

THE CONDUIT

NEWSLETTER OF THE PALISADES CITIZENS' ASSOCIATION

FALL HAPPENINGS IN THE 'HOOD: HALLOWEEN, AN OPEN HOUSE AND A THANKSGIVING GAME



What better season than the fall to frolic in the Palisades? What better place than the Palisades to enjoy the fall?! First, there was **Halloween!** Crowds of excited children (and adults) in fabulous costumes turned Sherier Place, a whole chunk of which was closed off to traffic, into a carnival.

The **Fire Station Open House** on Sunday, November 3, was a blazing success. Even though the firemen cooks retired this year, the party still went on with grilled hot dogs and potluck items from generous neighbors. The children enjoyed sliding down the blow-up slide, decorating cookies, painting pumpkins and checking out the cool fire trucks. Kids and grownups alike listened to the music played by Matthias Meuwissen's youth rock band and the ever-popular Crush Funk brass band. We thank

Captain Leland and the staff of Engine 29 for welcoming the neighbors to the station, all the volunteers who helped and our sponsors: **Sibley Hospital, Rachel Levey at Compass and St. Patrick's Episcopal Day School.** If you loved this event and would like to chair it next year, please reach out to palisadesdc@hotmail.com. —Anne Ourand

On **Thanksgiving Day**, a hefty crowd showed up for the annual all-ages,

self-refereed, honor-code **soccer game.** Without proper uniforms, it wasn't always clear who was on which team! The grade-schoolers buzzed around tirelessly. The high-schoolers, serious and seriously good, sowed fear among the middle-aged, who carried on undaunted by the ever-present perils of pulled muscles or flattening by the better-skilled and more determined. Only goals scored by kids counted, but fun was had by all!





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A LETTER FROM THE PCA PRESIDENT

Dear Neighbors,

As has been noted in this column before, the pace of change in the Palisades remains strikingly high. Here's a quick rundown on the major goings-on in our corner of the city:

- The Department of Parks and Recreation (DPR) has begun capital improvement projects at **Hardy Park**, at **W Street Park** and at **Carolina Park** (Dinosaur Park) – all of which remain in the planning phase. Notably, DPR is planning an officially sanctioned dog park at Hardy Park.
- The Department of Transportation's (DDOT) **Far West Livability Study** has been completed and will presumably enter a detailed design phase once funding is secured.
- DDOT will soon be releasing its preliminary design recommendations for the **Arizona Avenue Pedestrian Bridge Rehabilitation** project, and its overall **Trolley Trail Feasibility Study** (a separate project) should be published soon as well.
- City Council has begun to assert itself on the issue of long-term planning for public school crowding in the **Wilson High School feeder network**, and we are hopeful that no action on the still-proposed disposition of the **Old Hardy School** will happen until an overall infrastructure plan is in place that meets the needs of our public school students first.
- The 2019 DC budget included \$20.5M in modernization funds for **Key School**. Although few details have been released, the investment is expected to include a new wing that will make the modular classrooms in the parking lot permanent, among other changes.
- As a result of the Jelleff Field controversy (see page 4), DPR has begun investigating what would be involved in making the **Ellington Track and Field** on Reservoir Road more usable and available for Hardy Middle School's after-school athletics (although the outcome is far from certain given existing encumbrances with Georgetown University and the Duke Ellington School itself).
- On the private sector front, **Georgetown Day School** expects to vacate their lower school campus on MacArthur Blvd. over the summer, and the identity of the purchaser remains a closely held secret (our understanding is that the purchaser is another private school).
- And last but certainly not least, the Trammell Crow Company is in receipt of the PCA's survey results, questions

and project priorities regarding the future of the former **Palisades Safeway site** (view our document at www.palisadesdc.org). Their response along with revised and more detailed design plans are expected soon.

I'm proud to say that the Palisades Citizens' Association is engaged in nearly all of the above matters, and we will continue to engage as the processes unfold. Meanwhile, as we focus on these external developments, we are also focused inward on our own organization. Although this is perhaps less "exciting," we have established two organizational priorities for the coming year:

UPDATING OUR BY-LAWS

The Palisades Citizens' Association has origins dating back to 1916, and a robust set of by-laws has supported our strength and sustainability over the years. Nonetheless, the by-laws are worthy of periodic review, and the last set of approved modifications was enacted in 2003. The PCA Board of Directors has initiated a by-law review process with the following objectives:

- A solution for absentee voting
- Greater transparency around resolutions
- General language clean-up to reflect our times and how our Association operates

All members are encouraged to take part in this process and contribute their ideas and opinions. Please visit www.palisadesdc.org to learn more about this effort.

WEB SITE & MEMBERSHIP TECHNOLOGY REFRESH

Now that our Palisades listserv has migrated to a new and stronger platform, we are turning our sights to updating the Palisades Citizens' Association website and membership management technology. Stay tuned for a refreshed website design that better reflects the beauty of our neighborhood and that better communicates important community news. We also plan to update the way we communicate with you and simplify the membership renewal process. If you would like to be part of this effort, please contact me at avinoamgreen@gmail.com.

Thank you for your involvement and support, and I wish you a warm winter holiday season!

—Avi Green

PALISADES PROGRESSIVE DINNER: COMING MAY 2020

Wouldn't you like to make a mark on the neighborhood? Please think about being one of the hosts of a community-changing event, the Palisades Progressive Dinner.

Join 150 of your neighbors as you proceed from house to house in small groups for cocktails, appetizers and

entree. You will have each course with a new group of people—and everyone will come together for dessert. Enjoy good food and drink, engage in lively conversation and make your world a little cozier. Stay tuned for the precise date.

The sponsor, the Community

Preschool of the Palisades, was founded as part of the ministry of the Palisades Community Church 30 years ago. Proceeds from the event will benefit the non-profit preschool.

For details, please email Maria Garcia at palisadesprogressive@gmail.com

JELLEFF FIELD RESOLUTION

BY TRICIA DUNCAN

At the November general meeting of the Palisades Citizens' Association, a resolution was passed in reaction to a nine-year agreement entered into by the DC Department of Parks and Recreation (DPR) and a local independent school. This agreement extends that school's rights to use the Jelleff Recreation Center's athletic fields during the prime after-school hours.

You can view the entire text of the resolution at www.palisadesdc.org.

Although Jelleff Recreation Center is not physically located in the Palisades, the field is situated directly across Wisconsin Avenue from Hardy Middle School, which is the public middle school for Palisades residents. Hardy lacks its own field suitable for athletic competition and practice. As a result, its athletic teams travel all the way to Southeast DC for their "home games," missing classes and wasting time on the long bus rides. Notably, the cost of each of these roundtrip bus journeys costs \$800—a drain on the city

The spirit of the PCA resolution was to prioritize public uses for public assets.

budget, which could be avoided if the Jelleff field was made available to Hardy students.

When the original agreement between DPR and the private school was reached in 2009, the student population at Hardy was significantly lower and demand for local athletic fields was not a pressing concern. The new extension approved by DPR is valid through 2029, by which point Hardy attendance, according to the Deputy Mayor for Education, is projected to have grown by 37 percent since the original agreement was signed in 2009. Perhaps more importantly, the fiscal condition of our city has changed dramatically since 2009. The 9-year extension of the agreement calls for a private investment believed to be worth \$950,000—a paltry amount in the scheme of things (and possibly worth less than the cost of the extra busing contracts required to transport Hardy students across town). Beyond criticizing the specifics of the Jelleff matter, the spirit of the PCA resolution was to prioritize public uses for

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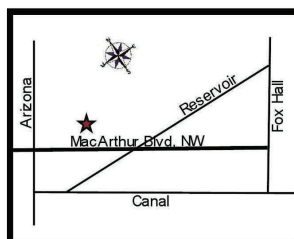


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public assets in these days of swollen population growth in our city. The resolution passed by a wide margin and called on the City Council and the mayor of the District of Columbia to:

- 1. Take no action that ties down Jelleff Recreation Center's athletic fields**— or any other local public asset, such as the Old Hardy School—until such time as a plan has been developed to meet the needs for academic and athletic facilities of the Ward 2 and 3 public-school population;
- 2. Determine whether the contract extension agreed to by DPR is legally binding;**
- 3. Implement reforms to prioritize public education uses for public land and facilities** more clearly and demand greater transparency, rigorous analysis, a more holistic cost-benefit analysis across all city agencies, and open competition when exceptions are considered.

PALISADES HISTORY MUSEUM PRESENTATION

On November 26, a great little event took place at the Palisades Recreation Center, put on by Doug Dupin, curator of the Palisades History Museum. Alex Knott showed and discussed his film, *The Unexpected Church House*, about what he had discovered about the history of his house on MacArthur Boulevard. He encouraged people to invest time in researching local history, since so much interesting information is waiting to be found.

Doug gave a tour of the two cases of artifacts he has created, talked about his plans and took suggestions. There was a sizeable crowd, questions were asked and answered, stories exchanged and connections made. May we have more such events, which are clearly welcome!

BECOME A LIBRARY "FRIEND" BY ABBY HORRIGAN, PRESIDENT, FOPL

Among the treasures of the Palisades is our renovated and revitalized library. What's not to love about it? Unknown to many, however, is a group of community members who show the love. We are the Friends of the Palisades Library (FOPL) and our goal is to promote activities at the library that engage and enrich our community, activities that supplement the city-funded library operations. Just two examples of projects that we have sponsored are a **youth chess club** and weekly **yoga classes**.

The chess club has enrolled some twenty Palisades youth ages 6-14. The library makes available the space and we provide the chess sets, timers and instructor from 5 to 6 p.m. on Tuesdays. There is plenty of room for new students. The yoga classes, which are also free, are led by a certified instructor, on Mondays at 7 p.m.

Financial support comes from money donated by community members and sales of donated books. Since the library reopened, FOPL has been accepting

book donations and selling them from the library's second-floor sale room. Books are also available for sale on an honor-system book cart on the library's first floor. You also may have noticed the FOPL cart with an especially good selection of cookbooks on some Sundays at the Palisades Farmers' Market.

The sale room is powered by your **donation and purchase** of good-quality used books. We are open for donations and book sales from 1 to 4 p.m. on Wednesdays and Saturdays, with a limit of two bags or boxes of donated books accepted at one time. The sale room contains hundreds of the very best selections from the large volume of donated books, everything from recent best sellers to classic histories, biographies, novels, mysteries and cookbooks. Prices start at \$1.00 and go up to \$3.00 for the most current and in-demand items. Delightful bargains are always available. Come by and browse. You won't be disappointed.

Beyond donating and buying books

how can you become a better friend of our library? Simply contact Abby Horrigan (AWHorrigan@aol.com) or Joe Neale (nealej@georgetown.edu) and let us know that you would like to become a member of the Friends of the Palisades Library, and we will put your name on our mailing list. That's all! We will keep you informed about volunteer activities that you might wish to engage in, including developing new projects like our chess club and yoga programs, and identifying new fundraising and community outreach opportunities. We are always looking for new volunteers to assist in running the book sale room and farmers' market cart, which are also a great way to meet your neighbors.

The Friends of the Palisades Library group is alive and well, always busy coming up with new ways to support our library and share our love of books and reading. For a small donation, you can become a member today and you can do as much or as little as you wish to help our beloved neighborhood library.

UPDATE ON RE-DEVELOPMENT OF THE **SAFEGWAY** SITE

BY SPENCE SPENCER

Since the Safeway closed in May of this year, the new owner and developer of the site, Trammell Crow Company, has told the Palisades Citizens' Association that as of late November 2019 it was still evaluating design options. Leaders of the PCA, Foxhall Community Citizens Association, Our Lady of Victory, MacArthur Beautification Group and our own Advisory Neighborhood Commission are standing by for Trammell Crow's decisions on a range of issues, and details of their plans. We understand that Trammell Crow will provide these details by mid-January 2020.

Demolition of the old Safeway site began on November 18 with an important first step, asbestos removal. This phase of the project is expected to conclude on January 10, 2020. At this point full demolition of the building will begin.

At the November 5 general meeting of the Palisades Citizens' Association, participants endorsed a document that was subsequently transmitted to Trammell Crow containing information from the community survey, key questions about the project and the community's priorities.

Here follows a digest of the November 5 document:



Key Public Survey Findings

Following the presentation of concept drawings by the Trammell Crow Company (TCC) on the future of the former Palisades Safeway site, the Palisades Citizens' Association sponsored a community survey, which collected the opinions of 732 respondents. Summary findings include:

Dedicated retail space ("a major priority") and enhanced adjoining public spaces ("very important") are the most prioritized features of the site.

Regarding a future retail tenant(s), a grocer/food market is of interest to 98% of survey respondents, followed by a restaurant/café at 49%.

Over 70% of respondents believe it's a major priority (44%) or very important (27%) that the community have a say and/or control over any retail tenant(s) chosen in the short and long term.

The most prioritized public spaces are (1) public café tables & chairs along MacArthur Boulevard, (2) room for farmers' market expansion along MacArthur Boulevard, (3) 48th Place improvements for the farmers' market and better pedestrian access, and (4) extended sidewalk corners at area crosswalks.

A unified streetscape design along the adjacent blocks of MacArthur Boulevard is of interest to 80% of respondents.

55% of respondents would like to see a terraced design along MacArthur Boulevard and 48th Place as a means to achieve a lower height profile from street level (another 34% of respondents said it depends on the design). *NOTE: The concept drawings presented by TCC did not show the projected building profile in relation to other neighboring structures, and so this question was asked without the full context for answers.*

76% of respondents are interested in elevating the private courtyard for building residents above street level to make room for desired retail spaces and/or a reduced overall height profile (another 21% of respondents said it depends on the design).

72% of respondents are interested in moving the current Bike Share station to U Street (across from CVS) if space is needed for other community uses (another 23% of respondents said it depends on the design).

Over 60% of respondents are concerned about traffic planning (62%) and parking (61%).

Fact-Finding Questions

Recognizing that our understanding of the proposed project has been limited to date, we seek answers to the following questions:

Where is the front of the building and the height-measuring point? What is the expected height of the building along MacArthur Boulevard and 48th Place?

In what has been called the “Matter of Right” (MOR) scenario, what zoning relief, if any, is being sought from the Board of Zoning Adjustment? Will the requested relief come in the form of variances or of special exceptions?

How would you accommodate what we understand may be a required 15-foot rear set-back along MacArthur Boulevard, if the front of the building is designated as V Street?

In the MOR scenario, do you plan to build within the 35-foot transition zone?

What is the exact expected location of the curb cut in relation to the current curb cut on 48th Place? What is the reason for this change, given its adverse impact on the farmers' market?

When are you planning to conduct a transportation demand management plan, and with whom at DDOT are you coordinating this process? What is your overall parking, traffic and delivery plan for the site (including emergency vehicles)? Are you planning to ensure that employees, residents and guests are not using external street parking, and if so, how? Have you factored the partial closure of 48th Place during farmers' market hours?

What does the overall design plan (both with or without plans that may or may not need approval for zoning changes) look like? Can you provide detailed plans and elevations like those that need to be submitted to the Office of Planning and the Board of Zoning Adjustment for any proposal? These drawings should show the proposed structures, including images of what they will look like as part of the surrounding neighborhood so that we can appreciate the relative scale of the structure.

TCC has mentioned the possibility that it would apply for permits for one portion of the site without seeking community input or amenities, while simultaneously requesting zoning adjustments from the Board of Zoning Adjustment for another portion. **Have you spoken to anyone at the Office of Zoning, Office of Planning or the Office of the Attorney General about the validity of this approach? What is the anticipated timing of these applications?**

Community Priorities

These requests are applicable to any development plan/ approach for the site:

Dedicated retail space large enough to accommodate an urban grocery store and an additional retail tenant, such as a restaurant, including a codified structure to ensure the long-term retention of the grocery tenant;

A codified structure to ensure the long-term retention of the grocery tenant (e.g., a guaranteed subsidy with community input and/or control over choice of tenant);

Enhanced public space in front of the TCC site and in front of Addy Bassin's to include room for the farmers' market to expand along MacArthur Boulevard (i.e., a T-shape layout), which would preserve a minimum of 385 linear feet to protect current farmers' market operations; fixed public café tables; coordination with DDOT to implement sidewalk extensions (aka “bulb-outs”) and a unified street-front design at the adjoining corners; and coordination with DDOT to implement the planned “Shared Street” envisioned for 48th Place in the recently-completed Rock Creek Far West Livability Study;

A solution to concerns about overall building height along MacArthur and a potential loss of air and light along 48th Place (e.g., terracing the highest level along these roads and/ or a setback along 48th Place);

A parking plan to ensure the building's program can accommodate its own needs (employees, residents, guests) and the identification of any new public parking spaces to be created by the envisioned curb cut closings or other changes to public infrastructure;

A traffic-and-delivery plan for the facility, including a study of the efficacy of converting 48th Place into a one-way corridor;

A construction plan that does not intrude into public space, mitigates noise and other impacts to the community, and also considers the geological challenges of the site, such as the presence of underground streams and bedrock excavation.

NOTE: *Although undergrounding the adjacent electric lines was not ranked as a high priority, we recognize that some enhanced public space amenities may not be achievable without this step.*



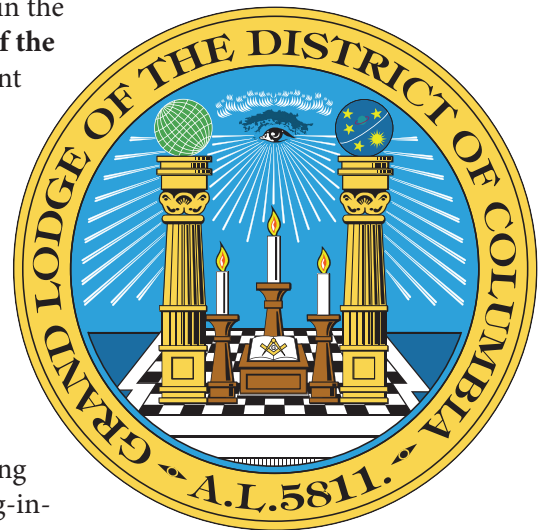
D.C. FREEMASONS & THE PALISADES

Neighbors and Community Partners for over 20 Years

Founded 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!



NATURE MATTERS

IN OUR BACKYARDS

BY LINDSEY TRUITT

Each year for a few weeks at the peak of fall, I wonder how I will survive the months ahead when the leaves have fallen from the trees—those illuminated reds, yellows, oranges and the many glowing browns. But by December most have fallen and suddenly we have our short-lived glimpse of what the trees really look like, their trunks, branches and buds laid bare against the winter sky. The different types of trees, various oaks, maples, sycamores, beech and all the others, are now much more distinguishable from each other. And this stark, lovely view of trees is when I most clearly see the way we are so well synced with their lives—most live longer than we do but they span our personal history. We can mark our grandparents' lives, our children's growth and important times in history with them. And so in winter, walking among the trees, I feel the past most vividly.

We do not have many very old trees in the Palisades. During the Civil War, the line of sight from Battery Kemble to Virginia needed to be clear, and trees were cut down. But we do have a few beautiful relics from around that time.

One of the oldest and most majestic trees in the neighborhood, according to our local DC Arborist, is on the rec center property. This willow oak stands just above the trolley trail near the tennis courts. If you were to stand around its trunk with two friends, it is not likely you would be able to join hands with each other—that is how grand the trunk is. When this tree began its life around 150 years ago, it was on private property and there was no trolley line yet. From that one spot it has witnessed so much change—the subdivision of the land beside it on Sherier, the building of the rec center, the trolley line, the beginning of air traffic, the removal of the trolley line. For the last sixty or so years it has had slow foot traffic on the grass path on one side and kids playing on the other—what a perfect setting for its last years.

As a landscaper, I constantly share the Chinese proverb that the best time to plant a tree is actually twenty years ago—the second-best time is today. It might seem hard to believe, but



I have planted close to forty trees in my yard over the last twenty-five years. Most are still here, growing and maturing. Their plantings mark different phases of our life here, areas that could only be planted as the kids outgrew playing in the yard, young replacements for big old trees that died and even trees planted as memorials. But I couldn't have planted all these trees at once twenty years ago, as the garden developed and changed and there kept being room for more. But in the end, it is a living museum to our life here.

One doesn't need to actually plant trees on one's own property to earn this connection with them. Caring for a newly planted tree on public property not only gives it a better chance at surviving but it marks this period in your life. Casey Trees has a "Pledge to Water" program organized online, and it will send you

alerts about the watering needs of newly planted trees. By fostering one, you can claim a bit of kinship at no actual cost.

We don't know which of the trees that we see today will be the ones that live to see the next 150 years of change in the Palisades and on the earth. The ancient Greeks saw it clearly: "A society grows great when old men plant trees whose shade they will never sit in." So go plant a tree, or find one to take care of.

ECO CONNECTIONS: GREEN SPACE AND COMMUNITY

BY JEREMY STANTON

Greetings, neighbors. I'm pleased to share with you this first installment of a new column exploring the many connections between and within our Palisades environment. Since joining the PCA to head up the Environment Committee, I've had a chance to meet many of you through our listserv and events, and I'm grateful for your enthusiasm and support on environmental matters.

Thank you, too, to all who participated in our first Palisades Environment Survey. The results were intriguing: nearly all who responded do some form of recycling; many use

wildlife that co-existed under its leafy canopy for thousands of years. Today, remnants of this majestic ecosystem are part of the World Wildlife Fund's Global 200 list of priority areas for conservation, due to their high biodiversity and large size compared to similar forests that still remain on Earth. Our corner of this forest straddles the boundary between the Piedmont and the Coastal Plain, and includes the Rock Creek Park system, which encompasses Battery Kemble Park, the Wesley Heights trail and the green spaces behind the old Conduit Road Schoolhouse and along Canal Road.²

This unique diversity in our forest's setting allows it to support over 1,100 species of mammals, birds, reptiles, amphibians, fish and plants,³ all interacting through a complex web of relationships that we have only recently begun to understand:⁴ towering tulip, oak and ash trees, each one host to dozens of insect species; remarkable animals such as the little brown bat, which eats mosquitoes and weighs just one-third of an ounce; and more common species like the blue jay, who through their acorn-caching behavior help oak trees spread over great distances.⁵ Each of these beings interacts with dozens of others and with the soil, water and plant life to create something greater than the sum of its parts: a living forest.

Beyond the physical fact that we both share the same space, there is a deeper connection between our forest and our community. A growing body of research related to natural environments and the ability of people to reach their potential, cope with stress, work productively and make contributions to the community, suggests that we are essentially hard-wired to feel good in green spaces⁶ Functional

magnetic resonance imaging (fMRI) studies have shown that scenes of natural environments (versus urban built environments) increase activity in regions of the brain associated with positive mental outlook, emotional stability, altruism, empathy and depth of love. Other studies on residential proximity to natural environments have suggested strong correlations between closeness to green space and lower rates of anxiety and mood disorders, and greater rates of life satisfaction, even when controlling for urbanization, gender, physical activity, socioeconomic status and genetics.

Think about what this means. The living forest that surrounds and infuses our community actually plays a significant role in our mental, emotional and communal well-being. One might even say that it takes care of us.

How might we take care of our forest in return? While our green spaces may be green in color, they are in great need



LITTLE BROWN BAT

alternative transportation, compost food and yard waste, and practice various ecological gardening techniques. There is strong interest in learning and doing more for tree and forest health, renewable energy, waste reduction and water quality. And fully 80 percent indicated that they are "extremely concerned" about climate change. But what really struck me about the results—enough to serve as inspiration for this article—were the responses to the first question, "What do you love about living in the Palisades?" Two concepts emerged in a pattern throughout the answers: green space and community. There is a connection here worth exploring.

The green space that suffuses our parks, trails and the openings between our homes is part of something extraordinary: The Great Eastern Deciduous Forest. At one time an unbroken expanse of oaks, hickories and chestnuts covering nearly one million square miles, this forest provided an abundance of food, fuel, fiber and shelter for the humans and



NUTHATCH

of our attention. On your next walk on the Battery Kemble trail, I invite you to pause and look closely at the natural surroundings. This is a forest that is struggling. English ivy is choking the trees and blocking out most other groundcovers. Japanese holly and liriopse are growing where there should be viburnum, spicebush and native grasses. A stream that should be teeming with crayfish, frogs and other amphibians scores very poorly for biodiversity in recent National Park Service studies,⁷ very high for acidity⁸ and salinity,⁹ and has four times the acceptable level of *e. coli* bacteria.¹⁰ These trends echo throughout the Rock Creek Park system. In the last decade ten percent of our ash trees have been lost to the emerald borer,¹¹ and tree saplings are browsed so heavily by deer that the forest is unable to regenerate itself.¹² More broadly, the Eastern Forest has lost 17 percent of its total bird population, including a quarter of all blue jays,¹³ and nearly 90 percent of its little brown bats since 2006.¹⁴ How long before this cherished green space becomes a denuded and lifeless landscape surrounding a withered stream? And at that point, what will have become of the mental and emotional well-being of our community?

It doesn't have to be this way. In a number of different circles, there is an emerging concept of regenerative design—spanning fields as diverse as agriculture, urban planning, ecology, economics, energy and psychology—which seeks to meet human needs and restore natural systems following patterns found in nature. We'll be exploring this concept further in this column and through neighborhood initiatives over the coming year. For now, I'll leave you with one more connection.

Too often the crises of soil, air, water, animal populations and forests are framed as either something faraway, somebody else's problem to fix or of such a daunting scale that it's impossible to know where to begin doing something. This can be frustrating and demotivating. However, when we all focus our love, care and commitment on protecting and

regenerating our local places, while respecting the local places of others, then a side effect will be the resolution of the larger-scale crises. To put it differently: think local, act local. And so the good news is this: there's a place where we can channel our energy and desire to do good, and have the satisfaction of not only seeing positive results, but of directly benefiting from them as well.

That place is right here, the place we call home, in the green space of the Palisades.

¹ 988,421.526 square miles, or about 2,560,000 km². For original reference see: <https://www.nps.gov/im/nrcn/eastern-deciduous-forest.htm>

² All of the fragments of the Rock Creek Park system are shown on this terrific map from the NPS: <https://www.nps.gov/rocr/planyourvisit/maps.htm>

³ Use the species lists on this page to find all those observed in Rock Creek Park: <https://www.nps.gov/im/nrcn/rocr.htm>

⁴ Examples of the animal and plant interactions that occur in Rock Creek Park are given here: <https://www.explorenaturalcommunities.org/ecology-basics/role-animals-natural-communities>

⁵ Johnson WC, T Webb III. 1989. The role of blue jays (*Cyanocitta cristata* L.) in the postglacial dispersal of fagaceous trees in eastern North America. *Journal of Biogeography*. 16(6). <https://www.jstor.org/stable/2845211>

⁶ For a fascinating review of this topic, see Mantler, A., Logan, A.C., 2015. Natural environments and mental health. *Adv. Intergr. Med.* 2(1), 5–12. available at: <https://www.sciencedirect.com/science/article/pii/S2212962615000371>

⁷ The species and number of macroinvertebrates present in a stream segment are used to calculate a Benthic Index of Biotic Integrity (BIBI) score. As of 2014, the Battery Kemble Creek (aka Maddox Branch/Palisades Creek/Fletcher's Run) had a BIBI score of 1.33 (very poor), with only 19 taxa found. The study results are available here: <https://irma.nps.gov/DataStore/DownloadFile/453985>

⁸ The pH of Battery Kemble Creek / Fletcher's Run is 5 (acidic). For more on acidity levels and stream health, see: <https://webcam.srs.fs.fed.us/pollutants/acidification/>

⁹ Salts, when dissolved in water, break apart into ions that can be detected by measuring the capacity of water to conduct electricity. Corrected for temperature, this measure is called specific conductance, used to determine water salinity. The thresholds for aquatic organism health determined by the Maryland Biological Stream Survey (Morgan et al. 2007) of levels below <247 μ S/cm as optimal for macroinvertebrate health and below <171 μ S/cm for fish health. The specific conductance of Battery Kemble Creek is over 700 μ S/cm. See the NCR report on Specific Conductance of Streams at: <https://irma.nps.gov/DataStore/DownloadFile/554895>

¹⁰ As recently as September 11, 2019 tests for bacteria and pH levels in the stream result in a "failing grade." See the data for Battery Kemble Creek / Fletcher's Run on the interactive map here: <https://www.anacostiariverkeeper.org/our-river/citizen-science/>

¹¹ See: <https://www.nps.gov/articles/ash-tree-update.htm>

¹² "Forest regeneration levels are low throughout National Capital Region parks. The stocking index threshold for healthy forest regeneration requires that 67% of forest plots should be adequately stocked with seedlings and small saplings. As with previous years, no park exceeded 30%... As these low levels of regeneration persist, and as non-canopy species replace canopy species, forests may enter a period of long-term decline." See: <https://www.nps.gov/articles/forest-regeneration-2018.htm>

¹³ See: <https://www.nytimes.com/2019/09/19/opinion/crisis-birds-north-america.html> and <https://www.3billionbirds.org/findings>

¹⁴ White-nose syndrome, caused by a fungus called *Pseudogymnoascus destructans* (Pd), which originated in Eurasia where bats evolved to develop immunity to it, has decimated little brown bat populations, while tricolored and northern long-eared bats are suffering losses of around 97 percent. See: https://en.wikipedia.org/wiki/White-nose_syndrome

PALISADES AND THE PLANET: THREE "R" S THAT ARE NOT READING, WRITING AND...

BY ANNE MASTERS

I don't think I'm going to win any popularity contests by writing this article but that's OK. I'm not going to be very scientific either. It's just that I feel compelled to say, come on folks, when it comes to reuse and recycling and caring for our planet, we're not cutting it. A walk around the 'hood has me alarmed. We can do a whole lot better than we're doing.

A brief intro: of course, everyone will tell you they're concerned about climate change. They say they want to eliminate waste. They say they are careful about natural resources. They say they are conscientious about recycling. But what I've observed among my friends and family and my Palisades neighbors has spurred me to tell you that we're not doing enough.

After reading Ibram X. Kendi's recent article, "How to be an Anti-Racist" (*Washington Post*, 10/20/19), I see a parallel with how we think about our Mother Earth. While most individuals would declare themselves "not racist," Kendi writes, not being a racist is not enough if we're not actively fighting against institutionalized racism and a legacy of racist policies. Similarly, I'm guessing, few people would identify as "anti-climate" but unless we actively take responsibility for the role we play in producing waste, and in minimizing our use of natural resources and our carbon footprint, we basically are as anti-climate as it gets.

Granted, the climate awareness of individual households, being conscientious about recycling or even attempting a zero-waste policy within your household, is not likely to make much of a dent in the general scheme of things. Without serious policy change at the national level with regard to our fossil fuel use and consumption, we are likely to burn up anyway. Unless, like Greta Thunberg, we become climate activists, no change is likely to be effected. And it's no longer enough to just be climate-aware; we are abusing our planet if we are not actively protesting current policies. But taking personal responsibility is simply a good place to start.

If we acknowledge that everything we are personally

responsible for disposing of ends up in a landfill and that it produces and releases greenhouse gas (GHG) emissions, then waste prevention and recycling are empowering ways to contribute to a healthy climate. And that's where you come in: Palisades is a community of highly intelligent, affluent and educated people, and more of us need to adopt the mantra: REDUCE, REUSE, RECYCLE. Think seriously about what it means, and make it a way of life. The order of these words is no accident. To REDUCE what we consume clearly would

have the greatest impact because we would dispose of less. REUSE takes thought (and must be done with intention), but once practiced can be not only extremely satisfying, but it can become habit. Responsible RECYCLING, a commitment to buy or use items that are recyclable, to wash out containers, to flatten boxes and not to get your trash mixed in takes time, but it will leave a healthier planet for your children.

Nearly everything I've learned about recycling I've learned from my children who, a while back, looked at me with complete disdain as I tossed something offhandedly into the trash. They are the ones who let me know that every piece of junk mail, every scrap of paper our household generates can go into the recycling pile, eventually making its weekly way to our blue bin at the curb. Over time, it has become almost a challenge in our household to see by how much we can reduce our waste, how many items we are able to reuse or recycle.

WAIT! Two-thirds of Americans (66 percent) say that they wouldn't recycle at all if it wasn't easy to do.¹

What's with that?!? How many climate-related events... floods, droughts, fires... do we need to witness, and how close to home, before we get with the program? The single-stream (one bin) recycling we have in DC is convenient and easy, and it means that more people participate—but the amount of contamination it produces means it is more costly. Without a way to handle contaminated waste, more of our unrecyclable recyclables end up in the landfill anyway. Not surprisingly, younger Americans



**PALISADES IS A COMMUNITY OF HIGHLY
INTELLIGENT, AFFLUENT AND EDUCATED
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and those living in the West are more likely to consider whether product packaging can be recycled. Frankly, I don't understand why we aren't rushing to enact laws (and pay higher taxes) either to compensate for the higher cost of single-stream recycling or to implement a multi-stream system. Some communities are moving in this direction.²

As I write this I'm realizing that nearly every paragraph could merit a book's worth of information. I didn't start writing this with that in mind. I simply want to call attention to something we should make our mission: doing our best to respect and care for our planet. And I'm no saint either... Diane MacEachern, author of *Big Green Purse: Use Your Spending Power to Create a Cleaner, Greener World*, manages to avoid using paper towels!

Here are a few simple things you can do to reform:

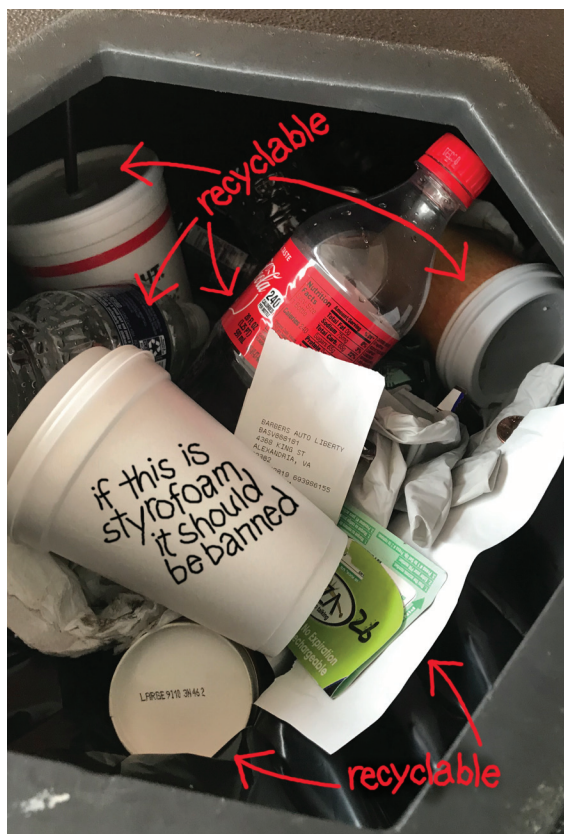
STOP BUYING PLASTIC WATER BOTTLES. In America, we use 2.5 million plastic bottles each hour. A mere 23 percent of disposable water bottles are actually recycled.³ One reusable water bottle is all anybody needs. Wash it once in a while. If you're like me, you've accumulated more of them than your household will ever use. Keep a few on hand for guests and recycle the rest.

BYO CUP TO STARBUCKS or wherever you buy your drinks. All right, so this takes some forethought but from what I've observed, most of you are likely to be enrolled in loyalty programs. If you always buy your coffee out, always have a cup handy. Simple as that.

COLLECT YOUR PLASTIC BAGS TO RETURN TO THE GROCERY STORE. I stuff them into one larger bag under my kitchen sink, squish them often, and when the container bag becomes a full, dense mass, I put it by the front door to take to the store.

CANS ARE BETTER THAN GLASS. A vast quantity of glass that ends up in the recycling bin is of poor quality, which makes it harder to process and therefore less profitable for

HOW MANY CLIMATE-RELATED EVENTS... FLOODS, DROUGHTS, FIRES... DO WE NEED TO WITNESS, AND HOW CLOSE TO HOME, BEFORE WE GET WITH THE PROGRAM?



waste management. Aluminum, on the other hand, remains a strong recyclable commodity. If you have a choice, buy your sodas and beer in cans.

KEEP YOUR REUSABLE SHOPPING BAGS IN YOUR PASSENGER SEAT.

I have a stack of them, and can easily flip them to the back seat if I have a passenger. Once I unload my groceries, I put the empty bag near the front door to return to the car.

IF YOU CARRY OUT, CARRY IN. If you are a family that regularly gets carry-out, consider bringing your own containers.

Come on, we all have more containers than we will ever need—that is if, heaven forbid, you aren't throwing them away.

COMPOST YOUR FOOD WASTE.

This is huge. It's good for your garden and will eliminate smelly trash. In our house, almost nothing goes down the disposal; it goes into a little closed bucket by the kitchen sink. When it's full, it gets emptied into an outdoor compost bin.

OK, OK, all this takes work, you say. You're stressed, a single parent, have a lot on your plate. Do you brush your teeth? If you can handle that, well, then, surely you got this.

¹ surveyed by Harris Poll (2018)

² <https://fivethirtyeight.com/features/the-era-of-easy-recycling-may-be-coming-to-an-end/>

³ <https://earth911.com/recycling-guide/how-to-recycle-plastic-jugs-bottles/>, <https://earth911.com/business-policy/recycling-plastic-bottles-myths/>

Anne Masters, graphic designer and Palisades resident, designed Zero Hero (left) as part of Designed to Recycle (2018), transforming recycling trucks into mobile public art works. An art initiative of the DC Commission on the Arts and Humanities, fifteen newly wrapped trucks hit the streets in the fall of 2018. If you see this one, please take a photo!

A NEW SNAPSHOT OF THE PALISADES FARMERS' MARKET

BY SPENCE SPENCER

The Palisades Farmers' Market, open each Sunday from 9:00 a.m. to 1:00 p.m., is an enterprise developed and managed by the Palisades Citizens' Association. This direct link to the neighborhood makes it different from most farmers' markets in our area. At any given moment, our market boasts around 29 diverse vendors. Foot traffic has steadily grown, and on an average day, with the weather cooperating, we are seeing about 1,500 visitors. The house record was set on June 2, 2019, when the market saw 1,868 persons make the Sunday morning rally!

The ribbon was cut for the market's opening in May 2008, and eleven years later we conducted the first survey of our customers. The survey was a part of the strategic review of the market being carried out in the aftermath of the Safeway's closing at the end of April 2019.

We are happy to report that the market is in

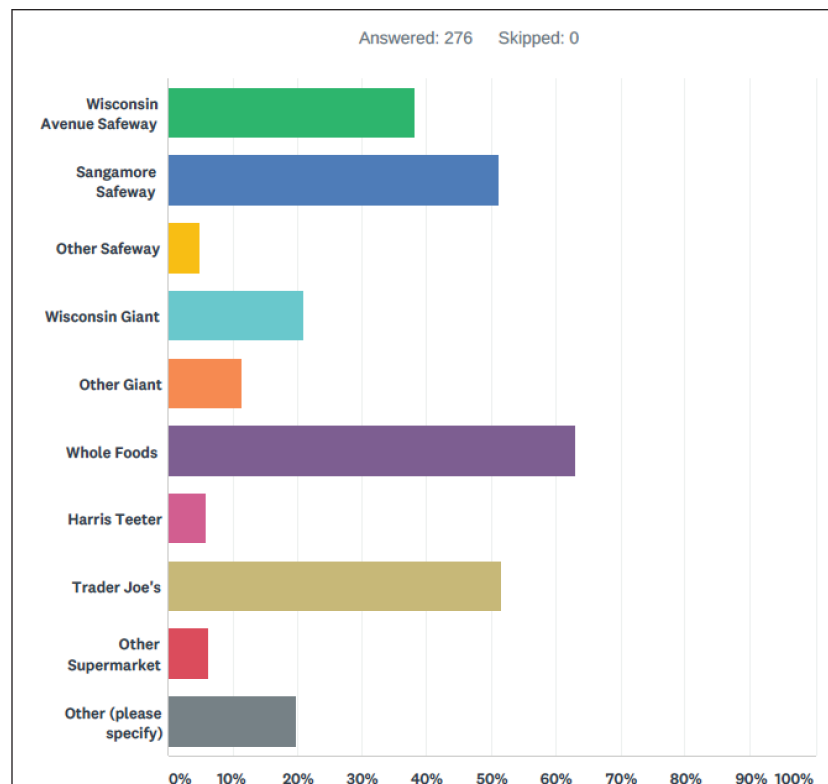
better shape than ever! 276 persons completed our internet survey accessible throughout October 2019. Here are the highlights from the survey results:

- 80% of survey participants visited the market at least monthly, and 51% have been regular customers since at least 2013. 66% have "tried a new or unfamiliar food" at the market.
- Most customers spent between \$21.00 and \$40.00 at the market. 23% spend more than a half hour at the market, gabbing with neighbors and shopping.
- 76% of survey respondents live in the Palisades, and 18% in Upper Northwest DC. Only 47% are members of the Palisades Citizens' Association.
- 95% agreed that the market provides access to good-quality, fresh food. 60% thought it gives valuable links to other community activities and organizations. 70% see the market as a good place to socialize. 68% can find the items they are looking for.

- As far as the future is concerned, 80% want to see the number of vendors increased, while only 40% prefer longer opening hours. 43% supported expanding the market from Sundays only to more than once a week.
- Respondents also made a total of 156 helpful suggestions, which included creating a place to sit, eat and socialize, parking (especially since developer Trammell Crow has closed the Safeway lot), more organic produce, and more live music.
- Finally, several survey respondents noted that the market has become even more important to the "close-knit" community since the Safeway closed. Below is where folks are headed now in addition to the farmers' market.

Thanks to all who completed the survey and, most of all, thanks to every customer visiting our great market. It is a community landmark that we are continually seeking to improve. Your farmers' market committee will work on implementing your constructive ideas, which will be essential tools in helping the market continue to thrive!

Since the MacArthur Safeway closed in May 2019, where do you shop for other items? (check all that apply)



NEIGHBORHOOD PEOPLE AND... DOGS!

ARTISTS OF THE PALISADES at the Palisades Post Office:

REBECCA E. VOLKMANN November–December



My work is based in experimentation, and is by nature intuitive. My sense of pattern and texture comes from earthly things like a wasp's outer shell or the ordered chaos of a planted field, and also from the ethereal and atmospheric elements of life.

One of my earliest memories is sitting with my Mother and Grandparents as a small child—just the right size to see at eye level the sweet pea vines and down the rows of carrots, their plumes of foliage lush and green emerging from rich brown soil. I remember the smell of soil and the joy of digging my fingers in the dirt. By being taught to be observant, I began to realize the joy in sitting on the ground and picking flowers, and to notice nature around me.

All of these memories are inspiration for emotive content in my work with roots in the organic and sensory engagement. This engagement in my process is not linear but cyclical. My dreams and my family offer inspiration as well. My focus is on careful observation and what comes out in the painting itself through color, layering and texture. The most difficult risk is not to be afraid to work over the original image, yet show remnants of what once lay beneath.

I have been painting and drawing as long as I can remember. I began my undergraduate training at the School of the Art Institute of Chicago and received my BFA from the Corcoran College of Art and Design. I recently moved to Tucson from the Palisades. This transition has been transformative, and I am excited for new inspiration yet to come.

Please contact me at beckdozer@gmail.com with inquiries.

THE WRITING LIFE: LYNDA COKINOS

BY ELIZA MCGRAW

Lynda Cokinos is a writer whose blogs, *D.C. Rocks* and *Washington D.C., My Hometown*, are at <https://rockondc.blogspot.com/> and <http://cokinosgirl.blogspot.com/>. She is also working on a book, which combines researching her family roots and a memoir.

Your writing focuses on Washington, your hometown.

What's it like, writing about a place and living there?

Terrifying. Because I'm surrounded by people I know, who live here, too, and I'm hoping to get it right. But also I love writing about this place, I love that this is also my own history. My father had a lot of DC stories about his life and his parents' lives in DC as Greek immigrants, and I wanted to capture them.



LYNDA COKINOS & MARK NOONE

How did you get started writing about music?

I wrote those family stories on my hometown blog, and my sister was printing out everything and passing it around the family. I needed another outlet where I didn't feel so under the microscope. My

DC Rocks blog was inspired by *Seinfeld* (and Ian Hunter who penned the song "Cleveland Rocks"). The site was supposed to be about nothing... or anything I felt like writing about, but the theme quickly morphed into mostly concert previews, mostly because I have always loved music. Also my 9:30 Club roots run deep and wide: I married the manager, and I am lucky to have a myriad musical friends from those crazy F Street days who are still playing out. Folks from Razz, The Nighthawks, Root Boy Slim, Fugazi, White Boy, Grin, Rosslyn Mountain Boys, Switchblade and The Beatnik Flies come to mind.

Plus my current partner, Mark Noone, has played the 9:30 Club (both locations) more than anyone, with The Slickee Boys and other bands. I realized I wanted to support this amazing wealth of local talent playing shows with very low covers in very small places. It's much more fun and affordable than watching a band at the Verizon Center on a big screen.

How is DC's music scene looking now? How has it changed?

The scene is still vibrant and diverse, and we have a lot of great places to see music including the obvious like 9:30 on V Street and Black Cat, as well as smaller, more unexpected places like Galaxy Hut and the Takoma VFW. In general, it feels like there are fewer casual places. It used to be kids would get in rock bands because that was an exciting thing to do, and people

would come see you because that was exciting...hey! your friends were in a band! When MTV came along, most of us went to the 9:30 Club to watch the videos, we didn't all have cable... Back then it was all about finding a *City Paper* and seeing who was playing that weekend. There were tons of bars and clubs in Georgetown, but also all the way up Wisconsin Avenue to the District line, and many of them had live music: famous ones like the Cellar Door, The Bayou, and not so famous like Babe's, Mr Henry's, One Flight Up, Friendship Station, The Round Table and more... all gone now. Electronica and hip-hop have drawn away some of the interest in traditional rock bands.

How do you see Palisades' changes in terms of DC history?

The renovation of Key School brought a ton of young families to this neighborhood. When my kids went to Key in the mid-1990s, there were about 100 kids in the whole school. Plus we have a lot more traffic now—both in the sky and on the street.

Do you say "Palisades" or "the Palisades"?

Neither. I say I live "near Georgetown." I guess I'm not in the habit of saying "Palisades" because for many years nobody knew that name. When I bought my house, the property was cheaper than anything I could get in Takoma Park. Marion Barry was about to be re-elected, and DC was not doing as well as it is now. Also my real estate agent told me that the lower side of MacArthur was traditionally not as desirable as the upper side, which is called Kent. Palisades was literally on the wrong side of the tracks with the Sherier trolley and the regular train running through this part of the 'hood. My sister went out with a guy who grew up in Georgetown, and they called Palisades, "out-the-roaders." We just called it "the Boulevard" when I was growing up.

What do you find that neighborhood residents don't know about the history of our area?

That it was a rough-hewn, working-class neighborhood as late as the late '70s or early '80s, maybe even later, with cars on blocks and a lot of chain link. It feels more privileged and secluded now that property values have soared. When I moved here, artistic people of all kinds were attracted to the river and the woods. I heard that one neighbor used to canoe to the CIA. Lots of arty types still live here, though. You can't throw a rock without hitting a writer.

Where do you like to write?

I love writing in bed. When I wake up in the morning, it's a great time to write, while I'm still betwixt worlds and feeling creative. I grew up with a typewriter, and I hated typing



LYNDA'S GRANDFATHER, PETE COKINOS (RIGHT), WITH HIS BROTHER, ALEC, H ST NE, 1920

because I wasn't good at it, and I made a lot of laborious mistakes. The laptop is a dream come true. It's lightweight... no whiteout issues. You can just pull it into bed with you. Sometimes I don't get up for hours, but generally later in the day I'll make it over to "the office" end of my room where I do have a desk and files and things.

Where do you get your ideas?

Off the top of my head. Sometimes I riff off the news or the weather. Sometimes I take requests from bands, but I try to make my pieces interesting to people who are not interested in music per se. Plus I am big on brevity. I don't particularly like reading things on a computer so I write accordingly.

What do you hope for the future of music in Washington?

I hope smaller clubs will open with owners who understand that the music business is a labor of love and not necessarily a big money-making venture. It's like a used bookstore or something similar. Clubs need empathetic owners who get that musicians work extremely hard for hours before they appear on stage. I'm looking forward to the renovation and revival of Hank Dietle's—a historic roadhouse out on Rockville Pike because a musician and a photographer are the new owners. It's going to be renovated as a music space, and local musicians will be doing a fundraiser to get it off the ground—I hope by next spring. I also hope that local music will continue to be curated. The DC Public Library has a punk rock archive which is very cool, and I was happy to see the Don't Mute DC movement emerge last spring. I also hope the



MICHAEL O' DRISCOLL AND MARK HALL, LAST HAPPY HOUR, 930 F ST NW

summer concert series at Fort Reno continues. That's been going since the 1960s.

What are your favorite parts of the neighborhood?

Doug Dupin's prehistory museum. He built it himself with his ingenious hands, and it looks like Martha Stewart was in charge. During the Snowmageddon, we hiked over there for a bracing hot beverage by the wood stove. Knowing people like Doug is what makes this neighborhood worthwhile. He is kind of our underground mayor.

I also love the river and the Potomac Avenue bluff for picnics and the view. The Virginia side looks like the mountains out in the country somewhere if you can ignore the GW Parkway and the planes relentlessly roaring by.

This interview has been edited.

CARRIE TRIEU, PUPPY RAISER EXTRAORDINAIRE!

BY MAYA LATYNSKI

Did you know that we have a neighbor who is involved in training puppies that will grow up to be guide dogs for the blind? "It's nice to share something that I love so much," said Carrie, and so I got to go along to a session of puppy training! What better way to spend a Sunday afternoon than watching smart (some have been answering to their name since they were six weeks old!) and beautiful and rollicking and funny Labrador Retriever puppies learn new skills with their devoted humans!

For an hour, three puppy raisers, including Carrie with four-month-old Westley, took turns doing exercises. These included learning not to mind being touched during grooming and having blood drawn from a paw. Each puppy learned to walk with its human past the other dogs, paying them no attention. The treats flowed, and the puppies earned each and every one of them. There were breaks between the exercises.

When the dog is at home with the raising family, there are lessons several times a day, but there is also plenty of time to play. The instrumental word is "free." The human gives the puppy permission to stop working by gesturing with his hand and saying: "free." The puppy can now play, eat or just rest. Outside, the raiser can release the puppy to interact with a passerby also by saying "free."

Carrie got involved with Guiding Eyes for the Blind through her parents, who needed a trained person to spend time with the dog they were training, Archie, when they traveled. Archie loved going to their neighborhood Starbucks with them. When they finished raising him and he went to live with his new family, they missed him terribly. But they began to miss him just a little bit less after finding out that that family also goes to Starbucks regularly.

Guiding Eyes for the Blind is a non-profit organization that relies on volunteers like Carrie to give the dog initial training to allow a blind person to be independent. To get started, a raiser goes to either seven one-hour classes or a full day plus two one-hour classes; after that there is one class weekly, then one every two weeks. Because she works, Carrie takes Westley on weekends and her parents train him during the week. At her house, everyone is enthusiastic and involved, she and her husband, Phong, and their children, ten-year old Quinn and nine-year-old Anne, not to mention the family's six-year-old dog, Walnut. They will have Westley for about fourteen months. Palisades Vet sponsors Guiding Eyes for the Blind dogs by providing free veterinary care while the dog is living with the Trieus.



What volunteer raisers teach their puppies is "basic good manners"—what each and every one of us would be wild for our dogs to have! For example, ignoring food lying on the ground since, "once the dog is with the person it guides, you don't want him or her to eat pills accidentally spilled on the floor." Or not dashing off to play with another dog leaving the blind person stranded. Apart from the actual teaching, the aim is to expose the puppy to the widest possible range of experiences: interacting with all kinds of people, stepping on various surfaces (grated, slippery), riding the Metro, walking on open staircases, getting used to wearing bad-weather booties.

After a dog becomes ready for more serious training, it travels to New York (no, they don't know yet how to buy a ticket and ride the Acela!), where the serious safety lessons begin. Some dogs get even more specialized training, for example, to assist a blind person who is also wheelchair-bound or to run with a blind jogger.

Before a dog goes home to a blind person, that person, called the "student," also needs training. They usually go for a three-week residential course together. For those who cannot, a trainer comes to their home for a couple of weeks to help with the transition.

About forty percent of the dogs in the program become seeing-eye dogs. Those who don't may turn to another career, with the police or border security. One of them may be sniffing your luggage the next time you land at Dulles! Otherwise, he or she may be adopted as a pet.

One of the many things Carrie likes about her organization is its philosophy of going to great lengths to match the student's age and personality with the dog's. A calm person gets a calm dog, while someone lively gets a lively dog. "The dog chooses his destiny" philosophy means that constant observation and regular testing aim to find the best human and the best occupation for the dog.

Is it hard to send the dog away after having it for 14 or 15 months? Carrie says, "You get your mind around it, you think that the dog is going to a nice family, that it will help someone. You realize what a powerful gift this is."



ENTERTAINING FOR THE HOLIDAYS AND STAYING HEALTHY

BY CHRISTY HALVORSON ROSS

It's one of our favorite times of the year when we cozy up at home, see family and friends, and celebrate the season. Having entertaining ideas in your back pocket is key to making these upcoming weeks joyful and stress-free.

Easy entertaining doesn't need to mean unhealthy, however. Little Green is happy to offer you a few ideas that won't leave you feeling laden down with only cheese and crackers and less-than-nutritious snacks.

How about preparing a glamorous appetizer board or platter that is sparkling with veggies, fruits and delicious dips?! I like to include (on a large, beautiful platter or tray): sliced cucumber, heirloom multi-colored carrots, cherry tomatoes, homemade hummus (or red beet hummus), a pomegranate or two, sliced pears, grapes, a bowl of salted almonds, oil-cured olives, cornichons AND orange wedges. I also included here cucumbers with smoked salmon, dill and a dollop of our Lime Crema on top!



Little Green's Homemade Hummus:

- 2 cans chickpeas
- 2/3 cup tahini
- 4 cloves garlic roughly chopped
- 1 lemon zest, and juice
- 1 tsp. sea salt
- 1/2 cup water
- 1/3 cup extra virgin olive oil

For red beet hummus, also add 1 roasted red beet (skin removed)

Combine in a Vitamix or blender until smooth.

Lime Crema:

- 3/4 cup cashews, raw, soaked for 2-3 hours
- 1/4 tsp. sea salt
- 1/2 avocado
- 1 clove garlic roughly chopped
- 2 lime zested and juiced
- 1/8 tsp. black pepper freshly ground
- 4 Tbsp. water added to blender 1 at a time, adding more if needed.

Combine in Vitamix or blender until smooth.

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NEWSLETTER OF THE PALISADES CITIZENS' ASSOCIATION

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 WASHINGTON, D.C. 20016



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