

Frederick Douglass Memorial Bridge Project Continues at a Steady Pace



Courtesy of Norman Jones

Partially completed V-piers with construction crane

BY LESLIE GREEN

For nearly seven decades, the Frederick Douglass Memorial Bridge has connected neighborhoods east of the Anacostia River with the U.S. Capitol and downtown corridor. Also known as the South Capitol Street Bridge, this iconic bridge, named after abolitionist and statesman Frederick Douglass, carries more than 70,000 commuters daily. Now past its useful lifespan, a reconstruction project is underway to replace the aging structure and further support the ongoing revitalization of the Anacostia Waterfront.

The new Frederick Douglass Memorial Bridge project, which will include reconstruction of the Suitland Parkway/I-295 interchange, is the largest public infrastructure project in the District Department.

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AIR AND SPACE MUSEUM REMAINS OPEN DURING RENOVATIONS

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REDEDICATION OF THE MAINE LOBSTERMAN STATUE

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A Right to be Forgotten: Exclusive Interview with Playwright Sharyn Rothstein

BY SHEILA WICKOUSKI

Arena Stage's 2019-20 season features five out of ten shows based on real life. Starting with *Ann*, about Texas' Governor Ann Richards, and this autumn there will be *Newsies*, the

See "Rothstein," page 3



Courtesy of Arena Stage

Sharyn Rothstein

SW Community Gardens, #1 in DC

BY JOHN KRZYZANIAK

The SW Community Gardens at Lansburgh Park took home the blue ribbon for the District's best compost at the DC State Fair on Sunday, September 8. Calling itself "Compost Against the Machine," the team built on last year's successful third place finish to claim this year's top prize.

Compost entries were scored on five criteria: composition, consistency, odor, appearance, and story. Unlike many of the other competitions at the fair like best pie, cake, or chili, for example, the judging did not involve a taste test.

The SW Community Gardens have been operating and yielding heaps of fresh produce for six years under the leadership of married gardeners



Courtesy of Desiree Halpern

John Krzyzaniak (left) and Coy McKinney (right), celebrating SW Community Garden's blue ribbon at the DC State Fair

Coy and Pam McKinney. In November 2016, the gardens joined the DC Parks and Recreation (DPR) Community Compost Cooperative Network. For the program, DPR installed three large critter-proof compost bins that sit just outside the garden's fencing where

See "Gardens," page 2



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BRIDGE

Continued from p. 1

ment of Transportation's (DDOT) history. For more than a decade, planning efforts have been underway to transform the South Capitol Street corridor into a grand urban boulevard that meets the needs of residents and visitors, while redefining its function as one of the prominent gateways into the District.

The bridge's iconic new design will feature four pedestrian over-looks, three above-deck arches, and two piers designed to appear as if they are floating on the river. The new bridge will have six vehicle lanes as well as improved infrastructure for bicycles and pedestrians. Traffic ovals will bookend the signature bridge and complete the sense of traveling along a grand urban boulevard, interconnecting with their surroundings through urban open spaces and walkways. These modifications are expected to allow traffic to circulate seamlessly to and from either side of the Anacostia River.

"The modern, one-of-a-kind design of the bridge is reflective of other existing arch bridges in the District of Columbia and will provide waterfront visitors with unobstructed views of the river," stated Joseph Dorsey, DDOT Project Manager.

The reconstruction effort includes construction of several new features that include:

- a new traffic oval west of the bridge connecting South Capitol Street, Potomac Avenue SE/SW, and Q Street SW;

- a new traffic oval east of the bridge connecting South Capitol Street, Suitland Parkway, Anacostia Drive access road, and Howard Road SE;

- realignment of South Capitol Street from Firth Sterling Avenue SE to the east oval; and

- reconfiguration of Interstate I-295 Interchange with Firth Sterling Avenue SE, Suitland Parkway, and Howard Road SE.

As part of the reconstruction effort, DDOT will also introduce green infrastructure improvements that include implementing stormwater management systems, which will provide water quality treatment and runoff retention along all roadways currently untreated prior to reaching the Anacostia River. Additionally, green areas on each side of the bridge will provide space for community



Courtesy of Norman Jones

Partially completed V-piers with rebar

activities.

"The project has implemented measures to treat all stormwater runoff to improve water quality and more than 55 acres of landscaping to beautify and improve the environment. Additionally, we are adding approximately 3.2 miles of bike trails and pedestrian paths within the project limits, which are all intended to enhance the quality of life for residents and visitors to the District of Columbia," stated Errol Williams, DDOT Project Engineer.

Valued at approximately \$440 million, this project is creating new jobs for District residents and new opportunities for Disadvantaged Business Enterprises (DBEs). Since the design phase of the project was initiated, 45 DBEs have been awarded contracts to work on the project and nearly a third of those businesses are based in the District. Further, more than 100 District residents, 63 of whom reside in Wards 7 and 8, have been hired to

work on the project, and nearly 20 more District residents have participated in the project's On-The-Job Training Program. Construction on the new bridge began in early spring of 2018 and will continue through 2021. At this time, construction is approximately 25% complete, with the first arches expected to be erected this fall—a major milestone for the project.

"The entire project team and DDOT are looking forward to the erection of the first arches. This will give the community a reason to take notice and get a better understanding of the project's impact on the District," stated Joseph Dorsey.

The existing bridge will sit 20 feet away from the new bridge and will remain in operation until the new bridge is completed in late 2021. For more information on construction progress and how you can better plan your commute during construction, visit www.newfrederickdouglassbridge.com.

SWNA Community Meeting

Please join us for important updates on the Frederick Douglass Memorial Bridge and Pepco Capital Grid Projects on Oct. 28, at 7 p.m. at Riverside Baptist Church.

GARDENS

Continued from p. 1

trained co-op members can drop off their food scraps any time.

Since then, co-op members have not only been contributing their food waste to the compost pile, they have also been tending to it on a weekly basis, turning and aerating it to encourage faster

decomposition. After several months, the organic matter breaks down and becomes rich black soil that can be put to use in the garden—or, in this case, submitted to the DC State Fair.

Celebrating the garden's recent accomplishment, farmer Coy said, "Nothing says neighborliness like working through other neighbors' food waste! It's great to see so many Southwesters who care about the environment."

For anyone interested in joining the garden's compost cooperative, there's still space. Currently about 70 co-op members participate but the bins have the capacity to support 100. Of course, the garden itself always welcomes newcomers!

For more information about both the garden and the compost system, visit swgardens.org.

Josh Norman Surprises Students After Final Pre-Season Game, Offers Inspiration

BY JAN ADAMS, JONATHAN CLARK AND IMAN BROWN

Washington Redskins cornerback Josh Norman recently teamed up with JMA Solutions LLC. to surprise young student-athletes of Jefferson Middle School Academy and Eastern High School after the final preseason game. The football pro likes having a positive presence within the Southwest community and visiting these up and coming athletes was no exception.

Known for extending guidance to his teammates, Norman doesn't just limit his words of wisdom to NFL players—putting smiles on the faces of all the students he meets, as well as giving great advice, is what he loves to do. After the game ended, Norman met with the young football players from both schools. He signed autographs in the suite, took pictures, and provided some of his famous guidance as well.

"Josh is truly an inspiration to the students," said JMA Solutions' President and CEO, Janice Adams, who is also a board member of Josh Norman's Starz 24 Foundation. "He always encourages the youth to believe in themselves, keep going, and to always push to be the best."

Aside from being a good role model for the youth and his teammates, Norman is deeply involved with the community and feels that there is always more that can be done. Earlier this year, the community superstar delivered toys, books, and backpacks to immigrant children who had been separated from their families at the U.S.-Mexico border. In 2017, he donated \$100,000 to Puerto Rico for hurricane relief support, and, for the past three years, his foundation has raised money to provide students in the District of Columbia with backpacks and other school supplies.



Josh Norman surprises the students of Jefferson Academy and Eastern High School



Courtesy of Jan Adams

The visit turned out to be an excellent opportunity for the student athletes to get a firsthand look at how an NFL

pro can be a force for success on the field *and* a force for good in the community.

ROTHSTEIN

Continued from p. 1

Disney musical about the 1899 paper-boy strike. The next production, *Right to be Forgotten*, is a world premiere by playwright Sharyn Rothstein. While the character is a fictional young man who is trying to erase an earlier indiscretion, this is a real story about freedom of information and tech companies.

In an interview with Rothstein, we asked her to explain the concept behind *Right to be Forgotten*, which is based on a law of the same name in Europe. It's an experience likely to be alien to many people, especially because most of us never experience internet shaming on a national or international scale. We might not even know of someone personally who experienced it.

How did you come to be interested in this topic and what was your research process in creating this play?

In 2014, I became deeply intrigued by this new law in the European Union called "The Right To Be Forgotten."

The title alone was fascinating—who wants to be forgotten? Don't most of us—especially in the United States—want to be known, remembered? We've created an electronic compendium for anything

and everything you could ever want to know. But are flesh and blood humans meant to know everything forever?

I started reading newspaper articles, interviews with internet privacy experts, and some truly mind-melting books about the clash between our technology and our most human needs.

I interviewed Jonathan Zittrain, a professor of Internet Law at Harvard University, and had discussions with internet privacy experts—including people at the ACLU and Google.

What truly speaks to the question at the heart of this play is that no two experts seem to have the same opinion as to whether "The Right To Be Forgotten" is necessary, desirable, useful, beneficial or dangerous.

How does this play compare to your previous works?

Most of my plays start with a question that I don't have an answer to. This play is a prime example. I can't tell you whether "The Right To Be Forgotten" [law] is a good or bad idea, so my characters are able to argue all sides of the debate.

But the center of this play is a very human character—a young man whose life has been high-jacked (deservedly or not) by a choice (or mistake) he made in high school, one that the Internet hasn't let him forget.

Whether the audience feels for or against him, my hope is that they leave the theater feeling deeply, as well as debating the same issues as the characters.

Differences in writing for television versus the stage?

There is nothing more rewarding (and terrifying) than watching a live audience live and breathe the play with the actors on stage in real time. You learn what's working about the play and what's not from the energy of the audience, from your collaborators—director, designers, actors—and its characters in a way you simply [can't] experience with television.

While this is not a one man play, the story centers on one character, played by John Austin, who fits the description of a young man like the one in your play. What is it like to adapt for the role to fit a specific actor and how was it working with John?

It's been a gift to have John's humor and intelligence in the rehearsal room! While I don't think charming, social John in real life is anything like nervous, awkward Derril in the play, his questions about the character have helped me dig even deeper into the play and the character [he plays].

Arena is well known for taking on issues, both on stage as in last year's production

of Kleptocracy, and with its Community Civil Dialogues series. How do you feel your play fits in with this and how does it compare to other theaters you have worked with?

I'm thrilled that this play will have its premiere at Arena—both because the theater has such a tremendous reputation for producing new, politically relevant work, but also because Arena has such a smart, culturally and politically aware audience. DC is the perfect place for a play that, at its core, questions the role of government in regulating our technology.

WANT TO GO: *Right to be Forgotten* runs Oct. 11 to Nov. 10 in the Arlene and Robert Kogod Cradle.

SHARYN ROTHSTEIN's (Playwright) plays include *By the Water* (Manhattan Theatre Club/Ars Nova, *Neglect* (Ensemble Studio Theater), *All the Days* (McCarteer Theatre Center), and others. She was a writer and producer for the USA legal drama "Suits" and has developed shows for Bravo and Apple. Sharyn is the winner of the American Theater Critics Association Francesca Primus Prize and four-time recipient of the Edgerton Foundation New Play Award. Sharyn holds an MFA in dramatic writing from NYU as well as a master's in public health and a BA in sociology.

Air and Space Museum Remains Open During Renovations

BY SOUTHWESTER STAFF

The National Air and Space Museum is currently undergoing major renovations that will soon close off the Independence Avenue entrance of the “Boeing Milestones of Flight hall.” Various artifacts, like the North American X-15, have already been lowered and removed (earlier in August). This in prep for a large wall to be constructed that will close off the the aforementioned exit, the Barron Hilton Pioneers of Flight Gallery, and the Albert Einstein Planetarium. The Barron Hilton Gallery houses some of flights greatest achievements in flight across technology and culture, and each exhibit represents some major milestone. The wall will go up starting Oct. 7 and will close off the Independence Ave exit for two years. The entire renovation project is scheduled to take seven years.



Courtesy Jim Preston via the Smithsonian National Air and Space Museum

Renovations at the National Air and Space Museum

Why you might ask is this happening now? Well, Air and Space has been

around for several decades (since 1976 to be exact) and according to their calcula-

tions “more than the population of the [entire] United States” has visited since its doors opened, so it’s time for an overhaul. The renovations will usher in a “reimagining” of some 23 galleries for modernization and a more immersive learning experience. More than 5,200 artifacts will be removed and preserved, but the new era of the Air and Space Museum will also invite 1,400 new objects to wonder over.

Not to worry, your air and space curiosities can still take flight and soar! The museum will remain open during its extensive makeover, with scheduled closures and openings planned of various sections until completion. Furthermore, the museum’s year-round programming for youngsters, pedagogue enthusiasts, and lovers of all things aerospace will continue.

Stay afloat of the project here: <https://airandspace.si.edu/about-transformation>.



A piece of the finish line

Courtesy of the Author

Mandarin Oriental Announces Techbridge Girls as Beneficiary for Ninth Annual Fundraiser

BY SOUTHWESTER STAFF

On Sept. 14, 2019, the Mandarin Oriental of Washington DC held their ninth Annual Fantastic 5k. This year the race benefited a local Southwest headquartered organization, Techbridge Girls, which is dedicated to educating girls from low-income communities with high-quality STEM (Science, Technology, Engineering, Math) programming that empowers them to achieve economic mobility and better life chances. Members of the local community, Mandarin Oriental colleagues, and Techbridge girls came out to show their support.

The race ran from the hotel and took runners on a scenic route around part of

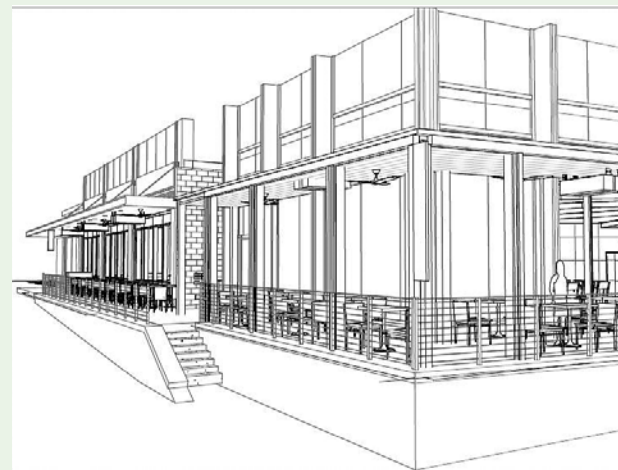
the national mall and ended back at the hotel with a buffet breakfast and silent auction. The funds raised from the day’s activities will go towards the Southwest Techbridge girls programming at Amidon-Bowen Elementary School and Jefferson Middle School Academy. The Fantastic 5k is just part of the various fundraising efforts Mandarin Oriental has developed to raise funds for Techbridge Girls. Last year Mandarin Oriental raised over \$31,000 for Southwest’s DC S.T.O.R.M. (Students Taught Organization and Respect Through Mentoring). Since its inception, the FANTASTIC 5K has raised over \$273,000 for education and development efforts in Southwest Washington, D.C.

“The Grill” Coming to the Wharf

BY SOUTHWESTER STAFF

Watch for a Jan. 2020 opening of the latest restaurant on the Wharf, The Grill. Chef Roberto Santibañez, in partnership with KNEAD Hospitality + Design, are planning this contemporary, upscale American bar and grill, to be located at 99 Market Square, SW.

The modern, 5,400 square foot eatery will house 200 seats, including an indoor/outdoor bar and patio facing the waterfront. The menu will focus on American Cuisine with Latin influences. An open kitchen will serve wood-fired steaks and seafood, as



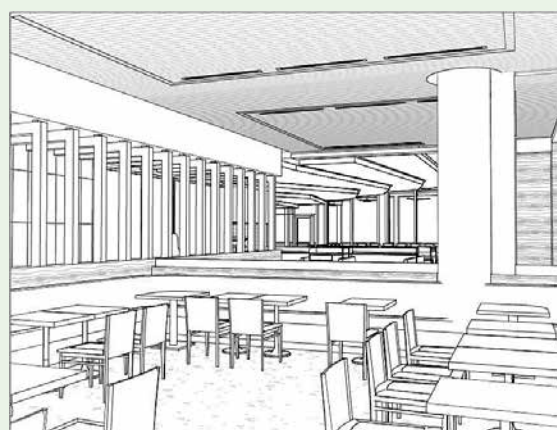
Graphic by //3877 Design

Rendering of outdoor view of The Grill

well as sandwiches, salads and lighter California-inspired fare. The beverage program will feature a bold California wine selection and a gin-centric cocktail menu.

The Grill will be open for weekday lunch, weekend brunch and dinner. The bi-level space will feature a modern, asymmetrical design grounded by waterfront views.

This will be the second concept at the Wharf from KNEAD and Santibañez – the team previously opened Mi Vida, a contemporary Mexican restaurant, in Feb. 2018.



Graphic by //3877 Design

Rendering of inside of The Grill

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Picture Books of the Past: Reading Old Master Paintings at the Museum of the Bible

BY SHEILA WICKOUSKI

Picture Books of the Past: Reading an Old Master Painting at the Museum of the Bible offers a look at what is behind the art. This stunning collection of 64 European masterworks from between the 14th and 19th centuries were created in a time when few were literate. The exhibit unfolds in a series of steps how the artists used a shared visual language of icons or “image writing.”

A detailed wall text gives the key clues to understanding the images, colors, and figures. An eagle representing “soaring inspiration” and an assortment of books, inkwell, and quill are tools of St. John the Evangelist. A dragon lurking under the sleeve of another saint is the devil. The significance of color also permeates throughout with red for love, blue for the heavens, white for purity and innocence, and green representing spring and the triumph of life.

Entering the Character's World takes the viewer through fantastic locations,



Courtesy of The Bible Museum

Tintoretto's "The Visit of the Queen of Sheba to Solomon"

dramatic lighting, and character grouping to reveal both stories and meaning in these religious themed works. The exhibit then folds into *Exploring Symbols, Allegories, and Allusions*.

Details of objects and placement of

figures allow for viewing these works on several levels. A notable example is Gherardo delle Notti's *The Holy Family in the Carpenter Shop*, in which light shines on the figures in the darkness. In this story, which is not in the Bible, the holy family is

represented without halos or symbols, but as ordinary people at work. Here, the symbol of light, created by painterly technique, represents the holiness of the figures.

For those who want more of what was recently an exhibit at the National Gallery on Tintoretto, there is *The Visit to the Queen of Sheba to Solomon. Idea of Wisdom*, a rare work by Tintoretto's daughter, Tintoretta, is also on display. Filled with symbols, Tintoretta's piece shows the head of Wisdom with the wings of Mercury, the messenger of the Roman gods, and a miter, the official headdress of Jewish high priests and Western bishops, at her feet. Her hand subdues a serpent representing the devil while books represent the pursuit of knowledge.

These Old Master Paintings are on loan from the Museum & Gallery at Bob Jones University in Greenville, South Carolina until Sept. 30 of next year. The experience, however, is a permanent take away.

“Joyfully intoxicating”
— New York Times

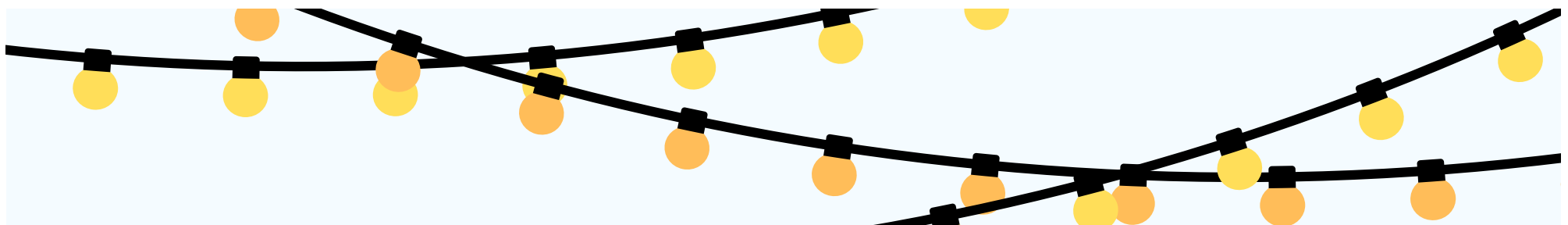
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Friday, October 11
The Lot at 4th and M St SW
10:30 a.m. - 9:00 p.m.



All items will be on sale for under \$6. Books are provided by Carpe Librum, a used, donation-based bookstore benefiting the DC nonprofit Turning the Page.

Do You Know the SWBID?

BY DONNA PURCHASE

For the past few months, we've focused on the SWBID employees who are focused on making Southwest a clean, safe, vibrant community to live, work, visit and play!

But do you know what a BID (Business Improvement District) is? A Business Improvement District is a non-profit, special district financing tool used to help stakeholders collectively plan, fund, and implement services and improvements to their community. BIDs are funded through a self-imposed assessment on property owners within the BID borders.

SWBID initiatives

While a primary goal of the BID is to make Southwest clean and safe, they do so much more. Here are some of their impressive initiatives.

Mobility Innovation District - In February of 2018, the SWBID and Washington, D.C.'s Interagency Autonomous Vehicle (AV) Working Group released a Request for Information (RFI) to engage the AV community and associated technology providers to gather information on potential partnerships and solicit industry input

on the policies and procedures that will guide future pilot projects within the District. Read about the project here <https://www.swbid.org/mobility>

Better City for Pets - In April, the SWBID and the Humane Rescue Alliance received a \$20,000 grant from

additional shade at the Lot at 4th and M.

If you have specific recommendations on both where to add amenities and what to focus on regarding educational programming, the BID would like to hear from you. Please

a micro-grant program. In 2018, SW residents proposed exciting innovative projects designed to benefit the neighborhood. Read about them at <https://www.swbid.org/pocket-change>.

Town Center Parks -The SWBID received funding from The Southwest Community Foundation to both assess and plan for a renovation to the Southwest Duck Pond and create a vision for the larger Town Center park system. Read about this exciting project at <https://www.swbid.org/towncenterparks>.

And to help visitors get around the SW, the BID currently partners with the Wharf, JBG Smith, and the International Spy Museum to operate the Southwest Neighborhood Shuttle. The SW Shuttle operates seven days a week on a 1.6-mile loop that runs from Maine Ave. SW, 7th St. SW, Independence Ave. SW, and 10th St. SW, with four stops and 10-minute headways.

So as you can see, the BID is more than a neighborhood beautification operation (although we really love the new plantings around the neighborhood!), they are also increasing the vitality of Southwest DC!



Mars Inc. as an extension of the company's BETTER CITIES FOR PETS™ program. The grant will give Southwest a pet-friendly makeover by adding additional waste stations and educational signage throughout the neighborhood, creating a new responsible apartment dweller toolkit, and enabling more pet-friendly outdoor events with hands-free seating, portable hydration, and

share your thoughts on a pet owner or non-pet owner survey at <https://www.swbid.org/bettercitiesforpets>

Hello Neighbor - Check out the videos of your Southwest neighbors at <https://www.swbid.org/hello-neighbor>.

Pocket Change - The SWBID, in partnership with the Southwest Neighborhood Assembly (SWNA), sponsored

Meet SWBID Ambassador Verna Lyles

BY DONNA PURCHASE

Southwest DC is "the place to be." We continue to spotlight the dedicated staff of the SWBID who are focused on making Southwest a clean, safe, vibrant community in which to live, work, visit and play!

Verna Lyles joined SWBID 6 months ago as ambassador. She's part of the team that beautifies the neighborhood and serving residents and visitors. Verna's welcoming attitude has resulted in many residents recognizing and greeting her every morning. She loves hearing, "Hi, Ms. Lyles!"

Verna grew up in Boston and moved to DC when she was 18 years old. She's the mom of a 17-year-old, a senior at Bell Multicultural School. Although she has family here in DC, she says the SWBID has become her 2nd family!

SWBID COO Andre Witt says: Verna has quickly shown the ability to adapt to the BID's environment and has become



Verna Lyles

one of our stellar employees.

She takes great pride in her work and is a stickler for the little details that ensure SW DC is as presentable a location as any in the District of Columbia.

Verna's Favorites

Movie: Loves the Tyler Perry movies

Music: Gospel and Tupac

Favorite Song: Yolanda Adams' "The Battle is Not Yours" and Anthony Brown's "Worth"

Favorite SW spot: Loves the whole neighborhood

Best thing about her job: Opportunity to help others

Proudest moment: When residents started recognizing her and thanking her for her service

Favorite Quote: "Through your trials and tribulations - try to smile and keep your head up."

So when you're out and about - be sure to say hello to Verna.

Courtesy of SWBID

**LEARN ABOUT THE COMPREHENSIVE PLAN – DC'S GUIDING PLAN FOR DEVELOPMENT –
WHAT IT SAYS ABOUT YOUR COMMUNITY, AND HOW YOU CAN HELP SHAPE IT TO
PROTECT AFFORDABLE HOUSING & OTHER NEIGHBORHOOD PRIORITIES**

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KID'S CORNER

Each month check out the most recent issue of the paper for activities and games to help you discover SWDC! Have a suggestion? Email us: editor@thesouthwester.com. Check out next month's issue for the answers!

Spot the difference!

Can you spot the differences in the two scenes below?



1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Answers from September 2019 issue

Differences: There is a stack of books in the picture on the right, and not the left; the teacher has glasses in the picture on the right; the picture on the left has a stapler where the one on the right has an apple; the boy is holding a pen in the picture on the right; the square and triangle switched positions; the letters are different.

Word Scramble: There are 182 words you can make from “learning.”

WORD SEARCH: HAPPY HALLOWEEN!

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

CAT
SPOOKY
GHOST
TREAT
HAUNT

TRICK
PUMPKIN
VAMPIRE
SCARY
WITCH

Word scramble!

How many words can you make from FRIGHTENING?

[illegible]

Enjoy the Trip at Kaliwa

BY MIKE GOODMAN

Prepare for your journey through Southeast Asia at Kaliwa on The Wharf, a family-style, Asian fusion restaurant that features dishes from Thailand, the Philippines and Korea. This is an establishment that prides itself on both the variations and similarities of the food traditions in this part of the world.

Chef Cathal Armstrong has certainly created a unique restaurant with endless options. The Filipino section of the menu includes melt-in-your-mouth Barbecue Skewers of pork belly which aren't actually on skewers, but do indeed melt in your mouth. You could choose to stick to the Filipino portions and enjoy the tender and flavorful Duck Confit or Crispy Shrimp and Pork Fried Rolls, but why stay put when you are there to embark on a voyage?

Put down your fork and spoon, pick up the chopsticks, and head to Korea. The Chilled Noodle Salad with Korean hot pepper paste (Gochujang) is a great appetizer for the entire table, with fresh lettuce, carrots and cabbage topping firm noodles. And when in Korea, it is hard to pass up the Kimchi served with the Braised Beef Shortribs, and of course a crowd favorite, Bibimbap, a rice dish focused on



Duck Confit at Kaliwa

Photo by Author

toppings of pickled vegetables, egg and the Gochujang.

Next, enter Thailand, if you dare to test your spice-level. I have found myself continuing to crave the Blue Crab Curry, which provides mouthfuls of crab in a succulent, flavorful and very spicy sauce. There are other traditional curries, such as Panang and Green Curry with Vegetables, to enjoy on this jaunt, if you still have room.

The ambiance is exotic, designed by the Chef's wife Meshelle Armstrong, making a point to embed you in the art, script and designs of the cultures you are visiting. Prepare to go with the flow, as the food comes out as it is cooked, and while there is no kid's menu, you can find what you need for the children between noodles, meat and rice. Prices add up, as the menu recommends 2-3 items per adult, with each item averaging \$15-\$25. That said, some of the individual items can make a light lunch for one, but the hard part is sticking to just one dish. Spice levels vary more than the price, so there is something for everyone.

Like many trips, you'll wish that you could go back sooner rather than later. Destinations aren't cheap, but this one is all about the journey.

Tantania Brown: Southwest Born & Bred, Destined For Greatness

BY KYM CHANDLER

Her former coach describes her as "having dedication like no other." Her demeanor suggests a maturity well beyond her 22 years. Her accomplishments foretell a remarkable future and yet, she remains humble, focused and grounded.

It all began in Southwest DC where Tantania grew up watching Denise Brown, her mother, balance home, work and volunteering. By the time she was 7 years old, she excelled in basketball and maintained good grades in school. Her exceptional athleticism and leadership rapidly caught the attention of Coach Skip Greene at the King Greenleaf Recreation Center.

He praises Tantania as a natural "extension of the coach" since she perceives what skills need to be developed in herself as well as her teammates. She's top among female players and still gives the guys a



Left: Denise Brown, Right: Tantania Brown



Tantania Brown

Courtesy of Mariah Jacobs

run for their money on the court. This preternatural talent is used to uplift, rather than diminish her fellow players.

She continued her path of academic success from high school into college, where she received a bachelor's degree in Criminal Justice from Elizabeth City State University, with a desire to help those in the mass incarceration system. Her ultimate goal is to be a community activist and give back to society—perhaps in the political realm.

What's the secret to balancing academics and athletics? "Discipline is everything," Brown says, applying lessons learned on the court to real life situations. This, of course, requires personal insight, which everyone doesn't have. "I don't do all the right things," she humbly observes, so she always takes time to reflect on the idea of continuing to improve both men-

See "Brown," page 17

Amidon-Bowen Tutor of the Month: Bryan Harris

BY AVA MILLSTONE

On the evening of Sept. 10, the most beautiful thing at the Wharf offices wasn't the magnificent sunset dipping into the Washington Channel. It was the 32 community members who met with SWNA's Education & Scholarship Task Force to learn about volunteering with the Amidon-Bowen Tutoring program. Because the program has gained so much community support, this year tutoring will be expanding to 2nd-5th graders (from only 3rd graders last year) and will include tutoring in reading, as well as math.

Presenters at the meeting included the program's founder, Robert St. Cyr; Amidon-Bowen's Math Interventionist, Kayla Winters; 4th grade student, Tatiana Morillo-Torres and parent, April McCoy. Tatiana spoke of the confidence she gained by participating in the program, and Ms. McCoy spoke about how happy she was to see her son Joshua's progress and success in math this year as a result of his tutoring sessions.

Read more below about Ami-

don-Bowen Tutor of the Month: Bryan Harris. If you feel inspired, it's not too late to get involved. Please email friends@communityscholar.org for more information and to sign up.

How long have you lived in SW?

I have lived in SW for thirteen years. I live in DC for three days



Bryan Harris

during the week and commute to Virginia Beach for the remainder of the time.

What do you do in your professional life?

I work for the US Postal Service—Headquarters in Washington, DC. I manage Continuity of Operations, ensuring that all postal activities continue in the face of all hazards and emergent events.

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

I believe that the youth of today are the future leaders. Scripture tells us that if we train a child in the way they should go—when they grow older, they will not turn from it (Proverbs 22:6). It is our obligation to ensure that we prepare them for the road ahead by training them effectively, arming them with the tools necessary to achieve success in life.

Describe your favorite moment so far from the program.

One of my favorite moments is when Tatiana asked if one her classmates could join our session because she saw the progress Tatiana was making. This was rewarding for me and speaks volumes about the tutoring program.

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

I respect that despite going to a full day of classes, the kids are eager to invest a little more time after class to continue to grow and learn.

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

The kids love it, and the teachers appreciate the added support. The program and materials are easy to follow and provide the refreshers necessary to bring those of us who have been out of school for a while up to speed.



Photos Courtesy of Author

Future tutors meet with SWNA's Education & Scholarship Task Force



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Applications for grants may be submitted at any time.

Friends of Southwest DC is currently seeking a volunteer or a new board member to create and maintain a simple database of donors and grantees. If interested, please contact noreen.a.lyne@gmail.com.

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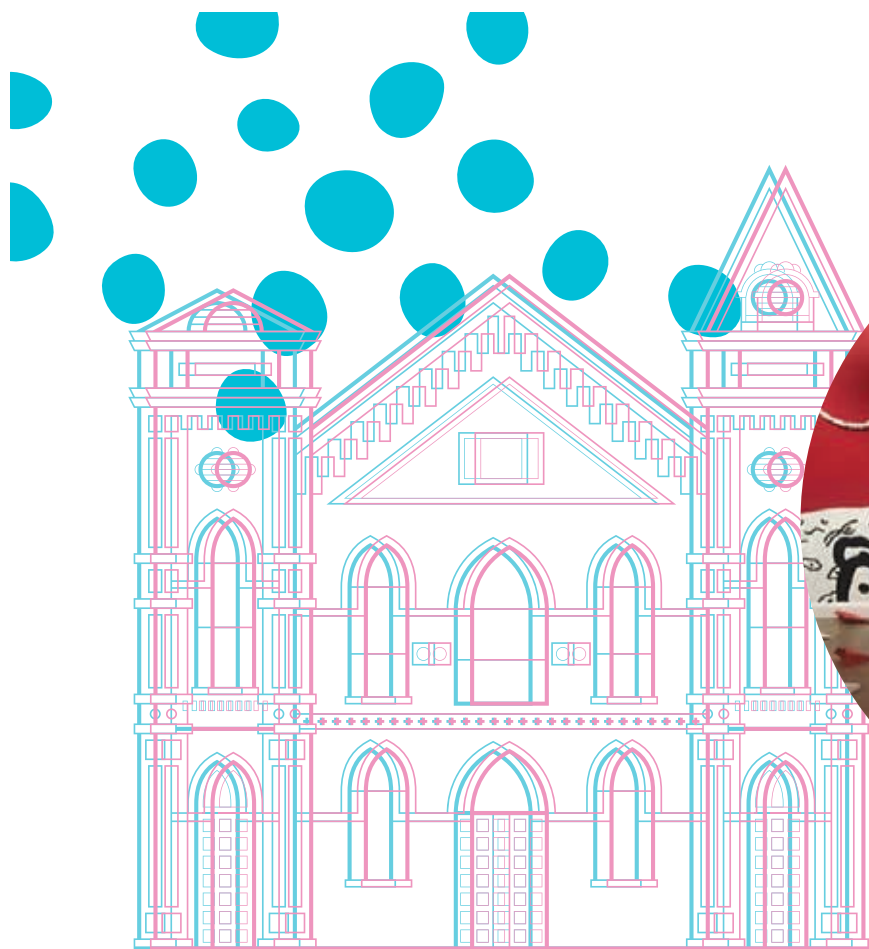
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SAVE THE SEED

Our current exhibit features artist **Maps Glover**. *Save the Seed* was inspired by the thought of a seed as a metaphor for the black soul. Glover's work is spiritually driven and enhanced by his performances; he constructs portals that invite the audience to access the subconscious through real-time interactions. The show is on view through November 3.



photo by @jonamoret



CULTUREHOUSEDC.ORG



Global Music for a Labyrinthine Journey into Meditation

BY KATE MCPHAUL

I love to hunt, like a scavenger, for special gems in DC, especially Southwest DC. In my experience, there are so many stimulating events to choose from every week: concerts, community events, church services, lectures, panel discussions, museums, marches and much, much more. It's amazing how much is going on in this town and in our little quadrant!

If slowing down and relaxing is your thing, however, there are more than a handful of great spaces for that in Southwest, too. Take the red rocking chairs at the Duck Pond, for example, or the Smithsonian pocket gardens and the fire sculpture at the Wharf. You could use Headspace, Fit Bit Relax, or perhaps try some forest bathing in Lansburgh Park or Hains Point. There is also Yoga Nidra or the Kadampa Center for meditation.

I have checked out most of these because I believe that slowing down and practicing some kind of regular meditation feeds my soul and is good for my health. Maybe yours, too?

Recently, I enjoyed a unique combination of solitude, art, spiritual grace and community meditation in Southwest; I found the experience to be a true gem.

The gem was the Global Classical Music and Labyrinth Meditation series, which takes advantage of the labyrinth floor at Westminster Presbyterian Church, at Fourth & I St. (AKA the Jazz Church). The medita-



The music of the labyrinth

Courtesy of Kate McPhaul

tion series also utilizes the talent of a small group of church members, including Mary Wedgewood, the Chief Music Librarian for the Library of Congress, and Co-Pastor Ruth Hamilton. This special opportunity continues for the next three months and is a gem hiding in plain sight for all Southwest community residents. It combines talented artists with Westminster's unique space for per-

sonal meditation and spiritual reflection.

I found that this series works for me because it's warm and welcoming (no cost but free will donations are accepted). The opportunity to listen to the global classical music artists, and interact with them after the performance/meditation, enriches the meditative experience and makes it special. Individual participants decide the amount

of solitude, art, spirituality and community they want.

Recently, meditation music was provided for an August 29 walk by Chinese dulcimer virtuoso, Chao Tian. Her elegant instrument—which was new to many of the walkers—was demonstrated with finesse and charm. Many enjoyed looking at the instrument and having it explained by Tian at the end of the evening.

For the September 12 walk, music was provided by members of Grupo ETNIA, who are known for playing Andean style music. Carlos Hurtado (zampoña and related flutes) and Andrés Mellea (charango—a South American lute-like instrument) are masters of the music from their native regions of South America. They filled the room with warmth using the nuanced sounds of their lovely instruments. For me, the haunting sound of the wind in the pipes of the flute transported me into a labyrinth, and I left the world behind. Not only was the music gorgeous, but the specific idioms sounds were worth focusing on for the whole hour. Indeed, some people chose to meditate without walking—just listening to the music. Brief reflection with the musicians and the participants afterwards enriched the experience for me.

The next walks are:
October 17 (Artist TBA)
November 21 (Alif Laila, sitar)
December 19 (Barbra Bailey Bradley, celtic harp)



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Courtesy of Perry Klein

DC Council member Charles Allen speaks at the dedication.

Rededication of the Maine Lobsterman Statue

BY PERRY KLEIN

A ceremony was held on “National Lobster Day” rededicating the Maine Lobsterman memorial, which was relocated to the Market Pier at the Wharf from its former location near the Gangplank Marina. The bronze statue was a gift from Maine, and was paid for by \$30,000 raised by Camp Fire Girls of Cundys Harbor, Maine. The Sculptor is of Victor Kahill, a Lebanese-born American sculptor.



Courtesy of Phoebe Ferraiolo, Deputy Press Secretary of Senator Collins' office

Maine Senators Angus King and Susan Collins, with Eleanor Holmes Norton, with the Maine Lobsterman memorial in the background.

Mahalia Jackson Tribute Returns to Westminster Church

BY SOUTHWESTER STAFF

Later this month, the Queen of Gospel, Mahalia Jackson, will return to life through the powerful voice and presence of Lavenia Nesmith at Westminster Church in Southwest. Nesmith will be backed by stellar musicians—Steve Key, piano; Harry Jackson, bass; Terron Whitehead, drums; and Steve Washington, narrator—to help her bring Jackson to the stage.

Sarah Hearn of Positively Gospel writes: “Nesmith brilliantly transforms herself into Mahalia as she sings a wide variety of songs made both famous and timeless by Jackson. One can’t help but feel that yes, indeed, she is Mahalia

for this moment in time and each line uttered, each song sung carries with it the deep reverence Nesmith has for this role.”

Nesmith weaves songs such as “Move On Up A Little Higher,” “Come Sunday,” and “Precious Lord” with stories of Mahalia’s life, from childhood to fame, through a world filled with bigotry and the rise of the movement for civil rights.

“Westminster is known throughout the DMV and beyond for its outstanding community programs that use the arts to lift the human spirit,” says Rev. Brian Hamilton. “We continue to upgrade our current sound and media

See “Jackson,” page 17



Courtesy of Eva Tennant

Lavenia Nesmith bring Mahalia Jackson to life

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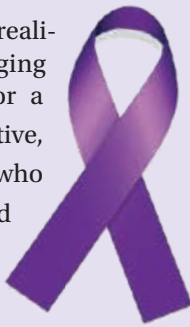
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One of the realities of aging is caring for a spouse, parent, relative, friend, or neighbor who has been diagnosed with some form of dementia, including Alzheimer's Disease. It can become wearisome as the loved one with dementia gradually changes mentally, emotionally, and physically, while the caregiver can experience very real exhaustion and social isolation. Getting together with others is a time for sharing coping skills, ideas to enhance life satisfaction, and even laughter! A new Support Group now meets on the fourth Thursday of every month from 11:00-12:00, at the new St. Matthew's Lutheran Church at M & Delaware Ave, SW, in DC. The co-facilitators are Carroll Quinn and Vickie Henrikson. We invite you to join us! There is no registration & no fees - just drop in when you can!



New Inca Son Concert at the National Museum of the American Indian

BY UNA YARSKY

In honor of Hispanic Heritage month, the National Museum of the American Indian invited the band, New Inca Son, to perform a free concert of traditional Andean music on Sept., 14. New Inca Son has played music internationally for more than twenty years and works hard to preserve and share their culture by playing a multitude of different venues, from schools, festivals, theaters, and even the Smithsonian.

See "New Inca Son" page 17



Photos Courtesy of Una Yarsky

Above: The Danza de Tijeras, or scissor dance

At left: New Inca Son performs at the Museum of the American Indian

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Photo of the Month Winner: Heidi Hotopp Dryden
Biggest jack-o'-lantern in Southwest!



Courtesy of Heidi Hotopp Dryden

NEW INCA SON

Continued from p. 16

The band is dedicated to spreading awareness and understanding of indigenous traditions. They are particularly focused on educating young people about their culture, and have won several awards, such as the Distinguished Arts Educator in Music—given by the Massachusetts Alliance for Arts Education (MAAE), for their youth education efforts.

Throughout the concert, the lead vocalist alternated between playing an instru-

ment known as a pan flute, and singing. During the performance, the group spoke directly to the audience, commenting on the diversity in the room and the appreciation of indigenous music by all those present. They referred to the experience as a “dream come true,” and described the band’s journey as immigrants from South America to living in the United States. They performed a mix of popular well-known songs as well as their own traditional Andean music.

The performance included a scissor dance, also known as the Danza de Tijeras, performed by Danzante Maldición and

Supay Wayra. The dance involves two performers attempting to outdo each other in acrobatics while simultaneously striking scissors to the beat of the music. Scissor dancing originates from southern Peru.

New Inca Son offers workshops to people of any age. These workshops teach Andean dancing, music, and a combination of the two. The performance helped to spread an understanding of this vibrant culture and celebrated South American music and dancing for Hispanic Heritage month.

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JACKSON

Continued from p. 15

equipment while planning for the highest quality and capacity when we complete a new building.” Don’t miss this chance to have your spirit lifted while helping Westminster continue its legacy of high quality community service through the arts.

This venue will be held Sunday afternoon, Oct. 27, at 400 I Street SW, beginning at 4pm. Tickets are \$35. Proceeds go to the fund for Westminster Church’s Sound and Media Center planned for the new building.

Find your tickets at www.westminster-dc.org, or at any Jazz, Blues or Worship event. Light refreshments will be served.

BROWN

Continued from p. 11

tally and physically.

Favorite Movie: “Cabin Fever” (Horror is her favorite genre)

Favorite Music: Rap/Hip Hop and D.C.’s Go Go

Favorite Snack: Munchies and cool, clean water

Favorite D.C. Spot: Southwest, especially if there’s basketball

Favorite Motto: “Work on yourself on and off the court.”

What’s next for this Southwest DC native? The short-term is to find employment, perhaps an entry-level administrative position in the correctional system. Although she’s willing to go anywhere the opportunities are, she’d like to see herself improving the community she grew up in—the sky’s the limit as long as the opportunity presents itself. Tantania is ready to bring the talent, perseverance... and the game!

Tantania is 1 of 5 of the SWNA Scholarship Fund recipients to graduate in 2019. She received scholarships the whole four years she was in college from the SWNA Education and Scholarship Task Force. She was also one of the first recipients of the newly established Stadium District Scholarships Fund in 2019 for residents of Southwest DC ANC SMD 6D06.



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COMMUNITY CALENDAR

OCTOBER

TUES 1, 7 P.M. Write Here. Teens and Adults. “Write here” – it’s where you get your start on the writing you’ve always meant to do. Join us for casual writing exercises, sharing, and light workshoping, led by Youth Services Librarian Abby, MLIS, BA Creative Writing. SW Interim Library, 425 M St. SW, (202) 724-4752

WED 2, 4:30 P.M. Color Club. Come color with us! Fun coloring pages and utensils provided. Children under 9 must be accompanied by a caregiver. SW Interim Library

THURS 3, 2 P.M. Crafternoon. Enjoy the company of other library users while working on your latest craft project. Basic instruction for knit and crochet available. All crafts and skill levels welcome. SW Interim Library

FRI 4, 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

SAT 5, 9:00 A.M. The Channel Square Tenants’ Association is sponsoring a community yard sale on October 5th, 2019 from 9 A.M.-5 P.M. located at 325 P Street, SW. All are welcome to attend! Any questions please feel free to email: channelsquareta@gmail.com

SAT 5, 10:30 A.M.-Noon. Komen Toastmasters has been helping people develop communications, leadership, and public speaking skills for over 20 years. Visit us to see how we can help you. We meet on the 1st & 3rd Saturday of each month. Visitors are always welcome. Westminster Presbyterian Church, I & 4th St. SW

SUN 6, 4 P.M. Blessing of the Animals. St. Matthews Courtyard, Bring your pet – anything that romps, scampers, flies, swims, creeps, or slithers – to St. Matthew Lutheran Church. Ceremony will begin around 4:15 P.M., will last approximately 30 minutes. Stick around afterwards for snacks and fellowship. 222 M St. SW

MON 7, 7 P.M. In the Arena. In recognition of Arena Stage’s production of Sharyn Rothstein’s play **The Right to Be Forgotten**, the SW Library will host a community discussion of Jon Ronson’s bestseller **So You’ve Been Publicly Shamed**. This title is held at various DC Public Library locations and can be obtained upon request. This discussion will occur at the SW Interim Library

TUES 8, 1:00 P.M. Coffee & Conversation. Adults are invited to meet and share thoughts, ideas, and community over a cup of coffee and pastry as we welcome library users from all walks of life. SW Interim Library

WED 9, 4:30 P.M. Reading Club. Children are invited to drop in for independent or quiet partnered reading. Children who read for 20 minutes receive a fun prize. Children under 9 years old must be accompanied by a caregiver. **SW Interim Library**

THURS 10, 6-7:15 P.M. Yoga Nidra led by Pamela Wilson. Relax and renew your body and mind with Yoga Nidra. No experience necessary. Bring padding and cover. \$10 Donation suggested. Westminster Presbyterian Church

SAT 12, 7-9 P.M. Faith & Film presents White Boy Rick – Rated: R; Duration: 1hr 51min; Released: 9/18. Set in 1980s Detroit at the height of the crack epidemic and the war on Drugs, White Boy Rick is based on the true story of 14-year-old Rick Worse, Jr. *Subtitles for the hearing impaired. Snacks and beverages served. Donations accepted.* Westminster Presbyterian Church

SUN, 13 6:30 P.M. Community BBQ. All are welcome to a community barbecue at St Matthew’s! Bring your appetite! Please RSVP to the St. Matthew office at 202-800-4600. St Matthew Courtyard, 222 M St. SW

TUES 15, 7 P.M. Write Here. Teens and Adults. “Write here” – it’s where you get your start on the

writing you’ve always meant to do. Join us for casual writing exercises, sharing, and light workshoping, led by Youth Services Librarian Abby, MLIS, BA Creative Writing. SW Interim Library

WED 16, 4:30 P.M. Uno Club. Show off your best Uno strategies and compete with your friends at the popular card game. Children under 9 must be accompanied by a caregiver. SW Interim Library

WED 16, 6 P.M. Thelma D. Jones Breast Cancer Fund Breast Cancer: October Breast Cancer Awareness Month Celebration. Guest speaker is Tswana Sewell, Executive Director, American Cancer Society (ACS), Greater Metro Area.. Guest performer is Vocalist and Songwriter Cecily who was born and bred in SW. Location: St. Augustine’s Episcopal Church

WED 16, 11A.M.-2 P.M. The Southwest Waterfront AARP Chapter’s 8th Annual Community Health Fair at River Park. Flu Shots for Everyone (High Dose Flu and Pneumonia Shots for Seniors) Courtesy of Safetyway Pharmacy Clinic. 1311 Delaware Ave. SW

THURS 17, 2 P.M. Crafternoon. Enjoy the company of other library users while working on your latest project. Basic instruction for knit and crochet provided. All crafts and skill levels welcome. SW Interim Library

THURS 17, 7-8:30 P.M. Monthly Labyrinth Walk with Live Music. Come walk the labyrinth or just listen to music. Meet the artist at the end of the program. Refreshments served. Westminster Presbyterian Church

SAT 19, 10A.M.-5 P.M. Racial Awareness and Mindfulness Festival. Join us for a day of networking, training and empowerment promoting “Allyship” Whitney Parnell, Training Facilitator. Free to the Public. Lunch provided. Register at: <https://raf2019allyship.eventbrite.com> Westminster Presbyterian Church

SAT 19, 10:30 A.M.-Noon. Komen Toastmasters has been helping people develop communications, leadership, and public speaking skills for over 20 years. Visit us to see how we can help you. We meet on the 1st & 3rd Saturday of each month. Visitors are always welcome. Riverside Baptist Church, 699 Maine Ave. SW, (Corner of 7th and Maine, SW)

SAT 19, 10:30 A.M.-Noon. Komen Toastmasters – Kids gone back to school? How about you? Visit us to see how we can help you develop public speaking and leadership skills. We meet on the 1st & 3rd Saturday of each month. Visitors welcome. Westminster Presbyterian Church

MON 21, 7 P.M. ANC 6D Monthly Business Meeting. 1100 4th St. SW, 2nd Floor. www.anc6d.org

WED 23, 4:30 P.M. Comic Club. Create comics with templates, talk about the best graphic novels, and get some recommendations from the librarian. Children under 9 must be accompanied by a caregiver. SW Interim Library

THURS 24, Noon, NARFE Chapter 2052, meeting at Christ Methodist Church at 4th & I St., SW, Please come and join us, ALL current and retired Federal employees! Contact: Gloria Harper-Simon, Secretary gghsatty1@hotmail.com. Christ United Methodist church at 4th & I St., SW

THURS 24, 4:30 P.M. Teen Book Club. *I’ll Give You the Sun* by Jandy Nelson. Please see a staff member for a copy of the book. **SW Interim Library**

THURS 24, 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. Harbor Patrol, 550 Water St. SW

FRI 25, 8-9:30 A.M. Councilmember Charles Allen.

Join Councilmember Allen for his regular office hours at The Velo Café at District Hardware and Bike at the Wharf, 730 Maine Ave SW. Feel free to invite neighbors

SAT 26, 1-3 P.M. Thinking About Jazz- Oscar Peterson: The Will to Swing. Canadian jazz pianist and composer whose career spanned over 60 years, Oscar Peterson produced over 200 recordings and won 8 Grammy Awards in addition to numerous other honors. Larry Appelbaum, presenter. Free. Light lunch served. Door prizes

SAT 26, 1:30 P.M. Southwest Interim Library Book Discussion, Please call library at (202) 724-4752 on the morning of Sat., Oct. 26 for meeting location. Copies of this month’s title, **The Secret History of Wonder Woman** by Jill LePore, are available upon request

SUN 27, 4 P.M. “Tribute to Mahalia Jackson w/ Lavenia Nesmith and Ensemble. Fund Raising concert to benefit WPC’s new Church Sound and Media Campaign. Tickets \$35. Contact: www.westminsterdc.org or call 202-484-7700/ email: wpcdcoffice@gmail.com

TUES 29, 10 A.M.-Noon. Drop In Tech Support. One-on-one help with accessing the library’s electronic services such as downloadable books and audiobooks, using library databases (such as Lynda and the resume builder on the Career Accelerator). Southwest Interim Library

WED 30, 4:30 P.M. Color Club. Come color with us! Fun coloring pages and utensils provided; appropriate for children ages 1+. Children under 9 must be accompanied by a caregiver. **Southwest Interim Library**

THURS 31, 2:00 P.M. Crafternoon. Enjoy the company of other library users while working on your latest project. Basic instruction for knit and crochet provided. All crafts and skill levels welcome. Southwest Interim Library

WEEKLY, BIWEEKLY

10U FLAG FOOTBALL, Mondays-Fridays, 6-9 P.M., Ages 9-12, David Freeman, Randall Recreation Center, South Capitol and I Sts. S.W (202) 554-6973

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

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, 201 N St. SW, (202) 645-7454

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

ALZHEIMER’S ASSN CAREGIVER SUPPORT GROUP, 4th Thursdays of the month. 11 A.M.-12 P.M. 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

ARTY AFTERNOONS, Mondays, 4:30 P.M. Join us in the Children’s Room for fun arts and crafts. For children ages 4-12. Children under 9 years old must be accompanied by a caregiver. Southwest Interim Library

BABY/TODDLER STORY TIME, Mondays, 10:30 A.M. Full of books, songs, rhymes and fingerplays for children from birth to 2 years old, Baby and Toddler Story Time is a great way to introduce your child to language skills in a positive and fun environment. Politics & Prose, 70 District Sq. SW, (202) 724-4752. **Please note the library will be closed Monday, October 14th**

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, 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. St. Augustine’s Episcopal Church Community Room, 555 Water St. SW

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, I & 4th St. SW

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 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, 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.com>

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)

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

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. Westminster Presbyterian Church

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

See “Calendar” page 19

CALENDAR

Continued from p. 18

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 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)

KOMEN TOASTMASTERS INTERNATIONAL meets every 1st and 3rd 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

PAJAMA STORY TIME, Wednesdays, 7:00 P.M. An evening story time where pajamas are encouraged but not required. These 30-to-40-minute evening programs are designed to delight children of all ages.. Southwest Interim Library

PANCAKE BREAKFAST, Sundays 8 A.M.-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, Wednesdays, 10:30 A.M. Share the fun of reading with your children ages 3-5 years! These 30-to-40-minute programs are designed to promote language and listening skills, expand children's imaginations and arouse their curiosity about the world around them. The Lot SW, 4th & M St. SW, (202) 724-4752

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

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. 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 are held every third Wednesday at 12:00 noon. Current AARP members, prospective members and visitors are welcome. Lunch is Available. Cost: \$5.00. River Park Mutual Homes' South Common Room, 1311 Delaware Ave. SW. For further information, contact Chapter President Betty Jean Tolbert Jones, bettyjeantolbertjones@yahoo.com or 202-554-0901

SOUTHWEST SATURDAYS, Saturdays, 11:00 A.M. Do a craft. Play a game. Enjoy a story together.. Join us for all-ages fun. Children under 9 must be accompanied by a caregiver. Southwest Interim Library

ST. AUGUSTINE'S EPISCOPAL CHURCH, Sundays, Bread For Life Pancake Breakfast 8-8:45 A.M. 9:30 A.M. Worship Service and Holy Eucharist. Come Join us! All Are Welcome. 555 Water St. SW, (202) 554-3222

ST. MATTHEWS LUTHERAN CHURCH, Sundays Morning Worship Service 9:30 A.M. Also Sunday Evening Worship Service 5 P.M.-6 P.M. All are Welcome. 222 M St. SW, (202) 800-4600

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

GOTTASWING DANCE CLASSES, Wednesdays, 7-10:00 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, 201 N Street SW

TENNIS ABC-Agility, Balance, Coordination, Mondays and Wednesdays, 1-2 P.M. All ages. King Greenleaf Recreation Center, 201 N St. SW

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

TINY TOT BALLET, Saturdays, 10:15 A.M.-11:15 A.M. Ages 3-5, Alexis P. Miller, Randall Recreation Center, 25 I St. SW

TINY TOTS NEED RECREATION TOO, Thursdays & Fridays, 10:30-11:30 A.M. Ages 1-3 years, Michelle

Edmonds, King Greenleaf Recreation Center

TINY TOT SOCCER, Saturdays, 11 A.M. -Noon, Ages 5-13, Randall Recreation Center, 25 I St. SW

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

TINY TOT TENNIS, Mondays, 4-5 P.M. Ages 18+, Randall Recreation Center, 25 I St. SW

TTNRT! Tuesdays & Thursdays, 10:30 A.M-11:30 A.M., Karennia 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. 11A.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

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