

# THE CONDUIT

NEWSLETTER OF THE PALISADES COMMUNITY ASSOCIATION

## A QUARANTINE SILVER LINING

BY KIM SNEDDEN



TUCKER



MILO



MAVEN

**P**alisadeans! Welcome **Maven, Ray, Ringo, Maurice, Lily, Samson, Tucker, Milo, Billy** and many others!

These cute little scamps have wormed their way into the hearts of Palisades residents, providing the much-needed distraction from the dumpster fire that is 2020. It's been a remarkable year in so many ways, a lot bad, some crazy, but also some good. And one of the best have been the record numbers of people adopting and fostering pets from animal shelters. So much so that according to NBC News, by springtime, many Humane Societies across the country had no animals available for adoption. It was difficult and, for example, the Cobb family, at son Blake's insis-

tence, began looking for a second family dog in mid-March. It took fourteen weeks and four applications before Lily came home to the Palisades. Other folks seeking a dog of a particular breed were finding them hard to come by, as breeders nationwide were receiving multiple requests for each puppy they had and increasing their prices along the way. The *Washington Post* reported in August that breeders were starting waiting lists for 2021, for puppies not yet conceived!

It's been no different here in the Palisades. The puppies and adult dogs join an already dog-filled neighborhood. Everywhere we walk, there's a new pup on the block, and people hungry for interactions denied by the pandemic are making doggy playdates and joining up to get

in the miles along with their canine companions. It's no surprise that dog owners walk four times more than non-dog-owners, according to *Nature Research*, and it follows that people already isolated by the pandemic and seeking opportunities to spend time outdoors might want to open their lives to a dog.

Nothing is a more guaranteed ice-breaker than an adult dog or a puppy, and it's been wonderful to see these new additions to the neighborhood bring people together (six feet apart)! It's great to see everyone's progress with their pups, to watch different social alignments form according to the dogs' temperaments and their owners' schedules. For my part, Billy [www.youtube.com/watch?v=TIYsNrDPG9I&feature=youtu.be](https://www.youtube.com/watch?v=TIYsNrDPG9I&feature=youtu.be) has brought



me closer to people I've known for years, and I'm eternally grateful for this. Tending to his bottomless need for exercise has made me reach out to friends with and without dogs in ways that my homebody self could have easily ignored. Studies have shown that having a dog as a pet helps maintain a more positive, optimistic outlook on life—and boy howdy, do we need it now!

Timing is everything, and while some dog acquisitions were spurred by the gloom of the lockdown, several came on the heels of losing an older pet. The Feltens lost dear Bailey in April of 2019 and with the prospect of an impending empty nest, they thought they might take a break from caring for a dog for a bit. But once their daughters came home from college and they all found themselves at home together again, they realized that something was missing and that they really were a Dog Family. Daughter Priscilla began her crusade to find that perfect pet for them, and in late August Ringo joined the clan. The Richter-Maurer house lost cherished Ripple in December and they, too, thought they'd wait a bit. Alas, the pull of puppy love and



the hope that with more family members home, the puppy would enjoy more caretakers led them to make the leap and handsome Tucker came in March. The Vanns lost sweet Karma unexpectedly in January and in August they welcomed Maven into the fold. This required Jackie Vann to keep track of several dog rescue sites; she likened it to being single and perusing every available dating app! The McDonnell Six lost beloved Maggie in March. According to Jennie McDonnell, Maggie's favorite days were the ones when everyone was home, lazing on the couch; now, with everyone huddled at the beginning of the lockdown, her absence became even more painful. Enter Maurice! As for the Sneddens, we shared the Feltens' plan, taking an empty-nest breather from pets. But we heard about Billy on a Saturday night in April and picked him up from his foster family on Monday morning. Sadly, our ever-young fifteen-year-old Lucy died a few weeks after Billy's arrival.

Regrets? I've had a few. Our previous two adopted dogs were Golden Retrievers and Billy is a Rat Terrier mix. Two more different breeds never existed! I'm not saying that the Goldens lacked energy or weren't bright, but oy! Billy has no off button and is wily as a fox. Not sure he was the perfect choice as we enter our Golden Years, but he's ours now and we'd never part with him. The Jones family chose Samson not only as a companion for aging Delilah, but also to bring some sunshine into their household during the quarantine. Adorable Samson checked those boxes, but he also created his own puppy madness,



what with housebreaking and learning not to chew on charging cords all the while the Jones parents were working from home and the children were learning remotely. With the Joneses no longer traveling weekly for work, they figured this stay-at-home time was just the thing for introducing a new puppy family member. While Samson is a handful, the situation is ultimately manageable because they have the time to put into the effort now.

Some pups joined the 'hood just because. Theresa Luchsinger's children had been begging for a dog for fifteen years; the quarantine seemed like a good time to buckle and they're thrilled with Milo. The McGraws thought there was no better time to go from two corgis to three corgis. Eliza McGraw says they welcomed the chaos and are thrilled to have rascal Ray in their home.

For whatever reasons the pups arrived, they're loved, plain and simple. And not just by their owners, but by the community at large. The Palisades is the friendliest neighborhood I know and there's nothing more friendly than a dog. The more, the merrier!

# DON'T FORGET THE DOGS...

BY AVI GREEN

Puppies in the Palisades have abounded since the start of the pandemic and, with them, recurring conversations among neighbors about dog-leashing norms. Etiquette and legal questions aside, we can all agree there is no public space in the Palisades set aside for dogs to recreate with their fellow four-legged friends. Perhaps now is the time to change that.

In 2007, the District of Columbia issued regulations for creating official, fenced-in dog parks on DC-controlled land. Our neighbors to the east are in the process of establishing a dog park at the Hardy Recreation Center. On the face of it, the most logical location for a sanctioned dog park in the Palisades would be Battery Kemble—but, alas, we do not live in the kind of city where such neighborhood parks are controlled locally. Fortunately, we are blessed with multiple Department of Parks and Recreation (DPR)-controlled parks within the Palisades and the biggest of them, the Palisades Recreation Center, might just work.

As background, here are the key requirements for obtaining approval for a sanctioned dog park:

- 1. Location on DPR-controlled land** that is underutilized and not near residences
- 2. At least 5,000 square feet of usable space near a water supply** to be used for maintenance
- 3. Well-drained land with an up to 20-degree slope** at least 50 feet from surface water
- 4. An ADA-accessible entrance**
- 5. A partnering local organization** to sponsor it.

At first glance, you may be thinking that Palisades rec is already maxed out in terms of usable space. You would not be wrong but, on closer inspection, you will see that a potential site does exist directly behind the skateboard park and



**This proposed site lies entirely within DC-controlled land, would disturb few or no trees, sits about 225 feet from the nearest residences and would be accessible from existing paved walkways.**

outdoor basketball court. This area is approximately 7,000 square feet and of rectangular shape (i.e., the shape of a dog run). This potential site is currently occupied by invasive weed overgrowth and a batting cage enduring in a broken-down, post-apocalyptic state. This proposed site lies entirely within DC-controlled land, would disturb few or no trees, sits about 225 feet from the nearest residences and would be accessible from existing paved walkways. Assuming that no environmental red flags appear, it does seem to check all of the regulatory boxes and has the potential to transform a blighted corner of our community into a beloved dog playground.

In terms of next steps, for a dog park

application to be deemed complete, we must jump through a few hoops (pun intended!). First, the membership of the Palisades Community Association must endorse the plan, which has already been approved by the PCA Board. Second, we must obtain the signatures of 50 residents. Third, we need the support of our ANC 3D commissioners. With all of that in place—and with Councilmember Cheh's backing for good measure—we can submit a complete application package to DPR for official review.

**To learn more about the proposal to create a Palisades dog park, go to [www.bit.ly/3nVDE1Q](http://www.bit.ly/3nVDE1Q). To learn more about DPR's dog park rules, go to <https://dpr.dc.gov/page/dog-parks>. Woof!**

## GUERRILLA ARCHEOLOGY

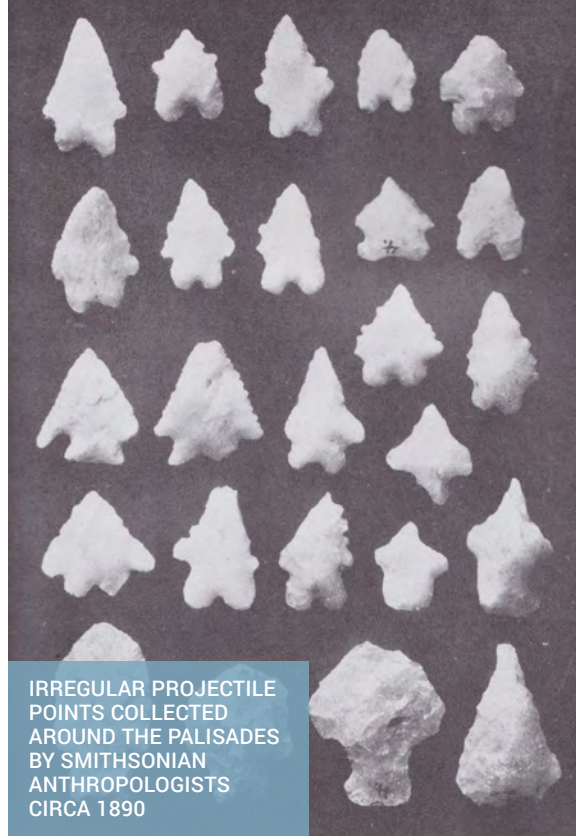
BY DOUG DUPIN



ORIGINAL SOIL HORIZON EXPOSED IN EXCAVATION SITE

**R**esidential construction in the Palisades seems to be immune to Covid's impact on the general economy. In my reckoning, the pace of construction seems only to be increasing. The ever-expanding new house follows a typical method of construction. First, remove the existing structure. Second, dig a giant hole in the ground. As soon as this giant hole reaches close to the property line, I come in—generally on a Sunday during a construction hiatus, armed with a trowel. The time window for these incursions is short, so I first make a quick inspection of the site in hopes of identifying intact soil horizons. What I'm specifically looking for is a dark loamy band of soil, which fades to a pale clay below. If the dark soil contains numerous bits of charcoal, fire-cracked rock and flaked rock, then I'm at the right spot.

Most of these original soil horizons are found on the river side of MacArthur Boulevard. In the Potomac Heights area of the Palisades (bordered by MacArthur, Arizona and Norton), these original soils are often buried 1 to 5 feet below the current surface. Experience has taught me that these encapsulated soil horizons usually span a time from the home/street construction (approximately the 1920s) to prehistoric times. Most of the earliest finds go back to the Late Archaic, a time



IRREGULAR PROJECTILE POINTS COLLECTED AROUND THE PALISADES BY SMITHSONIAN ANTHROPOLOGISTS CIRCA 1890

associated with the Savannah River culture (3000–1000 BCE). Besides their characteristic projectile points made of quartzite, I've found their pottery called Marcey Creek (a ware named after an archeological site on Marcey Creek near Virginia's Potomac Overlook Regional Park just across the river). I'm often amazed how the soil stratigraphy reads like an archeology textbook, with projectile points getting smaller and more aerodynamic in the upper layers and, above that, Civil War bullets, medicine bottles and maybe marbles.

Earlier this year I found a projectile point that dates to well before all the others. This small point with a bifurcated base closely resembles a point that archeologists call LeCroy. The point style has been carbon-dated to approximately 6500 BCE, a number based on four different sites in Virginia, West Virginia and Tennessee. It was my friend and fellow scavenger Lauri Menditto who discovered the point as I was showing her an excavated pit on Potomac Avenue. Found on the pit's floor, its context in the soil stratigraphy had been lost so I could not give it even a rough date. But I did recognize it as a LeCroy style point



LECROY-STYLE PROJECTILE POINT 6000 BCE

(Lauri aptly called it a Pikachu point) which would be considered an archeological outlier here. However, I found the point plentifully represented in the work of the famous Smithsonian archeologist William Henry Holmes whose career spanned the turn of the twentieth century. He and

his colleagues at the Smithsonian spent much time in the District of Columbia, and specifically in the Palisades, conducting archeology. One photographic plate published by the Smithsonian shows a collection of points that Holmes describes as "eccentric points from Potomac Village sites." Today, his classification system at this early stage in American archeology seems antiquated. It would be another fifty years before carbon-dating advanced and helped us learn about the chronology of human occupation in North America.

I emailed Dr. James Krakker at the Smithsonian who confirmed that these points, as well as mine, appear to be LeCroy and that the early dates are curious for such a ubiquitous style. In theory, people could have been traipsing through the Palisades back in 12000 BCE, but their small numbers and nomadic lifestyle leave scant evidence. They were mere commuters. However, the prevalence of LeCroy points suggests that the first Palisadeans may have started to settle 8,500 years ago.

Reflecting on this breadth of time and the quickening pace of human consumption now, it's hard to imagine where we will be in 100 years—let alone in 8,500!

# IN OUR BACKYARDS: ROOM AND BOARD AMONG THE LEAVES

BY LINDSEY TRUITT



Late fall brings one of the greatest quandaries to gardeners: to rake or not to rake. In nature, the process is so wholesome and simple. The leaves fall to the ground, acting as mulch to the plants and protection to smaller critters, and then begin to decompose and enrich the soil. It is not so simple in the garden.

For years I followed the good practice of completely clearing out the garden in fall in much the same way that one cleans up after a dinner party: just get the job all done so that you have a clean slate to begin with in the spring. I hauled away leaves, cut most of the perennials down and then applied mulch. It is a lot easier to remove the leaves in the fall when most of the perennials and all of the bulbs are dormant and there is some value in getting rid of any diseased leaves. And on another practical level, our leaves are picked up by the city in late fall and not in spring.

But the fact remains that it is healthier for the garden and the greater ecosystem to follow the example of the woods. Many insects rely on leaf litter to survive the winter. They include important plant pollinators as well as cater-

pillars, which are important sources of food for many birds. I do put out bird feeders, but certain types of birds prefer to kick around under the shrubs all winter looking for insects. The seeds/seed heads on many plants, on grasses and on coneflowers, to name a few, are a welcome feast to seed-eating birds and small rodents on a cold winter day.

So finding the balance between the wild woods and a tidy-looking garden has become my challenge. I still do remove most of the leaves from areas with a lot of bulbs. There, I put down pine-bark mulch that will last for most of the next year. I let the leaves stay behind bushes and at the backs of the beds, and there are a few areas where smaller leaves, like Crape myrtles, are fine curled up on the ground. I run the mower over that last of the leaves on the lawn to add a little organic matter there. In the flower beds, I similarly choose where to make

things tidy and where to create a little habitat for the creatures. The bed that I look at from my windows all day gets cut back and mulched. My butterfly garden on the side of the house is left alone until mid-spring. The areas with vegetables are completely cleared and cleaned because there are so many diseases that can carry over to the next year. Basically, I pick and choose the areas to leave untouched throughout the garden to try to establish a balance.



I can't say that I know why any individual living creature is important, and yet I know that every one of them is. And when I see a Ruby-crowned kinglet flitting around in my juniper and finding much-needed food in the middle of winter, a squirrel nibbling on a piece of fungus that has grown on our dying maple or even a Cooper's hawk swooping down to grab a dove, I know that my garden is working a bit like the woods.

## ECO CONNECTIONS: DISTURBANCE

BY JEREMY STANTON

*Meanwhile I bend my heart toward lamentation  
Where, as the times implore our true involvement,  
The blades of every crisis point the way.*  
—Mary Oliver, “A Dream of Trees”

**It was a little before 7 p.m. one evening in July**, in the afterglow of dinner on the porch, watching sheets of rain sparkle in the sun with my daughter playing nearby, when in a sudden cloudburst I heard a strange whooshing noise, like rain on the roof but stronger. A great shudder of leaves.

At the first sound of snapping branches, I grabbed my daughter and moved us both against the wall of the house in the lee of the chimney. Framed by the porch screen, like a big-budget disaster film, large limbs seemed to be dropping out of the sky, smashing their way toward us like the tangled legs of some tree monster too big to fit on camera. As we cringed into the wall, all I could think was: I hope this stops. We have nowhere else to go.

In models of ecosystem change, natural patterns of development known as *succession*<sup>1</sup> are often conceived as a cycle beginning with a disturbance—a catastrophic change leaving behind little of the pre-existing ecological community. Such disturbances can be caused by humans or occur naturally, from land-clearing and pollution to hurricanes, forest fires and landslides. And also fallen trees.

In our case, 40 tons of tulip poplar had collapsed out of an adjacent property, taking out three other trees and spreading a tangle of trunks and limbs across our backyard, onto our house and the house next door. Miraculously, no one was injured and damage was minor considering the size of the tree. Two weeks and four chainsaws later, the result was a landscape of radical disturbance.

Left to their own, disturbed landscapes become recolonized with members of the forest community known as *pioneers*, plants that thrive on poor growing conditions. Fast-growing


and often spreading aggressively, pioneer species cover and protect the exposed soil, accumulate minerals and nutrients, and serve as a living mulch to create a rich humus. They begin a process of healing the land, creating the conditions for future species to grow and thrive.

Sure enough, out of the chain-sawn woodchips and bruised ground of my yard charged the pioneers. Black locust arrived first, fixing nitrogen in the soil; these I encircled with hardware cloth to fortify against rabbits. Pokeweed came soon after, rapidly generating biomass where I'd added small berms to prevent erosion on the newly bare hillside. Mulberry, tulip and maple seedlings appeared in the gaps, eagerly converting the new surplus of sunlight back to dappled shade. We tend to view these pioneer species in isolation, as weedy invaders in a manicured landscape, but watching them operate as a system, functioning in relationship to each other, to the land and to me, I couldn't help but feel a greater intelligence at work, a larger organism moving in response to change.

Witnessing the ability of the land to adapt to new conditions, I was reminded of one of the core principles of permaculture design: to creatively use and respond to change.<sup>2</sup> I came to see the problem of my transformed yard as an opportunity. Where once I had struggled to grow anything in the deep shade, whole swaths became available for new gardens. Downed tulip limbs became the foundation for an oyster mushroom farm,<sup>3</sup> and my firewood rack overflowed. Perhaps there is purpose in disturbance—to prepare the ground for some future abundance beyond our horizon of discernment.

Walking through the green trails of the Palisades, it seems like our patches of forest have always been here. But from the mass clearing of eastern forests during the 1700s and 1800s,<sup>4</sup> to the construction of Battery Kemble<sup>5</sup> and other fortifications during the Civil War, to the era of White Haven farm<sup>6</sup>—the land in our neighborhood has undergone multiple periods of disturbance. In the intervening decades, the interplay of people and natural successional dynamics has preserved and regenerated our green spaces. Now Battery Kemble Park is home to some remarkable trees, including the largest known Chestnut Oak in the United States.<sup>7</sup>

Our river is moving through a similar cycle of disturbance and renewal. In the 1980s, the Potomac population of American shad—the “fish that fed the Founders”—was almost non-existent because of pollution, overfishing and disrupted spawning habitat. A restoration effort was launched in the 1990s, led by the Interstate Commission on the Potomac River Basin and bringing together local watermen, the US Fish and Wildlife Service, Palisades schools, the US Army Corps of Engineers and hundreds of volunteers. It took twenty years of sustained efforts—pollution control, classroom hatchery projects, the construction of a fish-passage and fishing regulations—and by 2012 the Potomac River American shad population was designated



BOLTS OF TULIP POPLAR INOCULATED WITH OYSTER MUSHROOMS—PROBLEM AS OPPORTUNITY.

a recovered and sustainable fishery.<sup>8</sup> There is still much to be done to bring the river back to full health, but this inspiring story prompts an important question.

For if there is one thing humans are good at, it's creating disturbance, and we are doing it on a grand scale. Imagine a time-lapse view from space: our modern civilization has the appearance of a wildfire spreading over the surface of Earth, converting the green forests to brown deserts and glowing cities. But as we awaken to the reality that we have nowhere else to go, that no anointed leader, futuristic technology or supernatural force is coming to save us from ourselves, should we not ask what is the purpose of this disturbance we are unleashing on our world?

Beyond the false choice between techno-optimist and apocalyptic visions of the future saturating our media, the problem of our global disturbance presents an opportunity for meaningful systemic change. This view sees our moment in history as a form of initiation for our civilization—a trial of higher-order transformation during which we must choose the right path forward; what eco-philosopher Joanna Macy calls the Great Turning, wherein the human family begins “to wake up, as from a millennia-long sleep, to a whole new relationship to our world, to ourselves and each other.”<sup>9</sup> Or as botanist Robin Wall Kimmerer hopes in her extraordinary book *Braiding Sweetgrass*: “I envision people recognizing, for perhaps the first time, the dazzling gifts of

the world, seeing them with new eyes, just as they teeter on the cusp of undoing. Maybe just in time. Or maybe too late.”<sup>10</sup>

As with the successional process unfolding in my backyard, the changes to the land in the Palisades and the restoration of the American shad, there is a role for us to play in creating the conditions for life to thrive. We humans like to think of ourselves as exceptional compared to our fellow species in our free will, our ability to act with intention. So which path shall we take? Shall we be agents of undoing or pioneers of renewal? It is up to us how we choose to respond to our age of disturbance.

<sup>1</sup> <https://dukeforest.duke.edu/forest-environment/forest-succession>

<sup>2</sup> [https://permacultureprinciples.com/principles/\\_12/](https://permacultureprinciples.com/principles/_12/)

<sup>3</sup> <https://www.fieldforest.net/category/growing-outdoors#logs>

<sup>4</sup> <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0072540>

<sup>5</sup> [https://en.wikipedia.org/wiki/Battery\\_Kemble\\_Park](https://en.wikipedia.org/wiki/Battery_Kemble_Park)

<sup>6</sup> <http://www.palisadesdc.org/history.php>

<sup>7</sup> <https://web.archive.org/web/20161009192433/http://www.americanforests.org/chestnut-oak-quercus-montana-3/>

<sup>8</sup> [https://www.potomacriver.org/wp-content/uploads/2014/12/Return\\_of\\_American\\_Shad\\_Cummins.pdf](https://www.potomacriver.org/wp-content/uploads/2014/12/Return_of_American_Shad_Cummins.pdf)

<sup>9</sup> <http://www.joannamacyfilm.org/>

<sup>10</sup> <https://www.robinwallkimmerer.com/>

## HELPING OUR STREAMS AT THE REC CENTER

You have probably noticed construction at the southeast corner of the rec center parking lot from mid-October through mid-November.

### What was the work?

DC's Department of Energy & Environment (DOEE) installed a bioretention system designed to capture and treat stormwater runoff prior to sending it to the nearby stream.

### What are the benefits?

The bioretention system will improve the quality of the water running off the parking lot, filtering out pollutants before that water makes its way into the stream behind the playground, and eventually the Potomac. This will improve the quality of life for the animals that depend on those waterways. It will also address the water that pools in that corner of the lot after a rainstorm, reduce erosion and provide an attractive garden of pollinator-friendly native plants.

### What is a bioretention system?

Sometimes referred to as a rain garden, a bioretention system uses plants, sand, soil and other organic material along with

drainage infrastructure to capture, filter and slowly infiltrate or discharge stormwater.

### Why this site, and why now?

This project came out of the playground upgrades done in 2014, and officially began in September 2019. DOEE's Watershed Protection Division is always on the lookout for opportunities to fulfill its mission, which is to conserve the soil and water resources of the District and to protect its watersheds from pollution through education and outreach, stream and habitat restoration, innovative stormwater management and watershed planning. This project was funded through the DOEE Stormwater Enterprise Fund and US Environmental Protection Agency (EPA) Clean Water State Revolving Fund (CWSRF).

### How can I support this project?

When we give this patch of land our attention, it will flourish. Throughout the year, take a moment to observe the interactions between the water flows, landscape design and plants in

*continued on page 17*

## FROM THE PCA PRESIDENT: A LOOK BACK AT THE YEAR 2020

### Dear Palisades,

What a year 2020 has been! Who could have predicted twelve months ago that a global pandemic would touch and upend all our lives. But I'm not going to focus on all the things the PCA couldn't do this year because of it but, rather, I will highlight all the things we did do. Here is a list:

**The PCA's first pandemic event was the Thank You Caravan.** Over 300 cars participated in a procession to thank our first responders. Then, we put on a "Bear Hunt," in which hundreds of stuffed teddy bears and other animals could be spotted in windows around the neighborhood; and a Chalk the Block event, which was promoted on Instagram.

**We kept our farmers' market open and safe.** The amount of time spent on coming up with a Covid-19 plan that the City's inspectors would approve on a weekly basis was daunting. Little known fact: the Palisades Farmers' Market is one of only four markets in DC that operates year round.

**The 4th of July events, which ranged from a pie-eating contest to a virtual parade to sparklers** on MacArthur Boulevard, may have looked different but they very much kept our community connected in the holiday spirit during this pandemic. The Palisades YouTube channel was created for it all, and it will likely be used again in the future for other happenings.

**We had record sales of our 4th of July t-shirts, and we quickly pivoted to include masks.** A second generation of masks, blue ones this time, should be available by the time this issue of *The Conduit* comes out. In case you missed the first batch, hurry, hurry and get one for everyone in your family!

**Halloween was tricky this year, but we held our first-ever House Decorating Contest, Virtual Talent Show and**

**You've Been Boo'd events.** All three were wildly popular and will likely continue in the future, even after Covid.

**This Thanksgiving we created templates for people to print out for sending notes and treats to thank their neighbors.** There would likely be people around us spending this Thanksgiving alone, so it was a good idea to reach out to them.

**The year's last event was a Holiday Bake Sale.** It took place at the brand-new Palisades Hub, on the grounds of the Palisades Community Church at Cathedral Avenue and MacArthur Boulevard.

I'm so proud of what the Palisades Board has done this year. The amount of creativity that came from Board members and others in the community to keep us connected during this pandemic is amazing. Thank you to all the volunteers, who thought up our activities and made them happen. You know who you are!

I would also like to give you the year's-end update on the Trammell Crow construction site and the approval process by the Board of Zoning Adjustment. Trammell Crow has been given authorization to build a Continuing Care Retirement Community comprising independent living, assisted living and memory care. The amount of community engagement during this process was unprecedented, and I would like to thank everyone who participated. Re-writing the bylaws earlier this year, under Avi Green's leadership, turned out to be prescient because it allowed the PCA to hold our first-ever online vote. A Memorandum of Agreement was signed between Trammell Crow and ANC3D. The PCA endorsed this agreement in the online vote at a margin of 91 percent backing it to 9 percent opposing. Next, Trammell Crow negotiated directly with the PCA to come up with a Construction Management Agreement. This agree-

ment, which provides for safety measures, sidewalks, crosswalks, noise mitigation and protections for nearby properties, can be found on our website.

As you have probably seen, Trammell Crow has completed most of the demolition phase of the project. It expects to begin construction in March and will send construction updates each month, which will be posted on the Palisades listserv.

### BREAKING NEWS:

**O**ur tireless omni-volunteer Marcia Garcia has been named a DC Hero/Heroine by the District of Columbia State Athletic Association! The award recognizes individuals who live, work or attend school in the District and who have "taken extraordinary steps to help others during the ongoing public health crisis."

Maria was nominated for the award by an equally tireless public school advocate, Jack Koczela. Here are just a few of the many activities Maria has so far taken part in organizing in the Palisades during the pandemic, jumping at opportunities and energizing others with her enthusiasm: a huge thank-you car caravan for first responders; PCA mask sales; a thrilling drive-by 99th birthday celebration for Jack's mother, Ruth Koczela, which included 40 cars and MPD and DCFD vehicles; Go Fund Me campaigns for neighbors in need; and a socially distant Halloween for neighborhood kids.



MARIA GARCIA AND TRICIA DUNCAN



My number one goal for 2021 is to do all I can to facilitate getting a Streets Market incorporated into the Trammel Crow project. I will not take my foot off the pedal on this issue!

I can honestly say that even though 2020 was different, the amount of engagement from our Board members and so many others in the community was extraordinary. Our Town Halls have never been more abundantly

attended, and you can be sure that we will continue to offer an online option even when we can finally start to meet again in person. My hope is that our next in-person event will be around the 4th of July and, boy, oh boy, it will be one great celebration!

For now, happy holidays to you and your families!

—TRICIA DUNCAN



## COMPOSTING AT YOUR FINGERTIPS

Are you interested in composting your food waste? The PCA Farmers' Market and Environment Committees are pleased to announce the addition of a **Food Waste Drop-off Site at the Palisades Farmers' Market!** Sponsored by the DC Department of Public Works (DPW) under #ZeroWasteDC, this initiative enables residents to drop off food waste for free during regular market hours. Compost Cab will operate the drop-off kiosk and will take the waste it collects off-site to create nutrient-rich compost that will be cycled back to our local farmers to grow even more amazing veggies!

Compost Cab will provide caddies for transporting your food waste to the market. The caddies will be given out on a first-come, first-served basis.

For details of the program and of what may and may not be included, please visit <https://dpw.dc.gov/foodwastedropoff>

Huge thanks to Wendy Lynch, Spence Spencer, DPW and Compost Cab for working to bring this program to our community!

—JEREMY STANTON

## SIDEWALKS AND CROSSWALKS

This past spring, Advisory Neighborhood Commission 3D set up a Transportation Committee, which is currently working on sidewalks and crosswalks. We have made an inventory of all the blocks in the Palisades and the rest of the ANC3D area that currently lack sidewalks. We will be making recommendations to the District Department of Transportation on blocks which should be first in line for installing sidewalks. Next, we will

look at sidewalks that need fixing. As for crosswalks, we plan to make recommendations about where new ones are needed and which existing ones require repainting. If you know of a block that needs a sidewalk or crosswalk, or an existing sidewalk or crosswalk that needs repairs or repainting, let us know! Please e-mail Jack Wells at [jackwells1@mac.com](mailto:jackwells1@mac.com) or Lisa Adams at [lisa@adamsdesign.com](mailto:lisa@adamsdesign.com).

—JACK WELLS



## KEY SCHOOL CHRISTMAS TREE SALE

We would like to thank all the neighbors who helped make this Key Tree Sale a huge success. Philip & Phil Moeller purchased the last tree Sunday morning, an 11-footer!

We are very grateful to the Tree Amigos organizers Howard Traul, Scott Anderson & Harlow Voorhees, young volunteers, Addison & Walker Traul, and all parent volunteers. A very big thank you to Key 5th grader Liam McLain, who was there from open to close both days and kept the operation running smoothly.

# THE BAZELON-McGOVERN HOUSE

BY PENNY PAGANO

**H**ere in the Palisades, if you drive up University Terrace looking for number 3020, chances are you will miss it.

But look again carefully and you will see a beautifully crafted mid-century modern home, accented with traditional Japanese architectural elements, deeply set back from the street at the end of a long winding driveway and hidden behind several large cryptomeria trees. With only the front façade visible from the street, the house appears to be single-level. In reality, it has an expansive lower floor with a ground-level entrance, which looks out on a Japanese garden.

The current owner, Gordon Kit, a retired patent attorney with degrees in biochemistry and molecular biology, is the fourth owner of this two-story Modernist house he bought in 2000. Kit is now involved in philanthropy. One of his projects was to endow the Dr. Saul and Dorothy Kit Film Noir Festival at his alma mater, Columbia University, in honor of his parents.

The original Japanese-style house was built in 1957 by Judge David Bazelon, a highly influential chief judge of the DC Circuit Court of Appeals, and his wife Miriam. They were inspired to build a Japanese-style house after they saw a ceremonial 1917 Japanese tea house installed for an exhibition at the Philadelphia Museum of Art. The simplicity of design and the openness of a Japanese tea house appealed to them.

At the time, the Bazelons were also limited in where they could build in DC. Restrictive covenants in certain neighborhoods prevented the selling of land to Blacks and Jews. While nearby neighborhoods such as Wesley Heights, Spring Valley and Forest Hills had these restrictions, Palisades did not. For more than 100 years, from the time Union troops manned the artillery defense post known as Battery Kemble to protect the

Chain Bridge, Palisades had been fully integrated. This meant that the neighborhood became a haven for educated minorities, many of whom employed distinguished local and international architects to build their homes. The Bazelons, who were Jewish, hired the French architect J.P. Trouchard to build their home. Trouchard lived nearby on Chain Bridge Road.

In 1969, the Bazelons sold their home to their friend George McGovern, then a young senator from South Dakota, and

his wife Eleanor, “totally furnished complete down to the dishes, linens, pots and pans.” At the time, the house was busy with social events and fundraisers for McGovern’s 1972 run for president. The McGovern’s sold the house in 1980.

**From the time Union troops manned the artillery defense post known as Battery Kemble to protect the Chain Bridge, Palisades had been fully integrated.**

Kit purchased the house from its third owners, the Lees, in 2000. He spent several years remodeling it and replacing the swimming pool with a Kyoto-style rock garden with Japanese maples and Japanese lanterns. Architect Shin

Abe of Zen Associates, who restored the Japanese Garden at Hillwood, oversaw the garden design and landscaping. Changes were also made to the interior of the home to give it an even more Japanese style, including custom-made furniture. For Kit, the house’s siting reflects traditional Japanese landscape principles adapted to a modern urban setting. It “is very Zen—peaceful and relaxing” for him, made even more so by his Portuguese Water Dog, Buddha!

Kit recently applied to have his house put on the National Register of Historic Places.



# ONCE UPON A TIME ON MACARTHUR BOULEVARD

BY MICHAEL DOLAN

Between late 1946, when local chain K-B Cinema opened a new 900-plus-seat movie theater at 4859 MacArthur Boulevard NW, and early 1997, when that theater, sold and resold and reduced to a raggedy triplex, closed, Palisades experienced a dynamic half-century in which its neighborhood theater reflected massive changes in the entertainment industry. "K-B" stood for the Kogods and the Burkas, long-time local real estate families who in the Panic of 1893 wound up owning arcades fitted with individual silent film viewers. Nickelodeon customers kept the shorts rolling by inserting five-cent pieces. The tide of nickels persuaded the two clans to partner in what quickly became the neighborhood cinema business. For the next fifty years, K-B and other local operators around the country ran a distant second to movie palaces owned and operated by Warner Bros., Fox, RKO Keith and other Hollywood studios, which through vertical integration monopolized the first-run trade. Through the Depression and World War II Americans seeking the relief of distraction flocked by the millions to first-run and "nabe" theaters alike. By the 1940s K-B had a string of screens around town, including the Apex, near 49th Street and Massachusetts Avenue NW.

Getting approval for its application to build the MacArthur just after World War II ended in September 1945, K-B boxed out Warner, which had a palace downtown on 13th Street NW and was angling to acquire a lot at Dana and MacArthur on which to install a theater. K-B's project, slated to squeeze in between the new Safeway store and Our Lady of Victory church and elementary school, attracted grassroots resistance. "The MacArthur Boulevard Citizens Association has declared its opposition to the erection of a motion picture theater adjacent to or opposite any school," the *Washington Star* reported on June 6, 1945.

The theater opened anyway, with all the mod cons: a nearby trolley line for the streetcar set, parking uphill from the grocery store for drivers and a glassed-in crying room for parents hauling squalling infants. The theater debuted on Christmas Day 1946, with *Never Say Goodbye*, a proto-romcom anticipating *The Parent Trap* and starring Errol Flynn and Eleanor Parker as a divorced couple with an eight-year-old daughter.

Making nice with Warner, the K-B chain brought the studio on as a partner—until a 1948 US Supreme Court ruling nixed studio involvement in theaters. Away went Warner. Along came an upstart medium, television, siphoning off viewers first in drips and then in a tsunami. Seeing a niche in appealing to a particular breed of cineaste, in 1952 the MacArthur began screening "the best of Britain," presenting UK-made comedies and dramas augmented by a genteel second-floor lounge that served tea and coffee, with chimes summoning patrons to their reserved seats. Until the mid-'60s, when British cinema ran out of gas and the



theater went first-run, the Belles of St. Trinian's, Peter Sellers, Alec Guinness and that lot dominated the MacArthur's schedule. Neighborhood kids happily sat through Shakespearean Saturday matinees because they could walk to the theater.

The MacArthur's era as a first-run screen was nothing like the brevity accorded modern premieres. Films opened and stayed for two months, three months, six. *Oliver!* played the MacArthur for more than a year. Between big new films the theater interspersed Greta Garbo festivals and bookings of classics like *Lawrence of Arabia*. Sergei Bondarchuk's 1966 Russian production of *War and Peace* drew lines

upon lines of ticket buyers. But business fell off, and in 1981 K-B proposed to bulldoze the theater to build an office complex. The neighborhood shouted down that idea. Around this time, between offerings of first-run fare, the MacArthur booked a restored and expanded print of Luchino Visconti's *The Leopard*, a 1963 period film based on Giovanni di Lampedusa's novel of the same title. Set in the revolutionary Sicily of the mid-



1800s, the film stars Burt Lancaster and Alain Delon personifying the warring generations and, as the woman in the middle, Claudia Cardinale at her apogee. The formerly glorious, tattered, nearly empty MacArthur was the perfect setting in which to soak in this epic drama. In 1982, K-B, holding onto the real estate, sold the theater business to the local Circle chain. Circle triplexed the MacArthur, earning no more profits on three small screens than that lone big screen had delivered. In 1988, the Canadian Cineplex Odeon chain acquired Circle, from day one losing dough on the MacArthur. In 1997, despite neighbors' pleas, Cineplex shuttered the old theater. The K-B heirs who own the property took care to bar its use as a movie theater and leased it to an international pharmacy chain. The ensuing makeover left the husk alone, so while at a glance the MacArthur still seems to offer a popcorn-fueled fling with fantasy, a step inside reveals the quotidian reality of...just another CVS.

# THE WRITING LIFE: DEBORAH TANNEN

BY ELIZA MCGRAW

Deborah Tannen is a University Professor and Professor of Linguistics at Georgetown University and author of many books and articles about how the language of everyday conversation affects relationships. She is probably best known as the author of *You Just Don't Understand: Women and Men in Conversation*, which brought gender differences in communication style to the forefront of public awareness. She has also written *You Were Always Mom's Favorite!: Sisters in Conversation Throughout Their Lives*; *You're Wearing THAT?: Understanding Mothers and Daughters in Conversation*; *Talking from 9 to 5: Women and Men at Work* and *I Only Say This Because I Love You: Talking to Your Parents, Partner, Sibs, and Kids When You're All Adults*.

Where do you live in Palisades?

**I live on Carolina Place, and you've already answered my first question, which is: do you say "Palisades" or "the Palisades"?!**

I guess I said Palisades, didn't I? I'm from New York, there's also Palisades in New Jersey, and there was Palisades Amusement Park. Did you know that?

**No, I don't think I did.**

Palisades refers to the shore, something about a certain type of land that goes along a river, and so Palisades, New Jersey is an area in northern New Jersey along the Hudson River. Anyway.

**What is your history with the neighborhood?**

When I first came to Washington in 1979, I lived in a little carriage house over a garage in Georgetown for a couple of years, and then I rented and then bought a house in Palisades, on the corner of 48th and W, it's a little cottage. I became very, very close to the woman who owned it, and that's why she was kind enough to sell it to me and Georgetown University did something that would never happen today. They gave me the mortgage, which is how I was able to buy it. A young faculty assistant professor. So it's a charming little house, and it's been renovated since we sold it, but it's an interesting story about the house. The woman who I bought it from, she had lived in the adjacent house and it was a Sears house, which I guess was pretty common back then. It was bought out of the Sears catalogue. I don't know how much you want to hear the story.

**I do.**

You do want to hear the story?

**Yes.**

She had just been married, very young, late teens, early twenties, something like that. And she and her husband were very much in love, I loved how she would describe it, that every night they would roll up the rug and dance. And they bought this little cottage—I guess it was built, I don't think they built it—for her parents so her parents would live next door. He very soon

after that went off to war and was one of the first people killed in World War II. As I remember, if I remember correctly, the ship he was on was sunk, so it was one of the first attacks on Americans in World War II. So her parents moved into the big house with her, and her brother and his family moved into the little one, and they lived like that, like a family compound, for many years. And then at some point she moved to Annapolis.

I know the people who bought it from me were very intrigued that I wrote the book *You Just Don't Understand* there, I showed the buyer the room. I was single at that time and then I met the man that I am now married to. I really wanted to stay in the Palisades area, and we looked and looked, and we both got our PhDs and we kind of had in mind kind of a Berkeley hill house and we didn't want a Colonial and we branched out and looked at Virginia and after looking at only a few house I called the agent and she said, there's a house that came on the market this morning, so that was 1995 I think it was. I had just turned 50.

At the time that I lived in that house, it was a double lot. If you looked out the back, it was an expanse of yard, and then the house on the other corner, 48th and V, that house was also a double lot. So I saw lawn, between my house and the house on the far corner. Where I live now, I'm facing woods, and that's wonderful, but I miss the backyard of my little house on W Street.

**Your most recent book deals with your own past, and your father's.**

It is a memoir about my father, it's my memories of him. It's really the story of his life, and my learning about his life and my reactions to what I learned. My father was born in Warsaw in 1908 into a Hasidic family, ultra-Orthodox, and then he came here in 1920 before he turned twelve. [The book is called] *Finding My Father: His Century-Long Journey from WWI Warsaw and My Quest to Follow*. It's my memories and a lot his memories, and he wrote his own memories and transcripts that I have of hours and hours of interviews.

**How do you think our surroundings affect what we are writing?**

I don't think the physical surroundings in which I write affect the content of anything I write. When I'm writing I'm in a complete bubble. If my husband comes in and says something, I gasp and jump out of my chair.

**What are some of your writing routines?**

I'm a morning writer of course, and this is true if I'm writing something important, or a letter I care about. I have breakfast and then I start to write. When I was younger, I could start that way and go all day. But now that I'm older I try to put off lunch. And the biggest challenge I have encountered in writing is the invention of email. Why would you check email before you start writing? So I always had ringers turned off my phone, and have never been able to write or do any serious work in my office on campus. If there's one person around to talk to I'm going to talk to that person. I'm very garrulous, and I like to talk to people. Email means there's always somebody to talk to. It used to be if I was home there was nobody to talk to, but now there's always somebody I think I should answer. I would not have written as many books as I have if email has existed. Now, you're afraid you're going to miss something, the fear of missing out. I did stay off email all morning and discovered that the chair of my department had decided to call an important meeting.

**And did you miss the meeting?**

Yeah, I missed the meeting. I was really upset by that.

**A lot of people walk in Palisades, and many seem to be friends walking together, especially when that's a relatively safe way to spent time together these days. How does all this walking fit with the communication between friends that you write about in *You're the Only One I Can Tell*?**

With women in particular, talking is a huge part of friendship. It might put women in a better position because you can talk and you can walk and talk as long as you keep your distance with the mask. Another thing that I encountered, which has been one of the greatest hits from that book, is the tendency of girls and women to face each other directly and lean in, so not being able to face each other would be more uncomfortable for women than for men. But nothing's true of all women and men,



we have cultural differences as well, we have ethnic, regional...

**During the pandemic, our neighborhoods have become our whole worlds. Do you see a return to hyper-local language or referents?**

That's interesting. The neighborhood I live in, my husband and I see neighbors more because they're working at home. It's a place where before everyone got in their car. I think there are different types of friend-

ships with neighbors. I remember reading this in the past that people tended to see neighbors casually, but if one or the other moved away then they would make plans to meet for dinner. I guess the big difference that I encountered was between new friends and longtime friends, the special preciousness of friends who knew you, maybe knew your children when they were small, and I guess it would have been in the past when people lived in the same house all their lives.

**What about all these dogs?**

My husband and I don't have a dog, but we recognize walkers now by their dogs. There are the whippets, that's the one with the two huskies. We walk the same route every evening, and when we see somebody with a dog coming out of their house we get all excited, oh, that's where the dog lives. The dogs don't know about the pandemic and they always try to come over, and the owner pulls them away because they're not supposed to do that, and I find it very charming that often the dog will just keep looking back longingly. That dog is more human than the humans. That dog knows you're supposed to stop and be social.

**How about the kids?**

I'm not the first one to say this, human beings are meant to live in groups, and it's really unfortunate, but kids are resilient. I think it's really hard on them, and they'll recover. Did you notice there was an op-ed by a parent about how much happier their child was not having to go to school? He was transformed. He was lighter. He was a different child. Groups are not an unmitigated good. The proverbial mean girls, and the bullying boys, there's a very dark underbelly to human groups,

*continued on page 17*

## ARTISTS OF THE PALISADES at the Palisades Post Office

**JENNIFER HOWARD** December 2020–January 2021



**“**I am a painter and graphic designer who has lived and worked in Washington, DC for over 35 years. My plein air and studio paintings are about the moment, the immediacy of paint applied honestly, thickly and emotionally

on canvas. I strive to convey a textural quality to the surface with layers of color and an emphasis on capturing light.

I have always loved to spend time outside, and plein air painting has been a perfect match of painting in the moment and fulfilling my need to connect with nature and all its power. It gives me the space to dream and be inspired by life.

My current sources of inspiration come from the greater Washington, DC area and my travel in the US, but my love of nature started in my childhood in the Hudson Valley and many trips to the Adirondack Mountains of NY

Please visit my website at: [www.jenniferhowardartist.com](http://www.jenniferhowardartist.com)  
Instagram at [partridge\\_paintings](https://www.instagram.com/partridge_paintings/)”

**MARIA FERRARA** October–November 2020

“**M**aria Amorfnna DePeralta Ferrara is a self-taught artist. She was the first-born daughter to Filipino parents who emigrated to DC mid-century, and from a young age Maria wanted to learn art through the ubiquitous correspondence courses advertised in newspapers and magazines, but her parents always said no, preferring instead that she be inculcated in her spare time in the performing arts (piano, voice, ballet, tap and majorettes). Later, her only lessons have been in cursory drawing, watercolor and china painting.”

In case you didn't see Maria's art then, here is a sample.



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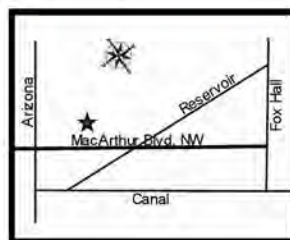


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## SPARKLING DIRECTOR OF THE FILLMORE ARTS CENTER TO RETIRE BY MAYA LATYNSKI

After working at the Fillmore Arts Center for forty years, **Maggie Meenehan** is getting ready to retire. She started as a dance instructor, and in 2011 received a Rubenstein Award for Highly Effective Teachers. In 2014 she became the center's director, getting to know generations of children and parents along the way in this multi-family affair. "It was a big surprise and heartwarming to have Mike Dolan, a family friend and father of a Key/Fillmore student who works in the music field, write and perform at Fillmore's 40th Birthday party. Very sweet!"

The future of the arts program is uncertain, which is nothing new in the more or less perpetual climate of hardship for arts education across the country. DCPS seeks to offer art in individual schools even though many are bursting at the seams and lack the space, supplies and specialist teachers to offer an equal range of arts education in their own buildings. Since 1973, Fillmore has been a cauldron of bustle, with elementary school children from kindergarten through fifth grade coming in by the busload for a plethora of activities. Key has always been one of its staunchest supporters. There have been "so many wonderfully talented teaching artists," says Maggie. The children are lucky to be exposed to their skills and gifts.

Maggie, a Washington native, started working at Fillmore after a short career as a modern dancer, choreographer and company member of the Wendy Woodson and Present Company. They performed in Washington, at places such as Glen Echo Park, and toured East Coast cities. Maggie had trained with the Washington Ballet as a teenager and wasn't sure what she wanted to do in college, so she started study-



ing design, but then switched to George Washington University for dance. The dance program was highly regarded and graduated many leaders in the field. Maggie's parents were skeptical about her choice, as her father owned a hardware store and hoped that she would join the family business. But he was won over by his love of jazz. After having kids, Mira and Eleanor, Maggie wanted a more settled job and took a position at Fillmore.

The purpose of the Fillmore program is to give a taste and an appreciation of many art forms to children with different talents and interests. Maggie believes that we should provide choices for children, as they tend to be told what to do, "from the minute they get up to the minute they go to bed." The arts are a perfect vehicle for exploration. Many kids are reluctant to be creative and afraid to make mistakes, they keep asking if what they're doing is right. Their own voices are not developed enough when they have a huge interest in something, be it bugs or music, rockets or plants, and we should encourage them to delve deeply into those interests."

"I've witnessed the transformational power of the arts in making choices, reflecting on things, cooperating, an improved vocabulary, greater understanding of cultures." She gives an example of an unsettled ten-year-old girl, who developed a fabulous Captain Hook character in a play put on at Fillmore. "She became a totally different person." What a joy for an educator to "watch students when they have the 'aha' moment and 'get it' (whatever 'it' is: visual arts, digital, dance or drama)!"

Even though the program's *raison d'être* is not to train artists, some students have become full-time artists. Off the top of her head, Maggie remembers **Ben Williams**, now a professional bassist and composer; **Keziah John-Paul**, a former Key School student, who is on Broadway and has acted in "The Book of Mormon." There is also **Hannah Quinn**, another Key alumna, who is a furniture designer and broom maker. Former Key students **Leo** and **John Manzari** are professional dancers. **Daniel Dalrymple** is an artist and works on Mardi Gras floats each year. **Suzanne Sitomer** is the executive director of an instrumental program for urban youth in California. **Kieron Irvine**, a master trumpeter, teaches at the Duke Ellington School for the Arts. **Owen Danoff** is a singer-songwriter.

"Arts education has been a wonderful career. I went on Fulbright study trips to learn about educational systems in Japan, and Canada and Mexico," says Maggie. They helped her develop new curricula, which might combine poetry and dance or science and dance. She appreciated having the freedom to incorporate many skills, history, current events, songs, stories, cultures and art forms into her teaching. "We made giant silvery fish, beautiful headdresses, masks, sets, costumes, we wrote







stories, we made dance posters, danced outdoors, wrote poems, created fairy tales and explored myths, body bridges, obstacle courses, folk dances, hip hop and polkas, traveled all over the world through dances, Irish, Native, African, Japanese—you name it!" She has also received several DC Commission on the Arts and Humanities teacher grants to bring in teaching artists from Ballet Hispánico, Step Afrika! and Blue Sky Puppet Theater to work with Fillmore students.

"Every morning I felt that this is exactly where and how I want to be," says Maggie. Then, "seeing the students coming in the front door was special for me, knowing that they were coming in for amazing art activities... Without fail, they high-fived me, were happy and eager." Then there was "getting hugs from students, especially ones that tried my patience, and little notes thanking me or telling me that they love dance and Fillmore."

Maggie has appreciated this opportunity to see the world through children's eyes, which was an everyday experience at Fillmore. "Once we were acting out an underwater scene and a student piped up, 'Can I be a taxi crab?' We were all rolling on the floor, laughing."

"I also loved, loved, loved our performances. It was inspiring to see the students put on a show for their families and for each other. The parents were thrilled and the students were proud. I often teared up, as did many others." The last pre-Covid performance had 100+ kids on stage playing instruments and 600 people in the audience.

One of the most valuable experiences at Fillmore was "taking students to the Kennedy Center or the National Gallery and watching their faces glow. Field trips were especially well received by all and designed to be memory-makers."

"The smiles, the learning, the laughs, the tears, it was all quite a magical career for which I am eternally grateful." The inescapable question jumps out at the impending retiree: What will you do now? Maggie plans to write a book about dance, but realizes that everyone who retires thinks about writing! For now, her first project will be to write grants for her neighborhood, Wheaton, to organize murals to be created locally, to connect artists and high school students.

### **The Writing Life: Deborah Tannen**

*continued from page 13*

and for those who are not favored in the group, it can be a godsend if they don't have to go.

#### **Any other thoughts about Palisades?**

I loved living there. I had no desire to leave. If you go down W Street to Foxhall, there's a park and a jungle gym that was built while I was there. And there was a huge brouhaha. Huge! The ones who didn't want it were so sure that it would be an eyesore, and then there were the ones who said this is something that will mean so much to the kids growing up in this area. People were going door to door and then there was a public meeting about it. I wrote to the person that I had signed both petitions, and I felt a little guilty about it. The compromise was that they built it and they set it back. People don't like change. And I was there when the movie theater closed— that was heartbreaking.

I loved [Palisades] because it was a neighborhood, and I loved the Fourth of July parade. We went back to that for several years. My neighbors here, I'm very good friends with, but so much of what you do here is you get in your car and drive. [In Palisades] we could walk to the store and walk to the drugstore and there was Clyde who sold fresh vegetables, he would set them up outside the liquor store.

*This interview has been edited.*

### **Help Our Streams**

*continued from page 7*

the new garden. Enjoy the blooming plants, insects and birds in the garden in the spring and summer. Remove any trash that may have found its way in.

Also consider how you might reduce stormwater runoff from your own property. Rain gardens, permeable pavers, rain barrels, native trees, shrubs and bayscaping are excellent ways to reduce surface runoff and the pollutants it carries into our streams and river. Many of these options are available at low cost through the RiverSmart Homes program.

#### **Want to know more?**

Visit the project webpage <https://doee.dc.gov/node/1360701>, or contact Cecilia Lane of DOEE at [cecilia.lane@dc.gov](mailto:cecilia.lane@dc.gov). Learn more about the RiverSmart Homes program at <https://doee.dc.gov/service/riversmart-homes>.

## WHAT A HALLOWEEN WE HAD!

BY JENNY WIERONIEY

**The spirit of Halloween was alive and well in the neighborhood.** While it looked different from other years, the PCA proudly sponsored three activities to bring the community together.

Already weeks before Halloween, the children of the Palisades started getting BOOed—and were loving it. These BOOs were bags of candy and cards from their neighbors. Each recipient then kept the chain of fun going and BOOed two more neighbors. The PCA also made sure that families who had recently moved here were BOOed, so that their children would feel special and welcomed to the neighborhood.

While BOOs may have made the children inside the homes of the Palisades happy, the Home Decorating Contest brought delight to everyone as they walked in the neighborhood. Residents brought out their best pumpkins, witches, skeletons and other spooky decorations to scare the neighborhood. Dozens of houses were entered in the contest, and the neighbors voted on the six finalists, with the top two taking home prizes.

The winners were Leslie Livingston and the Nigris (Debbie, Kevin, Noah & Eli)! Thank you to everyone who participated!

Special thanks go to Mr. Kim of Mac Market and Mr. Lee from Mimi's for each donating a \$50 gift certificate to award the #1 and #2 winners. The event made for a fun, spooky tour, and many took to their cars to view each of the contenders.

The Haunted Houses of the Palisades weren't the only ones looking their best, as neighbors strutted their stuff for the Halloween Virtual Talent Show. These short videos were less than one minute each but showed off just how talented we are as a community! The #PalisadesHalloween2020 Instagram account showcased videos with dancing, lip-syncing and, of course, all the fabulous costumes.

Special thanks to Kari Wolsky, Lauren Regardie, Hannah Traul, Ginger Helfrich, Maria Garcia & Kate Azevedo for planning the PCA's virtual Halloween activities.

The in-person costumed cuteness started at the Palisades Park on All Hallows' Eve. The DC Department of Parks and Recreation (DPR) sponsored a parade around the baseball field.

The families in attendance were greeted by members of the DC Police Department, who handed out coloring books and candy. Families enjoyed Halloween music and danced at a safe distance from one another. DPR gave out prizes for the most adorable costumed kiddos.

And this wasn't enough! A group of neighborhood moms worked together to put on Covid-safe trick-or-treating. Families signed up for time slots in advance to visit twelve candy stops along Sherier Place between Chain



Bridge Road and Cushing Place. They followed all CDC guidelines for risk mitigation, including crowd control and limited contact among attendees. Each candy stop on the one-way trick-or-treating trail had one type of candy waiting for the kids to prevent time-consuming and agonizing candy selection, with physically distant volunteers refreshing candy between trick-or-treaters. The residents of Sherier Place came together to make the event a huge success. The generosity of our neighbors was on full display, as over 21,000 pieces of candy were supplied (along with plenty of gloves, hand sanitizer and masks). To the delight of all the children, the DC Fire Department made a special appearance. The firefighters waved to gleeful children and the firetrucks showed off their lights and equipment. Special thanks to Fire Engine 29 for helping make Halloween special this year in the Palisades. The leftover candy was donated to So Others May Eat. What a great alternative to traditional trick-or-treating!

Special thank yous to Maria Garcia, Jenny Wieroniey, Lauren Regardie, Tricia Duncan, Jessica Davis & Jessica Kramer for their efforts with the trick-or-treating event on Sherier Place.

But the Halloween fun didn't stop there, and the neighborhood's favorite brass band, Crush Funk Jazz, came by the rec center parking lot to bring in some cheer with their musical talents. Neighbors enjoyed the tunes from a safe distance and the kids loved the glow sticks that the band gave away.

While many were concerned in the early fall that Halloween would be ruined by the pandemic, Palisades residents did what they always do and came together to bring joy to their neighbors and create special memories for the children. While the ongoing Covid-19 crisis has taken a toll on everyone, rest assured that neighbors will continue to find ways to celebrate life's special moments and holidays safely, and work together to bring an end to the pandemic.

For more pictures, please go to: <https://www.facebook.com/media/set/?vanity=palisadesdc&set=a.4962364930503821>



# PALISADES COOKS! IMMUNITY-BOOSTING IDEAS FOR WINTER

BY CHRISTY HALVORSON ROSS



**A**s we head into the winter and cases of covid-19 rise, we are all doing our best to stay safe and healthy for our own households and for our extended family, friends and neighbors.

One thing we can do in the quiet of our homes is to make meals that are immunity-boosting to keep our bodies strong and help brace them to fight off infection. Both curcumin and quercetin, broad-spectrum anti-viral compounds found in food, have recently been discovered to be effective in fighting covid-19.

Curcumin is the main ingredient in turmeric, and it is a powerful anti-inflammatory and antioxidant. It absorbs in the body much better when taken with black pepper. You are probably familiar with powdered turmeric, which you can easily add to soups, stews and rice. But you can also buy fresh turmeric and store it in your freezer to make it last longer. I add frozen turmeric to my morning smoothie every day. You can either grate it frozen or simply chop off bits and put it in your smoothie—skins and all!

Quercetin scavenges free radicals and prevents a variety of diseases with its wide-ranging biological actions (anticarcinogenic, anti-inflammatory, and antiviral). Great sources of quercetin include:

- capers
- apples
- honey
- raspberries
- onions
- red grapes
- cherries
- citrus fruits (esp. grapefruit)
- green leafy vegetables
- red wine
- black tea
- broccoli
- beans and lentils
- cranberries
- dark cherries

This entrée salad recipe includes a lot of anti-viral and antioxidant nutrients, but also loads of curcumin and quercetin. It's a great one to make in advance and keep in your fridge for those pangs-of-hunger moments!

## Immunity-Boosting Dressing

4 servings

### Ingredients:

- ½ cup extra virgin olive oil
- juice of ½ lemon
- 1 tsp. Dijon mustard
- ¼ tsp. turmeric
- ¼ tsp. freshly ground pepper
- ½ tsp. sea salt
- ½ tsp. runny honey
- 1 clove garlic, minced

### Directions:

Combine in a glass jar and shake well. Keeps in fridge for up to a week.

## Fruity, Crunchy Lentil Rocket Salad

### Ingredients:

- 2 cups black lentils
- ½ hothouse cucumber, diced
- 1 red bell pepper, diced
- 2 green onions, diced
- ½ cup almonds, raw-chopped and toasted
- 1 cup red grapes, halved
- 2 celery stalks, diced
- 1 cup broccoli florets, chopped small
- 2 cups arugula (rocket), for serving
- 1 Tbsp. capers, for serving

### Directions:

1. Cook lentils, by covering them by 2 inches with water in a large pan. Bring to a boil and cook for about 22 minutes on a simmer.
2. Meanwhile, dice and chop all vegetables, grapes & almonds (except arugula).
3. Pour veggies and grapes in a large bowl, and add salt and pepper to taste.
4. Add in lentils once cooked & drained, add the Immunity-Boosting Dressing and mix well. Adjust seasoning to taste.
5. Enjoy at room temperature or cold over a bed of rocket, with capers sprinkled on top.

# THE CONDUIT

NEWSLETTER OF THE PALISADES COMMUNITY ASSOCIATION

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