



Hillcrest Community Civic Association

"Working together for a better community"

[www.HillcrestDC.com](http://www.HillcrestDC.com)

P.O. Box 30895, Washington, D.C. 20030-0895

# HILLCREST NEWSLETTER

Hillcrest Community Civic Association Newsletter

July 2017

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## Guest Speaker: DAVID L. THOMPSON



United Medical Center, an acute care hospital, offers community based professional healthcare services to the residents of the District of Columbia. In the past twelve months, the hospital has hired 24 new physicians including primary care doctors, cardiologists, and other specialists. The hospital also continues to enhance the technologies that are used to help diagnose and treat illnesses.

David Thompson, with more than 20 years of experience, is an executive who has managed strategic communications programs for the federal government, Fortune 500 corporations, and public relations agencies. Mr. Thompson currently develops and manages internal and external communication strategies, community outreach programs, and creates advertising campaigns for the broadcast media and digital assets for United Medical Center. He writes and edits press releases, Op-eds, and feature stories. He also writes scripts for UMC video packages, radio/television ads, websites, and You Tube.

United Medical Center is passionately dedicated to improving the health and well being of the communities and individuals it serves. We will discuss the hospital's past as well as the future, specifically staffing and infrastructure improvements.

## Special Points of Interest

### HILLCREST COMMUNITY CIVIC ASSOCIATION MEETING

Hillcrest Recreation Center  
32nd and Denver Street, SE  
July 1, 2017  
10:30 AM to 12:30 PM

PSA 606 POLICE COMMUNITY MEETING  
East Washington Heights Baptist Church  
2200 Branch Ave., SE  
Wednesday, July 19, 6 PM

ANC 7B MONTHLY MEETING  
Ryland Methodist Church  
3200 S St., SE  
Thursday, July 20, 7 PM



**HILLCREST DAY 2017** will be held on **Saturday, September 30, 2017.**

Keeping in line with this year's theme "A Happy, Healthy Hillcrest," the event will include the entertainment, arts and crafts, and youth activities as previous years but will also include specific activities centered on physical fitness, healthy eating, and educational techniques that foster a healthier and happier mind, body, and spirit. **We need your help** to make this event a success. This event provides a wonderful opportunity to promote your business or organization by sponsoring the event with a banner, vendor table, or presentation. To make a financial contribution in support of Hillcrest Day 2017 please contact: Earl Williams, HCCA Fundraising Committee at [wearlliams@verizon.net](mailto:wearlliams@verizon.net) or 202-584.2703. If you would like to volunteer and or provide goods/services and/or lead an activity during Hillcrest Day, please contact Toya Carmichael, Hillcrest Day Chair at [HillcrestDay2017@yahoo.com](mailto:HillcrestDay2017@yahoo.com) or 202-677-5294.

## PSA 606 MONTHLY SAFETY AWARENESS

As you all may know by now PSA 606 has an increase of Theft from Autos and to prevent you from being victimized always try to park in a well-lit, open place. Thieves always like to steal from cars parked in places where they run the least risk of being seen. When you park your car away from home, always try to avoid places that:

- 1) are unattended,
- 2) have easy access,
- 3) are concealed from public view,
- 4) always remember to lock your vehicles,
- 5.) avoid leaving valuable items in plain view,
- 6.) always practice safety for yourself and others.

PSA 606 Community Liaison Officer  
Andre Persaud 202-698-2088,  
andre.persaud@dc.gov

## ARE LAWNS PASSÉ?

Recently on the online post, "Nextdoor Hillcrest", a neighbor asked for help in maintaining her lawn. She lamented that despite vigilant care, her lawn was overrun with weeds. A company was suggested whose name boasts the claim of producing lawns that would be the envy of the neighborhood. However one environmentally conscious neighbor said, "Please don't call (name deleted) or any other service that uses pesticides, herbicides, or fertilizers. These produce powerful greenhouse gases that are warming our planet, polluting our waters as they run off our lawns, and contain known carcinogens, which harm our pets as well as us. Please use an organic lawn service! And leave your clippings on the lawn for the best natural fertilizer ever!"

The above thoughts call to mind the questions: Is a lush, green, weed-free lawn practical in light of the well-known downsides that it creates? Is the damage we do to the environment in our plight to have a "great" lawn for three months of the year worth the ecological harm that our progeny and planet will inherit? The reasonable answer is no.

It is best to sow grass seeds in your yard. When the clover and other native plants come, so be it. Maintain it by regular mowing only; no fertilizer should be considered. If you have difficulty calling a yard of grass and other non-woody plants a lawn, call it a meadow. You might consider further enhancements with native trees such as the tall, strong Sweet Gum, or Oak. Smaller varieties of trees, such as Redbud, Sassafras, Red Maple, and Dogwood, are equally striking. The leaves of the Sassafras, and Red Maple, are enchanting. The Dogwood flowers in the spring and displays colorful leaves in the fall. The flowers of the Redbud are dazzling in the spring.

Native shrubbery that provide delightful displays most seasons, such as Winterberry, will add appeal. Additionally, planting an area of native plants such as Joe Pye weed, Echinacea, and Black-eyed Susan would be easy on the eye. Each of these grow several inches high and have beautiful, long lasting blooms. The only fertilizing needed is in January. Throw a handful of Epsom salt in the flowerbeds and around the trees and shrubbery.

The birds, bees, butterflies, and lighting bugs will love your meadow, and your part in helping to clean up the Anacostia River will be immeasurable.



The Spring real estate market for the Washington, DC region is in full swing and the homes in Hillcrest are showing a prosperous season. Many of the homes sold within the last forty-five (45) days sold for the asking price or higher. The median sales price for the sold homes was **\$496,500** according to the Metropolitan Regional Information Systems (MRIS) multiple listing service. They all sold within two weeks of being listed on the market!



## HILLCREST SENIOR DESMOND DINKINS WINS HCCA SCHOLARSHIP



The HCCA Education Committee is delighted to introduce this year's scholarship winner, Mr. Desmond Dinkins of Hillcrest.

Mr. Dinkins is a graduating senior at School Without Walls, where he challenged himself by taking AP classes and advanced Chinese, and participated in a study abroad trip to China. The scholarship committee was especially impressed by his creativity and leadership in developing an African American educational program for his peers in DCPS which included a walking tour, podcast and even t-shirts. He also served on a youth engagement committee for DCPS and the youth advisory council for the Mayor. He will attend Bucknell University in the fall and plans to study Engineering. Congratulations, Desmond—Hillcrest is so proud of you and we look forward to your future successes.

The HCCA Scholarship is awarded each year to one graduating high school student who lives within the defined boundaries of Hillcrest. This year's scholarship committee was comprised of Dr. Malika Faire, Dr. Yvonne Coates, Mr. Raymond Weeden, and Mrs. Monica Evans. We thank them for their service! The Education Committee gladly accepts donations to the scholarship fund. Checks may be made payable to the HCCA with the memo line "HCCA scholarship." If you have any questions, please contact [Jeanne.contardo@gmail.com](mailto:Jeanne.contardo@gmail.com)

Join the Hillcrest Community Civic Association  
on a trip to the



Delaware Valley's Premier Racing and Gaming  
Venue

The casino features slots, thrilling table games,  
a variety of dining options, and the excitement  
of live harness racing.

**The cost is \$45  
(with \$30 free play)**

For reservations contact: Sheila Brown @ 202-297-3883  
Nancy Harris @ 202-575-2696



Date:  
**Saturday  
July 29, 2017**

Depart 32<sup>nd</sup> & Denver  
Streets SE at 10am  
Depart Casino at 5pm



**Payment of \$45 is expected when seat is reserved.  
The casino will provide \$30 in free play. Seats must be reserved no later  
than July 7, 2017.**

## HILLCREST SENIOR OLYMPIAN

Under the auspices of the Department of Parks and Recreation, Washington, DC participated in the 2017 National Senior Games presented by Humana on June 2-15, 2017 in Birmingham Alabama.

Events included archery, badminton, basketball, bowling, cycling, golf, horseshoes, pickleball, race walk, racquetball, road race, shuffleboard, softball, swimming, table tennis, track and field, triathlon, and volleyball. In 2015, there were 9,989 national participants.

Hudie Fleming represented Hillcrest seniors in the games by again earning medals in numerous swimming events at this year's competition. He swam in six events against some of the best

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## HILLCREST SENIOR OLYMPIAN Continued...

swimmers in the country. In the three day of swim competition, he received two medals and four ribbons. His events were 100 and 200 yard individual medley; 200 and 500 yard freestyle; and the 100 and 200 yard backstroke. He was on the podium six times placing second through six.

The DC Senior Games were held on May 6-7; in 12-events Hudie Fleming received eleven first place gold and one second place silver metal.

On November 18, 2016, Hudie was inducted into the Howard University Bison Express Hall of Fame for being a member of the Bison Swimming team that won seven consecutive CIAA Championship titles.



### Got Ideas!

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

### Pay 2017 Dues

Make checks payable to HCCA  
Send to : P.O. Box 30895  
Washington, DC 20030  
Or  
[www.hillcrestdc.com/paydues.htm](http://www.hillcrestdc.com/paydues.htm)

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Hillcrest Newsletter brings you the information of the community

### HCCA Board

Karen Williams, President  
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STAMP  
HERE