

# HILLCREST NEWSLETTER

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## HCCA 2015 HOLIDAY LUNCHEON COMMITTEE THANKS YOU

*Thanks to each and every person who helped to make our annual HCCA Holiday Luncheon a success. Your attendance, your help with decorating, registration, printing, playing Santa, or just being called to "pinch hit" where needed were essential in making sure that "a good time was had by all!" The Hospitality Committee welcomes suggestions or helpful criticism to ensure that succeeding events will be as good, if not better next year.*

*Yvonne Burke  
 Hospitality Committee Chairperson*

## COMMUNITY CONCERNS MEETING LED BY HCCA BOARD MEMBER, MICHELLE PEETE



Yearly, the chairs of each committee submit work plans to the board to discuss issues that their committees would like to undertake based on the descriptions for their committees in the by-laws. It is time for each committee to submit new work plans, and the committees want to hear from you. For the next several months, as a regular feature of the monthly

meetings, Michelle Peete, Fundraising Chairperson, will lead discussions of the community's concerns in reference to each of the Associations' committees. This will ensure that when the committee chairs propose their new work plans, the committees will take into consideration the concerns of the community.

For January, we will discuss the **Legislative Committee**. At a minimum, this committee shall track, monitor, and study all legislative orders, rules, and regulations within the Council of the District of Columbia that affect the Hillcrest community and Ward 7. This is a large undertaking. We are coming to the community to narrow the focus and make recommendations or suggestions on areas that are an immediate concern to Hillcrest and Ward 7.

Please come prepared to discuss your concerns. We look forward to hearing from you. If you are unable to attend the January meeting, but want to submit suggestions, please e-mail Boyle Stuckey at [bstuckey@hillcrestdc.com](mailto:bstuckey@hillcrestdc.com).

**Special points of interest:**

- Hillcrest Community Civic Association Meeting  
 Hillcrest Recreation Center  
 32nd and Denver St., SE  
 Saturday, January 9  
 10:30 AM to 12:30 PM
- Friends of the Francis A. Gregory Library Meeting  
 3661 Alabama Ave., SE  
 Monday, January 4  
 7:30 PM
- PSA 606 Police Community Meeting  
 East Washington Heights  
 Baptist Church  
 2200 Branch Ave., SE  
 Wednesday, January 20  
 6:00 PM to 7:00PM
- ANC 7B Monthly Meeting  
 Ryland Methodist Church  
 3200 S St., SE  
 Thursday, January 21 7:00 PM to 9:00P

**NEIGHBORHOOD WATCH TRAINING****COMMUNITY HALL**

**SAMANTHA NOLAN  
DC NW TRAINER**



**East Washington Heights  
Baptist Church  
2200 Branch Ave., SE  
(Branch & Alabama Ave)**

**Wednesday, January 20th @ 6 PM**

**JAMES PERKINS JR  
Hillcrest Community Civic Association**

**PUBLIC SAFETY & EMERGENCY  
PREPAREDNESS Community**

**Neighborhood Watch**



**Community teacups, Community jug,  
Community sink, Community jug**

**Community sing song, Community play,  
Community disco, Community weh –hey**

**Community meetings, Community minutes,  
Community serious, Community limits**

**Community knitting, Community chess,  
Community worship, Community bless**

**Community weddings, Community kiss,  
Community baby, Community bliss**

**Community playgroup, Community balls,  
Our lives are enhanced by community halls**

**- Annabel Tellis**

[www.culturaldevelopment.net](http://www.culturaldevelopment.net)

**OLD SCAMS FOR THE NEW YEAR**

There will be new scams that will surface in the year 2016. But the object of all scams is an old purpose--tricking you and me into parting with some of our money by fraudulent means. There are at least two classes of scams. One tempts the gullible and greedy to get something for nothing. The second preys on fear and doubt to take something from the innocent. Here are a few scams that have been dangled before Hillcrest residents in the year 2015.

The first example is almost legal--meaning it probably could not be prosecuted. A resident of Hillcrest was pleased that the D.C. Government recently completed a new sidewalk and curb construction in front of her house. The concrete had not been dry for long when a truck with the name of a plant nursery on its doors pulled up and made the following offer to the home owner: "Hey lady, give us \$50.00 and we will plant a new tree in the space between your sidewalk and curb."

"No thank you," she said. She knew that after the construction was finished, the city would place new sod in the sidewalk box. Then in the following fiscal year the city would plant a tree that was appropriate. The city would require the contractor to keep the new tree watered for a year, all of this at no charge to the home owner.

Another fraud that was dangled before a Hillcrest resident was a threatening telephone call that went something like this: "This is ??? from the Legal Affairs Division of the U.S Treasury Dept., Barrister Number ????? calling with reference to ???????. To avoid being arrested, we need to hear from you before charges are pressed against you.

Of course, this call is obviously fraudulent. The call was ignored and nothing happened. The U.S. Treasury does not conduct its business by phone! A recent reliable publication offered a website in which such calls can be reported: [www.consumer.ftc.gov/articles/0076-phone-scams](http://www.consumer.ftc.gov/articles/0076-phone-scams).

Another scam was revealed to a Hillcrest resident when she received a legitimate letter from the Internal Revenue Service. This letter did not ask for money, but informed her that the IRS had detected that someone had stolen her

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# A "GREEN" WINTER



The past few weeks may not seem like our typical December cold but it's best to be prepared for the snow and ice when it comes. A little research shows there are some safer highly effective alternatives to the usual de-icing products.

**Organic Salt Free De-icer** – This product costs more than salt-based products, but it is an effective tool for removing snow and ice.

**Kitty Litter** – Frankly, kitty litter does little, if anything, to remove ice. It does, however, help you gain traction so you can walk without slipping as much.

**Sugar Beet Juice** – Cities are turning to this as a viable tool for colder weather ice and snow removal as well as to stretch tapped salt supplies. You can use this to help lower the melting point of snow and ice. The added benefit is that it's safe for pets, people, plants, metals, and concrete.

**Alfalfa Meal** – Often used as fertilizer, alfalfa meal provides an effective green tool for melting ice and snow. Not only does it provide traction, but it's also highly effective – even when used in moderation.

If you aren't inclined to put in the work and sweat to remove snow and ice, then contracting with a snow removal service that specializes in green methods of removal is also an option. A few alternatives to help with tractions in icy conditions include sand, straw, wood chips and bird seed.

Here's to a safe, warm and "green" winter season!

This information is adapted from the following online article:

<http://www.plushbeds.com/blog/green/planet-friendly-alternatives-melting-snow-ice/>



## A Visual Guide To NEW YEAR'S RESOLUTIONS

**We start with good intentions but quickly lose strength. Why?**

**How many of us make resolutions?**

40 to 45% of American adults make one or more resolutions each year.

**How many of these resolutions are maintained over time?**

75% of people maintain their resolutions through the first week, 1 in 4 people can't even make it past the first week! To end the year, just 12% or 1 in 10 will achieve.

**88%** of all resolutions end in failure

**Drink Less Alcohol**

In the last 30 days...

- 50% of the adult U.S. population drank alcohol
- 19% binge drank
- 5% drank heavily

**\$106 billion** estimated annual cost to taxpayers

**79,000 deaths** annually attributable to excessive alcohol use. In fact, it is the 3rd leading lifestyle-related cause of death in US each year.

**Get a Better Job**

Unemployment rates are rising

4.7% Jul 2007, 10.1% Oct 2009, 8.6% Nov 2011

**Lose Weight**

33.8% of adult Americans are obese

Overeating increases the risk of many health problems, including heart attacks. Obesity causes 14% of attacks suffered by males and 20% of those suffered by females.

**\$107 billion** estimated annual cost to taxpayers

20% 14%

**Manage Debt**

Average Credit Card Debt

\$946 2004, \$1,645 2011

Are carrying record-high credit card balances.

**\$20,000 in debt** The average college graduate credit card debt has increased 47% between 1989 and 2004 for 25 to 34 year olds and 11% for 18 to 24 year olds.

**Quit Smoking**

Smoking-caused health costs per pack sold

\$10.47

\$5.58 The average price for a pack of cigarettes

**Reduce & Recycle**

The average person generates 4.5 pounds of trash every day

**1.5 tons** solid waste per year

Only 30% is actually recycled

**How do you achieve your goals**

**Goals for 10 years**

- Create your "big picture" of what you want to do with your life (or over, say, the next 10 years), and identify the large-scale goals that you want to achieve.
- Then, you break these down into the smaller and smaller targets that you must hit to reach your lifetime goals.
- Finally, once you have your plan, you start working on it to achieve these goals.

**1st.**

**Make SMART goals**

**S**

Specific or Significant

**M**

Measurable or Meaningful

**A**

Attainable or Action-Oriented

**R**

Relevant or Rewarding

**T**

Time-bound or Trackable

Sources: CDC | Substance Abuse and Mental Health Services Administration (SAMHSA) | National Institutes of Health (NIH) | U.S. Bureau of Labor Statistics | U.S. Environmental Protection Agency (EPA) | Journal of Clinical Psychology | Opinion Research Corporation | Mind Tools

## OLD SCAMS FOR THE NEW YEAR continued...

Social Security Number and had attempted to file a false tax return, hoping to steal a tax refund. The IRS caught the bogus attempt.

The IRS went on to suggest that in future years, the lady get a special "PIN" number from the IRS and use that number when filing her tax return. Such a number must be changed each year to make it more difficult for a crook to abuse a stolen Social Security Number. It is important to get the PIN number early each year, even before one is ready to file a tax return.

Let's help each other and inform those who may seem to be susceptible to this kind of thievery.

### HCCA Board

**Michelle Phipps-Evans, First Vice President**  
**Boyle Stuckey, Second Vice President**  
**Deborah Johnson, Secretary**  
**Monica H. Evans, Treasurer**  
**Kenneth Burke, Parliamentarian**  
**A. Frank Anderson, Chaplain**  
**Ruth V. Lewis, Chair, Communications**  
**Jeanne Contardo, Chair, Education and Recreation**  
**Mary Ross, Chair, Environmental and Beautification**  
**Michelle Peete, Chair, Fundraising**  
**Philip Hammond, Chair, Membership**  
**James Perkins, Jr., Chair, Public Safety/Emergency Preparedness**  
**Linwood Robinson, Chair, Streets, Traffic and Transportation**

### Have you paid your dues for 2016?

Your paid through date is on the mailing label of this newsletter. If the date is earlier than 2015, please send your payment now. The cost is \$15.00/year, \$24.00 for 2 years. Make check payable to HCCA and send to P.O. Box 30895, Washington, DC 20030 or you can pay by credit card at:

[www.hillcrestdc.com/paydues.htm](http://www.hillcrestdc.com/paydues.htm)

### Got Ideas!

Please email any ideas or articles for the newsletter by the 15th of the month to [hillcrestdc\\_newsletter@yahoo.com](mailto:hillcrestdc_newsletter@yahoo.com)

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