of meetings to coordinate on preparations for the big day, voting on a t-shirt design and mulling over new ideas, and everyone is welcome. One new idea for 2019 is a dunking booth at the picnic, with folks dunking volunteers and community leaders. Another idea is web sales of Palisades t-shirts.

Speaking of the annual t-shirts – the design will be finalized by the first week of May this year, and the first weekend in June they will go on sale at the Lions Club Flea Market, the Farmers' Market, in front of the Safeway and at other locations up and down MacArthur. Revenues from t-shirt sales help pay for parade and picnic costs, combining with robust support from local businesses.

As thoughts turn to summer, please consider helping out in any way possible. Selling t-shirts on June weekends is an obvious need and a fun way to meet neighbors. And on the Fourth itself, your PCA needs watermelon-cutters and parade marshals, to name only a few of the responsible assignments. To be a part of this great community effort, please contact PCA Administrator Anne Ourand at palisadesdc@hotmail.com or by phone at 202 363 7441. Mark your calendars for what has become a signature event for the Palisades, and consider how you can make a contribution, big or small! See you then!



The Palisades Citizens' Association Online Store is Open for Business!



Support the new Museum of the Palisades with your purchase of a historical map replica (two versions available) or a stylish Palisades t-shirt (short or long sleeve). Quantities are limited. Learn more and order online at www.PalisadesStore.org

Free local delivery within the Palisades.



Your Palisades Farmers' Market is open year-round every Sunday from 9:00 a.m. to 1:00 p.m., at 48th Place between MacArthur Boulevard and V Street, next door to the Safeway and Addy Bassin's – even during the winter!

As many of you may know, Gloria Garrett is no longer market manager since her health took a turn for the worse. Since she became manager of the Palisades Farmers' Market in 2011, Gloria 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 11th anniversary this year.

Jim Coleman has agreed to serve as our market's new manager. Jim has been running farmers' markets since 2005 and has been overseeing markets in Riverdale Park, Maryland, and at 14th and Kennedy in Petworth. Though he has a couple of Master's degrees, Coleman said he is "honored to take on the challenge of running one of the finest markets in D.C. and my personal favorite."

"While he has some big shoes to fill, the Palisades Citizens' Association is very pleased to have someone of Jim's caliber on board. We know he has the energy and expertise to build on the great base of community support and market variety that we have – and make sure our market is the center of our neighborhood every Sunday," said Avi Green, PCA president.

This winter season, the Palisades Farmers' Market has some 20 vendors selling dry aged beef, apples and fresh produce, pastries, salmon, oysters and clams, pies, chocolate and sweets, heritage pork, farm fresh eggs, charcuterie, sausages, locally roasted coffee, breads of all shapes and sizes, pickles, chicken, mushrooms, bagels, and all manner of prepared foods from paella to crepes to gluten-free options. The market's main season will begin on April 7 with even more offerings.

Be sure and give Jim a hearty, Texas-sized Palisades welcome when you stop by on Sundays!

SPENCE SPENCER

AND NEIGHBORS COME IN ALL SHAPES AND SIZES...



OWEN AND BILL PLAYING MUSIC TOGETHER

TAKE ME HOME

BY LYNDA COKINOS

Thanks to the Potomac River, our neighborhood has always had a rural feel and, in a way, a country road is what brought the acclaimed singer-songwriter Bill Danoff to our neck of the woods. Bill first came here in 1964 from Massachusetts to study linguistics at Georgetown University. Georgetown was smaller than it is now. "It was white males. Not co-ed. Conservative and preppy," Bill recalls. He gravitated toward the Beatles, Motown, folk and new pop bands. "It was the sixties." When not in school, his life centered around The Tombs and later the Cellar Door, a small but very important music club. Bill graduated as a Chinese major in 1968. Washington was in turmoil over the war in Vietnam, and Bill's record as a war protester did not look good on a resume.

Instead of pursuing a foreign-service career, Bill kept his job at the Cellar Door, at 34th and M Streets in Georgetown. In the late 1960s, Georgetown was a slightly seedy but vibrant community, and the place to be for hippies and those looking for alternative lifestyles. The neighborhood had three movie theaters, book and record stores, poster shops and lots of small live-music venues.

After graduating, Bill spent most of his time either at the club or writing songs in his basement apartment at 3072 Q Street with his girlfriend Taffy Nivert. Bill met John Denver at the Cellar Door while still a student at Georgetown. "John Denver was a regular at the Cellar Door. I met him in 1966, when he replaced Chad Mitchell in the Mitchell Trio, then one of my favorite acts. Fans were skeptical at first, but we were soon won over by John's guitar playing and charm. At the time, John was a skinny, blond-haired Air Force brat, and while he did not have Chad's outstanding vocal range, he more than made up for it with an upbeat personality that one day would charm millions of fans from kids to grandmothers. The Cellar Door, which regularly

featured the era's finest acts, was a place of camaraderie. After hours, performers often hung out with the club's young staff long into the night drinking and telling stories. Lifelong friendships were formed there.

"During the summer of 1970, Taffy and I as Fat City were playing at another club on M Street called JAMF. One night John rode up to JAMF on a motorcycle. He visited us between sets, and said he wanted to hear a song we had written that Alan Cowell, Cellar Door manager, told him he would like. It was called 'I Guess He'd Rather Be in Colorado.' After hours he made us sing it to him again, one of us in each ear so he could hear it in stereo. He especially loved the song because he was living in Edina, Minn., at the time and longed to build a dream house he had designed in Aspen. John learned our song and taught it to Mary Travers of Peter, Paul and Mary. Mary recorded it, and later on he recorded it himself."

Later that same year in December, John was on his way to Bill's Q Street apartment to play a little music when he got into a car accident. He finally arrived around 2 a.m. with a broken thumb. Bill and Taffy showed him a half-finished song that had been inspired by a drive out to a family reunion in rural Gaithersburg. Bill said, "We thought it might be right for someone like Johnny Cash. The song had no title or lyrics for the bridge, but two verses and, we thought, a good chorus." John loved what he heard and thought they might have a hit. They finished the song together by 6 a.m., and that night the three of them performed it as an encore to John's set at the Cellar Door. "Take Me Home Country Roads" received an unprecedented five-minute standing ovation that evening. John was ecstatic. This would be a game changer for all of them.



BILL, TAFFY AND JOHN DEBUTED "TAKE ME HOME COUNTRY ROADS" AT THE CELLAR DOOR IN GEORGETOWN ON DECEMBER 30, 1970

"We recorded in New York the following Monday, and 'Country Roads' became John's first record to hit the charts. He started to arrange his bookings so that Fat City could be his opening act, and we would join him at the end of his set to perform the songs we had recorded together."

Full disclosure and fun fact: Bill had never been to West Virginia at the time the song was written.

A year later, in 1972, Bill and Taffy had enough money to get hitched and buy a home of their own. They were renting an apartment in Arlington, but Bill missed life in the District. They paid \$40,000 for a cedar-shingled cottage at 2408 Chain Bridge Road, next to the overgrown trolley tracks. The place looked like the stuff of fairy tales in a lane dotted

with only a few houses between MacArthur Boulevard and Canal Road, and Palisades felt like a friendly little town.

It was a "real" neighborhood, Bill told me in a recent interview. "We had everything: a grocery store, a pharmacy, a hardware store, gas stations and a movie theater." He fondly remembers Barry and Regina Mauskopf who owned the DGS grocery store at 5100 MacArthur Boulevard where Bistro Aracosia is now. The store was once the social hub of our neighborhood. "We even made friends with our postman," Bill said. Palisades reminded Bill of Springfield, his hometown.

Bill and Taffy continued writing songs. Their band Fat City often opened for John Denver, and John recorded more of their music. "Neither Taffy nor I, both reared in urban areas, had any identity with country music. But our songs in a way wrote themselves, and we followed our hearts wherever they took us. 'Baby, You Look Good to Me Tonight' was my first attempt at something in the country-style genre of songs. I first played it for a successful Washington, D.C. area country/rock band called The Rosslyn Mountain Boys. They didn't see it as a real country song and took a pass." With John Denver, "Baby" became one of those "What's that song?" successes. His recording of "Baby" became a number one hit on the country/western charts.

"She Won't Let Me Fly Away" is a pretty good picture of the basement apartment at 3072 Q Street in Georgetown where we wrote most of these songs. And 'Readjustment Blues' reflects a personal look at one of the largest anti-Vietnam War demonstrations ever held in our nation's capital."

Bill also co-wrote the song "Boulder to Birmingham" with Emmy Lou Harris in the little house on Chain Bridge Road. The D.C. music scene has always been a close-knit community, which embraced every genre from bluegrass to rock and roll.

In 1976 Fat City fell apart. Bill wanted a bigger band and recruited Margot Chapman, a transplant from San Francisco, and local musician Jon Carroll, who was only 18 at the time. All of them could sing harmonies. They called the new group The Starland Vocal Band. The crew wrote songs and practiced in the little house on Chain Bridge Road until they had enough material to pitch an album. One of those songs was "Afternoon Delight," named after an item on Clyde's menu featuring brie and shrimp. The song quickly rose to #1 on the charts in July 1976 and spawned a variety show for the group in 1977, which included David Letterman on board as a writer. He also acted in goofy little skits throughout the show.

Bill and Taffy moved to McLean, Virginia to raise their two girls, Lucy and Emma. When their marriage fell apart in the early eighties, Bill moved back to Georgetown and rented a little apartment. Eventually he met and married Joan Grbach, an art major from Pennsylvania who made her living in the restaurant business. Joan worked at the Class Reunion near the White House and The Occidental Grill. Bill and Joan rented a place on MacArthur Boulevard for three years until Bill found their current home near Arizona Avenue and Sherier Place. He was sold by its studio space and pool. Their relationship with the neighborhood was cemented with the arrival of their son, Owen, in 1989. Owen attended both The Community Preschool of the Palisades and Key Elementary, where the family made lifelong friends.



Although many successful musicians live in bigger cities, Bill never wanted to leave the Palisades. The location and strong sense of community kept the Danoff family here, and we are lucky to have them.

Joan opened Starland Cafe at 5126 MacArthur Boulevard in 1996, and kept it going until February 2007. The food was great, as was the service, and it was a lot of fun to have live music in the neighborhood. My favorite St. Patrick's Day was spent at Starland when musicians and neighbors celebrated. That evening the atmosphere felt like a true Irish pub. Both kids and adults played traditional music into the night. My four-year-old son fell asleep sitting up in a chair in front of the band.

Owen Danoff started playing guitar when he was ten and kicked off his own musical career at Starland Cafe. Since then he has played major venues in Washington, including the 9:30 Club and The Hamilton. He studied film scoring at the Berklee College of Music and had a successful run on The Voice. He is now an award-winning singer-songwriter in his own right and lives in Nashville after a stint in New York.



Life after Starland has meant that Joan could return to artistic things, her first love. A class at Glen Echo helped jumpstart her jewelry business, Starland by Hand. Her shop can be found on Etsy at [Starlandbyhand.etsy.com](https://www.etsy.com/shop/Starlandbyhand). Joan also hosts a pop-up show with other local crafters every Veterans Day weekend. All neighbors are invited.

Meanwhile Bill is still a working musician and still hoping for that next big hit.

“A NATIONAL DANCE TREASURE”

AN INTERVIEW WITH DANA TAI SOON BURGESS BY TINA KANEEN

“A free modern dance performance in the courtyard between the National Portrait Gallery and the Smithsonian American Art Museum? I’m in!” I told myself. I took my seat on a folding chair under the Kogod Courtyard’s high, undulating ceiling. Music began; dancers in black costumes entered, inking dark phrases against the courtyard’s soft gray interior. Moments of tension alternated with moments of release, implying human conflicts and resolutions.



It was April 2014, and I was watching – and admiring – the Dana Tai Soon Burgess Dance Company in its performance of “Confluence,” a work inspired by a photograph of modern dance pioneer Doris Humphrey. Little did I know that Dana Tai Soon Burgess, the company’s director and choreographer, was a Palisades resident. Or that I would have the chance to interview him for *The Conduit* late in 2018.

Dancer and choreographer Dana Tai Soon Burgess leads a modern dance company praised as “not only a Washington prize, but a national dance treasure” (Sara Kaufman, Pulitzer Prize-winning dance critic for *The Washington Post*). The Dana Tai Soon Burgess Dance Company, which recently celebrated its 25th anniversary, has performed at the Kennedy Center, the White House, the National Portrait Gallery, and in more than 30 countries. The Smithsonian Institution named Mr. Burgess its first “choreographer in residence” in 2017.

Dana, how did you first come to the Palisades? I’ve lived and worked in D.C. since 1989. In 2001, I returned from an international tour to find that my partner had acquired a beautiful but very large greyhound. We needed more space! House-hunting was pretty competitive at the time, with multiple bids and escalation clauses. The owners of a home on Sherier Place accepted our bid, and we pounced.

What do you like best about the neighborhood? Does it influence any aspect of your work? The opportunities to go for long walks on our local trails. I enjoy close encounters with nature. I’ll confess that I once built a bunny shelter under my porch. I think the residents of the Palisades influence my work by being interested in art and culture. I’ve had fascinating conversations with neighbors. This is very much an arts community.

Let’s explore your “origin story.” What led you to dance? And to choreography? I grew up in Santa Fe, New Mexico, where both my parents were visual artists. I competed very successfully in martial arts as a child. When I was a teenager, my dad suggested that I try dance classes. I had friends who were dancing, and I had expressed some curiosity about their classes. I found dance, with its opportunities for artistic expression, to be even more interesting than martial arts.

After high school, however, I enrolled at the University of New Mexico to get a very practical degree in accounting. I’d seen enough of the “starving artist” lifestyle growing up in Santa Fe! But I kept being drawn to dance. I had the good fortune to study with Tim Wengerd, a former soloist with Martha Graham’s company. After performing with his company, I spent a lot of time in New York City, which was the epicenter of modern dance in the 1980s. I became a D.C. resident pretty much by chance when I was stranded here between jobs.

I turned to choreography for a couple of reasons. I wanted to explore my inner landscape, particularly my dual identities as an Asian-American. I also wanted to provide performance opportunities for Asian-American dancers. That was pretty unusual at the time. I remember the director of the Commission on Asian Pacific Islander Affairs for the Mayor explaining the D.C. arts scene to me as a chocolate cake with white icing – but no little dots of Asian flavorings inside.

Then your focus expanded, right? Definitely. The State Department invited me to serve as a cultural ambassador. I traveled to a lot of countries, including many in Central and South America. As time passed, I wanted to make dances reflecting all of the Americas and exploring all kinds of human experiences.

Recently, you've been exploring the relationship between dance and visual arts via your relationship with the National Portrait Gallery. Yes. I think my interest in this visual arts–dance relationship started when I formed a friendship with D.C. sculptor John Dreyfus at Halcyon House. This eventually led to a performance at the National Gallery. The National Portrait Gallery then invited me and my company to create a series of dances inspired by – and performed at – the Gallery. The Smithsonian Institution named my company its first “dance company in residence” in 2015.

How does your Portrait Gallery process work? The gallery's staff lets me preview their plans for future exhibitions. I choose something that interests me, often something I know very little about. I enjoy the process of researching the topic and interviewing people associated with it. For example, in October 2019 my company and I will present a work inspired by the gallery's portrait of African-American singer Marian Anderson. My goal is to enliven the Gallery's collection, to make it come to life. I also want to show how works in the collection speak to the diverse American experience. For me, it feels like a homecoming of sorts, after growing up surrounded by visual arts in Santa Fe.

How can your Palisades neighbors experience or learn more about your dance company? Here are three ideas: 1. Check out our website, dtsbdc.org; 2. Attend an open rehearsal (see the website for announcements). I love the good questions that the audience asks at these; 3. See a performance – our next one will be on May 4, 2019 at the Portrait Gallery.

What will you and your company be presenting at the Portrait Gallery on May 4? “Tracings,” a dance that explores my Korean ancestry. It ties to a portrait titled “Mother III” by a feminist Korean artist named Yun Suknam. That's the featured work for 2018–19 in the Gallery's new “Portraits of the World” series.

(Note: This performance will take place in the Kogod Courtyard and will be free to the public.)

What about the future? How far ahead are you looking? The company and I are working on a new educational, performing arts and visual arts center in D.C.'s Chinatown neighborhood. We've been hoping to open in 2020, but our space is part of a large development project. The whole approval and construction process is complex – and, of course, it's time-consuming. That said, we are very much looking forward to having a “home” of our own – and one that we can share with other arts groups.

IT'S MEMBERSHIP RENEWAL TIME!

PCA memberships expire either at the end of September or the end of March. If you are unsure whether you are a “September” person or a “March” person, check your mailing label. If your membership has expired, please send in your dues (\$15 senior individual, \$20 senior family, \$25 individual, \$40 household, \$100 sponsor, \$250 patron, \$500 life) to PCA, P.O. Box 40603, WDC 20016. Please make your check payable to PCA. You can also renew on line using PayPal or a credit card.

Go to www.palisadesdc.org and follow the easy instructions. Thank you for your continued support.

FORMER KEY SCHOOL SECRETARY REMINISCES ABOUT THE PALISADES

BY MARY ANN FLOTO AND MARGARET LEWIS

"It's been a wonderful life," says Waunetta Stottlemeyer, a long-time, now retired secretary at the Francis Scott Key Elementary School. Waunetta has lived in the same house on Sherier Place since 1930. She doesn't recall how much her parents paid for it, about \$2,000 she guesses. When they moved in, "there were only a few houses in the area, so neighbors became a part of one big family." The neighborhood's commercial area was at Dana and MacArthur, with a gas station, a small sandwich shop that sold ice cream cones for 10 cents, a dry cleaner and a grocery store. There was also a dry goods store and Doc Brown's Drug Store where you could find just about everything. "If Doc Brown didn't have it, you could give him a 50-cent deposit, and the item

would be there the next day. Doc Brown always gave you free advice."



Waunetta and her husband, Roland, have been married for 71 years. They were teenagers when they met at the grocery store in Hagerstown where Roland worked. They would see each other whenever Waunetta visited her grandmother, who lived in Hagerstown. As their relationship grew, Roland would hitchhike from Hagerstown into the city to visit Waunetta. They were married at the Palisades Community Church in 1947.

HOUSES ON SHERIER PLACE

Mrs. Stottlemeyer believes that her house was built at a time when there was a housing shortage. It has a side entrance that could be closed off to allow the boarder living upstairs to go in and out without disturbing the owners. There are similar houses in the neighborhood that could also be partitioned to accommodate boarders.

MANY CHANGES IN THE NEIGHBORHOOD

Waunetta recalls that the area at MacArthur Boulevard and Arizona Avenue was once a dairy farm and that Arizona Avenue was woods and streams. The lot on the southwest corner of the intersection, now home to townhouses, was filled with Victory gardens created during the two world wars to supply fruit and vegetables. Key School parents and children would meet after school for ice cream at a small store with a soda fountain at the current site of Bambu restaurant, and a beloved couple who survived the Holocaust lived above the District Grocery Store, which they managed until it was replaced by a restaurant, now Bistro Aracosia. A farmhouse,

where rabbits, ducks and chickens were raised, is now the site of the post office.

The area was so rural that in winter neighborhood children could sled down Dana Place starting at Key School and cross Conduit Road (now MacArthur Boulevard) without stopping, until they reached the farmhouse next to the Palisades Rec Center. There was also ice-skating on the canal, with parental supervision only! Once or twice a year, a man with a pony would come to the Palisades and take photographs of children riding the pony. Mrs. Stottlemeyer also remembers a time when neighborhood fathers met after dinner to compete at the old horseshoe pit located in front of the Palisades Rec Center, and kids would cheer for them.

LIVING NEAR THE STREETCAR STOP

The Stottlemeyers loved living close to the streetcar stop that Roland boarded each day to travel to his job at the *Washington Times-Herald*. Waunetta and Roland would also take the streetcar to Glen Echo for 10 cents each and enjoyed dancing in the Spanish Ballroom. Open trolleys were used in the summer, and the boys would hop on without paying. Oftentimes Waunetta

and her friends would walk home on the streetcar tracks from downtown. She says that she wishes the city had kept the streetcar line as a tourist attraction.

TIME AT KEY SCHOOL

Waunetta attended Key School as a student when there were about fifteen children per class, as did her daughter, Cindy. Key and Hardy were the only elementary schools in the area. (Hardy became a middle school before moving to its present location in Georgetown.) There were no private schools in the Palisades except Our Lady of Victory. Both Waunetta and Cindy went to Gordon Junior High, now the site of Hardy Middle School, and to Western High School, where the Duke Ellington School of the Arts is today.

Waunetta began working at Key when Cindy was a student there. The school, which never had more than 125 students during her tenure, shared a principal with Hyde School. This meant that Mrs. Stottlemeyer managed the school when Key's principal was away at Hyde. During that time, enrollment was so low that the school system threatened to close Key. The parents, principal and teachers worked hard to keep it open.

Working at Key was a fun and enlightening job for Waunetta. In all, she was a secretary there for 23 years before retiring to stay home and enjoy life in the Palisades with her husband.



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THE WRITING LIFE

BY ELIZA McGRAW

Abby Marsh is an associate professor of neuroscience and psychology at Georgetown University and the author of *The Fear Factor: How One Emotion Connects Altruists, Psychopaths, and Everyone In-Between*.

Can you tell me a little bit about your book?

The topic is the research that I've been doing trying to understand why people care or don't care about each other, and at Georgetown I do brain imaging research and behavioral research in different populations who are either unusually uncaring or unusually caring to see what's different about their brains.

What's an unusually caring population?

The population I've been studying for the most part is altruistic kidney donors, people who have given a kidney to a stranger. And then on the other side...I study people who are psychopathic, in particular adolescents who have psychopathic tendencies, which means they are callous in the face of other people's suffering, engage in pretty persistent anti-social behavior, and don't have strong loving relationships with anybody.

What is a surprising thing that people might find in the book?

I thought the most interesting thing – and it is what I hypothesized, but so often what you think is true, turns out not to be – is that the brains of people who are unusually caring and altruistic look the opposite of psychopathy, they really are kind of anti-psychopaths. There's a region called the amygdala.

And in people who are psychopathic, it is playing a really critical role it is sort of the hallmark dysfunction, an amygdala that is too small and not reactive to sight or sound or idea of other people who are in distress, or suffering, and that seems to be what drives their insensitivity to other people's suffering.

So it's a physical thing, then. How do you overcome that?

Well, once you've hit adulthood it's pretty hard to overcome. We don't really have any effective ways of helping adults who are psychopathic. The younger you are the more sort of plastic your brain still is, the more possibility there is of changing as your brain continues to develop. And the best evidence right now – there's no such thing as a baby psychopath – any person can be born at risk for scoliosis and heart failure or tooth decay because of genetics. But they don't really turn into the condition unless the right environmental conditions are present. So for example there's a family risk of heart disease, but if you are raised eating a very healthy diet you might not get heart disease. And the same is true for most psychiatric disorders. You might be at risk for schizophrenia, for example, but you won't actually develop schizophrenia unless certain environmental effects kick in. People might be at risk of psychopathy, but if they have very warm mothers their risk drops a lot and they end up a lot better than you might expect.

What do you think about communities and neighborhoods – is there a way to weave Palisades into your work?

Well, it just so happens that I've done a little research on geographic variation in altruism, why it is that some regions produce a higher per capita number of altruistic kidney donors than others. What I have learned is places that produce the most altruists are the places where people report the most well-being, on average, a strong sense of community and a sense of purpose and connectedness, and having their basic needs met, and D.C. is actually pretty high on that list. We're small, obviously, but per capita we do pretty well producing altruistic kidney donors, and maybe that has something to do with a high level of well-being here.

What brought you to the neighborhood in the first place?

Its beauty was the big thing. We didn't do nearly as much due diligence as you might have expected, in terms of the schools, it was just a tremendous piece of good luck that we have amazing schools here. Just driving around the city looking at different homes there's nowhere like the Palisades for real beauty, just the gorgeous trees and the lovely neighborhood that stands out.

We did that, too!

So funny. So that's what happens. When we first came to look at the house, we pull up to look at it for the first time, and the kids are outside playing with their golden retriever and it was a beautiful day and all the first flowers were out and we just thought this is exactly the sort of neighborhood we would want to live in. How could you imagine a more beautiful welcoming street than this?

It's that kind of neighborhood. I love that our pediatrician lives down the street and one of Ava's kindergarten teachers also lives down the street. And the pediatrician, her kindergarten teacher was also my daughter's teacher at Key. I love that feeling in the neighborhood. No one ever believes it – you live in Washington, D.C.? It feels like Mayberry.

THIS INTERVIEW HAS BEEN EDITED.

PLEASE MARK YOUR CALENDARS FOR THESE UPCOMING TOWN HALLS, and check the PCA website for updates.

April 2, 2019
7:00 p.m.–8:30 p.m.
Palisades rec center
Speaker TBD.

May 7, 2019
7:00 p.m.–8:30 p.m.
Palisades rec center
Speaker TBD.

June 4, 2019
7:00 p.m.–8:30 p.m.
Palisades rec center
Speaker TBD.

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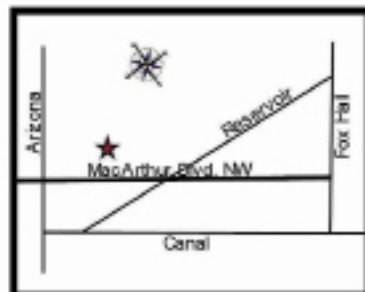
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ARTIST OF THE PALISADES: DAVID HAMMOND

(Work displayed at the Palisades Post Office in March–April)

I am a graduate of Georgetown University and a 30+ year resident of the Palisades.

My start in building model boats grew out of an interest in sailing, plus years spent visiting the Chesapeake Bay and the Delmarva coasts. I began to appreciate the wooden working boats of the 19th and early 20th centuries. Many of these boats used for crabbing and oystering were particular to the shallow waters of the bay. Since they would often last no more than 20 years, not many of them still exist.

I rely on the expertise of master model builders (many of whom use the original shipwrights' methods), photographs and visits to maritime museums. Therefore each model maker's works reflect an individual variation.



RIESLING - THE QUEEN OF SPRING!

BY ROBERT WHALE

There is a general consensus (among those who talk of such things) that, in the world of wine, Cabernet Sauvignon is King and Riesling is the Queen.

Riesling wines do not fit within the comfort zone of most American wine drinkers because the adaptability, flexibility and just plain athleticism of the grape requires wine drinkers to think—ouch! Some are even plagued by memories of Liebfraumilch (which most men will never admit to drinking) and the attendant sugar high. Therein lies the issue: because the grape possesses such high levels of natural acidity, it is capable of a range of style, achieving comfortably what other grape varieties cannot by varying the amount of natural grape sugars that remain in the finished wine. Wines that are dry (*trocken*), slightly off dry (*halbtrocken*) all the way up to the fabulous dessert wines of *Trockenbeerenauslese* are created by controlling the amount of sugar sweetness or “residual sugar” as the term is known. German speakers and vinophiles can work their way through this confusing terminology, but for most of us it's a deal breaker. My message to you is simple. Look for dry Riesling in the spring and you will find nirvana. How do you find dry Riesling? Look at the alcohol level on the label: if it's above 12%, it's probably dry.

OK, so you've found a bottle of dry Riesling—now what??!

Your senses will not be smashed to a pulp by the oak staves of Californian Chardonnay, nor will they be stretched tight by the shrill notes of Sauvignon Blanc. No, instead of Madonna shrieking spittle in your face, you will be greeted by the soft allure of Catherine Deneuve whispering sweet nothings in your ear over the phone at midnight. Scents of spring emerge from the glass, blossoms from nearby, the heady perfume of flowering trees sending their invitations to pollinators, the promise of love and rebirth.

But be careful, this dry Riesling is not a frivolous Monarch. Much like the Queen of England, she will continue to evolve over decades until she reveals herself, in about her 25th year, as the paragon of complexity and delight, showing pathways to pleasurable flavors and aromas previously unimagined. But remember, all this started as innocently as the echo of a lovely spring day.

WARMING UP IN WINTER

BY CHRISTY HALVORSON ROSS



Our bodies crave warmth in the wintertime, and Little Green has been working to create some dishes that are warm and nourishing, but also to reduce your meat intake at the same time. We want to share one of those recipes with you today!

When your diet is lower on the food chain, you reduce your environmental footprint. Every person who exchanges eating meat for a vegan diet reduces carbon dioxide emissions by 1.5 tons per year. If every American dropped just one serving of chicken from their diet per week, it would be equivalent to taking 500,000 cars off the road in terms of CO₂ emission decrease.

Did you know that 23% of America's water goes toward livestock production and 14.5% of all our greenhouse gases are produced by livestock? The production of one calorie of animal protein requires more than ten times the fossil fuel input of a calorie of plant protein.

To produce a day's food for one meat-eater takes over 4,000 gallons or water, for a lacto-ovo vegetarian only 1,200 gallons and for a vegan only 300 gallons. Good reason to try out some delicious plant-forward recipes!

MOST AMAZING VEGGIE CHILI

Serves 6

Chili ingredients:

- 3 Tbsp. extra virgin olive oil
- 2 onions, diced
- 2 cloves garlic, minced
- 2 tsp. chili powder
- 2 tsp. cinnamon
- 28 oz. diced tomatoes (1 large can)
- 14 oz. diced fire-roasted tomatoes (1 can)
- 2 cans black beans
- 1 can white beans (14 oz. can)
- 2 zucchini cut into ½-inch triangles
- 1 sweet potato, peeled and diced
- 1½ cups water
- 1 tsp. runny honey
- ½–1 tsp. sea salt to taste
- ¼ tsp. freshly ground pepper
- 1 cinnamon stick (remove after cooking)
- 1 Tbsp. raw cacao

Garnish ingredients:

- ½ cup romaine lettuce (or arugula)
- ½ cup cherry tomatoes, sliced
- 1 avocado, diced
- microgreens
- black corn chips

Instructions

1. Sauté onions in olive oil for 8–10 minutes. Add garlic when onions are translucent and cook for one additional minute. Add chili powder and cinnamon and mix well. Add all diced tomatoes, then water, and increase temperature until it reaches a boil.
2. Drain and rinse beans. Add beans to the pot, then cinnamon stick and honey, salt & pepper to taste. Add the zucchini, sweet potato and raw cacao. Reduce heat to a simmer and cook for an hour, stirring frequently. Add more water if necessary.
3. Cut romaine lettuce into matchstick-sized pieces. Halve cherry tomatoes. Cut avocado into chunks. Serve chili in large bowls with garnish options. Warm & delish!

THE CONDUIT

NEWSLETTER OF THE PALISADES CITIZENS' ASSOCIATION

THE PALISADES CITIZENS' ASSOCIATION
 P.O. BOX 40603
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