

# Fiercely Imaginative: Arena Stage at Seventy

BY KATELYND ANDERSON

If you stand in the Molly Smith Study and listen closely you can hear the wind moving through Arena Stage. It moves with a unique energy and sound—not unlike that of Arena Stage itself. For the last seventy seasons, Arena Stage has been an anchor not just in our Southwest community, but in the theater movement as well. Rich in history, the company is one of the most important, innovative and revolutionary regional theaters in the country.

As a pioneer of the regional theater movement, Arena Stage was founded in 1950, calling the Hippodrome Theatre at Ninth St. and New York Ave., NW its first home. It quickly outgrew the space and moved to the gym of The Heurich Brewery six years later, in a space affectionately called “The Old Vat Theater.” The company came to Southwest in 1960, moving into its current location on Sixth St., into a complex that was built specifically for them by Harry Weese, who would go on to design the entire Metro system. In 1961, in what is now known as the Fichandler Stage (named for one of Arena’s founders Zelda Fichandler, who also served as its artistic



Photo Courtesy of Arena Stage

Arena Stage at the Mead Center for American Theater

director from its founding to the 1990-1991 season), Arena Stage opened as the first theater-in-the-round tailored specifically for the needs of an existing resident theater company.

Arena Stage has quite a long line of firsts, including as one of the first non-profit theaters. It was the first regional theater to transfer a production to Broadway with “The Great White Hope,” which opened

in 1967 and was sent to Broadway with its original cast including James Earl Jones, where it won a Tony Award for Best Actor (James Earl Jones) and Actress (Jane Alexander), as well as a Tony Award and the Best Pulitzer Prize for drama. The production would be named in 2015 as one of “Washingtonian’s” 50 Moments that Shaped Wash-

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## Here’s to the Next Chapter...

BY KATELYND ANDERSON, OUTGOING  
EDITOR-IN-CHIEF, “THE SOUTHWESTER”

This issue is my last issue as Editor-in-Chief, as I am leaving the neighborhood to put down roots in another quadrant of the District. It is only fitting that my last “official act” as a Southwest resident is to bid adieu to this neighborhood through the medium that gave me some of my first insights into the community—and opened so many doors to meeting countless neighbors.

When I first moved to SWDC 8 years ago, I never could have imagined the wonderful, vibrant, welcoming group of neighbors that I would have the opportunity to meet. Southwest is so much more than a zip code or area on a map. It is a community as unique as each of its residents.

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## A Farewell Message

BY BRUCE LEVINE, OUTGOING SWNA BOARD PRESIDENT

When my wife Sharron and I moved to Tiber Island in Fall 2013, I had it in my head to find ways to get involved in our new home neighborhood. I didn’t realize that when I asked Andy Litsky innocently for a suggestion as to how best to accomplish that that it would so quickly lead me to become involved with the Southwest Neighborhood Assembly (SWNA) as a Board member, interim President and then elected President over the past five years. I have decided to step down from the Board and the President position as of September 1, for a variety of reasons, but I am thankful for having had the honor of leading this venerable, and still vital, civic organization through a transition to ensure its relevance. More work clearly needs to be done but I feel good

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AN EXPLORATION OF  
WOMEN AT THE NATIONAL  
MUSEUM OF AFRICAN ART

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DC INSTITUTIONS  
HEADED TO SW

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PROTECT YOUR CHILD  
FROM HEATSTROKE

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KID’S CORNER

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(202) 251-1639

# Strength, Beauty and Power: An Exploration of Women at the National Museum of African Art

BY SHEILA WICKOUSKI

In adjoining galleries at the National Museum of African Art, two exhibits offer rare experiences in considering different expressions of art that emphasize the strength, beauty and power of women.

*I am...Contemporary Women Artists of Africa* (through July 5, 2020) features works of 27 artists from 10 African countries who explore through media as diverse as fabric to metal, the social, political and economic history that impacts this time in their lives. *Good As Gold: Fashioning Senegalese Women* (through September 29, 2019) focuses on the production, display and circulation of gold in Senegal and the use of it in jewelry to exhibit elegance and prestige.

Set in the center of *I am...*, is the eye-stopping *Esther*. Through painted scenes against gold background, this stunning silk gown encapsulates the struggles in the Niger Delta with diamond extraction and the hazards of war. Patience Torlowei, who has had outstanding success in the fashion world with her own internationally recognized design house, created this dress in honor of her mother. The power of the piece resides in both its beauty and underlying meaning of the power of love.

Looking through the open doorway, one can glimpse highlights of the adjacent *Good as Gold* exhibit with a glittering work by Senegal's "Queen of Couture," Oumou Sy. Evoking the historical memory of Senegal's signares, the 18th and 19th century Mulatto French-African women noted for both their beauty and economic savvy, this ensemble piece is set amidst



Photos by Brad Simpson

Above: *Good as Gold* is true to form.

At left: *Strength, beauty and power* are on display at the African Art Museum.



and viewing them across the adjoining galleries, with the realization of their varied historical connection to gold mining, reminds us what all this means beyond the exhibit. As a museum experience, it is a truly exhilarating and emotional moment.

There is so much more, however, that invites comparisons in both exhibits. This includes their shared relevancy for the portrayal of women in a variety of formats: from photographs, paintings and textile works, as well as the diversity in material from the elaborate filigree jewelry in *Good as Gold*, to the films and objects like aluminum cookware, as a global sculpture of the *World Under Pressure* in *I am...*

Each exhibit, and their treasures, is a treat well worth the time to explore—doubly so when viewed together.

a collection of 250 pieces and embodies the tradition and significance of gold in power and status.

These works were the first two fashion acquisitions of the NMAA collection,

believe are in the best interest of the SW Waterfront. There is much work to be done to help ensure that the quality of life here is all that it can be.

With that in mind, I want to encourage more of you to find outlets for contributing to that quality of life. Over the last few years, I have tried to recruit new blood into SWNA and our task forces and am glad to say that we have surfaced some terrific, talented people who are going to be helping us address issues ranging from transportation to open space to education. We are blessed with strong ANC leadership, a deeply involved Council-member representing us, and the SWBID which has become a critical asset for our neighborhood in a relatively short time. I believe that to fully leverage these

strengths we also need an active citizenry that works to ensure we have an inclusive community, that strives to preserve what is best about Southwest while also scanning the horizon for new resources, ideas and partners who can help to enhance our lives individually and collectively. Diverse voices should be welcomed and encouraged and I for one intend to push for that; at the same time, we collectively need to minimize unnecessary and unproductive divisiveness and instead direct our passion towards collaboratively addressing ongoing challenges.

My hope is that as I step back a bit there will be many of you who decide to step forward.

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## MESSAGE

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about what we have accomplished and the hands in which I leave SWNA, those of the amazing Donna Purchase who has agreed to be Acting President.

I have had the pleasure of working and making friends with so many people who bring great energy, creativity and effort to making Southwest (and DC more broadly) the best community it can be. I do not plan to disappear into the woodwork and in fact am already involved with the new Southwest Community Foundation and several of the task forces SWNA has spawned. I also have some other ideas that I'd like to pursue over time that I



## Amidon-Bowen Tutor of the Month



Photo Courtesy of Author

Audrey Hinton

BY AVA MILLSTONE

**T**hank you to all of our neighbors who tutored young people at Amidon-Bowen Elementary School this year. The tutoring program, part of Southwest Neighborhood Assembly's Education and Scholarship Task Force, had a successful first year and is recruiting volunteers for next year.

Read more below about Amidon-Bowen's Tutor of the Month: Audrey Hinton. Afterwards, if you feel inspired, sign up to learn more. There will be an Information Session for interested tutors during the evening the week of September 9 to kick off the 2019-20 school year. Please email [friends@communityscholar.org](mailto:friends@communityscholar.org) for more information and to sign up.

### Interview with Audrey Hinton:

#### How long have you lived in Southwest?

I worked in Southwest at the Department of Housing and Urban Development from 1973 to 2014. My husband and I moved to Southwest in 2012, shortly after our marriage.

#### What do you do in your professional life?

I have a Master of City Planning degree from MIT. I am currently retired, but most of my career was spent at HUD in supervisory and managerial positions, where I developed policy and procedures for privately-owned multifamily developments.

#### What made you get involved in the tutoring program at Amidon-Bowen?

For almost 20 years I volunteered with the High Expectations program, a mentoring program for girls at Jefferson Academy. When I heard that a tutoring program was being organized at Amidon-Bowen, I knew I wanted to participate. The location was within walking distance

of home, I like math, enjoy working with children, and I would have an opportunity to give back to the community.

#### Describe your favorite moment so far from the program.

My favorite moment so far was when "my girls," as I referred to Melissa, Amber and Giselle, did a cheer (with cartwheels) for me and sang songs! This had nothing to do with math, but I believe in having fun too.

#### What is one thing you enjoy, appreciate or respect about your students?

I appreciated how smart my girls were and their interest in learning. Some days they found the lessons "too hard." Then I would find other ways to explain the lesson. For example, to show how fractions are used in daily life, I took four, spoon-shaped measuring cups to the class—one cup, one-half cup, one-fourth cup, and one-third cup—and we pretended to bake a cake. Eager to learn, my girls stuck with it until they got it!

#### Why should other Southwest community members consider joining the program as tutors next year?

In light of the low test scores in reading and math at Amidon-Bowen, I think it is incumbent among the Southwest community to do what we can to help the students. It doesn't take a lot of one's time and the school is nearby. We meet once a week for only an hour, which goes by quickly. Preparation time, for me, was only about 15-20 minutes to look over the lesson and give thought to how I would present it. More than that is the sense of joy and sense of accomplishment one will feel, as I surely did, when the students finally "get it."

## DC STORM & Jefferson Students Tackle Hampton Roads, VA

BY JAY SHORTER

**O**n the weekend of June 28 through June 30, DC STORM (Students Taught Organization and Respect through Mentoring) traveled to the Hampton Roads area of Virginia. All members of DC STORM attend middle school at Jefferson Academy. The trip was considered a college tour led by Jay Shorter and Ronald Hines and funded by the Friends of Southwest DC.

The students visited the campuses of Norfolk State University, Old Dominion University and Hampton University during their visit. Hampton University provided a strong educational opportunity, where DC STORM members climbed the Emancipation Oak Tree where President Lincoln made a famous speech which freed the slaves in the Hampton Roads Area of Virginia. Then, the kids engaged in a STEM class where they were provided step-by-step instructions how to make a paper dolphin move up and down using copper wires, three small card-

board trays, a thread spool, a plastic straw and tape. After students constructed the board and the dolphin, the copper wires were attached to a battery and a computer with codes to make the dolphin move in an up and down motion by turning the spool. This was a great engineering project.

DC STORM also visited the Nauticus Museum where they got a chance to pet stingray fish, saw live baby sharks, and went fishing using magnets to catch metal fish. There were lots of hands-on activities in the museum like telescopes, radar trackers, light blinkers to send Morse code, and all types of artillery. DC STORM members boarded the USS Wisconsin Battle Ship docked just outside of the Nauticus Museum. There they got an opportunity to see how sailors lived on the ship, what tasks they were assigned and what tools and technology were available to them. All in all, the middle school students of DC STORM had a great educational experience thanks to the funding from the Friends of Southwest DC.



Harry Griffin is an artist from South Florida who works in photography, video, and installation. After receiving his Master of Fine Arts from the Yale School of Art in 2017, Harry was selected to be Clark Construction's Photographer-in-Residence. Harry has spent the last 1.5 years traveling the country capturing images from Clark jobsites and offices. Vibrant Matter, Social Constructs represents the culmination of these efforts.



## Waterfront Village Seeks New Executive Director

BY ANN KURZIUS

Longtime Southwest activist Bob Craycraft has announced he will be stepping down as Executive Director of the Waterfront Village by the end of the year.

"Bob was one of the instigators and architects who created our senior village from scratch," recalls President Barbara Ehrlich. "In May 2013 we held the first community meeting that drew over 200 people to discuss starting a village to help Southwest seniors age in their own homes. So a group of us brought on Bob—a former ANC commissioner and creator of the Waterfront Gateway Neighborhood Association and Neighbors of Southwest Duck Pond—as a consultant, to visit and learn from other villages and to help us navigate the complex process of organizing a non-profit organization in DC."

"In the three years since our 2016 launch as the city's 12<sup>th</sup> senior village, with Bob as our executive director, we've grown to nearly 190 dues-paying members, comparable to neighboring Foggy Bottom and Georgetown senior villages, and established ourselves as a viable, thriving neighborhood organization."



Photo Courtesy of Author

Bob Craycraft

Adds Craycraft, "We've been following the three-year launch plan recommended by the Village to Village Network, the national umbrella organization that serves as a resource for over 250 senior villages across the U.S. The general experience has been that the team that launches and grows a village through its first three years is not necessarily the best team to take it forward into maintenance mode for the future. 2019 is Year 3 for us, and I feel it's time for new blood—a new generation of

leaders to take Waterfront Village from here."

What's next for Bob? "I will always be an enthusiastic supporter of our Village," Bob assures. "Whether that's as a consultant, a volunteer, a part-time employee, or simply a donor needs to be up to the new Executive Director and the board. It's not necessarily a good thing for any new leader to inherit his or her predecessor on their staff."

The President and other Village officers are volunteers serving one-year terms. The nine members of the Village's board of directors serve three-year terms. The Executive Director is a paid staff position. It is currently full time, but the board's three-member search committee would consider dividing the role into two part-time positions if the right combination of people were found to share the job.

So far the Village has been based in Craycraft's home office, but the board will be testing shared office space at 800 Maine Ave. SW as of August, with office hours of 9 a.m. to 1 p.m., Monday through Friday. For information on the upcoming vacancy, becoming a member, or volunteering at Waterfront Village, call 202-656-1834.

## CHAPTER

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I am truly humbled to have had the privilege of seeing this neighborhood through a new and unique lens during my time as Editor-in-Chief. "The Southwester" is something special—having survived 56 years, in a day and age when most of us absorb the news in mere seconds by scrolling through a mini computer we are holding with one hand. I truly believe that this paper's longevity is because of the community that believes so deeply in its neighbors.

Each of you who reads the articles, contributes words and photos, and challenges us to be better and do better—you are all a part of this chapter of this story of our neighborhood. And for that, I am personally grateful. This paper is much more than just one person or a group of people.

I hope that you continue to be engaged in SWDC, be it volunteering with one of the plethora of organizations, attending an ANC meeting, or meeting neighbors at one of the wonderful and unique community events like Sunday Suppers at the Duck Pond.

No matter how you choose to engage, take a moment to pause and watch a Southwest sunset. It is something truly magical and unique, leaving you in awe at a fleeting moment. There is nothing else like it, nor like this community.

Thank you.

## Free Event on Resilience in the Face of Disaster

BY BEN CURRAN

Hello and greetings from the SW Emergency Preparedness Task Force otherwise known as "SW Strong!" We are a small but growing group of mostly SW residents interested in build-

ing a "disaster-resilient community" in SW—a community that is well-informed, self-reliant, supportive of all of our neighbors and ready to bounce back in the event of any kind of disaster, and have fun while we're at it. Recently the deluge

we faced was an eye-opener, we are in the beginning of hurricane season right now, and a few years ago many of us felt the August 23, 2011 earthquake. There are several other kinds of hazards that we face—large snowstorms, heat waves, ter-

rorism and fires.

Fortunately, we have a strong first responder community in DC and we have a proactive and well-coordinated Emergency Management Agency. But, as everyone knows, we each have some responsibility to think ahead, plan ahead, network among ourselves and take some basic preparedness steps. For example, having an emergency kit in your home, in your car, on your bike, on your back, and in your office makes sense so you can shelter in place or evacuate with some basic resources to help you and others until professional first responders arrive and give direction. Having a communications plan with your friends and family makes sense so that you can check in after a disaster and confirm your whereabouts, and/or have a place to evacuate to. The following are two useful resources with a lot of good emergency preparedness information: <https://www.ready.gov/> and <https://hsema.dc.gov/>.

Our group, SW Strong!, is hosting a talk on "A Resilient DC: How the District Plans to Thrive in the Face of Change" by Harrison Newton, Deputy Resilience Office, Office of the Mayor on Thursday, September 12 at the DC Yacht Club located at 800 Wharf St. SW. To enter the building please ring the bell and you will be let in.

The event is free. To reserve a spot please contact Ben Curran at [Ben@swna.org](mailto:Ben@swna.org) or 202-294-7043.

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# The Changing World We Live In

BY WILMA GOLDSTEIN

If vacations are meant to clear your head, help you relax and open you up to new ideas, plan a staycation next July and attend the Global Cities Team Challenge (GCTC) Expo. Several members of SWNA's Aging in Style Task Force attended GCTC at DC's Walter Washington Convention Center on July 10-12. There were many vibrant, dedicated people from cities all over the world who shared their best ideas on how to prepare for a future that is very different from the one in which we all grew up.

The attendees were mostly from the 100 cities around the world selected in 2013 by The Rockefeller Foundation to help respond to the physical, social and economic changes of the 21st century. Washington, DC is one of those 100 cities. As one of the speakers noted, "when personal computers first came into use, they were not connected to anything and now connectivity is part of everything from the cars we ride in to the watches we wear on our wrists." The first task of

the Smart Cities Challenge—building inter-connectivity—is now well on its way, so the Rockefeller Foundation ended its participation this year. But the cities are now continuing to meet the challenges coming our way to live in this constantly changing world.

Aging-in-Style co-founders Marjorie Lightman and this author spoke at two events during the week. We were joined by our colleague Vania Georgieva, touring discussion groups and exhibits. Considering the fact that over 500 people attended this conference, they were able to create a feeling in all the breakout groups we attended of intimacy and comfort, making it easy to participate.

This can be an exciting time for all of us in the United States. Our presentations addressed the goals of the Smart City movement through the eyes of seniors. Too many people and institutions are still practicing the old paradigm about seniors. We are not sitting around checking off items on our bucket lists waiting to die. We are the fastest-growing age group

See "World," page 10

## DC Institutions Headed to SW *SW to House the HQs of Smithsonian and Metro*

BY SOUTHWESTER STAFF

Southwest will soon welcome two well-known DC institutions into its neighborhood: The Smithsonian Headquarters, which has been occupying some office space down here for a while, and the Washington Metro Area Transit Authority's headquarters, known fondly as WMATA.

The Smithsonian is moving its headquarters from the iconic castle, its oldest building constructed in 1855, to 600 Maryland Ave. SW—right next to L'Enfant Plaza (with metro access), while its 17-acre property on the Mall undergoes a potential 20-30 year long renovation project estimated at \$2 billion.

The process began in 2012 and imagines a complete overhaul of several buildings, including a new Mall-facing entrance for the National Museum of African Art and Freer Sackler Gallery, seismic reinforcement, updated mechanical systems, improved visibility and access to the Hirshhorn and sculpture gardens, expanded visitor services (including retail), among other things. The staff will start the move between 2020-2021. You can find out more here: <https://www.southmallcampus.si.edu/project-overview.html>.

view.html.

They come in pairs. WMATA is also making the move down to SW and will leave the "brutalist" confines of the Jackson Graham building at 600 Fifth St. NW in Penn Quarter. This move comes astride an effort to rein in its sprawling office space "footprint" from 10 buildings, spread across the District, Virginia, and Maryland, to just three. WMATA plans to have their current, outdated space renovated and sold sometime next year.

WMATA's new home at 300 Seventh St. SW (also not far from the metro, the Virginia Railway Express, and several bus lines) will get a serious makeover by replacing its current facade of low-light windows with lots of glass, along with possibly three additional floors, a penthouse (for extra revenue), and some ground floor retail. Ostensibly, the new facility will be a third smaller than the current building and be built to LEED-Gold sustainability.

The 1300 employees currently housed at the old JG building will be disbursed amongst the remaining three facilities, with 1000 heading to SW and the rest going to the Virginia and Maryland offices.

Welcome to the neighborhood!



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# Journey to the Smithsonian Environmental Research Center

BY VIC SUTTON

The distance from Southwest DC to the Smithsonian Environmental Research Center (SERC) in Edgewater, MD is just thirty miles. But for a number of students from Southwest, a field trip to SERC felt like a visit to another planet.

The main focus of scientific work at SERC is the health of the Chesapeake Bay, and ways to defend it. But the Center also has an active program of educational outreach, and on June 27, the Youth Activities Task Force (YATF) of the Southwest Neighborhood Assembly (SWNA) organized a field trip to SERC.

The trip was organized by Thelma Jones, YATF Chair, together with YATF members Bonnie and Vic Sutton, who joined the trip as chaperones. YATF Treasurer Rick Bardach kindly provided transport.

The group set out for SERC at 9:15, from the office of the James Creek Resident Council whose President, Christine Spencer, had recruited eleven students to take part in the field trip. Two parents also joined the trip.

The students' first activity was a class about blue crabs. They learned how many legs a blue crab has, what its swimming

legs are for and how it uses its claws. They also learned how to tell the difference between a male and a female crab.

The group then went down to the SERC floating dock, on the Rhode River, to look at small mud crabs and see how they scurry for cover under oyster shells when threatened.

The next activity, probably the favorite, was to put on waders and go seining out in the water. A seine net is used to scoop up the fish, crustaceans and other creatures who live in the river waters. The students netted some small fish and plenty of little shrimp. When that activity wrapped up, a couple of students asked: "Can we stay here?"

Finally, students went for a hike through the wooded area next to the river. They saw a box tortoise, the remains of a small dead deer and a racoon skeleton, as well as lots of dragonflies.

It was a very hot day, but the students had hats, plenty of water, and lunch. The instruction from the SERC docents was excellent.

It was 3 p.m. before the group set off back to DC. Rick Bardach states that the students' comment was: "That was the best field trip ever!" And each student got to take home a cooked crab to eat.



Photo Courtesy of Author

Front, from left: Cecille Chen, Claire Adrian-Tucci, Corinne Irwin, Hara Ann Bouganim, Lauren Tabbara, Donna Hanousek; Rear, from left: Dan Felger, Dave Small, Stacy Baker, Brian Niemiec, Lynn Addington

## Community Spruces up Titanic Memorial Park

BY DONNA HANOUSEK

On Friday, July 5, the Friends of the Titanic Memorial Park (Friends) and the National Park Service (NPS) teamed up to weed, prune and plant the mid-century modern Titanic Memorial Park. The Friends also received a great assist from the Wharf DC and SWBID, who cleaned up the remnants of the neighborhood 4<sup>th</sup> of July celebration.

The volunteers pruned the shrubs near the north activity wells, so now there is a beautiful water view from the nearby benches; cleaned up and planted the concrete planters in the north part of the park; and painstakingly hand-weeded the north activity well—so the north end of the park

looks spectacular.

The Friends plan to do some major pruning and planting in the south end of the park as part of its fall clean up. Come and join us at a work party, or just come and enjoy the park. The park runs along the Washington Channel between N and P Streets, SW. From the intersection of 4<sup>th</sup> and P, walk west toward the water until you reach the Titanic Memorial, then hang a right until you get to the new Southwest Waterfront Park (at N St.). That entire stretch of property is the Titanic Memorial Park. Check it out, and if you care to learn more about the park or the Friends, you can visit our website at <https://www.fotmpdc.org> or our facebook page at [www.facebook.com/FOTMPDC/](https://www.facebook.com/FOTMPDC/).

## Southwest Sunday Suppers Return

The Southwest Sunday Suppers are back this month, bringing neighbors together over a shared meal to enjoy art and conversation. Every Sunday evening in August, the Southwest Duck Pond Park will play host to an intimate group of neighbors, bringing together long-time residents and newcomers, alike. Local entertainers will kick off each supper with engaging performances to help residents get to know their neighbors. Entertainment will be followed by supper provided by local restaurants.

Each Sunday will feature a different performance, with interactive theater from Playback Theatre Troupe returning from last year for the first Sunday, an Afro GoGo Roots workshop from Swamp Guinee for the second installment, musical chairs and painting from Robin Ha on the third Sunday, and magic and mentalism from Alain Nu, "The Man Who Knows," on the last evening.

This year's food providers will be SW Catering, Amsterdam Falafel, Station 4 and King Ribs.

Suppers will be held on Sunday, August 4, 11, 18 and 25 and will run from 4-6 p.m. at the Southwest Duck Pond Park.

This year marks the third installation of Sunday Suppers in the Duck Pond. The suppers are supported by the Southwest Business Improvement District (SWBID). Seating is limited and reservations will be available online the Monday before the supper at 10 a.m. at [www.swbid.org/sundaysuppers](http://www.swbid.org/sundaysuppers). Each individual may only reserve a seat for one of the four suppers. If you have any trouble with the event page, email [info@swbid.org](mailto:info@swbid.org).

## Op-Ed: Protect Your Child from Heatstroke

BY ANDREW ROSZAK

During the week of July 12, a needless tragedy claimed the life of a child in the Nashville-area. After being left alone in a car, a 3-year-old Smyrna boy died of heatstroke. His father was subsequently arrested for aggravated child abuse and neglect. Sadly, this marks the 20<sup>th</sup> child to die in a hot car in 2019. Nationwide, more than 900 children have died in hot cars since 1990.

It is time to do something.

This loss of life is not only devastating, but also totally preventable. As we approach the peak of summer, parents and caregivers need to be sure they are aware of these tragedies and understand the simple steps they can take to prevent them from occurring.

On average each year, 38 children needlessly die from heatstroke as a result of being trapped in hot cars. 2018 was

the worst year in history for child hot car deaths with a total of 52 children dying nationwide. Nearly 90% of these fatalities occur in children under the age of 3. Temperatures inside vehicles can climb to over 125 degrees in a matter of minutes—and cracking the windows simply does not help. These deaths are preventable and by incorporating a few simple steps we can avoid these tragedies:

- Look Before You Lock: Make a habit of opening the back door and checking the back seat every time you leave your vehicle, even if you believe your spouse has your child.
- Place an item you cannot start your day without (computer, cell phone, employee badge, etc.) on the floorboard in front of your child's car seat. This helps to form a habit so you will automatically open the back car door

See "Heatstroke," page 12



# FOURTH OF JULY AT THE WHARF!

**Ashley Kutcher**



It was a star-spangled day at The Wharf. There was live music throughout the day on the Pearl Street, Fish Market and Transit Pier stages, followed by a great view of the District’s fireworks set off from West Potomac Park.

**Blue Angel jets fly over the Washington Channel**



**Fireworks over Francis Case Memorial Bridge**



Photos Courtesy of Hoffman-Madison Waterfront

“Deeply affectionate...clever tribute”  
—USA Today

“Frank, funny and warm”  
—New York Times

AN INDOMITABLE ICON

# ANN

BY HOLLAND TAYLOR  
DIRECTED BY KRISTEN VAN GINHOVEN  
IN ASSOCIATION WITH DALLAS THEATER CENTER

**PLAYING THROUGH AUGUST 11**



JAYNE ATKINSON  
(House of Cards, Criminal Minds)  
as Ann Richards

Photo of Jayne Atkinson by David Dashiell.  
Courtesy of WAM Theatre.


“Joyfully intoxicating”  
—New York Times

PART OF THE AUGUST WILSON FESTIVAL

# AUGUST WILSON'S JITNEY

BY AUGUST WILSON  
DIRECTED BY RUBEN SANTIAGO-HUDSON

**BEGINS SEPTEMBER 13**



**70**  
arena  
stage

the mead center  
for american theater





# KID'S CORNER

# Spot the difference!



6. \_\_\_\_\_

**Word Scramble:** There are 278 words you can make from “dinosaur.”

## WORD SEARCH: HEAT WAVE!

D	B	N	V	K	T	F	O	R	O	J	U	K	P	S
W	S	O	M	D	F	L	D	Y	B	M	M	N	W	E
M	U	Y	B	B	M	T	H	T	M	P	F	I	I	T
G	Q	S	U	N	S	C	R	E	E	N	M	U	S	A
S	E	E	R	G	E	D	S	V	D	S	N	T	N	R
T	H	S	U	N	N	Y	Y	M	U	I	R	Q	K	D
J	E	O	X	L	T	T	E	I	G	O	S	W	M	Y
K	A	S	G	C	I	L	T	B	H	A	R	T	F	H
J	T	K	V	Z	S	C	T	S	V	X	J	T	U	C
W	W	M	S	S	Q	N	E	O	K	E	Q	P	P	O
A	A	R	Q	Z	M	W	S	C	Y	I	N	O	N	K
X	V	Q	R	C	V	J	M	C	R	V	N	W	Q	D
Y	E	P	R	R	O	E	O	F	P	E	N	V	A	U
I	G	M	M	E	E	H	G	P	G	P	A	F	J	Z
M	P	I	A	W	G	D	K	K	T	N	E	M	W	M

OUTSIDE  
SHORTS  
SUNNY  
SUNSCREEN  
SWIMSUIT

## Word scramble!

[illegible]





## New Record for DC's Longest Ice Cream Sundae

BY UNA YARSKY



Photo by Author

The longest ice cream sundae ever made in DC

On Sunday, July 21, Navy Yard's Ice Cream Jubilee set the city record for the longest ice cream sundae ever made. In honor of National Ice Cream Day, Jubilee employees created a 100-foot sundae that stretched across Yards Park's newly refurbished sundeck. Jubilee sold 200 tickets to the event, with prices ranging from free to \$6. Each guest received two scoops of Jubilee's signature flavors, including Bold Vanilla, Fresh Minty Chip and Honey Lemon Lavender. Visitors also had a chance to decorate their own sundae with a variety of toppings. Although the temperature reached nearly 100 degrees, the event was still crowded with DC residents trying to find an escape from the heat and celebrate both the annual National Ice Cream Day and the weekly "Sundae Sunday."



Photo Courtesy of Author

Ben Sands

## Jazz Night DC Presents Ben Sands: "This is My Story"

*Fundraiser for the SWNA Scholarship Program*

BY VYLLORYA EVANS

Among the stellar jazz performers that Westminster's Jazz Night DC has promoted, on August 9 at 6 p.m., saxophonist extraordinaire Ben Sands, affectionately known as SW's

Favorite Son, will lead a winning line-up, premiering his autobiographical presentation of art, music and the spoken word. "I believe in giving back to the community, specifically organizations and institutions

See "Ben Sands," page 15

## SWNA Celebrates its 2019 Scholarship Program College Graduates

BY BIANCA KERSELLIUS

The Southwest Neighborhood Assembly (SWNA) Scholarship Program is currently in its 45<sup>th</sup> active year, operating under the Education and Scholarship Task Force. Since its existence, the community-supported fund has helped more than 200 neighborhood youth achieve their educational goals by providing grants for college. Students who live in Southwest (zip code 20024) who have been accepted to an accredited college or post-secondary institution are eligible to be considered for a scholarship. This past spring, five scholarship recipients graduated from a four-year college or university. Each graduate has highlighted that the SWNA Scholarship Program has helped them achieve their academic goals.

Alysha Berry is a recent graduate of Washington Adventist University where she received a Bachelor of Arts degree in Psychology. Berry received her Associates degree from Hagerstown Community College in 2016. Berry is a member of Phi Theta Kappa National Honor Society as well as the National Society of Leadership and Success. Berry graduated from Riverdale Baptist High School in 2014, where she was an honor roll student, active participant in FBLA (Future Business Leaders of America), as well as a starter of the National Champion Girls Varsity Basketball team which led her to playing overseas in Germany. Berry continued to play basketball throughout college where she was recognized by ESPN as a top recruit and other sports media outlets as a phenomenal athlete. When Berry is not on the basketball court, she can be found volunteering within the community and spending time with her family and friends.

Tantania Brown is a recent graduate of Elizabeth City State University. Brown obtained her bachelor's degree in criminal justice this past May with the help and support from the SWNA Scholarship Program. "This scholarship has allowed me to fund my books as well as providing for my housing on



Photos Courtesy of SWNA

Alysha Berry



Tantania Brown



Janine Foster

campus for the duration of senior year," said Brown. Brown intends to use her degree by helping individuals in the mass incarceration system. Brown would like to give back to her community by starting a mentoring program, or helping youth find employment as a resource to keep them out of trouble. Brown is a graduate of Anacostia Senior High School and she excelled in basketball and academics growing up. Her former coach, Coach Skip Greene describes her as "having dedication like no other." He adds that her demeanor suggests a maturity well beyond her years. In her spare time, Brown can be seen playing basketball and challenging herself to becoming better on and off the court.

Janine Foster received a Bachelor of Arts in Human Relations with a minor in Fine Arts from Trinity University this past spring. Foster is a graduate of Amidon-Bowen Elementary School, Jefferson Junior High School and in 2014, Foster graduated from Booker T. Washington within the top 10% of her class. While in school, Foster became a member of Zeta Phi Beta Sorority Inc. where she served as the Second Vice President and Public Relations Chair. Foster recently signed a contract to work as an assistant teacher at CFMS (Christian Family Montessori School) with the hopes of obtaining a masters in either Early Childhood Education or Counseling to further her career within the school system. Foster expressed that the scholarship helped pay for books and housing while in school along with motivating her to constantly strive for greatness to make the community proud. In her spare time, Foster can be seen meeting new people and spending a lot of time with family and friends.

Kiana Livingston is a recent graduate of SUNY at Purchase College where she obtained her Bachelor of Arts in Creative Writing and Playwriting & Screenwriting with a minor in Psychology. Livingston is a graduate of Amidon-Bowen Elementary School, Howard University Middle School of Mathematics and

See "Scholarships," page 12



Photo Contest Winner:  
Kristen Greenwell



A Southwest dog, Buzz, enjoys the Wharf.

The Latest Ally to Clean the  
Anacostia River: Mussels

BY BETH HALL

Mussels are bivalve invertebrates that are filter feeders. Freshwater mussels are even known to consume e. coli—a particular need for the Anacostia River. In addition, they clean the water by eating algae, plankton and bacteria. They also help settle sediments

sels filters at least ten gallons per day they will be filtering about 50 Olympic-size swimming pools in a year.

The U.S. Fish and Wildlife service partnered with the Watershed Society to produce the mussels needed for the project. Volunteers help to install and maintain the floating baskets as well as

monitor the mussels’ growth and the survival rates among the different sites and species. In addition to the adult volunteers in the project, seven schools participate in an environmental education program where they are raising mussels in the classroom. The schools have been very creative in the ways they used the mussel project to meet learning objectives. For example, students at one school wrote poetry about their mussels while another is using the weekly mussel measurement activity as a math enrichment exercise.

The mussel project is one year old this month. Monitoring is done monthly. The July 15 monitoring showed that the average mussel was 2 inches—a fourfold increase since last year, when they were 0.5 inches on average. August will be the last monitoring month. In September, the mussels will be released to their permanent home in the river

bed at Kingman and Kenilworth lakes.

The Anacostia Watershed Society has produced a story map with more information about the project, which can be found by searching Mussel Power Story Map online. Volunteers are needed for the August monitoring. More information is available at [www.anacostiaws.org](http://www.anacostiaws.org).



Photo Courtesy of Anacostia Watershed Society

Notice how much a mussel grows over the course of one year.

on the river bed leading to clearer water which is good for needed plant life.

The Anacostia Watershed Society is currently propagating over 9400 mussels at eight sites on the tidal Anacostia River and one site in the ponds at Kenilworth Aquatic Gardens. There are three species represented. If each of these young mus-



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**(202) 569-3701**  
**hegensmaids.com**  
Veteran Owned Company

picnic in the Park

at Christ United

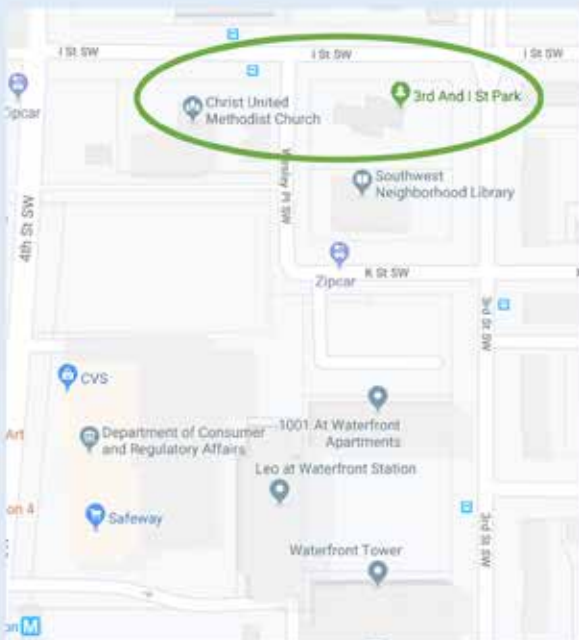
Methodist Church and  
the Library Playground

The SWNA Parks and Open Space Task Force invites you to join the **Friends of the SW Library and Christ United Methodist Church** for a picnic at the church's community garden and the 3rd and I Street Park. Bring your blankets, chairs, snacks, and drinks to enjoy two of our community's hidden gems with your SW neighbors!

**Location:** 900 4<sup>th</sup> Street SW / 300 I Street SW

**Friday, August 16<sup>th</sup>**

**6-9 pm**



WORLD

Continued from p. 5

throughout the world, are living longer in better health and have a great deal of human capital to offer.

The major takeaway from the GCTC Conference is how different the world has become. We recognize that is difficult for some, and the SWNA task force aims to make SW and our city be part of that different look. We invite you to join us. Watch for the next session in our brown bag lunch series as we feature speakers who address these fast moving changes. Find us on our blog: [aginginstylewordpress.wordpress.com](http://aginginstylewordpress.wordpress.com) and hang onto your seatbelts...it's gonna be a wild ride.





CULTUREHOUSE

10,000 square foot venue

SPREAD ACROSS 2 ARTFUL FLOORS + A 3,500 SF PATIO

Culture House plays host to some of the District’s most inspired events. Check out our brand new site [culturehousedc.org](http://culturehousedc.org) for information on renting the space. From weddings and fundraisers, to private dinners and other intimate celebrations, to album release parties and immersive performances, Culture House has room for it all.



CULTUREHOUSEDC.ORG





## SCHOLARSHIPS

Continued from p. 9

Science and School Without Walls Senior High School. Livingston plans to own her own production company as she intends to provide funding as well as a platform for artists of color to showcase their talents to the world. “As an artist of color, I know the importance of representation and having our stories heard. We can’t rely on others to give us the space and attention we deserve,” said Livingston. Receiving the SWNA scholarship has helped Livingston immensely throughout her undergraduate experience. “As a student, we have so much to worry about and focus on that not having to think about if I have all the funds to pay for school really allowed me to stay focus and put my all into my work and expand both my craft and my mind,” said Livingston. Livingston can be seen writing, directing and/or protesting for social justice issues faced by people of color in her spare time.

Tiffany Livingston is a recent college

graduate who is continuing to excel as she pursues her career goals after having support from the SWNA Scholarship Fund.



Kiana Livingston



Tiffany Livingston

Livingston received her Bachelor of Arts in Strategic Communications with a minor in Marketing from Hampton University this past spring. Livingston is a graduate of Benjamin Banneker Academic High School and she is also a member of Alpha Kappa Alpha Sorority Inc. This summer, Livingston will start her career with Johnson & Johnson as a part of their Vision Sales Leadership Development Program. When asked how the SWNA scholarship helped Livingston pursue her academic goals, she said the following, “This scholarship has definitely contributed to me being financially cleared every semester and I’m forever grateful.” In her spare time, Livingston can be found reading blogs or engaging in social media such as Instagram.

These graduates along with 2019 scholarship recipients will be recognized at the annual SWNA Scholarship Awards Ceremony on Sunday, August 4 at Westminster Church at 400 I (Eye) St., SW from 3-5 p.m. Presi-

dent & CEO of JMA Solutions, Jan Adams will be in attendance as a guest speaker of the ceremony. Adams is well-known throughout the SW community as she has donated more than \$30,000 towards the SWNA Scholarship Fund over the years.

We count on the generosity of friends and supporters like you to keep this noble initiative going. Thank you for your continued support. Donations can be made and additional information can be found at [www.swna.org](http://www.swna.org).

## HEATSTROKE

Continued from p. 6

and check the back seat every time you arrive at your destination.

- Make sure child care providers call you if your child does not show up as scheduled.
- Never leave a child alone in a car, not even for a minute.
- Clearly communicate who is getting each child out of the vehicle when more than one adult is present and always do a headcount of children.
- Keep cars locked and keys out of reach of children at all times to prevent children from getting in a vehicle on their own.

Please share these tips with others—including friends, family, and new parents. Knowledge is power and these tips may end up saving a life.

I strongly feel that it is our duty to protect children. I am grateful for the jurisdictions that have passed legislation

that provides protection to those that take action by breaking car windows, to save the lives of children (and pets) trapped in hot vehicles. If you find yourself in a situation where you witness a child or pet inside a hot car, call 911 immediately and have the emergency dispatcher walk you through the steps you should take.

Andrew Roszak serves as the Executive Director for the Institute for Childhood Preparedness ([www.childhoodpreparedness.org](http://www.childhoodpreparedness.org)). His daily focus is on protecting children by ensuring early childhood organizations have the skills, knowledge and resources to prepare for, respond to and recover from emergencies and natural disasters. The Institute for Childhood Preparedness is proud to partner with [KidsandCars.org](http://KidsandCars.org) to increase awareness of this important issue. You can find free fact sheets, safety tips, graphics and images at [kidsandcars.org](http://kidsandcars.org).

## ARENA STAGE

Continued from p. 1

ington, DC. In 1973 Arena Stage was the first regional theater to be invited by the US State Department to tour behind the Iron Curtain. The company was the second theater outside of New York to receive a Tony Award for theatrical excellence in 1976 (the first award was granted in 1948). Arena Stage was at the forefront of creation of audio description services for live productions in the 1980s, and today uses technology that captions the show in real time and displays them on hand-held devices for attendees.

For two years from 2008-2010, the home of Arena Stage underwent a massive renovation led by Artistic Director Molly Smith and Architect Bing Thom, which would for the first time in the company’s history bring all staff and operations under one roof. The renovation totaled \$135 million, and when it was completed in October of 2010, the complex would be renamed Arena Stage at the Mead Center for American Theater. This new complex reimagined the typical theater design, putting on display the administration areas, construction shops, and the common room where artists and staff interact. When complete, Arena Stage at the Mead Center for American Theater would host three theaters in three separate buildings all insulated in a 45-foot high “glass skin” held in place with heavy timber columns, each supporting more than 400,000 pounds on average. Spaced 36 feet apart, these columns also support the free form roof and 140-foot cantilever. The complex is the first heavy timber building structure to be completed in modern Washington, and the first time



this hybrid of wood and glass enclosure has occurred in the country. When completed, over 15,000 cubic yards of architectural concrete were used. As Edgar Dobie so accurately described the architecture “(it) promotes transparency... it is not predictable... it is floating, but yet grounded.” Three phrases that also fittingly summarize Arena Stage and its mission.

With a combined capacity of over 1,200, Arena Stage at the Mead Center for American Theater is now the second largest performing arts center in the District, behind only the Kennedy Center. Each year, over 300,000 individuals come to Arena Stage to see the world class productions. With another 100 events that happen at the complex each year, including weddings, annual meetings, career and job fairs, the number of individuals who walk through those glass doors is even higher.

Arena Stage is the largest company in the country dedicated to American plays and playwrights. Always looking to stay true to its roots, Arena Stage looks beyond the typical definition of a performance, specifically to tell those stories that impact America. It recently began a series of additional community conversations called the Arena Civil Dialogue series. These free and open to

the public conversations seek to provide an opportunity for members of the DC community to engage in civil discourse about issues in society and politics. The goal of each is to demonstrate that diverse viewpoints can still mean individuals have fruitful dialogues with one another. In another instance of telling the story of America, just last month, Arena Stage hosted an 11-hour marathon reading of the Mueller report, that included a diverse group of over 200 readers, including some from right here in Southwest, and even included “redacted” signs. As Molly Smith, the current Artistic Director who last summer celebrated her 20th season in the role noted, “Why read the Mueller Report at Arena Stage? As a theater focused on American plays and American stories, the Mueller Report is a far-reaching and intricate American story about DC and the people in it. This is our city and so many of these events happened here.”

The 70th season, as Molly Smith so accurately put it, has a focus on resiliency and the fighting spirit, and the line-up of productions appears to achieve just that. Productions include “Ann,” based on the life of legendary Texas Governor Ann Richards; “Jitney” which celebrates August Wilson, and kicks off the national tour of one of the Pulitzer Prize winning playwright’s greatest masterpieces; Disney’s “Newsies,” which will hit the stage this holiday season; and the international best-seller “A Thousand Splendid Suns.” The season will run now through May 31, 2020.

Even with its national and international success, the company has not forgotten the importance of the Southwest neighborhood in the role of its success and development. Arena Stage has long hosted Southwest

nights, select nights during each production where residents of Southwest can purchase discounted tickets. It also hosts a community day each summer, which feature a day full of live music, face painting, dance performances and even pony rides, in addition to the not-to-miss prop sale from numerous Arena Stage performances. (This year’s community day is taking place on August 24 from 1-6:30 p.m.). Many of the company’s employees choose to live in Southwest, meaning seeing actors out of character is not a rare occurrence in our neighborhood.

Having this world-renowned theater company in our backyard means that the vibrations of both communities interact with each other. Kids can think about arts as a place to spend their lives, community members can be encouraged by the stories and creativity they see, and hopefully bring those experiences out of the theater and into their lives. It shows that great theater can happen in our communities—not just in far away places.

Upon the reopening of Arena Stage, renowned architect Bing Thom, who passed away in 2016, is quoted as saying about the design “Together we have created a home for American theater that will allow audiences to interact not just with the art, but also with each other. We are convinced that the positive energy that will come from this building will send ripples—not just throughout S.W. Washington but throughout the region and artistically even further.” Standing and pausing amidst the glass and timber, one truly feels those ripples of energy and can almost see them moving this one-of-a-kind company, and our neighborhood, into the future.



# UNITE THE DISTRICT

UPCOMING HOME GAMES

PHILADELPHIA  
08.04

LA GALAXY  
08.11

NY RED BULLS  
08.21

STREAM D.C. UNITED MATCHES ON  
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# COMMUNITY CALENDAR

## AUGUST

**FRI 2, 6:30 P.M. Game Night.** First Friday of every month. St. Augustine's Episcopal Church, 555 Water St., SW, 202-554-3222, [www.staugustinesdc.org](http://www.staugustinesdc.org)

**SUN 4, 3-5 P.M. Southwest Neighborhood Assembly (SWNA)** Education and Scholarship Task Force Scholarship Awards Program. Guest speaker, Jan Adams, CEO of JMA Solutions. Light refreshments served. Scholarship donations accepted. Westminster Presbyterian Church, 4<sup>th</sup> & I St., SW

**FRI 9, 9 P.M.-12 A.M. and SUN 11, 1-8 P.M. Take My Hand Blues: Slow Drag.** A Weekend of Dancing and Research in D.C. All invited. For event registration, contact: <https://take-myhandblues.com/register>. Westminster Presbyterian Church, 4<sup>th</sup> & I St., SW

**SAT 10, 7-9 P.M. Faith & Film presents The Green Book.** PG-13(2hrs 10min) Winner of 53 Movie Awards including. True story film showing that color doesn't define us, but how we act ourselves and towards others, does. Subtitles for the hearing impaired. Refreshments served. Donations accepted. Westminster Presbyterian Church, 4<sup>th</sup> & I St., SW

**FRI 16, 6-9 P.M. Picnic in the Park at Christ United Methodist Church.** SWNA Parks and Open Space Task Force welcomes neighbors to join the Friends of the SW Library and Christ United Methodist Church for a picnic at the church's community garden and the playground at 3rd and I St., SW. Bring your blankets, chairs, snacks, and drinks. Free.

**TUES 20, 7 P.M. St. Matthew Lutheran Church Outdoor Family Movie Night!** "The Lego Movie." Popcorn and beverages provided. St. Matthew Courtyard, 222 M St., SW, 202-800-4600

**WED 21, 6 P.M. Thelma D. Jones Breast Cancer Fund (TDJBCF) Support Group Meeting.** Black Philanthropy Month Celebration. Opening remarks by Tracey Webb, Co-founder, Black Philanthropy Month; Founder, Black Benefactors & TDJBCF Board Member. Breast cancer champions will share their philanthropic efforts. Door prizes and a light fare provided. Meeting cosponsored by Black Benefactors. Questions or to RSVP, contact [thelma@tdjbreastcancerfund.org](mailto:thelma@tdjbreastcancerfund.org) or 202-251-1639. St. Augustine's Episcopal Church

**THURS 22, 6-7:15 P.M. Yoga Nidra led by Pamela Wilson.** Meditate, Chant, Breathe, and Relax. Move toward healing your Mind, Body and Spirit. Invite your family and friends. No experience necessary. Bring a mat and light covering. \$10 Donation suggested. Westminster Presbyterian Church, 4<sup>th</sup> & I St., SW

**THURS 22, 6:45 P.M. ABC Committee, ANC6D.** Alcohol license applications, renewals, enforcement and other issues. To be added to e-mail list for agenda & notifications contact Coralie Farlee, Chair, ABC Committee, 202-554-4407, [cfarlee@mindspring.com](mailto:cfarlee@mindspring.com). Harbor Patrol, 550 Water St., SW

**THURS 29, 7-8:30 P.M. Monthly Labyrinth Walk with Live Music.** Westminster Presbyterian Church, 4<sup>th</sup> & I St., SW

**SAT 31, 1-3 P.M. Thinking About Jazz presents Jelly Roll Morton: Jazz's First Arranger.** Widely recognized as a pivotal figure in early jazz, Morton was jazz's first arranger, proving that a genre rooted in improvisation could retain its essential spirit and characteristics when notated. His composition "Jelly Roll Blues" (1915) was the first published jazz composition. Light lunch served. Free. Presenter: Rusty Hassan. Westminster Presbyterian Church, 4<sup>th</sup> & I St., SW

**SAT 31, 1:30 P.M. SW Library Book Discussion.** Copies of the August book, "Killers of the Flower Moon" by David Grann, will be available at the Duck Pond. Weather permitting, discussion will be held at the SW Duck Pond. When the Interim Library located at 425 M St SW opens this summer, the following activities will occur there: Mon: Arty Afternoons—crafts for elementary school age children; Wed. evenings—Pajama story time; Thurs. Sit & Knit—knitting and conversation for adults. All dates/times TBA. For more details on the interim location see [dclibrary.org/newsouthwestlibrary](http://dclibrary.org/newsouthwestlibrary)

## WEEKLY, BIWEEKLY

**ADULT BEGINNER TENNIS, Thursdays and Fridays, 6:30-8:30 P.M.** All Ages, Randall Recreation Center

**ADULT BEGINNER TENNIS, Saturdays, 1-2 P.M.** Ages 18+, King Greenleaf Recreation Center

**ADULT INTERMEDIATE TENNIS, Tuesdays, 5:30-6:30 P.M.** Randall Recreation Center

**ALZHEIMER'S ASSN CAREGIVER SUPPORT GROUP, 2nd Tuesdays of the month, 10:30-11:30 A.M.** Free and open to the public. Faith Presbyterian Church, 4161 S. Capitol St., SW

**ALZHEIMER'S ASSN CAREGIVER SUPPORT GROUP, 4th Thursdays of the month, 11 A.M.-Noon.** Free and open to the public. St. Matthew's Lutheran Church, 222 M St., SW

**ARTS FOR KIDS, Tuesdays, 5-6 P.M.** Ages 6-12, Michelle Edmonds, King Greenleaf Recreation Center

**BALLET, Saturdays, 10:15-11:15 A.M.** Ages 6-12, Alexis Miller & Jilian Carter, Randall Recreation Center

**BALLET, Saturdays, 11:15 A.M-12:15 P.M.** Ages 3-5, Alexis Miller & Jilian Carter, Randall Recreation Center

**BASKETBALL,** Ages 5-6 on Tues. & Thurs., 5-6 P.M.; Ages 7-8 on Thurs. & Fri., 6-7 P.M.; Ages 9-10 on Tues. & Thurs., 7-8 P.M.; Ages 11-12 on Tues. & Fri., 7-8 P.M.; Ages 13-14 on Fri., 8-9 P.M. All at King Greenleaf Recreation Center

**BLUES MONDAYS, 6-9 P.M.** Various Blues musicians and singers featured each Monday. \$5 cover and food for sale. Schedule at [www.westminsterdc.org/blues.html](http://www.westminsterdc.org/blues.html), Westminster Presbyterian Church

**BREAD FOR LIFE, Sundays, 8-8:45 A.M. Free Breakfast,** Hot Breakfast of eggs, pancakes, sausage, biscuits, juice and coffee. Seeking Volunteers to help cook, serve and set-up. Contact: [chee-cheemathis@staugustinesdc.org](mailto:chee-cheemathis@staugustinesdc.org). St. Augustine's Episcopal Church Community Room

**CENTERING PRAYER, Thursdays, 11:45 A.M.** St. Augustine's Episcopal Church

**COMMUNITY BREAKFAST, Every 3rd Saturday, 9-11 A.M.** Rear entrance of Christ United Methodist Church, 900 4th St., SW, across from SW Library. \$5 donation

**COOKING LEVEL 1, Wednesdays, 5:30-7 P.M.** (Boys) Ages: 8-13, Safiyyah Aleem-Woods, King Greenleaf Recreation Center

**DOMESTIC VIOLENCE WALK-IN CLINIC, Wednesdays, 1-4 P.M.** Westminster Presbyterian Church

**The DC DRAGON BOAT CLUB** will be hosting beginners practice **every Saturday** unless we are racing that weekend. Please register on Meetup and before your first practice, remember to complete the waivers. (1) Sign Up on MeetUp <https://www.meetup.com/Dragon-Boat-Club> (2) Complete our waivers on [dcdragonboat.org](http://dcdragonboat.org)

**EVENING PRAYER, Tuesdays, 6:30 P.M.** St. Augustine's Episcopal Church

**FEDERAL CITY RUNNERS TUESDAY NIGHT GROUP RUN, Tuesdays, 6:30 P.M.** Meet by Waterfront Metro exit (near Safeway). Run distance: 4-5 miles. Runners of all paces welcome! Run year-round in rain, snow, or shine. RSVP at [www.meetup.com/fcrunners](http://www.meetup.com/fcrunners) to receive run updates or just show up!

**FITNESS BOOTCAMP, Mondays and Wednesdays, 5-6 P.M.,** Ages 7-12, Randall Recreation Center

**FITNESS BOOTCAMP, Mondays and Wednesdays, 6-7 P.M.** Ages 18+, King Greenleaf Recreation Center

**FITNESS BOOTCAMP, Wednesdays and Fridays, 6:30-7:30 P.M.** Ages 18+, Randall Recreation Center

**FLAG FOOTBALL, Mondays-Fridays, 6-9 P.M.** Ages 9-12, David Freeman, Randall Recreation Center

**FLAG FOOTBALL, Mondays-Fridays, 6-9 P.M.** Ages 11-12, David Freeman, Randall Recreation Center

**FLAG FOOTBALL, Thursdays, 6-7 P.M.** Ages 14+, Nathaniel Green, King Greenleaf Recreation Center

**FOOTBALL 8 U, Mondays, Wednesdays and Fridays, 6-7 P.M.** Ages 7-8, Ronald Hines, King Greenleaf Recreation Center

**FREE DCROW hosts Rows for seniors every 4th Friday and The Heroes Row (for vets, active duty military and first responders) every 3rd Saturday.** More info: <https://www.dcrow.co>

**FRIDAY NIGHT FISHING, 5:30-8:30 P.M.** Free event for kids and families, and fisher-folks young and old! At the docks at Diamond Teague Park (in SE across from the baseball stadium)

**GOTTA SWING Dance Classes, Beginners & Intermediate., Wednesdays through August 28. 7-10 P.M.** Westminster Presbyterian Church

**HAND DANCING, Saturdays, 1-3:30 P.M.** Ages 18+, Volunteer, King Greenleaf Recreation Center

**HOT BREAKFAST SERVED Sundays, 10 A.M.** Freewill Donation Accepted. All Welcome. Westminster Presbyterian Church

**JAZZ NIGHT IN SW, Fridays, 6-9 P.M.** Various Jazz musicians and singers featured each Friday. \$5. Food for sale. Schedule at [www.westminsterdc.org/jazz.html](http://www.westminsterdc.org/jazz.html). Westminster Presbyterian Church

**JOB SEEKING ASSISTANCE,** resume writing, mock interviews, and other job assistance. All are welcome. For more info call D.C. Mentoring and Assistance Program (D.C. MAAP) at 202-816-8572 or email [wearedcmaap@gmail.com](mailto:wearedcmaap@gmail.com)

**JUNIOR BEGINNER TENNIS, Mondays, Wednesday and Friday, 3:30 P.M.-5:30 P.M.** All ages. Randall Recreation Center

**JUNIOR BALLET, Monday-Fridays, 3:30-4:30 P.M.,** Ages 6-13, Shaunte Anthony, Randall Recreation Center

**KEYS TO FREEDOM N/A Group, Tuesdays, Noon-1 P.M.** St. Augustine's Episcopal Church

**The KIWANIS CLUB OF SOUTHWEST WATERFRONT, every first and third Monday, 6:30-7:30 P.M.** Christ United Methodist Church

**KADAMPA MEDITATION CENTER, Sundays, 10-11 A.M.** Advice for Life and Kids Class (Not on 8/4/19). **Thursdays, 7:15-8:30 P.M.** Thursday Night Meditation Class. Weekly Chanted Prayers: **Tuesdays, 5-6 P.M.** Heart Jewel; Sundays (Wishfulfilling Jewel w/tsog) **Sunday, August 11, 3:00-5:30 P.M.** Mental Balance w/Gen Demo. Price: \$25 (\$12.50 for Student/Seniors—Included for members). **Tuesdays August 13, 20 & 27, 7:30-8:30 P.M.** Taming the Mind, 3-Part Series w/ Kelsang Yongchog, Price: \$12 (\$6 for Student/Seniors—Included for members) **Wednesdays August 14 & 21, 7:30- 8:30 P.M.** Fundaments of Meditation, 2-Part Series w/Gen Demo. Price: \$12 (\$6 for Student/Seniors—Included for members) The Temple will be closed Aug. 1-7 for the International Summer Festival. 1200 Canal St., SW, [info@meditation-dc.org](mailto:info@meditation-dc.org)

**KOMEN TOASTMASTERS INTERNATIONAL meets every 1<sup>st</sup> and 3<sup>rd</sup> Saturday, 10:30 A.M.-Noon.** All are welcome. Details at: <https://www.toastmasters.org/Find-a-Club/00008714-00008714>, Westminster Presbyterian Church

**MACHINE PITCH, Monday and Wednesdays, 6-7 P.M.** Ages 6-13, King Greenleaf Recreation Center

**NARCOTICS ANONYMOUS, Wednesdays, 7-8 P.M.** Westminster Presbyterian Church

**PANCAKE BREAKFAST, Sundays 8-8:45 A.M.** St. Augustine's Episcopal Church

**PICKLE BALL, Tuesdays, 10:30 A.M.-1 P.M.** Ages 55+, Volunteer, King Greenleaf Recreation Center

**PRESCHOOL STORY TIME, Every Monday in August, 10:30 A.M.** Politics and Prose at The Wharf

**PRESCHOOL STORY TIME, Every Wednesday in August, 10:30 A.M.** Blue pavilion adjacent to Waterfront Metro station

**RED HAT SOCIETY,** Ladies over the age of 50 are invited to participate in monthly get-togethers, outings, parties, a book club and more. Contact: [mlowdc@yahoo.com](mailto:mlowdc@yahoo.com)

**SEATED YOGA TWICE A WEEK, Mondays, 11 A.M-Noon and Wednesdays, 4-5 P.M.** Pamela Wilson guides a gentle series of movements designed to free the joints and ease the mind. This is part of Westminster's Wellness program. Westminster Presbyterian Church

**SENIOR BINGO, Mondays and Thursdays, 1-3 P.M.** Ages 55+, Lykeyia Lucas, King Greenleaf Recreation Center

**SOUTHWEST RENEWAL A/A Group, Wednesdays, 7 P.M.** St. Augustine's Episcopal Church

**SOUTHWEST WATERFRONT AARP Chapter 4751** monthly luncheon meetings will resume in September. For further information, contact Chapter President Betty Jean Tolbert Jones, [bettyjeantolbertjones@yahoo.com](mailto:bettyjeantolbertjones@yahoo.com) or 202-554-0901

**ST. AUGUSTINE'S EPISCOPAL CHURCH, Sundays, 8-8:45 A.M.** Bread For Life Pancake Breakfast, **9:30 A.M.** Worship Service and Holy Eucharist. All Are Welcome. 555 Water St., SW

**ST. MATTHEWS LUTHERAN CHURCH, Sundays, 9:30 AM.** All are Welcome. 222 M St. SW

**SUPREME TEENS, Mondays, 6:30-7:30 P.M.** Ages 13-19, King Greenleaf Recreation Center

**SUPREME TEENS, Wednesdays, 4-6 P.M.** Ages 13-18, Randall Recreation Center

**SW FREEWAY, NA, Wednesdays, 7-8 P.M.** Westminster Presbyterian Church

**SW WATERFRONT HOOKS AND NEEDLES GROUP, Mondays 2-4 P.M.** Velo Café at District Bike & Hardware at The Wharf. All fiber crafters welcome

**SWING DANCE CLASSES, Wednesdays, 7-9:30 P.M.** Westminster Presbyterian Church

**TEE BALL, Tuesdays and Thursdays, 5-6 P.M.** Ages 3-6, Chamia Day, Randall Recreation Center

**TEE BALL, Tuesdays and Thursdays, 5-7 P.M.** Ages 3-6, Nathaniel Green, King Greenleaf Recreation Center

**TENNIS ABC-Agility, Balance, Coordination, Mondays and Wednesdays, 1-2 P.M.** All ages. King Greenleaf Recreation Center

**TENNIS ADULT BEGINNER, Saturday, 1-2 P.M.** Ages 18+, King Greenleaf Recreation Center

**TINY TOTS BALLET, Saturdays, 10:15-11:15 A.M.** Ages 3-5, Alexis P. Miller, Randall Recreation Center

**TINY TOTS NEED RECREATION TOO, Thursdays & Fridays, 10:30-11:30 A.M.** Ages 1-3 years, Michelle Edmonds, King Greenleaf Recreation Center

**TINY TOTS SOCCER, Saturdays, 11 A.M.-Noon.** Ages 5-13, Randall Recreation Center

**TINY TOTS TENNIS, Mondays & Wednesdays, 4-5 P.M.** Ages 3-5, King Greenleaf Recreation Center

**TTNRT! Tuesdays & Thursdays, 10:30-11:30 A.M.** Karen-na Houser-Hall, Randall Recreation Center

**VOLLEYBALL, Tuesdays, 5:30-7 P.M.** Ages 10-14, Safiyyah Aleem-Woods, King Greenleaf Recreation Center

**WASHINGTON STAMP COLLECTOR'S CLUB, First and Third Wednesday each month, 7-9 P.M.** Buy, trade and sell stamps. Refreshments provided. Christ United Methodist Church

**WATERCOLOR PAINTING, Tuesdays and Thursdays, 5:30-7:30 P.M.** Ages 18+, Elin Whitney-Smith, Randall Recreation Center

**WESTMINSTER PRESBYTERIAN CHURCH, Sundays, 10 A.M. Hot Breakfast Served.** Freewill donations accepted. All welcome. **10-10:45 A.M. Resistance Bible Study. 11 A.M. Worship Service.** All Welcome. **11 A.M. Vacation Bible School** for children 4-10 years old.

**YOGA IN THE WATER: ALL-LEVELS CLASS, Tuesdays and Thursdays, 9:30-10:30 A.M. and Sundays, 12:30-1:30 P.M.** with Pamela Wilson at Waterside Fitness and Swim Club, 901 6th St. SW. \$10 for class/day pass. For more information, call Waterside Fitness and Swim Club, 202-488-3701

**YOUNG LADIES ON THE RISE, Thursdays, 5:30-7 P.M.** Ages: 6-14, Michelle Edmonds, Game/Art Room at King Greenleaf Recreation Center

**ZUMBA, Mondays-Friday, 6-9 P.M.** Ages 7-8, David Freeman, Randall Recreation Center

View our on-line calendar at [www.swna.org](http://www.swna.org)

Submit Calendar events to [calendar@thesouthwester.com](mailto:calendar@thesouthwester.com) by the 15th of the month preceding the month it is scheduled.



BEN SANDS

Continued from p. 9

that have helped me to become who I am today,” says Sands. At the event, funds will be raised for SWNA’s 2019 Scholarship Program assisting the many well-deserving students embarking on or continuing their higher and technical education this fall. Sands proudly speaks of how he was one of SWNA’s earliest scholarship recipients and used his scholarship money to buy his first saxophone.

As a youngster, Ben attended Syphax, Amidon and Anthony Bowen elementary schools, all in Southwest. It was at Jefferson Junior High School where he began studying saxophone and bass clarinet. He then attended McKinley Tech High School as a music major and later Howard University where he majored in Music Education.

Sands has conducted the Calvin Coolidge Senior High School band for the past 36 years, but he is not just a musician. His versatile accomplishments are represented in acting, art and play-writing. His acting experience includes Arena Stage performances of “The Great White Hope” and “Six Characters in Search of an Author.” His art work has

been displayed at the Catholic University John Pope Museum, and his original play titles include “Ma,” “Father Strong” and “Be Like Water.” He has written and performed various musical compositions and conducted school and church choirs and professional ensembles. As Sands continues to encourage his students, he also has been a mentor to younger SWNA scholarship recipients by helping them out of tough situations. He is doing for others what SW has done for him—creating opportunities to grow.

So come out and experience “This is My Story,” an interactive musical experience. You will sing, dance and connect with the collective strength and unity that our SW community continues to work towards building. You will sing, dance and connect with the story that Sands will weave around you, as you witness for yourself why he is known as SW’s Favorite Son. Donations in support of SWNA’s 2019 scholarship recipients gladly accepted during the show or you may donate online at SWNA.org or mail a check to PO Box 70131, Washington, DC 20024-0131. Please note the contribution is for the Scholarship Fund. Donations are tax deductible under IRS 501 (c)(3).

# Southwest Moment




Photo by Perry Klein

A double rainbow over Southwest on July 2

# OVATION

## Eye Institute.

**Cosmetic**

Upper Blepharoplasty  
Lower Blepharoplasty  
Brow Lift  
Midface Lift  
Wrinkles (BOTOX, Intradermal Fillers)  
Latisse Eyelash Growth

**Reconstructive**

Blepharoptosis (Droopy Eyelid)  
Ectropion/ Entropion  
Eyelid Trauma  
Eyelid Tumors (Lumps, Bumps)  
Thyroid Eye Disease  
Tearing  
Orbital Fractures

**Comprehensive Ophthalmology**

Dry Eye Syndrome  
Refractive Error / Presbyopia  
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**Optical**

Licensed optician  
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810 Potomac Avenue SE  
Washington, DC 20003



We are an ophthalmology practice specializing in ophthalmic plastic surgery (oculoplastics). In addition to comprehensive ophthalmology services, we feature an optical shop with a full service optical lab for speedy eyeglass service. We are conveniently located on Barracks Row, DC’s oldest commercial corridor (8th street SE) directly across from the Washington Navy Yard.

Monday - Friday 9:30 AM - 6:30 PM  
Saturday - Sunday 12:00 PM - 5:00 PM  
Phone (202) 878-6588





**4:00-6:00 P.M. | SUNDAYS IN AUGUST  
SOUTHWEST DUCK POND**

Come together to meet your SWDC neighbors over an evening of good food and engaging entertainment!



**AUG 4**

Supper from  
SW Catering

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Feat. Interactive  
theater by  
Playback Theatre  
Troupe

**AUG 11**

Supper from  
Amsterdam Falafel

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Feat. Afro  
GoGo Roots  
Workshop by  
Swamp Guinee

**AUG 18**

Supper from  
Station 4

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Feat. Musical  
Chairs Art  
Workshop from  
Robin Ha & Violet  
Red Studios

**AUG 25**

Supper from  
King Ribs

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Feat. Magic  
and Mentalism  
from Alain Nu  
"The Man Who  
Knows"

**For more information and registration visit [www.swbid.org/sundaysuppers](http://www.swbid.org/sundaysuppers).  
Dinners are free and open to the community, online registration required.**