

# THE CONDUIT

NEWSLETTER OF THE PALISADES CITIZENS' ASSOCIATION

## PALISADES UNDAUNTED

CREATIVE NEIGHBORS JOIN TOGETHER TO GIVE HELP AND SHOW APPRECIATION



The COVID-19 crisis has been an extraordinary time, a time unlike anything we could have expected, unlike anything most of us have ever experienced. The Palisades, like countless neighborhoods across the country and the world, has put a lot of energy into making this difficult time



of isolation and tragedy a little better. People meet on Zoom to discuss ideas for ways to boost spirits and to organize help for those whose jobs put them on the frontline.

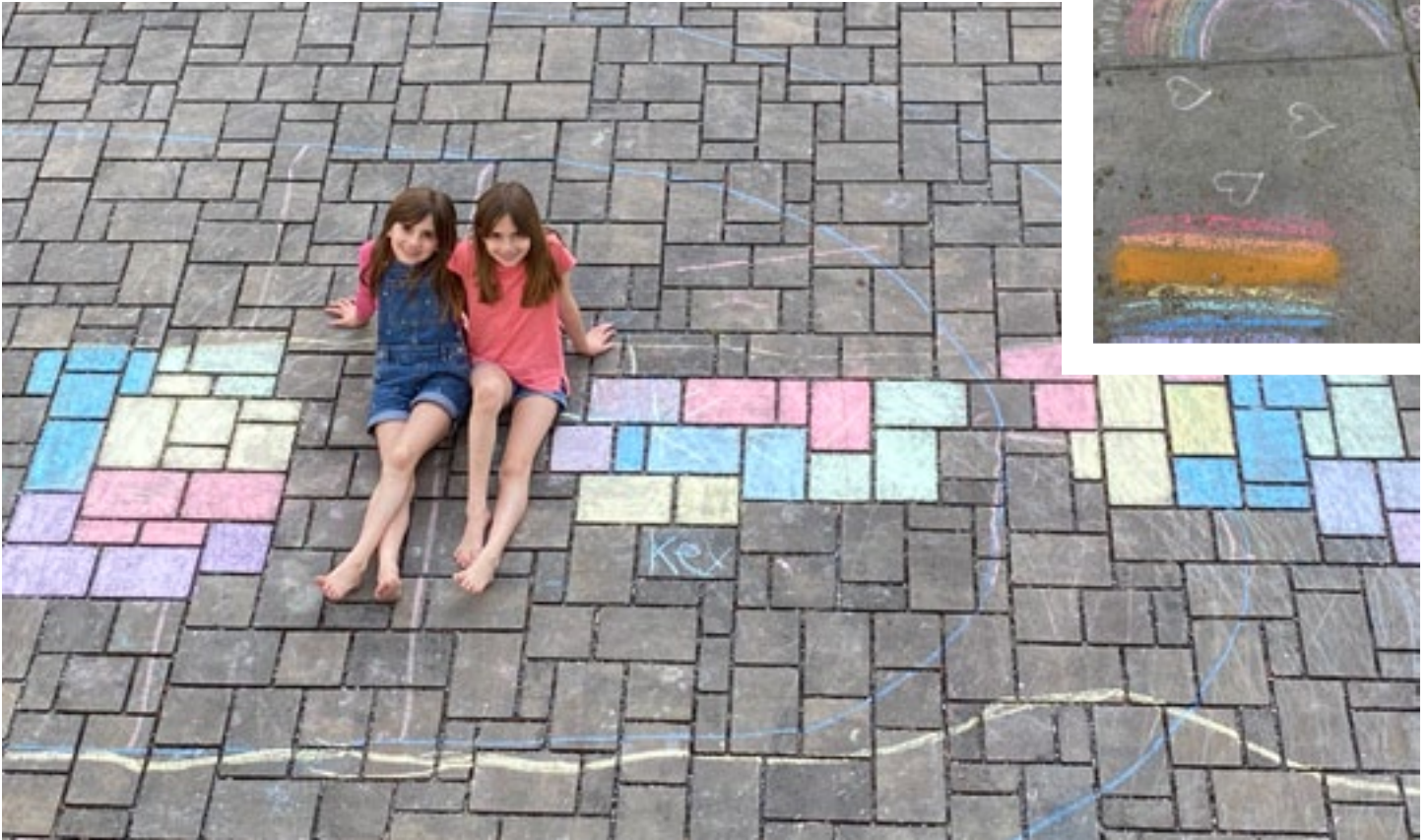
As soon as the lockdown started, there was **Chalk the Block**, kids decorating sidewalks, driveways and streets with col-

orful pictures for all to see as they drove and walked by at a safe distance. You can look at them on the new Instagram page, #palisadesdcchalktheblock.

In early April we had a **bear hunt!** Residents stationed stuffed bears and

their assorted kinfolks (even a dolphin and a giraffe) on windows, trees and porches facing the street. Families went on photohunts. Officer Bear, assisted by his staff from the Second District MPD, cruised in his cruiser. One hunter counted 181 furry beings!

Then, on April 10, the emotional **Caravan of Care** honored our local Engine 29 firefighters, neighborhood restaurants and businesses, and the Sibley Hospital staff. The show of gratitude blew the organizers away: over 300 cars came! Starting at the Lab School, the caravan rolled, horns honking, as the firefighters came out of their station and workers stood along MacArthur Boulevard. When the caravan turned



the corner up to Sibley, the honking stopped to save the patients' ears, and was replaced by waving to the dozens of hospital workers who came out to bask in the gratitude. To get a taste of the event visit <https://www.youtube.com/watch?v=asWS5IfCgGg&feature=youtu.be>

May 2 was the **Fly Over DC and Baltimore** (sorry, even the PCA couldn't manage this one, so the Navy Blue Angels and the Air Force Thunderbirds had to step in) to salute first-responders.

The PCA has organized a **food drive** for So Others May Eat (S.O.M.E.) for delivery twice a week. Please consider picking up extra food the next time you go to the grocery store, especially cereal, peanut butter, jelly, pasta, rice. You can also bake, and muffins are especially popular. You can drop off food in the bins outside Maria Garcia's home at 2339 King Place. A big thank you to a young Palisades resident, Olivia Masri, for coming up with this idea!

The next PCA-sponsored expression of thanks to hospital staffs, police and firefighters, USPS, FedEx, UPS and other delivery workers, and sanitation workers is the **Purple Ribbon Tribute** decorating MacArthur Boulevard. The purple is a mix of blue for police and hospital and red for firefighters.

Many of these events and activities have been co-sponsored by the PCA and the Key Elementary social media committee. A big thank you goes out to all our volunteers and ideas people, Lauren Regardie, Kari Wolsky, Anne Ourand, Lisa Swoboda, Margaret McEvoy, Olivia Masri, Maria Garcia and others.

Other incredible organizers in the Palisades who need recognition are:

**Feed the Fight**, which has benefited from generous individual



contributions to buy and deliver hundreds of healthy lunches and dinners to first responders at Palisades Engine 29, the Bethesda-Chevy Chase Rescue Squad, the Glen Echo Volunteer Fire Department and Station 26 in Bethesda. This effort has also helped local restaurants, including BlackSalt, Bistro Aracosa and Lupo Verde. Please go to [feedthefight.org](http://feedthefight.org) to donate.



**Fueling the Fight**, inspired by Feed the Fight, supports frontline workers by buying them gas at neighborhood Exxon stations. To donate you can Venmo Carolyn Butler at @Carolyn-Butler-4 or email carolynbutler@gmail.com to make other arrangements.

—Tricia Duncan and Maya Latynski

## Ode to Mac Market

*For Mr. Kim and Mrs. Kim*

On a tree-lined street that we call The Boulevard is an oasis.  
 Early mornings, late nights, tumultuous weather and holidays.  
 Right neighborly. Door's always open.  
 Our Mac Market in the Palisades.

Bench perched. Chocolate goo on small hands and lemonade in clutch.  
 Dog tied up. Chatter of neighbors. To and fro from vehicles parked.  
 Neon signs. **Lottery**. Play Here. DELI. ATM. **Under 21**.  
**WE CARE**.

Cashier calls 'morning!' Bustling of people. Edibles unboxed.  
 Rows of sweets. Shelves of spirits. Clusters of cookies.  
 Bundles of newspapers. Dwellings for juice, soda, and beer.  
 Cheeses, salads, meats tucked in tight.

Cadres in crisp white aprons. Slicing. Sizzling. Cellophane crackling.  
 Poppyseed bagels. Eggs over in a wrap. BLTs in white paper.  
 Tuna on a roll. Pastrami on rye. Donuts around. Coffee bouquet.

Children cry out independence! The hopeful lottery-bound.  
 Early evening beer quests. Nighttime ice cream spurts.  
 Don't have quite enough money? Trouble you not. Bring it back later.

Commuters, workmen, neighbors. One for all and all for one.  
 Water for the thirsty. Nourishment for the hungry.  
 Reinforcement for the weary.

We love you, Mac Market. You are the Palisades.

Thank you!

Monica Boruch  
 A Grateful Patron  
 March 25, 2020

## ELLEN MAXWELL, A BRIGHT PRESENCE

BY BARB POWER



**E**llen Maxwell, an active and long-time Palisades resident, died at home on March 27, 2020, after a more than three-year battle with uveal melanoma.

Ellen moved to the Palisades with her husband, Hakan Lonaeus, when they bought their home on Sherier Place in 1987. They have lived there ever since, raising sons Gustaf, Charlie & Oscar. In recent years, Ellen and Hakan

happily welcomed daughters-in-law Kelly Lonaeus (Gustaf, 2017) and Kim Chapman (Charlie, 2018) to the family. This past October, they became proud grandparents to Henrik Maxwell Mathison Lonaeus, Gustaf and Kelly's son.

Ellen was a bright presence in the neighborhood in many ways. She truly cared about her neighbors and was actively engaged in the community. She served as a vice president of the Palisades Citizens' Association and co-chair of the Palisades Community Fund, where she was one of the initial backers of the Palisades Farmers' Market. When the MacArthur Beautification project was conceived, Ellen was one of the first mound adopters. She was an active volunteer at her children's various schools and at St. David's Episcopal Church.

As someone who loved gardening and being outdoors until her final days, Ellen was a member of the Acorn Garden Club. Her springtime garden on Sherier Place has delighted passers-by every year. She also enjoyed long walks and could be seen all over the Palisades with her various neighborhood walking partners. In more ambitious walks, she and some close friends hiked the Camino de Santiago in Spain and Hadrian's Wall in the UK. When Park Run arrived at Fletcher's Cove, Ellen was a regular participant and volunteer. She was especially proud to celebrate her 50<sup>th</sup> Park Run in March 2018.

A devoted mother, she could often be seen with her family at the library, playing out on the median strip in Sherier Place or in Palisades Park, or shuttling teammates and equipment to her sons' various sporting events. Ellen loved tennis and attended both the Australian and French Open with her son Charlie in recent years. Along with her entire family, she was a longtime Washington Capitals fan and was thrilled when they won the Stanley Cup in 2018.

**Ellen was a bright presence in the neighborhood in many ways. She truly cared about her neighbors...**

Ellen was born on April 30, 1955, to Mary (Newhall) and Dr. James Ackley Maxwell in Worcester, Massachusetts. Her father taught economics at Clark University, and served as chair of its Economics Department in 1946–67. During his sabbaticals from Clark, Dr. Maxwell taught overseas and Ellen lived with her parents in Melbourne and Beirut.

After graduating from Smith College in 1977, Ellen worked in Switzerland and then taught English as a Second Language in Sweden, where she met Hakan. In 1980, Ellen and Hakan relocated to Washington. They were married in Newport, Rhode Island, the next year.

Ellen earned an MBA from New York University. She worked as a budget officer at the Office of Management and Budget, then as a senior budget officer at the Overseas Private Investment Corporation (now the U.S. International Development Finance Corporation) until 1999.

The family have been summer residents of Jamestown, Rhode Island, and Koster, Sweden. Ellen had deep family connections in Jamestown and loved being near Narragansett Bay. She especially enjoyed swimming at the beach near her grandparents' home. In 2015, she swam two miles across the bay from Newport to Jamestown to help raise money for Save The



# PALISADES VILLAGE IS GOING STRONG

BY ANDREA SACCOCCIA

Palisades Village members are in the high-risk population and are experiencing unique challenges during Covid-19. Many have limited resources, are isolated, lack the mobility to take care of tasks like shopping and are especially fearful about going out in public. Our organization and staff have had to stretch our resources and expand our services to meet these new and critical needs.

In response to the crisis, Palisades Village activated its emergency contact list. Team captains are assigned to connect with every member while the stay-at-home order is in effect, and they will continue to check in as long as is necessary. Several members have phone buddies. We have recruited additional volunteers to pick up groceries and prescriptions and to run errands to allow our members to stay home. Every week, volunteers cook, dice and chop to make soup and other meals. Others have distributed spring baskets of cheer and are baking cookies.

*Coronavirus* and *Connect and Learn* pages on the Palisades Village website contain information about staying active and healthy in the comfort of one's living room, while connecting to the community. Please visit us virtually and check out our Events Calendar. It lists weekly happy hours, knitting club, storytelling, book club, cooking classes, fitness classes, seminars and author talks to enjoy.

Although these have been trying times financially since the Village decided to cancel its 8th Annual House Tour in October 2020, we are enormously grateful for the outpouring of volunteer support during the crisis. In spite of our current challenges, what has never changed is our commitment to the community. Palisades Village will continue to care for and to help neighbors remain happy, healthy and engaged. To find out about how you can volunteer or become a part of this thriving community as a member, associate member or supporter, please call 202-244-3310 or visit [www.palisadesvillage.org](http://www.palisadesvillage.org).

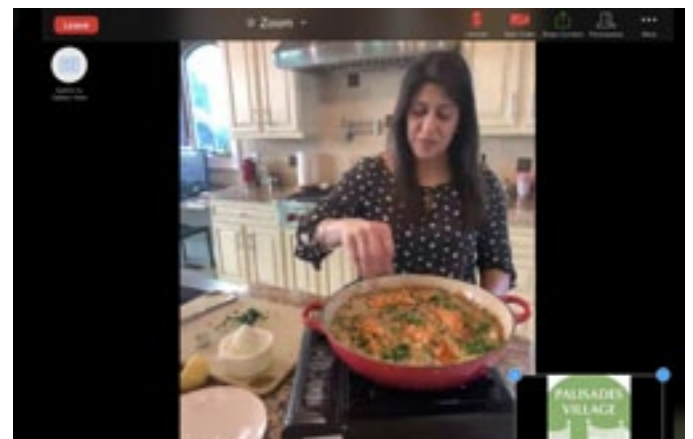


Bay and clean oceans.

Some special tidbits about Ellen include... She made a killer chocolate cake. She hosted an annual Christmas Eve dinner, which culminated in a lusty round of carol-singing, a highlight for all. She was an able seamstress and quilter and a prolific knitter, specializing in hats for babies and children's mittens. She was an avid and critical

reader, a long-time book group member, and she never traveled without her Kindle. She loved to talk with everyone, was a good listener, smart, engaged, curious, and she never lacked an informed point of view. Ellen was kind, direct and generous of spirit. She faced her illness with extraordinary bravery and grace. She was a gift to her friends, family & community, and leaves the world a better place for her time in it.

Memorial services at St. David's Episcopal will be scheduled at a later time. Gifts in memory of Ellen may be made to Save The Bay ([savebay.org](http://savebay.org)), 100 Save The Bay Drive, Providence, RI 02905, or to the Potomac Conservancy ([potomac.org](http://potomac.org)), 8403 Colesville Road, Suite 805, Silver Spring, MD 20910



## PCA BUSINESS MEMBERS 2019–2020

**PLATINUM**

Georgetown Exxon  
Parkers Exxon  
Trammell Crow  
Safeway  
Sibley Memorial Hospital  
Grand Lodge FAAM of DC  
Et Voila  
Dr. Tirdad Fattahi

**GOLD**

Grand Oaks  
Palisades–Georgetown Lions Club  
Mac Market & Deli  
John I. Haas  
St. Patrick's Episcopal Church  
& Day School  
Addy Bassin's MacArthur Beverages

Celia's Salon  
Building Blocks Therapy and  
FUNdamentals, Occupational  
Therapy  
Compass–Rachel Levey

**SILVER**

Palisades Montessori  
BlackSalt  
Black Coffee  
The Lab School  
Dennis O'Leary DDS PC  
Abramson & Associates, LLC  
Foundation Fitness  
The River School  
Mauck, Zantzing & Associates, Inc.  
Mindy's Catering  
French Seams

Dodge Chrome, Inc.  
Chryssa Wolfe–Hanlon Design Build  
Bistro Aracosia

**BRONZE**

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Palisades Deli  
DC Boathouse  
HD Johnson, Inc.  
Mimi's Convenience  
Standard Properties  
American Painting Fine Art  
Artisans Art & Frame  
Howard Eales, Inc.  
Eric Felten Jazz Orchestra  
Amin Talati Wasserman, LLP  
Exercise Defined  
Georgetown Advanced Dentistry

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Life

- Cosmetic & Family Dentistry
- Full Mouth Reconstruction
- Invisalign Certified
- Lumineers, Veneers,
- Implant restorations
- 1-hour Whitening
- Accepts Most Insurances
- Emergencies Welcome
- Payment Plans/ No interest Financing

WASHINGTONIAN MAGAZINE  
TOP DENTIST SINCE 2013

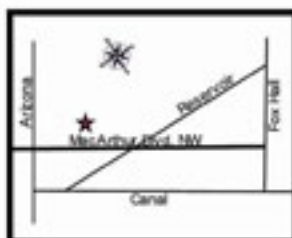


Dr. Tirdad Fattahi

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Without Third Party Billing

\*Offers cannot be combined

Across from Black Salt Restaurant



# FROM THE PCA PRESIDENT: A FAREWELL

## Dear Neighbors,

It's with mixed feelings that I write this final letter as president of the Palisades Citizens' Association. At the risk of sounding like a cliché, it has truly been an honor to serve as president over the past three years and as vice-president for the two years before that. The pace of change has been high in the Palisades over this period, and the PCA has stayed true to its mission of fostering community and guiding policy throughout. Most notably, we successfully facilitated the compromise that led to the renovation of the Palisades Recreation Center— a jewel of a facility that will, let us hope, be put back to use in the near future. We've also been at the vanguard of efforts to preserve local public space for public use, including the unresolved matter of the Old Hardy School Building, where the current private-use lease is set to expire in December 2023. Other efforts are on track to bear fruit in years to come, including the creation of a pedestrian route down Arizona Avenue to the Capital Crescent Trail and the redevelopment of the old Safeway site in a manner that will guarantee the presence of a community grocery store. Less successful was our effort to forge a compromise path for the Palisades Trolley Trail, an issue with well-intentioned neighbors and with valid arguments on both sides. All the while, our farmers' market has grown, our signature Fourth of July celebration has expanded and PCA-sponsored community events have flourished.

Natalie and I moved to the Palisades fifteen years ago for all of the reasons young families are attracted to this leafy corner of the District. I became involved in the PCA seven years ago because I thought the community needed more forward-looking voices around the time of the first go-around of Safeway redevelopment. I plan to stay involved because I care about this community and its future. There are so many reasons to be thankful that we live in the Palisades— especially during these challenging times— and the presence of a thriving,



**I plan to stay involved because I care about this community and its future. There are so many reasons to be thankful that we live in the Palisades.**

volunteer-led community association should be high on that list. And now for a few final Association updates...

## Washington Aqueduct Marker

You may have noticed an engraved stone marker that appeared in the MacArthur Boulevard median a couple of months ago. It is, in fact, one of four remaining known markers placed along Conduit Road, now MacArthur Boulevard, that marked the route of General Montgomery Meigs's Washington Aqueduct system that was built between 1853 and 1864 and which continues to define the physical nature of the Palisades today. For many years, the stone marker was hiding in plain sight among overgrown weeds on the outskirts of Battery Kemble Park without protection or attention (see accompanying image)— and in spite of efforts to contact various local and federal agencies

for intervention. A new bronze plaque explaining the artifact's history will be appearing beside it soon.



## Former Palisades Safeway Site

Trammell Crow's plans for the former Palisades Safeway site are coming into focus. The primary use remains independent and assisted living with about 5,000 square feet set aside for a community grocer (still most likely Streets Market). Based on feedback collected by the PCA, the developer has expanded usable public space,

pushed the building façade farther back from MacArthur Boulevard (and 48th Place), made other pedestrian and public facility improvements (e.g., a sidewalk along V Street, public seating elements around the site), and planned many new tree plantings. A traffic and parking plan that purports to meet the needs of the core facility is under review. The details are not all yet in place, but the process with the developer has been honest and productive, and I do believe the request for a variance to develop the back half of the site with a smaller auxiliary building will be justified by the benefits we stand to gain.

Have a wonderful summer and see you around!

—Avi Green

# REIMAGING A FUTURE FOR THE PALISADES COMMUNITY CHURCH

BY REV. ELIZABETH HAGAN, Senior Minister



**N**eighborhoods thrive when there are places for their residents to gather. From its beginning, The Palisades Community Church has been one of those gathering places in our neighborhood.

On December 5, 1922, twenty-eight people met at the invitation of the Mancill and Moore families to organize a spiritual community in Potomac Heights. At that time, there were no churches in our neighborhood. So, those who attended this meeting came with one major concern: they wanted a place for their children to receive a religious education. They would start a church. As this small group began making decisions about what kind of a church it would be, one thing became clear: they didn't care what kind of Christian congregation it would become, as in whose name was on the door, but wanted everyone to feel welcome.

This has been the legacy that the Palisades Community Church has celebrated and honored for the last 97 years of its existence. From the first Sunday School meeting in 1923, the first Boy Scout meeting in 1944, the renaming of the church in 1953 to the Palisades Community Church to reflect the neighborhood's name change, the creation and hosting of the Community Preschool of the Palisades in 1986, our mission as a congregation has always found its roots in being a part of the Palisades neighborhood. This is why we love being a part of the 4th of July parade every year, hosting the annual Breakfast with Santa and Boy and Girl Scout ceremonies, not forgetting our history of promoting civil rights and inclusion.

One question we're often asked is: "What kind of church are you?" From our earliest days as the Potomac Heights Community Church through the present, we are a Christian community that identifies as ecumenical, which means that we are not supported by a particular denomination or a gov-

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erning board other than the one that is elected by the church members themselves. We simply are a community that wants to follow the teachings of Jesus to love God and love our neighbors as progressive Christians. Being an ecumenical church has meant that over the years we have welcomed pastors who are Episcopal, Presbyterian, United Methodist, United Church of Christ among others. When I was called to serve the Palisades Community Church as pastor in 2017, I became the first pastor with ordination from the American Baptist

Church and we have all gotten along just fine. Simply put: the make-up of the spiritual community of the Palisades Community Church is eclectic and we would not have it any other way. One expression of our faith which we want to live out is service. And one of the highlights in recent years has been our new tradition of 5th Sunday service days when we engage in a service project together in lieu of our normal worship gathering. These mornings have drawn participants from homes all around our church who just want to be helpful and teach their kids about service, and we have so much fun doing it!

After a series of conversations with our current building users, neighborhood and community leaders, our congregational leadership has begun to explore what our next chapter as a church might be. We are asking questions such as:

How can our building better serve others?

How can we partner with existing entities that share our vision of people having a gathering space for education, celebration, inspiration and support?

How can we increase the reach of our support for those who most need a physical space that is sustainable for future generations?

For now, these are the two things we know for sure:





## THE FOURTH OF JULY SPIRIT OF THE PALISADES!

BY SPENCE SPENCER

Every year our whole community begins to ramp up for the signature celebration of the Palisades, and this year is no exception. But this year, in light of COVID-19 restrictions in place across our city, we are making several contingency plans. No one can predict the conditions we will be operating under on July 4, but the parade committee is preparing for our 54th consecutive parade via Zoom meetings from our homes and taking the following steps:

1. First, no spring or summer is complete without the annual Fourth of July t-shirt, and this year is no exception. We now have a winning design in our t-shirt competition. (See the design on the right.) The t-shirts will go on sale in June through the PCA website, [www.palisadesdc.org](http://www.palisadesdc.org). **Please show some Fourth of July spirit and solidarity with your neighbors by buying the t-shirts!**

2. The benefit of the all-volunteer, homespun parade is that lead-times are very short. We can put on a parade at 48 hours' notice, if necessary. We have had initial discussions with the Mayor's Special Events Task force, who agree that conditions could be different on the big day. Accordingly, we have already received some permits to use if we need them. They include the annual "Fourth of July Celebration" street banners, and the City is willing to hang flags. Should an actual parade be possible, we will be locked and loaded!

3. As the parade committee has noted in its organizing meetings, putting on a picnic with free hot dogs and watermelon will be problematic. We are considering several options for food and beverages, or scrubbing the picnic altogether.

4. Finally, whether or not we hold our traditional parade, we are creating a FIRST EVER virtual Palisades Celebration! This will be "live" online to showcase our neighborhood. We are compiling photos and videos submitted by everyone who makes our neighborhood amazing— you, families, schools, businesses, previous parade participants and, yes, even the politicians!

**And we need your help for this virtual parade!** Jessica Davis will coordinate and asks you all to send photos and/or videos. They can be Fourth of July-focused, Palisades-focused or anything else you would like to share with people of ALL ages. Submissions must be sent by June 15 to [davis.jessical@gmail.com](mailto:davis.jessical@gmail.com). By sending them, you will authorize the content to be posted and shared via social media. No names will be

Whether actual the spirit of the have fun, celebrate of what makes Pali-express our deepest to those who are tirelessly to keep ties safe and to on Independence all work together, can overcome any obstacle!



**Let's make this a Fourth of July full of celebration, thanks and community—and please contribute in any way you can!**

1. It is very important to us to remain a spiritual home for those who worship with us or who will need spiritual services from us in the future.

2. We want to continue to live our legacy as a community gathering place.

As 2020 began, our church adopted a plan called PCC 100. Step one of this plan means that we have started the process of retaining professional guidance to help us navigate these questions. And as we proceed, we will be welcoming input from you.

We want to gather ideas, advisors and donations to help facilitate this process. An undertaking of this scope is no small project, of course, both in time and finances. We do not believe in or want to go it alone. We will need your ideas as we do our part to continue to make the Palisades a great community to live and work in together. Feel free to be in touch with us via our website <https://thepalisadescommunitychurch.org/> and email [paliscomch@verizon.net](mailto:paliscomch@verizon.net) as we'll want to be in touch with us.

As Mr. Rogers says, "We're glad to be your neighbor."

## CITY CATS GALORE!

### An interview with the president of the DC Coyote Project

BY DOUG DUPIN

**A**fter seeing some of the images taken by the DC Cat Count cameras located near Chain Bridge, I wanted to learn what kind of wildlife my own motion-sensor camera might find in the woods. DC's Cat Count Project has cameras all over the city, and the camera near Chain Bridge has captured many wonderful wildlife pictures, including a spectacular bobcat. It has also photographed a coyote at a time that seemed to coincide with a spate of sightings posted to the Palisades listserv.

I left my motion camera out for two nights near the bridge and was rewarded with several video clips of a beautiful coyote. I posted some of the footage to my Instagram account, <https://www.instagram.com/p/B-SKCMDhyrg/> and asked the PCA's Environmental Committee chair, Jeremy Stanton, about experts in the field. He told me about the DC Coyote Project and so I reached out to their president, Dr. Megan Draheim, who answered my questions via email.

**I just waded through the *Journal of Mammology* paper that is cited on your group's website. The coyote's colonization of our area is apparently not that straightforward! I've been living here for about twenty years and only recently have I seen these creatures. Are their numbers increasing? Do you know when they first arrived here?**

The first official sighting in Rock Creek Park by a National Park Service employee was in 2002 or 2003. We don't know a whole lot about our population size here, but my guess is that we're not at capacity yet. There's lots of great green space in DC! But, again, we don't have numbers or estimates.

**The coyote in my video looks noticeably different from the Western Coyote, more wolf-like, which makes sense assuming it's a mixture of coyote and Great Lake Wolves. Do the coyotes converging on the DC area from the southwest have the same wolf genes? Do they look the same as the northern Eastern Coyotes?**

The thing to recognize is that a lot of our Eastern Coyotes also have some dog genes in them. In general, canids (domestic dogs, coyotes, wolves, jackals and dingoes) can all interbreed and have viable offspring, even though they are distinct species. Each species prefers to breed with their own, but when a population is fragmented and it's hard to find a mate they will breed with others. So, when coyotes started to move East and came across a likewise fragmented population of wolves, some of those explorers mated with either wolves or dogs. We're by and large many generations away from those hybridization events now, which is why our coyotes have majority coyote genes. We obviously don't have a lot of wolves down here for them to mate with!

Coyotes coming from the Southwest didn't run into those northern wolves, but some did probably mate with red wolves.

I don't have any good figures about that, however. Red wolves tend to be a bit smaller than gray wolves, so the size differential in that population is probably smaller.

Again, we don't know a whole lot about our DC coyotes yet. They are Eastern Coyotes and appear to be larger than the Western-type coyotes, but in terms of how big I don't think we have a good average yet.

**Are coyote-wolf varieties more adept at preying on deer than the Western Coyote? How important do you think the deer population has been to the success of the coyotes here? Rabbit populations also seem to be a relatively new phenomenon around here. Do they factor into the coyotes' colonization?**

Honestly, I think we don't know a whole lot about deer predation and our coyotes around here. Farther up north, coyotes have been seen hunting in packs, which enables them to take larger prey such as deer, although I don't think that's the norm with them, either. I haven't heard of any cases of that yet around here, and it's a little hard to tease apart in diet studies: what was road-killed deer, what was an abandoned deer and what was a deer that a coyote killed. Coyotes are opportunistic when it comes to diet so if they come across a dead deer, they'll make use of it! So I don't think deer populations have much bearing on their success around here, although there are people who disagree with me— a lot of the hunting community is concerned that coyotes will prey on deer, for example. Again, we don't have data on this, but my guess is that there's also so much other abundant food that they don't really need to tangle with larger prey that can hurt them. Coyotes eat a lot of rodents (also abundant wherever there are people!) and rabbits, but also vegetation such as fruits and berries, insects, eggs and so on. Their diet is really quite varied, and a lot of that food is relatively easy for coyotes to find, especially around urban areas.



**WHEN COYOTES  
MOVE INTO AN  
AREA, SOME PEOPLE  
ARE ALWAYS  
EXCITED ABOUT IT,  
SOME PEOPLE ARE  
INDIFFERENT AND  
SOME PEOPLE ARE  
SCARED OR ANGRY  
AND JUST WANT  
THEM REMOVED.**

**I read the discussion about calling them coywolves vs. coyotes. I see you come down on the “coyote” side. I assume you think it’s better for conservation of the species to leave out the “wolf” part because people will get too freaked out and want to exterminate them. Personally, I think putting wolf in the name makes it sound a bit more “noble” and perhaps more worthy of protection. But I do realize that wolves and humans have a long, troubled history! I also recognize if these coywolves are roughly 30 percent wolf, it’s a misnomer to abbreviate the “coyote” while including the whole “wolf.”**

Yes, I have a problem with the term “coywolf” for a couple of reasons. First, as you said, it’s just not descriptive of the coyotes we have here. They are not 50/50 hybrids (no wolves down here to mate with!), and the term “coywolf” also ignores the potential contribution of dog genes in some of our coyotes. Also, there’s no certainty that any given coyote in this area even has as much as 30 percent wolf genes— again, we’re talking about hybridization events that happened generations upon generations ago (keep in mind that the article I linked to found mostly transient coyotes and was a good 10 years ago). So, from a biological description perspective, I don’t like the term. You’re also right, though, that the term is problematic from a public perspective. Most coyote researchers use “Eastern Coyote” to describe our guys, which is more descriptive (these are coyotes, albeit a different type from the Western variety). “Coywolf” sounds flashy and a bit sensationalistic, so I understand why it gained so much traction in the media and with the public. But I think it also frankly freaks a lot of people out! When coyotes move into an area, some people are always

excited about it, some people are indifferent and some people are scared or angry and just want them removed. I think calling them “coywolves” can increase that latter group, because it does sound potentially scary.

Think of fairy tales, after all. But again, it’s just not a good description of our coyotes. The fact is that coyotes are here to stay. You literally cannot kill them off—we’ve tried as a species for hundreds of years (the federal government alone still kills about 70,000 a year and that doesn’t include states, local jurisdictions and

individuals), and all that’s happened is that they’ve expanded their range across the US. Killing them doesn’t work for a few biological and ecological reasons, but the point is that we’ve got to find other strategies to live with them. Luckily, we can do that! They can be great neighbors (did I mention *they eat rodents?*).

**These coyotes seem to be very wary— different from the Western variety, I think. Do you think in the future they will become less cautious and perhaps more commonly observed?**

I think that since they’re still relatively new to the area they’re still cautious, so we’ll see if that changes over time. Certainly, people do see them— mainly still in our parks but sometimes in our neighborhoods as well. That’s normal. For example, coyotes will use residential areas to get from one park to another. Although coyotes tend to be out and about more between dusk and dawn in cities, they’re naturally daytime dwellers, so seeing them during the day is also not necessarily cause for alarm.

For more information about our coyotes, you can visit the DC Coyote Project at [www.districtcoyotes.com](http://www.districtcoyotes.com).

*This interview has been edited.*



# ECO CONNECTIONS: A MORE BEAUTIFUL PALISADES OUR HEARTS KNOW IS POSSIBLE

BY JEREMY STANTON

## A SPECULATIVE JOURNAL ENTRY FROM THE YEAR 2030

**MARCH 21, 2030.** Awake at 5:45 a.m., again. The noise, every morning, almost deafening, and right on schedule. But it's not like the old days, not airplanes. It's birds. Carolina Wren, Cardinal, Titmouse, Chickadee, Song Sparrow, Whitethroats, in layered cycles of song. Then I hear the other voice. Rich, flute-like melodies that seem to come with their own acous-



THE WOOD THRUSH FEEDS ON INSECTS FOUND UNDER LEAF LITTER. ANOTHER GOOD REASON TO "LEAVE THE LEAVES."

tic reflections, as if heard in a cathedral. The Wood Thrush. "Whenever a man hears it he is young, and Nature is in her spring; wherever he hears it, it is a new world and a free country, and the gates of Heaven are not shut against him." Perhaps Thoreau's beloved bird is making a comeback.

I don't resent the early start. Being awake at this time is a gift. In the half-sleep of the new morning one feels the numinous energy of Earth. A songbird revenant in a forest coming back to health. The day so full of promise. There's a river of fog rolling up Manning, and the cool air smells like wet leaves and serviceberry flowers. And the shad are running.

We're nearing the peak of the run, and this year they're in numbers like never before. The shad arrive like a gift in a season of scarcity, when pantries are at their lowest, before the spring gardens come into abundance. Big, beautiful fish, like they were when the country was new. In the Potomac, their numbers had been steadily drifting upward after the 20-year restoration efforts concluded successfully in the 2000s. Then in 2022, the populations in rivers around the Bay took off. The James, the York, even the Susquehanna all saw the return of the American

Shad in great numbers, after we came out of the crisis.

It's hard to believe it's been ten years already. Ten years since the world paused to deal with its calamity. Ten years since things stopped just long enough for us to be able to ask ourselves: How do we want the world to be on the other side of this? And what would we be willing to do to make it happen?

I finish my Yaupon Holly tea, grab my gear and head out into the morning. They're setting up for tonight's spring giving festival at the Cove, and I'm on the early volunteer shift to put up the main tent. If I set a good pace, I can walk there by 7. Down Sherier to the Trolley Trail, through the native forest arboretum created by residents in the early '20s, then around to the new Maddox Branch footbridge over the Canal Road bus rapid-transit/e-bike corridor, and into Fletcher's.

We started the seasonal giving festivals in 2023. A movement grew out of the Palisades listserv in the early phase of the crisis. The daily small acts— of giving, of kindness, of being there for others even when we couldn't get physically close— eventually grew to become a thriving gift economy, first local and then District-wide through the network of community associations. The neighborhood growers joined in, sharing their harvests as they converted lawns and ornamental plantings into radiant foodscapes. At the giving festivals, neighbors, businesses and local organizations baked, built and bestowed on each other gifts to meet every need, in a celebration of the abundance within each one of us.

As I come up on the Rec Center in the fog, I nearly stumble over a family of wild turkeys. The main building was retrofitted for passive solar heating and cooling six years ago. Micro hydro turbines in the downspouts harvest energy from the rainwater that comes off the green roof on its way to the expanded cisterns and rain gardens. Like many of the homes in the neighborhood now, the building produces more energy than it consumes, and it enhances its surrounding environment. Like a plant. Like all living things. A regenerative design.

Farther down the trail I meet a few of our local growers bringing the first greens of their yards to the Farmers' Market. In 2023 the market expanded to 6 days a week and is still going strong, sprawled over the whole footprint of the old Safeway site. Eggs from local backyard flocks sell alongside goods from the Beltway farms, sourdough boules from neighborhood bakers and an eclectic harvest from the forest gardens which have grown up around the Rec Center, at the edges of Battery Kemble and at the local schools: bladder-nuts, butternuts and Chickasaw plums; pecans, persimmons, groundnuts and gooseberries. My favorite is the pawpaw ice cream. This spring we have a new vendor, CloudFlower, selling flour made from locally harvested acorns and chestnuts, stone-ground in the restored mill at the Abner Cloud house.

The fog thickens as I enter the woods below Sherier and

Nebraska, and I'm reminded of the fog that enveloped us ten years ago. Looking back, that time seems to have been an initiation, a moment of uncertainty and crisis pushing us to face the big questions: Is this really how we want to live? Why are we here? Is it just to survive, or does the Earth have some need of us?

Amid the myriad challenges of that time, we also found moments for reflection and for joy. We caught a glimpse of a forgotten time of quiet skies, of families out for walks in the early evening, of restorative strolls in the woods, of being able to listen more deeply to the Earth. The quiet rustle of the Wood Thrush turning over last fall's leaves. And in this new quiet, our thoughts turned away from the idea that we were somehow separate from nature, away from the desire to dominate and control, and toward relationship, stewardship and service to the other.

Perhaps that was the purpose of the crisis. A reminder that we have a choice, that we can choose to use our uniquely human gifts to contribute to the well-being of the whole. That we could bring back the birds and the forest, like we had brought back the shad. And so our question evolved, from "how do we survive this crisis?" to "what would it be like if humans could help make this place sing with life?"

I round the turn at Maddox Branch and descend toward the bridge. The fog is starting to lift as the sun comes over the hill behind me, the light catching an eagle flying low over the river. The cool air smells like wet leaves and serviceberry flowers, and the shad are running like never before.

### Author's note

In this moment, when all facts and data just seem to capture more bad news, I chose to forego my usual fact- and data-based essays and instead offer an aspirational vision of a possible future that lies on the other side of our present crisis. Imagining new futures is more essential now than ever. Of course, writing about the future is fraught with pitfalls. There are many unanswered questions about this imagined world. What are the jobs? Who pays the bills? These are important, but they lie beyond what can be explored in limited space. I chose instead to explore what a re-visioning of the relationship between human beings and the natural world might start to look like in the Palisades. Perhaps we can imagine a new future and explore answers to the tough questions together as a neighborhood? If you're interested in discussing any of the topics introduced in this piece— the Wood Thrush, the American Shad restoration, gift economies, food forests, bus rapid-transit, acorn flour, passive solar technology, regenerative design— send me a note. These are real issues and concepts that people are working on now, in DC and all over the world, and there is much to explore.

One more thing: I make no claim as to the originality of my title, nor of the closing sentence. It is a slightly modified version of the title of Charles Eisenstein's book *The More Beautiful World Our Hearts Know is Possible*, which is definitely worth a read. Enjoy.

## TOWN HALLS GO VIRTUAL

**T**he PCA held its first-ever virtual Town Hall on Tuesday, April 7. About thirty people attended, and by all accounts the gathering was a success. Residents logged onto Zoom with video and audio from their computers or called into the phone line. We heard from President Avi Green, the police and Jessica Green from Mayor Bowser's office. Councilmember Mary Cheh briefed us on the Covid-19 legislation the City Council had passed just hours before. Highlights of Ms. Cheh's remarks included absentee ballot application mailings, rent and rent collection rules, and the unemployment application process. She encouraged us to apply for an absentee ballot online at [/www.vote4dc.com](http://www.vote4dc.com).

On May 12 the second Zoom Town Hall was held, again with about thirty participants. Highlights included a vote on the slate of PCA officers for 2020–21.

We heard from Officer Anthony McElwee of the MPD's Second District on crime, President Avi Green on Trammell Crow's plans for the former Safeway site and the mayor's liaison Jessica Green about the mayor's website <https://coronavirus.dc.gov> and the ReOpen

DC Advisory Group. A representative from Solar United talked about solar panels and Dr. Elizabeth Adams discussed "Parenting During COVID-19."

**The next Zoom Town Hall, the last one for the season, will take place on Tuesday, June 2.** Please come as there will be lots of action. And you won't even need to put your shoes on!

Our main speaker will be Congresswoman Eleanor Holmes Norton. Trammell Crow is going to update the community on their post-Safeway construction plans and, we hope, present a traffic and parking plan. There will be a vote on amendments to the PCA by-laws.

We will also hold an important vote on changing the name of our association to the Palisades Community Association.

Historically in DC, "citizens' associations" were restricted to whites. While the PCA has been welcoming to all members of the community for over 60 years, the Board believes that our current name carries lingering reminders of discrimination and segregation. We want the new name to represent what the PCA is today and hopes to be in the future.

—Tricia Duncan and Maya Latynski

### OUR NEW OFFICERS

Beginning on June 1, 2020

**Tricia Duncan**, president  
**Nick Keenan**, first vice-president  
**Jeremy Stanton**, second vice-president  
**Ken Buckley**, treasurer  
**Mary Ann Floto**, secretary

## PROPS TO PROTECT AND PRESERVE OUR PLANET: IT'S IN THE BAG

BY ANNE MASTERS



**this is a no no!**  
Be sure to tell the person who  
takes out the trash in your house  
NOT to do this!

**J**ust as you would never find yourself running into the store without wearing your shoes, never leave your car to make a mad dash for that loaf of bread or a gallon of milk without your bag!

A few BAG FACTS, some surprising and some not, for you to consider:

**1. All bags can be reused.** Time to get creative with this (perhaps the subject of another column...)

**2. Plastic bags can be recycled at your local grocery store.** They can have more than one life if you do this. The bags collected at grocery stores are shipped off and reused in the making of plastic lumber, pallets, containers, crates, pipes and new plastic bags.

**3. Plastic bags CANNOT go into your recycling bin.** They get stuck and clog the machinery. If you put all your recyclables in a plastic trash bag and put it in the bin— guess what? It could mean the whole thing is going to end up in the landfill.

**ONLY 14 PLASTIC BAGS ARE EQUIVALENT TO THE AMOUNT OF GAS REQUIRED TO DRIVE ONE MILE.**

**4. Plastic bags found in grocery stores made from low-density polyethylene (LDPE) have been found to have the smallest per-use environmental impact of all bags tested.** But the impact of this kind of disposable bag comes from the vast quantity used since Americans throw away 100 billion plastic bags each year. And plastic does not biodegrade: it photo-degrades, breaking down into microscopic granules of toxins, basically the petroleum from which it is made.

It is estimated that about 12 million barrels of oil are used to make a year's worth of our plastic bags. Throwing away a plastic bag can be seen as throwing away petroleum. Only 14 plastic bags are equivalent to the amount of gas required to drive one mile. Think for a moment about those toxins and all that oil mistakenly consumed by fish, wildlife and our domestic animals, as well as the bags ending up in the landfill. Could we be in danger of jeopardizing our food chain? A tossed plastic bag might be gone in anywhere from 10 to 100 years (estimates vary) if exposed to ultra-violet light (sun!), but its environmental legacy may last forever.

**5. Cotton tote bags require more resources to produce and distribute but a cotton tote can be used over and over for years.** Every type of bag takes time and energy to produce.

With reuse, a cotton tote is the most benign in terms of its long-term impact.

The sheer proliferation of bags tells me we've been conned by our marketing gurus. Bags of all kinds are ubiquitous so we don't have to buy new ones. How many bags would you find in a quick walk through your home? Whatever you have in your house now, be they plastic, paper or cotton, the key is to reuse or recycle them. Again. And again. And again.

# IN OUR BACKYARDS: SUMMER SERENDIPITIES

BY LINDSEY TRUITT

**T**hough many of us have been out working in our yards more this spring than most, enjoying being outdoors and gladly exerting a small bit of control over something in the world, early June brings a whole new mess to the garden. There is the sudden flush of new growth on all the shrubs, the warmth brings on the vigorous summer weeds and the pesky leaves of the bulbs are yellowed and splattered all over the place. Yes, it's a beautiful time of year but clearly a transitional time. With all the work that has suddenly appeared—pruning, endless weeding, edging—I find great solace in the wonderful, almost miraculous things that just happen in the garden all on their own.

For one, in addition to our year-round resident birds, our beloved migrants have arrived back from their winter homes and have started on this year's broods. Despite all that is going on in the world, they all just headed north, following the deeply set wisdom in their genes, just as they always do. The catbirds, swifts, swallows, Ruby-throated hummingbirds, and all the others who aren't around during the winter months are now defending the small parts of our gardens that they consider to be theirs. Some have flown thousands of miles to get here. There is something profoundly reassuring about this.

Just as they arrived in the past month or so, these birds will know when it is time to head to warmer places with more food for them to eat. One by one they will take to the sky late in the summer or early fall. In the last few months, as a relief from watching the maps of our human disease spreading across the country and the world, I have found myself watching the animated maps of bird abundance on e-bird—go to [ebird.org/science](http://ebird.org/science) and put in any species and click on Abundance Animation. In bright colors you can watch the populations swell northward week after week and then move south in the fall. Though for them it is a lot of hard work to survive, they just keep doing what they have always done.

Another given in our gardens

are the insects: most are essential in some way and some are beloved. One type of insect which everyone likes are the lightning bugs and they usually come out in early June. Just sitting outside on a warm night, the darkness hiding the many tasks that need to be done, is pleasant. But it is a connection to our childhood delight of feeling free, of running around after dark and not feeling afraid of anything, that the lightning bugs bring us back to. Every year they just appear, marking the beginning of summer.

In the world of plants, I find violets to be one of the greatest gifts to gardeners. They thrive in this area and quickly fill the ground in both sunny and shady parts of the garden. In April they are covered with lovely flowers. Both the flower and leaves are edible and are high in vitamins A and C. I let them grow between everything in my beds and they help choke out other weeds. It was only last year that I learned that the violet is a host plant to both the Great Spangled fritillary and Variegated fritillary butterflies—both of which I saw all over my garden last summer. This is not a plant I do anything for, it just does things for me: it gives flowers, provides salad, is a good groundcover and it feeds the butterfly larvae.

There are a lot of ways in which gardening is an act of control—deciding what we want to grow, cultivating it, pruning—and there is something therapeutic in all that. Plus it makes for a nice garden. But as a good balance to all that work, noticing the rhythms of the natural world around us, even in our backyards, adds a dimension that is an immeasurable mix of awe, reassurance and pleasure.



CATBIRD EGGS

## THE WRITING LIFE: LOUISE MCBAIN

BY ELIZA MCGRAW

Louise McBain is the pen name of a Palisades author who writes contemporary romance. Her most recent novel, *Claiming Camille*, came out from Bella Books in 2020, and it is set in Washington, DC.

### Can you tell me a little about *Claiming Camille*?

It's a happy ending. This whole genre of romance books, you strive to create this positive, happy, endorphin feeling in people. And it's a little bit of a love letter to Washington. The principal character hasn't been here in a while because she had been in a romance with somebody who is a lawyer in a law firm, but there was a no-fraternization rule, as there

is at these big DC law firms. When the relationship breaks up, she moves to California, and then comes back here, because her father, who's a professor at American University, has been in a bicycle accident and she needs to move back here for a little while. And she runs into her old girlfriend, and this is how the drama starts. But then she meets somebody else who, unbeknownst to her, is a client at the firm, and she has to sort it all out to wind up with the right person.

### Sounds the city ends up playing a big part.

They say write about what you know, and it's not that I know Washington so well, but I am passionate about it. It makes me happy, I like being a salesperson. I think it rings true.

### How does Palisades inform how you feel about Washington?

Palisades is not in my book. But we had lived in Washington earlier, in Dupont Circle. When we moved back, I picked the Palisades because we had been to the parade. Anne Beyersdorfer lived on MacArthur Boulevard, and would invite us. And we said, "This is the neighborhood. Look at this, look at these dogs wearing scarves. Look at the Bolivian dancers. All the kids on bikes." It was the parade that sold us on the neighborhood, really. I think it's devolved, the poor parade.

### These days, what do you really respond to about the neighborhood?

I guess I like any little small-town element that comes out

Like when they had that concert at the park this summer or when, you know, somebody organizes something. Like Maria Garcia organizes the salute to the fire people, or the Harvest Festival. Any of the little things that make it seem like a small town. The art in the woods, the movie night that they do in the summer, with popcorn, the blocking-off of the street at Halloween.

### This is a writers' neighborhood. What do you think makes it conducive to writing?

I think that Washington DC just in general, as a transplant city, attracts studious people. And everyone just thinks they can write a book. And then it builds on itself. Like, if all your neighbors have written books, you just think, well, I can write one, too.

### What are your favorite places to sit and work?

In my house, in my kitchen, at my kitchen table.

### What do you think about the future of storytelling now that we are living through this historic time?

I think it's just more and more important. The stories I write are just distractions, escape. If you can give somebody a moment's respite through storytelling, it's entertainment. I think entertainment's always important.

### What are some things that are commonly misunderstood about your genre?

People think it's frivolous, these little non-literary love stories, but they do have a role. They give people pleasure. They give people hope.

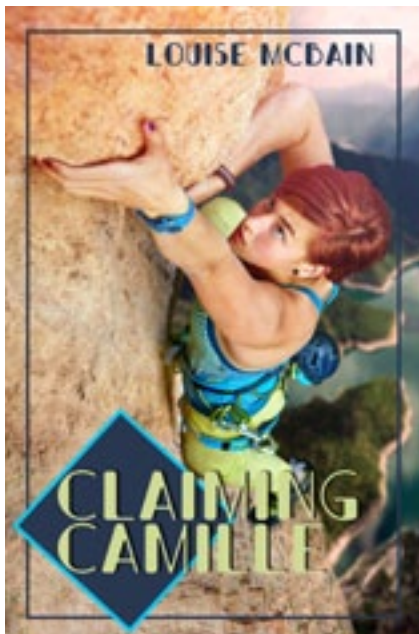
### So what are you reading these days?

Right now, I'm reading [Celeste Ng's novel] *Little Fires Everywhere*, because during the pandemic I've pivoted back to the books that have collected on my bookshelves the past couple of years that I haven't read. And that was one that everybody seemed to read, I think it's yours, actually, and I never gave it back. . .

### This is good, I like to break the fourth wall in an interview.

Well, it's funny, the whole pandemic thing is like I've had this list of shows I was going to watch when I went to jail, or books I was going to read when I went to jail. But it was always kind of just a joke. Like I would say it, and people would look at me like, "You're not going to jail." And now it's like, here I am. In jail. I still haven't watched *Lost* yet, but. . .

*This interview has been edited.*





# KIT NOIR FILM FESTIVAL RESCHEDULED BY COVID-19

BY PENNY PAGANO



GORDON KIT AT THE 2018 KIT NOIR FILM FESTIVAL

It was following a memorable snowstorm a number of years ago that Palisades resident Gordon Kit first had the idea to create and fund a film festival. And he knew exactly what he wanted to do. In honor of his parents, he created and funded the Dr. Saul and Dorothy Kit Film Noir Festival. Opening night was March 23, 2018, at Columbia University in New York, Kit's alma mater. "My father was a professor, and loved to give lectures and speeches," Kit said at the opening. "He would have been delighted to be here tonight to speak to you about his and my mother's love for film." The first program was titled "The Stuff that Dreams Are Made of: Paris 1946 and American Film Noir."



"My parents strongly believed in the concept of "giving back." They also had an incredible sense of curiosity. I am fortunate that they passed this on to their children, as well the importance of continuing one's education, learning and exploring throughout one's life. They truly believed that life is a neverending classroom." Kit's father's 35-year scientific career included important discoveries in cancer, virology and vaccine research. In 1987, he and Kit's brother, Malon, were honored with the Distinguished Inventor of the Year Award for developing the first genetically engineered vaccine to be licensed by the U.S. Government.

Kit, a patent attorney, fixed his lens on the uniquely American art form of film noir, the 1940s era of the fedora-toting gumshoe private eye, killer dames and low-key lighting. "What better way

to get to know my parents than to study the films they watched during their formative years." Kit's goal was clear: to educate the public and expose a new generation of film students to film noir and inspire them to learn more about it through a combination of film screenings and lectures.

Film noir is described as a "genre of cinematographic film marked by a mood of pessimism, fatalism and menace." It got its name from a group of French critics who applied it to American thriller-detective films made in 1944–54 by directors including Orson Welles, Fritz Lang, Billy Wilder and Otto Preminger, and based on stories by Dashiell Hammett, Raymond Chandler, James M. Cain and others.

After World War II, audiences responded to fresh, vivid, adult-oriented films, as did writers, directors, cameramen and actors eager to bring a more mature worldview to Hollywood. The Film Noir Foundation describes it



as beginning in the 40's with many screenplays inspired by hard-boiled American crime fiction brought to the screen primarily by European émigré directors. Yet another dictionary describes film noir as "a type of crime film featuring malevolent characters in a sleazy setting and an ominous atmosphere that is conveyed by shadowy photography and foreboding background music."

The 2018 film festival was the first in a planned ten-year series exclusively devoted to the legacy of film noir. In its inaugural year, the Kit Noir Festival returned to the pivotal moment in film history some seven decades ago, and included screenings of *The Maltese Falcon*, *Double Indemnity*, *The Lodger*, *Laura*, *Murder, My Sweet*, *The Suspect*, *Phantom Lady* and *Scarlet Street*.

This year's Kit Noir Film Festival, "Film Noir and the Jewish Experience: From WWII to the Blacklist," was postponed due to COVID-19 and has been rescheduled for April 7–11, 2021. The 2020 (now 2021) edition of the festival will pay homage to the role that Jewish filmmakers played in the creation of film noir and showcase films that speak to the Jewish experience during a time of extreme political turmoil.

For Kit, it has been a joy and a labor of love. "The festival has evolved from the stuff that dreams (my dreams) are made of."



## D.C. FREEMASONS & THE PALISADES

*Neighbors and Community Partners for over 20 Years*

**F**ounded over two hundred years ago in 1811, and headquartered in the Palisades Community since 1996, the **Grand Lodge, F.A.A.M., of the District of Columbia** is the governing body serving 44 constituent Masonic lodges in Washington, DC.

*Freemasonry* is the world's largest and oldest fraternity, has been an integral part of community life in the United States for over 250 years. Commonly referred to as Masonry, Freemasonry is an initiatic society which seeks to unite men of differing races, beliefs and backgrounds into a harmonious and productive community through the application of moral values and the practice of benevolence, intellectual development and mutual respect.

From cooking thousands of hot dogs and handing out flags while marching in the Fourth of July parade, to our support of The Palisades Village aging-in-place community, D.C. Freemasons and our Palisades Neighbors have been community partners for over two decades. Here's to many more!



# EXPLORING ADAPTOGENS AND SUPERFOODS

BY CHRISTY HALVORSON ROSS



Market shelves don't look like they once did. Your Instacart order may show up with items you didn't order. You don't want to be spending much time in a grocery store or even at the Farmers' Market, despite the amazing work our food providers, farmers and our local market have put into making the experience as safe as possible. The result of all this in our kitchens?

## Moroccan Chickpea Sheetpan

This flavorful recipe allows for countless alterations, as long as you have the spices and lemon.

6 servings

### Ingredients

2 cans chickpeas drained and rinsed  
1 head cauliflower (purple or white) cut into small florets  
1 onion cut into wedges  
1 sweet potato diced  
1 red bell pepper cut into strips  
1/2 cup Brussels sprouts  
1/2 cup dried apricots diced  
1 lemon sliced into thin rounds  
3/4 tsp. salt  
1/4 tsp. cumin  
3/4 tsp. paprika  
3/4 tsp. turmeric  
1/8 tsp. cayenne pepper  
1/4 tsp. black pepper  
3 Tbsp. extra virgin olive oil  
3 cloves garlic minced  
1/4 cup slivered almonds  
1/2 cup oil cured black olives  
cilantro  
1 cup quinoa, cooked as directed

**Substitution options:** white beans instead of chickpeas, zucchini for cauliflower, shallots for onions, any pepper, prunes for apricots, green beans for Brussels sprouts, capers for olives, rice for quinoa!

### Directions

1. Preheat oven to 425 degrees. Line a baking sheet with parchment paper.
2. Combine the first 8 ingredients in the pan. Mix up the spices, olive oil and garlic, and pour over the vegetables, mixing well.
3. Roast for about 25 minutes, stirring once in the middle, and add the almonds halfway through cooking.
4. Serve in large bowls over quinoa, with olives and cilantro on top. Make sure to include at least one lemon slice with each serving!

There is often a need for substitutions or creativity in recipes during this pandemic!

We are learning to be more flexible in the kitchen. You may have to skip items or substitute items, and often you get a delightful result. We'd love to offer up a few recipes for this new "norm" that are really versatile.

## Cauliflower Curry Bowl

Again, this recipe is insanely versatile and uses almost any veggie as your main (cauliflower, zucchini, potatoes, mushrooms...). You can mix it up with other toppings, too (chives, parsley, almonds, pepitas, sesame seeds are all substitution options).

4 servings

### Ingredients

2 heads cauliflower, stem and core removed  
1 onion diced  
1 zucchini cut into chunks  
1 red bell pepper diced  
3 Tbsp. extra virgin olive oil  
1 can coconut milk unsweetened  
2 tsp. curry powder  
1 tsp. fresh ginger grated  
pinch sea salt  
Serve over brown rice

### Toppings:

toasted cashews, large coconut flakes toasted, microgreens, raisins, kale chips, cilantro, lime wedges

### Directions

1. Preheat oven to 425 degrees. Place cauliflower florets (or other veggies) on a baking sheet, drizzle with olive oil and mix well. Roast for 20–25 minutes, stirring once, until golden.
2. Meanwhile, in a large soup pot, sauté the onion in coconut oil until translucent (about 10 minutes.) Add the ginger, zucchini and bell pepper, salt, and stir, cooking for another 5 minutes or until browned.
3. Add the curry powder to the onion, stir and then pour in one can of unsweetened coconut milk. Bring to a low boil. Cook for 10 minutes on medium heat until the liquid has thickened a bit and flavors have melded.
4. When the cauliflower has finished roasting, add to the coconut milk pot, stir well and serve.
5. Serve in big bowls over rice, with lots of room for toppings. On the side, in a pretty assortment of bowls, offer toasted cashews, toasted large flake coconut, microgreens or toasted kale, and even raisins if you like sweet! The crunchiness of the cashews and coconut is key to the deliciousness factor.

# THE CONDUIT

NEWSLETTER OF THE PALISADES CITIZENS' ASSOCIATION

THE PALISADES CITIZENS' ASSOCIATION  
 P.O. BOX 40603  
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 WASHINGTON, D.C. 20016



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

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