



# The Penn Brancher

Newsletter for the Penn Branch Citizens Civic Association



**Next PBCCA Meeting: Tuesday, March 13, 6:30 PM**

in the **Pennsylvania Avenue Baptist Church** community room  
(entrance at the rear parking area of the church)

Welcome to the Winter 2018 edition of the Penn Brancher! We hope everyone had a safe and warm holiday season, and we're looking forward to what's to come for Penn Branch in 2018. Here's a closer look at some of the goings-on in our neighborhood right now!

## IS THERE A DOCTOR IN THE HOUSE?

Dr. Jalan Washington Burton

I don't know about you, but as it gets colder, our family tends to slow down. We spend less time outside and being active and more time just sitting.

As a Pediatrician, much of what I do is stress the basics: Get good sleep; eat healthier foods (mostly vegetables and fruits); cut down on fat, sugar, and salt; and do things to make you and your family feel good. These basics become even more important as the weather gets cold, and we are less active.

**SLEEP:** Many kids these days don't get enough sleep. Research shows that many of the behavior and learning problems we see in kids come simply from being exhausted. Most kids need 10 or more hours of sleep - that means going to bed around 8 pm and getting up at 7 am (parents, this gives you more time for yourself too!). And no TV, tablet, or phone 1 hour before bed.

**HEALTHY FOODS:** For the cold weather, try making veggie soup or beans and rice. Limit salty, sugary, and unhealthy snacks like chips and juice and instead, eat things like popcorn and baked crackers. I generally say no to juice, soda, sweet tea or Kool-Aid. Instead drink more water and eat fruit!

**WELLNESS:** Spend more time doing things that make you smile and laugh. Have dance parties and play board games. On nice days, get outside, rake leaves, or take a walk in some of our beautiful parks (we like group hikes in Fort Circle Park or along Anacostia Park). Invite friends and family to join you!

**BE GENTLE WITH YOURSELF:** It's okay to slow down in the winter; it's part of the rhythm of life. Just make sure to be as healthy as you can be!

*Dr. Burton lives on S Street with her husband and children. She sees patients under the age of 21 years old at Core Health and Wellness Centers, for appointments call 202-610-6106.*

## PENN BRANCH HAPPENINGS

**PBCCA Election of Officers** – Later this spring, PBCCA will hold elections for each of the following positions: President, Vice President, Secretary, Correspondence Secretary, Treasurer and Parliamentarian. Each officer shall serve for two years.

Elson Nash, 1714 33rd Pl., SE, is heading the nomination committee. If you are interested in running for elected office, please let Elson know on or before 31 March. As required by our by-laws, the nomination committee will present a slate of candidates for each open position at the April PBCCA meeting or your consideration. All PBCCA members are then invited to vote for officers at the May PBCCA meeting.

This is an excellent opportunity to serve your community and at an incredibly important moment; the neighborhood has several important projects that will require strong, community-based, leadership. There is no "time in neighborhood" requirement. Most of our long-term neighbors have already been board members at one time or another and want to see new neighbors take the torch.

**Senior Health and Wellness** – Did you know that seniors in our neighborhood have access to a wide variety of services, brought to us by our Senior Health and Wellness Committee volunteers? Our senior residents can request transportation to medical appointments and daily errands; assistance with medication management; and social calls and wellness checks at home. During the winter months, we can also offer assistance with snow removal and ice treatment. If you would like to take advantage of any of these services, or if you have a neighbor who

might benefit from such efforts, please reach out to Belinda Pauls-Anderson at (202) 584-0995 or Venice Adams (202) 584-7361. We look forward to a vibrant 2018.

**Penn Branch New Parents Group** – Alicia Wilson Yao, 3414 Carpenter St., SE, is coordinating the launch of a “new parents group” for residents of Penn Branch. Join other neighborhood parents who are working and learning together! This new community group will provide support for parents and caregivers in a non-judgmental, collaborative environment.

This group will get together regularly to discuss the joys and challenges of being a parent, as well as to coordinate outings and offer support to one another. If you are interested in joining this group, or if you have a neighbor who is interested, please e-mail [pennbranchmoms@gmail.com](mailto:pennbranchmoms@gmail.com).

### **Residential Trash Pick-up – Avoid A Sanitation Ticket**

We’ve recently seen an uptick in the number of trash cans and recycling bins left out in between weekly trash and recycling pick-up. Make sure you place trash and recycling containers out for collection no earlier than 6:30 pm the night before collection. Residents are required to then remove trash and recycling containers from public space by 8 pm on your collection day.

### **Stay Connected to Your Community**

Did you know Penn Branch residents communicate with one another on a variety of platforms? If you’d like to stay up-to-date on neighborhood goings-on, here are a couple of suggestions for how to get started.

Official Penn Branch community listserv — [penn-branch-dc@googlegroups.com](mailto:penn-branch-dc@googlegroups.com)

Next Door, the private, social network for our neighborhood — <https://nextdoor.com/neighborhood/pennbranch--washington--dc/>

**Questions email: [info@pennbranchdc.org](mailto:info@pennbranchdc.org)**

### **NEIGHBORHOOD NOTICES**

PBCCA will host Jeff Marootian, Director of the District Department of Transportation, at the March community meeting. Marootian joined DDOT from the United States Department of Transportation (USDOT) where he served as Assistant Secretary for Administration from 2015-2017 and White House Liaison from 2013-2015. This is an excellent oppor-

tunity for Penn Branchers to give voice to concerns regarding traffic on Pennsylvania Avenue, through traffic in Penn Branch, bike lanes, et cetera.

**Births** – Meagen and Dan LaGraffe, 3513 Carpenter St., SE, welcomed their first child, Mary Oliver LaGraffe, on January 15. Welcome to the neighborhood, Mary Oliver!

**Deaths** – Pastor Johnnie Lewis, 3830 Carpenter St., SE, passed away on November 11. Her husband of 38 years, William Lewis, and her granddaughter still reside at their Carpenter Street home. Mr. Lewis and family wish to thank the Penn Branch community for the thoughts and prayers during this difficult time.

Pier Wright Ormond, 3533 Highwood Dr., SE, passed away unexpectedly suddenly on February 11. Pier was an active member of our community, often walking with her grandchildren around the neighborhood. She is survived by her husband Jasper Ormond and her family.

*“Of many, we are One,” and we need your help to keep PBCCA informed about your neighbors who are sick, shut-in or who have passed.*

### **ARTICLES & ADVERTISEMENTS**

In 2018, we will be sending out quarterly installments of the *Penn Brancher*. We’re always looking for your suggestions on those items about which you’d like to hear. Also, we’re putting out a call for Penn Branch writers to submit stories or to share something newsworthy with the Penn Branch community. If you would like to contribute to the PBCCA Newsletter, please contact the Communications Committee via e-mail at [news@pennbranchdc.org](mailto:news@pennbranchdc.org).

**This publication update has been brought to you by:**

Jimmie Williams, President  
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Laverne Thomas Parliamentarian  
and the Communications Committee

**We’ll see you at 6:30 PM, Tuesday, March 13. Please join us online: [www.pennbranchdc.org](http://www.pennbranchdc.org) and on Twitter at [@pennbranchdc](https://twitter.com/pennbranchdc).**