

THE CONDUIT

NEWSLETTER OF THE PALISADES CITIZENS' ASSOCIATION

HALLOWEEN 2018



Dear Neighbors, it seems like only yesterday that we were dressing up as pineapples and witches for yet another wildly neighborly Halloween, and here we are already trying on reindeer hats to see if last year's still fit. A cozy and happy holiday season to all!
Maya Latynski, editor



Joe Rich receives a Special Achievement Award in 1996. Assistant Attorney General for Civil Rights Deval Patrick is on his right, Attorney General Janet Reno on his left.

JOE RICH: FIFTY YEARS OF FIGHTING DISCRIMINATION

BY CALEB ROSSITER

The Palisades has lots of accomplished residents, but probably few more accomplished than Joe Rich. Joe has just retired from a remarkable career of litigating civil rights law, first for 37 years at the Department of Justice and then for thirteen years at the Lawyers' Committee for Civil Rights Under Law. For 42 of those 50 years Joe and his wife, Sherry, have lived on Hurst Terrace, just above the Key School.

The Conduit caught up with Joe on his first day of retirement to talk about the rise and fall of systematic federal protection of African-American voting, schooling and housing rights—something he has been part of literally from its creation in the Johnson Administration's landmark laws of the 1960s.

How did a white guy from Buffalo, New York, who knew very few African-Americans as he was growing up in a segregated city, develop such a passion for civil rights law? Certainly, as an undergraduate at Yale in the early 1960s Joe watched the horrific assaults on demonstrators on the TV news many evenings, and he had friends who went to the South as civil rights volunteers. But it wasn't until he heard an attorney in the civil rights division at the Justice Department give a speech at his law school, the University of Michigan, that he knew what he was meant to do.

Starting right after graduation in 1968, Joe joined the division's

school desegregation section. "All deliberate speed" had been ordered after the 1954 *Brown vs. Board of Education* case but, except for a few celebrated cases that required the introduction of US troops, there had been little progress. After the Supreme Court unanimously rejected a Nixon Administration attempt to delay once more in October 1969, school boards in the South had to desegregate immediately after the Christmas break or risk personal daily fines for contempt. The dam broke.

As Joe tells it, "President Nixon wanted this off the table before the 1972 elections, so there was a huge burst of activity" in the schools section. More cases were filed in 1970 than ever before or since. Many were lengthy and staunchly resisted, but bit by bit the segregation requirements of the "Jim Crow" laws Joe observed first-hand while trying cases in Alabama, Arkansas and Texas were eliminated.

The cases were brought in federal court. The details of integration plans were hotly disputed, particularly in towns with stark segregation of housing. There were no slam-dunks: cases had to be painstakingly prepared to ensure victory. Joe believes that it was only the significant resources of the federal government that allowed an successful enforcement effort and the establishment of clear precedents to guide the courts.

School desegregation trials could be lengthy affairs, and Joe often found himself living in motels for weeks at a time. In one case, in Fairfield, Alabama, after a judge forced him to testify and he was threatened by white parents, Joe had to switch motels and use a false name to register. In another, he went up against former

President Johnson's personal attorney in Austin, Texas, in one of the first cases that addressed segregation of both Hispanic and African-American children.

What was the result of all this activity? "Desegregation was seen as the cure for unequal education," says Joe, but most white parents in school districts with an African-American majority simply transferred their children to new private high schools known as "segregation academies." The controversial practice of busing to achieve ethnic balance, usually at the junior-high and high-school levels, was particularly unpopular with white families. However, in towns with a white majority, Joe recalls, integration did take place. He believes that the efforts in the early 1970s resulted in substantial school desegregation.

Mississippi's data today are consistent with Joe's recollections. Indianola, the Sunflower County Delta site of B.B. King's grave and museum, is 80 percent black. Its public schools are 98 percent black while the segregation academy is still 98 percent white. But in the state as a whole, integration has taken place. The state is 60 percent white, and whites comprise 45 percent of the public school enrollment.

At the national level, though, Joe notes that schools are more segregated today than they were in the 1970s. For example, here in Washington over a dozen large public and charter high schools are all-black, while white public school students attend just one neighborhood high school and two application high schools. In the largely white Palisades many children attend private high schools.

Joe worked in the Justice Department's schools section almost to the end of the Reagan Administration, serving under controversial Assistant Attorney General William "Brad" Reynolds. He recalls that the Reagan Administration began chipping away at major civil rights programs, including affirmative action on employment and supervision of school desegregation in the South. To register its disagreement, in 1985 the Senate Judiciary Committee rejected Reynolds's nomination as associate attorney general.

After nearly 20 years of working on schools, in 1987 Joe made a lateral move into the fair housing section, where he supervised housing and lending lawsuits for another twelve years. As those who followed the 2016 presidential election may recall, young landlord Donald Trump had settled a case with this section in 1975 by agreeing to institute safeguards on discrimination against black rental applicants.

Under 1988 amendments to the Fair Housing Act, the federal government increased its power to investigate housing and lending discrimination. Joe supervised many successful cases based on bank statistics and the use of undercover "testers." The testers, pairs of black and white applicants with similar references and income statements, would approach landlords or sellers. Different treatment based on their ethnicity provided the necessary evidence of discrimination.

One of the section's cases concerned an apartment complex on MacArthur Boulevard whose management was accused of racial discrimination. Ironically, Joe and Sherry's children were attending school on MacArthur at the time, Georgetown Day School, which had been founded in the 1940s to provide integrated education when other D.C. schools were segregated.

Joe worked on a number of complex housing cases until 1999, when he was tapped to become chief of the Justice Department's voting rights section. This was the highest position a non-political

"career" official could achieve in the civil rights division, since its assistant attorney general was traditionally a political appointee. For example, one of President Bill Clinton's appointees was Deval Patrick, who would become governor of Massachusetts and is now being mentioned as a potential 2020 presidential candidate. When George W. Bush succeeded Clinton as president in 2001, he placed Ralph Boyd in charge of the civil rights division. Joe was automatically plunged into the center of a political storm that did not abate until he left the department in 2005. Like Patrick, Boyd was an African-American from Massachusetts, but the policy he was implementing for the president was far less activist. Boyd was replaced in 2003 by Bradley Schlozman, whom the department's inspector general eventually found to have "inappropriately considered political and ideological affiliations" in the hiring and transfer of career enforcement lawyers. Schlozman "demoralized" the section, says Joe. "It was a disaster."

The conflict came to head when the section's lawyers unanimously recommended opposing a 2003 gerrymandering of congressional districts in Texas under the guidance of House Majority Leader Tom Delay. Joe recalls that the plan would flip five Democratic districts to the Republicans and dramatically reduce African-American and Hispanic voting rights. The department overrode its lawyers and approved the plan. After the 2004 re-election of President Bush, it was clear to Joe that such policies would continue. He knew it was time to leave the "poisonous" atmosphere.

Like other "refugees" among career lawyers in the civil rights division, in 2005 Joe resigned and took a position at a non-profit organization that was bringing the lawsuits he believed the civil rights division should have been bringing. The Lawyers' Committee for Civil Rights under Law had been founded in the 1960s after President Kennedy "pressed the bar to do more" in supporting civil rights. As a young attorney, the current president, Kristen Clarke, actually worked for Joe in the voting rights section as a prestigious "honors hire."

At the Lawyers' Committee, Joe joined John Brittain, a legendary civil rights attorney who had tried cases in the South at the same time as Joe. John is now serving as dean of the Law School of the University of the District of Columbia. The multi-talented Brittain is better known to your correspondent as the 2017 over-70 national masters track champion at 800 meters!

At the Lawyers' Committee, Joe spent the next thirteen years bringing fair housing cases, guiding the large law firms who take on these complex cases as part of their *pro bono* portfolios. A typical one is a suit by the Lawyers' Committee to block Garden City, Long Island from using zoning to block multi-family housing. The firm of Hogan Lovells provides the lawyers for this ongoing case. The irony of having to go to the private sector to achieve the outcomes he once sought on behalf of the US government does not seem to have discouraged Joe. As he looks back over his 50-year career of trying to get people to do the simple, right thing of not discriminating against minorities, Joe sees both progress and continuing resistance. "Since 1968 when I started this work, the country had pretty much ended the Jim Crow practices in effect since after the Civil War. At the same time, the country has never come to grips with its long history of racism. Civil rights enforcement is needed as much now as it ever was. Unfortunately, it has become increasingly politicized, and the current president has made enforcement increasingly difficult by inflaming the country's deep-seated racial biases and reducing the federal government's role in this fight."

HISTORY, HISTORY EVERYWHERE!

BY MAYA LATYNSKI

What would bring a former world traveller and history teacher to throw herself into producing a research-loaded, photograph-filled book about our beloved Palisades neighborhood in the “Images of America” series? The same person whose passion for environmental protection led her to appear in a Fourth of July parade dressed as a tree, with Nick Kauffman pretending to pour acid rain on her? Yes, we are talking about Alice Stewart, activist extraordinaire.



Was it Alice's curiosity about the world? Alice laughs as she talks about her interests narrowing down from wanting to travel the whole planet to exploring the sliver of the Palisades. “As the child of a diplomat, I went from studying world geography to one neighborhood.” As she was growing up in Germany and at other overseas posts, family dinner conversations focused on international politics. Her first job out of college was with the Senate Foreign Relations Committee. She then went on to teach high school.

Was it meeting the right Palisaders? When she moved here with her husband and three children in 1989, legendary community activist Harold Gray quickly became Alice's mentor. Harold not only served as president of the PCA and was involved in city-wide civic groups, but had a special interest in Palisades history. “Harold had a Rolodex in his head about history-minded people,” according to Alice. One of his efforts was to have Palisades designated a historic district, for which he used research done by Catholic University students. But the community did not accept the presentation and the project failed, which was a mixed blessing, says Alice. Alice learned about history and about successful civic engagement, how to prepare for a meeting, how to get things done by observing and talking with Harold. “Can I bum a ride with you?” he would ask before a meeting, so Alice would always go. “Harold was very thorough in his knowledge, very fair.” He remained involved and interested in community affairs until his death at 101 in 2008.

In her work as a history teacher, Alice came to believe in “the subtext that citizens have to be active for democracy to grow.” She taught American history, as well as Chinese history and world geography, first in Massachusetts and, after coming here, in Virginia. After twenty years of teaching, Alice switched to working as a tour guide in Washington, which she loved since it was “like teaching but without correcting papers!”

Alice also developed an interest in historic preservation in connection with and out of concern for the environment. Studying architectural history in graduate school opened her eyes, and she developed an appreciation of the built environment. She also taught architecture and city planning to school groups at the National Building Museum. In 1997, she was involved in a PCA effort to save the MacArthur Theater by filing a historical preservation application, but this effort failed.

Alice served as the Palisades representative to the Federation of Citizens' Associations and, as co-founder with Miles Steele, also chaired the partnership with Hillcrest, “Penny Pagano's brainchild.” “Building a strong coalition between neighborhoods in the city gave hope for a strong District,” Alice says. People from the two neighborhoods came together as artists and environmentalists. “It was clear that we have common interests, families, clean environment, jobs.” In December 2001, Alice and Miles testified in support of what was to be the Urban Forest Preservation Act of 2001, an important milestone for Alice.

In 2002, Alice received a Palisades Community Fund grant to enlist the support of others in the neighborhood to write a history of the Palisades. “Everyone was friendly and generous,” and many people helped in the effort. “I had learned how to do research in graduate school,

so I had the background and asked the members of the committee: would you be disappointed or relieved if I did it myself? They said they were relieved!" So Alice took it on, and with the others' help, the book appeared in 2005.

Alice remains a passionate historical researcher, but has too little time to do it now. She would like to continue, or for someone else to continue, to learn more about some of her findings from the research done for the book. She found census records fascinating. For instance, the 1880 census was the first to record street addresses, as well as data about where a person had been born, where their parents had been born and whether they were naturalized citizens or had applied for citizenship. Curiously, the 1930 census about the Florence Crittenden home included the names of the unwed mothers and their babies living there.

Wouldn't it be interesting to learn more about the reform school for girls once located where Sibley Hospital stands? Or to collect stories, usually volunteered to Alice by neighbors, like the one about Joe Fletcher's grandmother who would cook dinners and bake pies for the railway men passing through the neighborhood in appreciation for the coal they left as a favor? There is still a lot to learn about such luminaries as Abner Cloud, Thomas Maine, the Weavers, the Sherriers (the Schörges when they came to the United States from Germany, something Carlton Fletcher discovered on the 1850 Boschge map of Washington, D.C., where C. Cherry may actually have been Conrad Schörges) and many others.

Who will assume Alice's mantle?

To order a copy of *The Palisades of Washington, D.C.*, please send a check for \$24 to Alice F. Stewart at 3001 Veazey Terrace, apt. 426, Washington, D.C., 2008. The book is in its fourth printing, includes over 200 photos. All copies will be autographed and delivered promptly. Please include clear instructions if you want the book(s) inscribed to you or to someone else. For questions, please write to salice211@gmail.com

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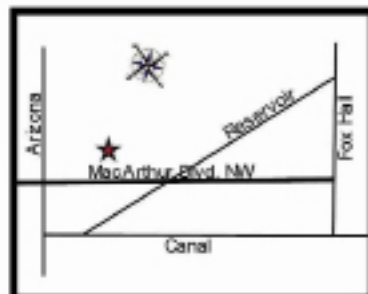
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ASSOCIATION AND COMMUNITY NEWS

KEY SCHOOL HARVEST FESTIVAL, October 21

The Key School Greenhouse is officially open for use! On Sunday, October 21, students and faculty cut the ribbon to dedicate the greenhouse during Key School's Harvest Festival. PCA Board Members Nick Keenan and Sara Tucker were there to show support for this student-generated idea that was made a reality thanks to a grant from the Palisades Community Fund. The greenhouse will be used in both science classes and by the student-led Green Team.



PALISADES COMMUNITY FUND FALL 2018 GRANTS

The Palisades Community Fund provides grants for projects that promote charitable activities, cultural enrichment, community education and service, economic improvements and environmental enhancements in the Palisades neighborhood. Grants are made twice a year, in the spring and fall.

For Fall 2018 the PCF made four grants:

- \$5,000 to the Hardy Middle School PTO for the purchase 3.123.123. of musical instruments to support the music and arts program at Hardy Middle School.
- \$1,000 to Palisades Village to support monthly social gatherings for area seniors.
- \$3,000 to the Community Preschool of the Palisades to support the purchase and installation of playground equipment.
- \$7,040 to the Palisades Citizens' Association to support the purchase and installation of display cases for a Palisades museum at the Palisades Recreation Center.

Do you have a great idea for a project that will benefit the Palisades

community? The spring application deadline is April 30. Proposal requirements are on the website at www.palisadesdc.org/cf_apply.php. Grants can be given only to non-profit organizations.

If you have an idea for a project and are not affiliated with a non-profit, contact PCF Chair Nick Keenan at nick@nickkeenan.com and he will try to find a local non-profit to collaborate on the project.

The Palisades Community Fund depends on contributions from individual donors. To support the fund or learn more about its activity, visit www.palisadesdc.org/cf_about.php. Contributions can also be sent to: The Palisades Community Fund, P.O. Box 40603, Washington, D.C. 20016

FRIENDS OF PALISADES LIBRARY RE-LAUNCHES USED BOOK PROGRAM

Friends of Palisades Library (FOPL) is starting its Used Book Program again this fall. We have been gathering donated books and previewing book sales at the Farmer's Market in anticipation of the re-opening of the Library's Sale Room on Saturday, December 1. The room is located on the second floor of the library, across from the elevator. Proceeds from the Used Book Program go back to the branch for special events, small furniture and equipment, landscaping, and other projects requested by the library.

Going forward, used book donations and sales will take place on Saturdays from 1 p.m. to 4 p.m. The system has changed: books can no longer be dropped off at the library's front or back doors. For more information or to volunteer, please contact Elinor Tucker at elinor_tucker@yahoo.com.

ARTISTS OF THE PALISADES

on show at the Palisades Post Office



PAUL ZAPATKA

November–December 2018

Paul Zapatka, a native Washingtonian, received his art education at American University in Washington, D.C. and at The College of New Rochelle in New York. He has had twelve solo shows and taken part in numerous group exhibitions. He has won several prizes for his art, including the Best in Show Award for the acrylic painting *Studio Still Life* (after Diebenkorn) in the January 2017 Habits show at The Art League Gallery in Alexandria, Virginia and the Third Place Award for *Cherry Blossoms*, an oil still-life painting at the same gallery in May 2013. Paul paints sometimes in his studio and sometimes from life, outdoors.

He has traveled both to Europe and across America. His still lifes, landscapes, seascapes and figure drawings reflect his interest in the work of Claude Monet, Vincent van Gogh, Henri Matisse, Wayne Thiebaud, Richard Diebenkorn, Edward Hopper, Giorgio Morandi, William Bailey and Georgia O'Keeffe.



TERESA SITES

January–February 2019

Teresa Sites was born in Washington, D.C. She earned her BA in English and Studio Art from Georgetown University and her Master of Fine Arts in Painting and Drawing from George Washington University. At Georgetown, she was awarded the Misty Dailey Travel Fellowship and completed a series of landscape paintings of Montana and Wyoming. She continued her study at George

Washington University where she was a graduate teaching assistant and became a Columbian Woman Scholar.

Teresa works in the media of painting, drawing and collage. Her artwork explores the following question: What if everyday surroundings filled with rhythm and repetition could suggest our lives are filled with music?

In her collages, pattern as a principle of art corresponds to music as each repeated element is a visual metaphor for rhythms and beats. The paper in each collage is re-purposed—sourced from everyday objects from the world around us including mail, advertisements, newspaper, gift wrap and candy wrappers.

Her collages, drawings and paintings have been exhibited regionally and internationally and published many times, including recently in Octane Press's *Art of the Tractor Coloring Book*. Some of her artwork is in private collections and in the collection of the Brooklyn Art Library. Please visit Teresa's website: www.teresasites.com to see more of her recent work.

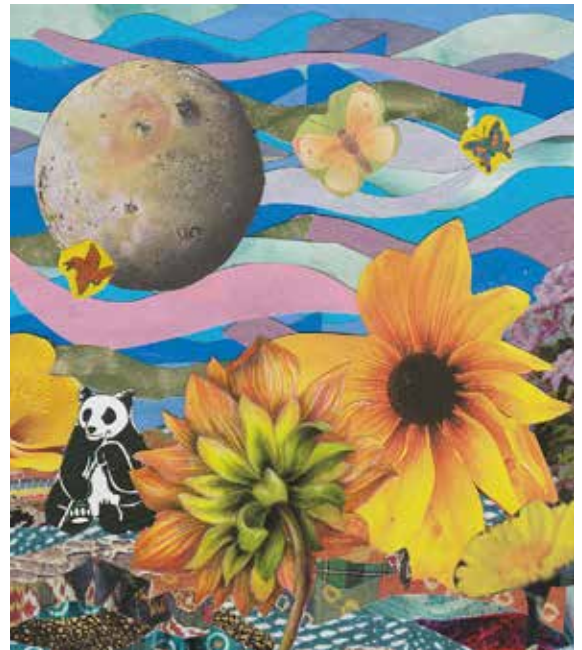




Photo by E. Ethelbert Miller

THE WRITING LIFE

BY ELIZA MCGRAW

Dan Moldea is the author of nine books, including *The Hoffa Wars: The Rise and Fall of Jimmy Hoffa*; *The Killing of Robert F. Kennedy: An Investigation of Motive, Means, and Opportunity*, and *Confessions of a Guerrilla Writer: Adventures in the Jungles of Crime, Politics, and Journalism*.

How did you first come to the neighborhood?

I've had a connection to the Palisades for 31 years. My girlfriend lives on Potomac Avenue. She's a retired teacher and one of the world's experts on contemporary African art. I had lived for 29 years over in Cathedral Heights in an apartment, and then my landlord, great guy, was made an offer he couldn't refuse for the building. So, at that time I was 1.7 miles away from my girlfriend. Then I moved into somebody else's home, a one-bedroom apartment, very nice family. And I was 1.2 miles away from my girlfriend.

And then I moved out of that place and into Doug's [Palisades resident Doug Dupin]—who is one of the finest people I've ever known, great father, great guy. And a Renaissance man at that. An artist, an artisan, well-read, with a million friends. I like that. And so I was now .6 miles away from my girlfriend. We've never lived together. That's why we've been together for 31 years. So, I've been coming to the Palisades for a long time. I love the Palisades.

So why do you love it? What do you like about the neighborhood?

It reminds me of New England. It reminds me of where I come from in Ohio. It reminds me of a civilized part of Washington that I didn't see when I had a condo on Dupont Circle. When you're downtown, you see the rough and tumble of it, and I've now come to an age where I enjoy good sportsmanship and civilized living. And the Palisades certainly gives that. I do feel a little detached from Main Street Washington, but that's okay. All I have to do is just jump in the car and go downtown.

Where do you like to write?

My home is an office. The whole place is an office. I use every room for something, including the kitchen and the bathroom. I'm a total workaholic. I work day and night. I'm a non-fiction writer, so I do a lot of research. I published my first book in 1978 when I was 28 years old, I had written it on a manual typewriter, using Correcto fluid and the tape that you had to type over to strike out letters that you didn't want. Of course, I had no idea about the computer age that was to come.

Are you working on something right now?

I'm doing a book about corruption in higher education.

What got you into that?

I had some great sources, and they led me into this odd area that I found absolutely fascinating. This will be my tenth book, all investigative, all non-fiction, all true-crime.

Is there one episode that drew you into the corruption?

I met one particular source who really turned me on to the issues. It's a book about whistleblowers.

Do you think of Washington as a writers' town?

Absolutely. I was president of Washington Independent Writers, which, at the time, was the largest association of local freelance writers in the country. I was president in 1981–82. And I was also the co-chair of the Washington delegation to the American Writers' Congress, along with Ethelbert Miller at Howard University. Ethelbert has remained, all these years later, the leader of writers in Washington.

I was one of the founding members of the writers' union. But organizing writers is like herding cats. That's one of the reasons writers can't get organized. Everyone has their own way of looking at things, with their own priorities. That's why I put a bi-annual Authors' Dinner Group together in 1988—a place where published authors cheer for each other and wish each other well.

I was in a lot of trouble at the time. It was just before I had sued the *New York Times* for libel in a case that lasted longer than World War II,

which I was winning. And then the U.S. Court of Appeals for the D.C. Circuit took my victory away from me. Among my colleagues, I was viewed as the bastard son at a family reunion. I couldn't find work, because I was viewed as a heretic—an investigative journalist filing a libel suit against the holy *New York Times*.

Notably, I am a creation of the *New York Times*. On June 29, 1978, Herbert Mitgang, then the newspaper's great literary critic, published a story about a publishing dispute I was in the midst of. I was twenty-eight years old and publishing my first book—about Jimmy Hoffa. That article gave birth to me, professionally.

Then, in 1989, the *New York Times* destroyed me with a lying review, which was criticized by many in the media, including the *Columbia Journalism Review*. That was the basis of my libel suit against the *Times*. But when you're a public figure, there are high legal hurdles that are very difficult to get over in libel law. Consequently, I was a dead man when the appellate court took away my victory in 1994.

But then, the following year, the great literary critic at the *New York Times*, Christopher Lehmann-Haupt, published a review of my fifth book—about the murder of Robert Kennedy—which resurrected me from the dead. As I recall, the critics were awed by my three interviews with Kennedy's killer, Sirhan Sirhan, who did it and did it alone.

In short, I love and respect the *New York Times*. They created me, destroyed me and then brought me back to life.

That was a long time that you were in the place of the dead.

Yes. My Hoffa book came out in 1978, my book on a contract killing in Ohio—which I helped solve—came out in 1983, my book on Reagan, Hollywood and the Mafia came out in 1986, my book on pro football and the mob came out in 1989—it was the review of that book that caused the libel suit. So, from 1989 to 1995, after getting a book out every three years, I waited—I didn't get another book out for six years.

After the Lehmann-Haupt review of my RFK book in the *New York Times*, I received a contract to publish a book about the O.J. Simpson case with the two lead detectives of the investigation—which was a big *New York Times* bestseller. And I also published a book in 1998 about the suicide of Vincent Foster, the deputy White House counsel who shot and killed himself at Fort Marcy Park.

So today, what's a writing routine like for you?

I've never missed a deadline. I do long-term projects. I very rarely do short-term projects—other than my personal blog on my website, www.moldea.com. I have friends who write columns and work specific beats with publications, and I don't know how the hell they do it. I have one friend who cranks out three stories a day. I just couldn't do that.

I have always loved the work of being a writer, and I love my colleagues. But I just can't stand the business in which I operate: the publishing industry. That's why I self-published my last two books, one of which was my memoir, *Confessions of a Guerrilla Writer*. And, earlier this year, I self-published a book called *Hollywood Confidential* which was about the Anthony Pellicano federal wiretapping case in Los Angeles.

I am not making much money by self-publishing, but I am in control of my work and Joe the Boss of my own operation. From time to time, when inspired, I also do independent investigative-consulting work. I'm a registered private investigator. And I have worked on some breathtaking and mind-blowing capers during the past twenty years.

So how do people find you?

Word of mouth. I don't do domestic investigations or anything like that—although I did when I went after the critics of President Clinton in Congress in 1998 during the impeachment drama. I was responsible for the investigation that led to the resignation of Bob Livingston as Speaker of the House. Long story behind that.

You could obviously write books upon books. Do you think that self-publishing is the only way things are going to get out now?

I think everybody has a good story to tell. I keep telling people, "Tell your story. Tell your children who you are. You know, write a memoir. Give it to your family."

Even if it's not a commercial thing, do it yourself. Find the time to write about yourself.

Why do you think that?

You probably have a better story than you think.

THIS INTERVIEW HAS BEEN EDITED

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THE ROOT VEGGIES OF AUTUMN

BY CHRISTY HALVORSON ROSS, *Little Green*

Root vegetables are the gift of autumn and winter. These rooty prizes are low in calories and high in vitamins. They are a great way to reduce your grain intake because they fill you up like grains do, but with a wider variety of nutrients and easier-to-digest components. Root vegetables have a low glycemic index load, and contain vitamin A, vitamin C, potassium, magnesium and dietary fiber—which means they can help fight cancer, diabetes, obesity and inflammatory-based disorders like heart disease and arthritis. Try out beets, heirloom carrots, sweet potatoes, parsnips and more! Most of these are available at our Palisades Farmer's Market right now. They are not hard on your wallet and will truly satisfy.

The following is an easy and nutritious vegetarian (and vegan) recipe that you can enjoy as a hearty dinner entree.

Fully Loaded Sweet Potato

Serves 2

Ingredients:

2 sweet potatoes
¼ cup black beans (drained and rinsed)
½ orange bell pepper, minced
1 scallion, minced
1 avocado, diced
½ cup shredded kale (thinly sliced)
1 ear fresh corn, or ½ cup frozen, thawed
unsweetened salsa
sour cream
cilantro for garnish
salt and pepper

Instructions:

1. Preheat your oven to 425 degrees. Poke several holes at the top of 2 sweet potatoes and cook them in the oven (holes facing upward) for 1 hour, or until soft.
2. While roasting the sweet potatoes, cook the corn kernels briefly in a frying pan until lightly browned (no oil needed). Chop your veggies.
3. Slightly massage the shredded kale with a dollop of olive oil and salt, until glossy and slightly softer (takes about 30 seconds.)
4. Slice the potatoes in half lengthwise and serve with all toppings piled on top.



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