

Sounds of Southwest: Peyote Pilgrim

BY RAMSEY POSTON

The Sounds of Southwest led me to Pearl Street Warehouse last month to watch local Americana band, Peyote Pilgrim, perform its songs of hope, joy and love.

The band is led by lead vocalist, Casey Shannon, who also plays guitar. He assembled the four piece band in 2012 with some old school friends. So far, the band has put out three albums/EPs and is prepared to begin working on a fourth.

Peyote resonates as classic Americana but it's not afraid to bend the sound genre of superficial labels and experiment with a pop song here and there. For Shannon, the only real requirement is "authenticity," which he emphasized to me before the show.

Shannon, the primary lyricist for the quartet, grew up in Alexandria, VA, and says that when he was ten years old, an Aunt gave him a copy of Wilco's "Yan-

See "Peyote Pilgrim," page 10



Peyote Pilgrim performs onstage.

Courtesy of Ramsey Poston



ANNUAL BLACK HISTORY COMMUNITY PROGRAM

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STEPPING UP FOR THE ANACOSTIA RIVER

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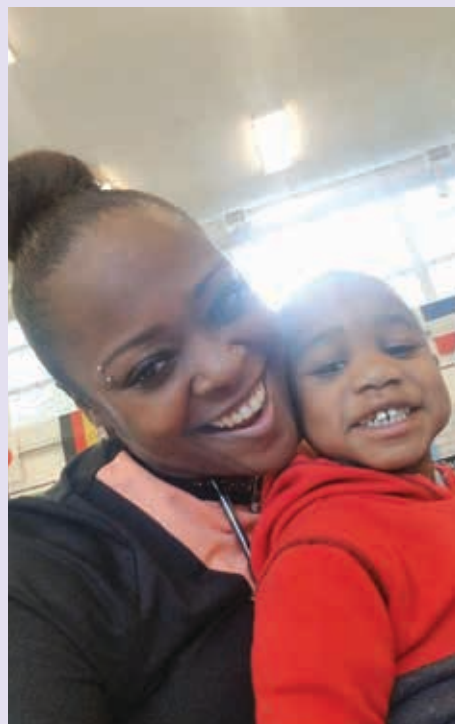
Perspectives from Amidon-Bowen Parents

BY SOUTHWESTER STAFF

As parents approach the March 2 school lottery deadline to apply for PreK-3 through Grade 8 schools, "The Southwester" reached out to current parents from the quadrant's only public elementary school to hear their perspectives on the school. Below are the responses we received.

Sylvia and Mohamed (parents to 1st grade student)

We have been very happy with our experience at Amidon-Bowen Elementary School (ABES). Our son started in PreK-3 in 2016 and since then we have seen him blossom both academically and socially. We love that our school community overlaps with our physical neighborhood. We also love that there are many opportunities to support the school. Mohamed is currently the PTA co-treasurer and I participate in VIBE, the parents' community dialogue group. Finally, ABES' faculty and administration have been very responsive to our son's medical condition. We are confi-



Courtesy of Lisa Curtis

Amidon-Bowen teacher Ms. Harris enjoys a hug at the Thanksgiving potluck with PK-3 student Carter Curtis.

dent that the school's nurse is able to assist our son with any health problems he may face at school.

Jay (parent to Kindergarten student)

Seeing our daughter grow up at our neighborhood school has been one of the joys of our adult lives. She began attending back in PreK-3 and has built wonderful relationships with the teachers and staff at Amidon. The education she's getting is far superior to what my wife and I received growing up in Michigan in the 1980's. Our daughter has quickly developed social and emotional skills that surprise us every week. The other kids have been both interesting and kind. We are already looking forward to sending our son to PreK-3 in 2021.

Sara (parent to Kindergarten and PreK-3 students)

I am proud to send my children to our neighborhood school, and I am grateful that the school is Amidon-Bow-

See "Parents," page 16



BOOT CAMP WITH JENNY

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Join the SW Library Groundbreaking Ceremony
Wed., Feb. 5 at 11 a.m.
at 3rd & I Streets, SW.

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Help Save Lives in the District by supporting The Thelma D. Jones Breast Cancer Fund

Donations support outreach and education strategies for young girls and link low-income, uninsured and underinsured women and men with information, screening diagnostic services and counseling. Donate on line at www.tdjbreastcancerfund.org.

The Thelma D. Jones Breast Cancer Fund is an all-volunteer award-winning grassroots organization with local, national and global recognition. Our mission is to advocate and improve the overall health and wellness for women and men through outreach, education, and prevention. We promote early detection strategies for breast health and access to the best biomedical and evidence-based complementary therapies to reduce the incidences and mortality rates of breast cancer. Our vision is to save lives, embrace and achieve a world community free of breast cancer.

When donating by mail, please make check or money order payable to the Thelma D. Jones Breast Cancer Fund and mail to:

Thelma D. Jones Breast Cancer Fund
400 "I" Street, SW
Washington, DC 20024
thelma@tdjbreastcancerfund.org
www.tdjbreastcancerfund.org
(202) 251-1639

Annual Black History Community Meeting

BY RYAN PIERCE, CHAIR,
SWNA HISTORY TASK FORCE

This year's meeting promises to provide an educational and inspiring experience looking at the important stories and contributions of neighborhood residents. Arranged by Thelma Jones of the Black History Sub-committee, this meeting will feature Mr. Craig Syphax, descendant of the prominent Southwest family, and Mr. Benjamin Sands, a musician and educator raised in Southwest.

Mr. Craig Syphax was born at Georgetown University hospital and raised in Arlington, VA., where he currently resides. He is a successful local entrepreneur having owned and operated Bison Painters, Inc. and a family owned real-estate and property management business in Arlington. He also had a successful career in television camera operations and production, working as a producer for Arlington Independent Media. In this capacity, Syphax financed a video interpretation of his family genealogy, *Syphax, Rising from the Crucible of Slavery*, which cornicles the family's achievements in Arlington and Washington, D.C.

Mr. Syphax was also involved with several important local history efforts. These include serving as a current board member and past president of The Black Heritage Museum of Arlington (<http://arlingtonblackheritage.org/>), and serving on several committees: the Arlington County Civil War Sesquicentennial Committee in November 2011, the Arlington WWI Committee since its origin in February 2017, and the Stratford Historic Committee in



Courtesy of Author

Ben Sands, performing at Arena Stage, will speak and perform at meeting.

January 2017. Furthermore, he has presented at various venues around the area and been interviewed for several local programs, including a C-SPAN American History TV program on the Syphax Descendants (<https://www.c-span.org/video/?414115-101/syphax-descendants-interviews>).

Mr. Benjamin Sands has performed and spoken at several past SWNA events and brings a wonderful success story, aided in part by the SWNA Scholarship Task Force, as one of its earliest scholarship recipients. Sands is an educator and performer, currently serving as Music Director at Calvin Coolidge High School in the District of Columbia. He has also had a long performance career, touring and recording with several

prominent artists.

Please join us on **Monday, Feb. 24, at 7 p.m. at Arena Stage** for this wonderful program to celebrate and learn more about the heritage and impact of Southwest and its residents. Also, please remember to consider visiting the Smithsonian Anacostia Community Museum to see their exhibition "A Right to the City," which tells the stories of six D.C. neighborhoods, including Southwest, and runs through April 20, 2020 (<https://anacostia.si.edu/Exhibitions/Details/A-Right-to-the-City-6222>).

For more information on the SWNA History Task Force, as well as links to resources and research opportunities, please visit our website: www.swna.org/swna/task-forces/history-task-force/

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Community Benefits Agreement with D.C. United Reaching New Heights

BY FREDRICA KRAMER

Now that the Community Benefits Agreement (CBA) with D.C. United Community Benefits has had a full year of implementation, the Near SE/SW Coordinating Council (CBCC) reports that the CBA, which CBCC enforces, is seeing increasing payoffs for the community.

Among the benefits stipulated, the CBA includes the opportunity for local nonprofits to operate concession stands as fundraisers at D.C. United games. During the 2019 season, CBCC operated or supervised nine fundraising events, producing over \$5,000 for three nonprofit organizations that participated.

The community also receives revenue through the full-page ads in "The Southwester" that D.C. United promises in the CBA. These ads are now appearing monthly and are used both to advertise D.C. United games as well as other opportunities and events that D.C. United offers. For example, the CBA promises 12 summer jobs for young people through

D.C.'s Summer Youth Employment Program (SYEP) and 12 seasonal jobs to learn about the sports and entertainment industry. The ad in the December "Southwester" announced D.C. United's job fair that took place at Audi Stadium.

The CBA also includes scholarships for low-income children ages 5-17 in the D.C. United Summer Camp. CBCC facilitated a connection to a local soccer coach to ensure that Ward 6 youth might become candidates for invitation to the team's sports clinics and a scholarship for D.C. United's professional Training Program. As part of the CBA enforcement, CBCC now meets with D.C. SCORES, which operates soccer, child literacy, and healthy lifestyles afterschool programs. The CBA provides free game tickets for our local youth, which D.C. United has been distributing regularly to our three local schools.

As part of the CBA and ensuring that D.C. United becomes a good neighbor in Southwest, the team has begun discussions with CBCC and Unity Health Care to explore the possibility of developing a

primary health care facility in the community. Unity will have a small clinic in the new transitional housing facility on Delaware Avenue, but that will not replace the larger facility that was lost when that site was redeveloped, nor will it satisfy the community's needs as the whole of Southwest, including Buzzard Point, grows exponentially over the coming years. Related to this effort, D.C. United has brought CBCC into discussions with the Buzzard Point Owners Committee, which will amplify the community's voice on other matters of concern in the rapid development of Buzzard Point.

The CBA further guarantees that community nonprofits can use stadium facilities for a minimum of three community days when not in use by the team. D.C. United has been generous in making meeting space available and CBCC looks forward to working with them to expand creative use of the stadium to serve the community. Interested groups can contact CBCC (<http://www.seswcbcc.org/contact-us>) to help realize this promise.

BroadFutures Partners with the Wharf for Workforce Development

BY SOUTHWESTER STAFF

On Saturday, Nov. 16, Elinor Bacon, Partner at Hoffman-Madison Waterfront, accepted the BroadFutures Champion Award on behalf of The Wharf for The Wharf's support of BroadFutures' mission and the vision of a diverse and inclusive workforce.

Cameron Jackson, the BroadFutures Intern who presented the award to Bacon, explained that he was personally impacted by The Wharf's partnership with BroadFutures, as last summer he had the opportunity to intern at CBRE, a business real estate company. "I really enjoyed working there because I learned more than I have in any other job, and it is in an industry that I am now interested in working in as I grow professionally."

BroadFutures is a non-profit organization that provides training, mentoring, and paid internship opportunities for young people with learning disabilities. The Wharf has been working collaboratively with BroadFutures for the past two years to provide summer internships at The Wharf for program participants. This program is partially funded through a



Courtesy of Author

Elinor Bacon receives Champion Award from Cameron Jackson, BroadFutures Intern.

\$1 million commitment by The Wharf, as part of its Land Disposition with The District, for workforce intermediary programs. The Wharf's contribution helps to support DC residents, particularly those with lower incomes, to participate in the BroadFutures Program.

Since 2017, a total of 17 interns have worked at The Wharf with employers including: Hyatt House, Canopy by Hilton, InterContinental, Entertainment Cruises (a Hornblower Holdings company), Colonial Parking, CBRE Property Management and the Southwest Business Improvement District (SWBID).

In accepting the award, Bacon expressed her admiration for the BroadFutures Program and the young adults who have interned at The Wharf, saying, "We are delighted with the partnership The Wharf has developed with BroadFutures, and with the opportunities for internships created by our operators and managers for 17 individuals with learning disabilities. The interns have been talented, smart, creative, hardworking and wonderful people, and we look forward to continuing our relationship with BroadFutures."

Letter to the Editor



Dear Editor of the Southwester,

According to the Alzheimer's Association, an estimated 200,000 Americans under the age of 65 are living with Alzheimer's disease. My husband was one of them. Because he was under 65, we had no access to any support or resources that are available to older Americans.

Financial support and medical resources are critical for men and women afflicted with early onset Alzheimer's, especially considering many of them still have younger families to support. That's why I was thrilled to hear the Younger-Onset Alzheimer's Disease Act passed in the House on Oct. 19. Through this bill, individuals under the age of 60 living with the disease would have access to nutritional programs, respite services for family caregivers, and other services to enhance their quality of life.

I cannot overstate how life-changing this would be for those 200,000 families dealing with early-onset Alzheimer's. It's devastating to watch your loved ones deteriorate at any stage of life, but it's especially difficult to navigate when it happens decades earlier than expected. Congress has the power to help ease the strain. Join me in thanking Congresswoman Eleanor Holmes Norton for co-sponsoring the Younger-Onset Alzheimer's Disease Act of 2019.

To find resources for families facing Alzheimer's, visit alz.org/nca.

Sincerely,
Carroll Quinn

To submit a Letter to the Editor, email editor@thesouthwester.com

AARP Offering Free Tax Assistance

Get your taxes done for free. The AARP Foundation Tax-Aide is offering free tax assistance on Mondays and Wednesdays, 11 A.M.-3 P.M. at the King Greenleaf Recreation Center, 201 N St. SW, through April 15.



FRIENDS OF SOUTHWEST DC

Over 20 years of Helping Southwest

Friends of Southwest DC mourns the passing of our founder and longtime president, Coralie Farlee



Friends of Southwest DC will honor Coralie by continuing her groundbreaking work to give back to our neighborhood and make Southwest a better place.

We would welcome contributions in Coralie's memory.

Friends of Southwest DC now has a new address and email:

Friends of Southwest DC

Box 44434

Washington DC 20026

FriendsofSWDC@gmail.com

To donate by credit card visit: FriendsofSWDC.org

We support The Southwester through our advertising.

Meet SWBID Ambassador Charleen Smith

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 to live, work, visit, and enjoy.

Charleen Smith came to SWBID two years ago through Project Empowerment. Project Empowerment, an initiative of the DC Dept. of Employment Services, connects D.C., MD, and VA businesses with District residents, who are willing, ready, and qualified to work. Project Empowerment partners with businesses to recruit, train, match, and coach candidates for successful employment. The Wharf, ANC6D, SWNA and the SW/SE Community Benefits Councils are key partners. Under this program, Charleen was assigned to the SWBID through the Wharf partnership and is now a full-time employee.

She is a “floater” which means she has to know every job route and be ready to jump in. When asked what she likes about



Charleen Smith

Courtesy of SWBID

her job she said, “Not like, LOVE!” Charlene considers her co-workers more than a team – they’re family.

Charleen is a native Washingtonian. She attended Woodson Jr. and Sr. High Schools and is proud that her children and grandchildren attended those schools.

She has three children and 8 grandchildren, but she is known as the “neighborhood mom” because on any given day her house is full of neighborhood kids.

SW residents and tourists find Charleen a great listener – they talk to her about the families, jobs, and more. She

has made many friends and loves it when people call out her name.

Charleen is a sweetheart – no for real! Her birthday is Valentine’s Day.

SWBID COO Andre Witt says: Charleen has been a rock solid employee from day one. I recall a time during a significant snow storm our executive director engaged her in the field and was simply amazed at her very strong work ethic. Charleen is one of our veterans that we can always count on to get the job done. She is simply amazing.

Charlene’s Favorites

Music: oldies but goodies

Favorite Song: loves slow jams

Sports team: Dallas Cowboys

Best thing about her job: interacting with residents and tourists

Proudest moment: When she transitioned from contractor to permanent employee.

Favorite Quote: “If you believe it you can achieve it.”

So when you’re out and about – be sure to say hello (and happy birthday) to Charleen!

BUZZARD POINT

ALWAYS INSPIRING

Buzzard Point is a new riverfront neighborhood in the heart of an already vibrant community at the confluence of the Potomac and Anacostia Rivers. Once fully developed, Buzzard Point will be home to over 6.5 million square feet of new restaurants, retail, hotels, residences, and office spaces, all smartly designed to give businesses, residents, and guests an exciting, connected environment to explore.

buzzardpointdc.com

AKRIDGE
Invested.

Photo of the Month Winner: Fredo Vasquez



Courtesy of Fredo Vasquez

Morning sun.

To submit a photo for Photo of the Month, email it to
editor@thesouthwester.com

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where DC meets in every season

Join us at The Wharf all year long for a fantastic mix of free waterside activities including live music, yoga, bocce, special events, fireworks, and more!

Winter 2020

MONDAYS, JAN 6 – FEB 17 Curling & Cocktails
TUESDAYS, JAN 7 – FEB 18 Broomball & Brews
JAN 11 Hungry Human Hippos
JAN 18 Fire & Ice Festival with WAFF Ice House
JAN 18 & 31, FEB 17 Rock The Rink with The Capitals
FEB 6 Black History & Culture Program with DC MONC
FEB 8 Hungry Human Hippos
FEB 22 Mardi Gras at The Wharf ✨

Spring 2020

MAR 14 Ireland at the Wharf
MAR 21 Saint Joseph's Day
APR 2 Nationals Opening Day Game Watch
APR 4 Blossom Blast ✨
MAY 2 Running of the Chihuahuas
MAY 9 Operation Deep Blue
MAY 15 Bike to Work Day

Summer 2020

TUESDAYS, JUN 2 – SEP 29 Yoga on the Waterfront
WEDNESDAYS, JUN 3 – SEP 30 Transit Pier Concerts
JUN 6 Filipino Food Festival
JUN 13 Pride on the Pier ✨
JUN 20 & 21 DC JazzFest
JUN 27, JUL 18, & AUG 15 Saturday Night Dancing
JUL 25 Shark Bites

Fall 2020

SEP 12 SoulFest Yoga Festival
OCT 3 Wiener 500 Oktoberfest
OCT 24 Dia de los Muertos

Holiday 2020

DEC 5 The District's Holiday Boat Parade ✨
DEC 19 Nogfest

YEAR ROUND Free Live Music on Outdoor Stages

Stepping Up for the Anacostia River

BY MAUREEN FARRINGTON

It's an experience common to many who live along the Anacostia River: gazing over its majestic waters to watch an osprey or a heron, only to have your eyes alight on some trash and debris – pristine vision marred. For many in Southwest, it brings up a big question: What can I do to help my neighborhood river?



Above, Master Naturalist student volunteers with Washington Parks and People as part of their coursework.

At right, a group of volunteers at Tunic Park at the 2019 Earth Day Cleanup.

At left, Watershed Stewards Academy students learn about macro invertebrates.



Courtesy of Anacostia Watershed Society



Courtesy of Anacostia Watershed Society


The Anacostia Watershed Society has some answers! As a local non-profit that has been advocating for the Anacostia River for over 30 years –

and seeing what decades of persistence can do for the health of the river – we want to tell you about some upcoming events and programs that can help you do more for the Anacostia River.

Watershed Stewards Academy: This 8-week program instills participants with the skills they need to become environmental leaders in their communities. Each class focuses on a different aspect of environmental stewardship right here in the Anacostia Watershed, and is a mix of classroom and hands-on lessons. The course culminates in a Capstone Project that makes a positive impact on the health of the Anacostia River. Spring classes start in March 2020. For more information, please contact Reyna Askew at raskew@anacostiaws.org.


Day Cleanup: On April 25, 2020, you can join the thousands of other volunteers at 40 different sites throughout the Anacostia Watershed, and celebrate the 50th Anniversary of Earth Day! Sign up with the whole family and work together for a cleaner Anacostia River. All participants receive a free t-shirt to thank them for their efforts. Volunteer registration opens on March 2. Register at <https://www.anacostiaws.org/what-we-do/river-restoration-projects/earth-day/earth-day-cleanup.html>.


Interested in learning more about what you can do to help the Anacostia River? Check out the Anacostia Watershed Society's website at anacostiaws.org.



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Yoga Factory Says Goodbye to The Wharf

BY SOUTHWESTER STAFF

At the turn of the new year, yet another small business called it quits at The Wharf. Yoga Factory opened with Phase I in 2017, where “[Yoga Factory] hoped [they] would grow as the neighborhood developed.” In a letter to the community, they said that they “gave it [their] best shot” but things didn’t work out. They also thanked their students and the outpouring of support

they received from the community about their closing.

Yoga Factory is one of several locally owned retail shops to recently exit The Wharf, including District Hardware, DC Row, and Anchor, among others. Some in the community blame high rents at The Wharf, while others have pointed to the lack of patronage. Either way, the neighborhood is sad to see another local business go.

They will close the doors for good on Jan. 30, 2020, at 10 p.m.

CULTUREHOUSE

Exhibit Opening

Death & Donuts puts forth a guide for living in the coming new age marked by humanity's modification of earth's environmental systems. Sculptors **Heidi Zenisek & Michael Thron** present works that probe the cyclical nature of human innovation and how the luxuries of post-industrial America thinly veneer life during climate change.

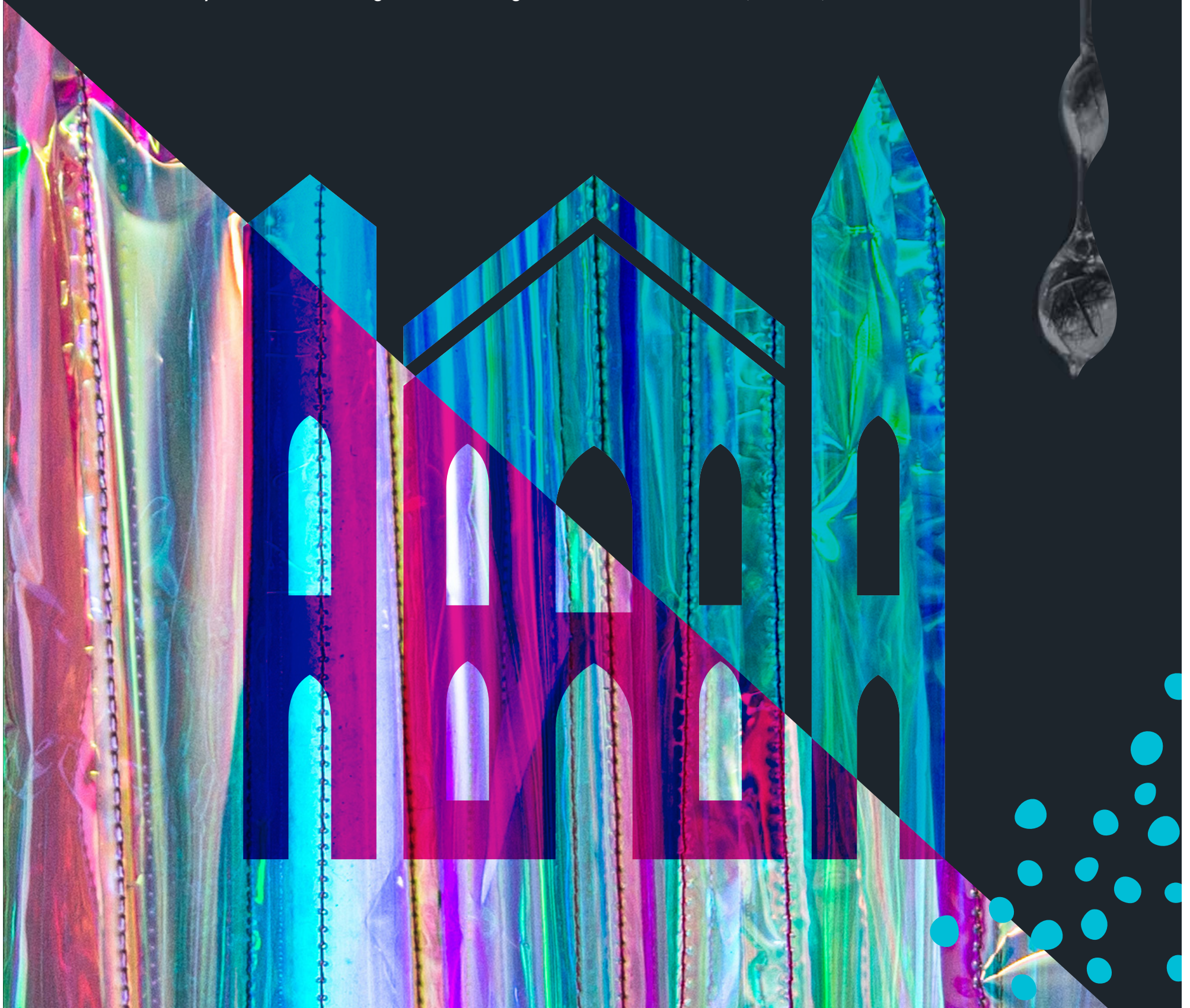
Opening Date

February 8, 12–5pm

Save the Date: Opening Reception

February 22

Visit culturehousedc.org for more information, tickets, and hours.



@culturehousedc

CULTUREHOUSED.C.ORG

Dale MacIver's Memory, Celebrated in Style

BY THELMA D. JONES

Potomac Knolls Community Center in Ft. Washington, MD, may have been an unlikely place to celebrate the life and legacy of former long-time SW resident Dale MacIver, 96, who passed away Nov. 25, 2019. However, approximately 30 diehard fans of the legendary community activist were there on Saturday, Jan. 11. From the time you entered, and throughout the evening, the bass and DJ Sho'Nuff shouting, "It's a party for Dale MacIver," you knew something memorable was happening.

Organized by Paul "Big South" Taylor, Executive Director, SW Comm-Unity Forum, which Dale loved and generously supported, the celebration befitted the neighborhood legend. Glowing and heartfelt tributes were made by current and or former SW residents who knew him well.

During the celebration, SWNA Education and Scholarship Task Force (ESTF) Chair, Vyllorya Evans, talked to the legions of Dale MacIver fans. Some fans provided her with useful information on how to locate former SW scholarship recipients. Evans also got a commitment from fan Wally Perry to help advance her efforts with ESTF, which Dale supported throughout his life.

In addition, Evans pulled out her lap-top and the fans took a walk down memory lane with archived editions of The Southwester, which covered part of the 33-year period that Dale served as the paper's editor. Fan Crystal Guthrie, wife of Emcee Resial "Bay Bay" Shannon, a true diehard Dale fan, found articles on neighborhood youth, including scholarship recipients, sports events and school activities in which Dale was actively involved



Courtesy of Author

Fans of Dale gather to celebrate a community legend.

and took great pride in covering in the paper. To Fan Guthrie's delight, she also located an article about Dale participating in the 1963 March on Washington.

Bay Bay Shannon's role as the emcee couldn't have been a better choice, as he was chock full of humor from start to finish, sparing no one in the Center, even Dale! Bay Bay often took on a Dale persona and surprised celebrants with details of Dale's passion for rap music, citing some of Dale's favorite rap artists, like Whodini and Salt & Pepper, while mimicking Dale singing the tunes. Dale was also a huge fan of Luther Vandross, and with a group of friends in-tow, rarely missed the artist's performances, until the

tickets became, as Dale said begrudgingly, "Too much!" According to Bay Bay, Dale's favorite Luther's song was *A House is not Home*.

Bay Bay also shared the humorous side of Dale, which some didn't know about, often keeping the legion of fans in stitches. Truth be told, it was difficult to know if Bay Bay inspired Dale's humor or they both, in their "pinned at the hip relationship," inspired each other. Perhaps Bay Bay and Dale missed their callings as comedians.

He also shared with SWNA Youth Activities Task Force (YATF) Chair, Thelma D. Jones, how Dale regularly used to encourage him to meet and get to know her and

to serve on the SWNA YATF. "I met you," he told Jones, "just because Dale kept telling me to meet you and to get to know you." It was a bittersweet recognition for Jones, who never really got the impression that Dale, with his extremely high standards, regarded her as a role model for youth.

After the comedy hour with Bay Bay, the fans enjoyed a spread of soul food and drinks, dancing, lots of good old fashion fun, and sharing more Dale MacIver stories. Fans who gave tributes included: event organizer Paul "Big South" Taylor, Anthony Chandler, Wyatt Green, Jeff Moore, Wally Perry, and Melvin Pickett. With pride and conviction, they shared how Dale had impacted and changed their lives by giving them endless hope through mentoring and serving as a father figure; guiding and advising them on college testing taking them on countless recreational and cultural outings; encouraging them to go further afield in terms of their education and employment; teaching them budgeting skills and providing financial support in high school, college and beyond – including sending them highly anticipated care packages in college; assisting them in finding employment; sharing the basics of work ethics; and encouraging them to be good family members and fathers and to lead an overall just life, among other things.

It was truly a night to remember and be remembered!

Bay Bay and Big South summed it up nicely with a lovely and delightful cake, which read: Southwest Community Love and Miss You! DALE. Also on the cake, Dale pictured with a smile sitting in the SWNA office near a stack of Southwesters.

Rest in Peace and Power, Dale!

Coffee with a Purpose at Sacred Grounds Café

BY REV. PHILLIP C. HUBER

If you have walked near the corner of M Street and Delaware Avenue lately, you may have noticed some heavenly scents in the air. The long awaited Sacred Grounds Café: Coffee with a Purpose, at 222 M St. SW, is now open and offers the neighborhood a modestly priced and cozy dining alternative.

The café is located within the beautiful new St. Matthew's Lutheran Church at the corner of Delaware Avenue and M Street, and is managed by Marie and Cathy Stanley, both of whom have a long history of managing local businesses and are residents of Southwest. They bake all the amazing tarts, cakes and bread from scratch onsite. Sacred Grounds brews "Rise Up Coffee" which is locally sourced, fair trade and organic. Customers can pur-



Courtesy of Rev. Phillip C. Huber

Coffee with a purpose and a sandwich to fill an empty stomach.

chase a bag of coffee to brew at home too. Full loaves and take-home boxes of coffee are also available for your catering needs.

Why "Coffee with a Purpose?" Pastor Huber relayed the following story:

A customer recently came into Sacred Grounds and asked, "What's the 'purpose' in the slogan 'Coffee with a Purpose?'" The purpose begins with the coffee we sell. It is fair trade and organic. Rise Up Coffee Roasters (Easton, MD), our coffee purveyor, has a personal relationship with the Central American farmers that grow the beans. They make regular visits to the area to make sure the fair trade promise to the farmers is kept. Sacred Grounds exists to provide good coffee, good food, and exceptional hospitality to our Southwest neighborhood and surrounding areas. It also exists to provide a gathering place

for friends and neighbors in the beautiful setting of St. Matthew's building and outdoor courtyard, and strives to become a "town center" for Southwest. Sacred Grounds also plans to hold special community events and entertainment. We held a watch party for the 7th game of the World Series and are planning another festive watch party for the Super Bowl using our four big screen televisions (two 80" and two 70"). All of this helps to form the 'purpose' of Coffee with a Purpose.

The café is open Monday-Friday from 7:00 a.m.-3:00 p.m.; on Saturday from 8:00 a.m.-5:00 p.m.; and on Sunday from 8:00 a.m.-1:00 p.m. When the weather warms up, Sacred Grounds will extend the hours of operation to later in the evening.

For more information, contact sacredgrounds@stmatthewdc.org.

POCKET CHANGE

Pocket Change is a crowdfunded community microgrant program gathering creative ideas from Southwest D.C. for Southwest D.C.

LISTEN. ENGAGE. VOTE.
(and eat some pizza)

Last month, we collected ideas from neighbors on ways to make a positive impact in Southwest. Now, it's time to hear from our top five microgrant submissions, ask questions, and cast your vote for what you want to make happen in your community.

All community members are welcome. A suggested door donation of \$5 will be pooled and go towards further supporting the winning project.

Wednesday, February 19
6:00 - 8:00 p.m.
Riverside Baptist Church
699 Maine Ave SW

SW Breast Cancer Support Group Heads into its 10th Year

BY SOUTHWESTER STAFF

Colorful pink tablecloths with bold breast cancer symbols, donated by Black Nurses Rock DMV Chapter, provided a warm, safe, and inviting backdrop for the celebratory launch of the inaugural 2020 Thelma D. Jones Breast Cancer Fund Support Group Meeting, held on Wednesday, Jan. 15, at St. Augustine's Episcopal Church on the SW Waterfront. More than 20 guests attended the meeting, which for the past three years has focused on advocacy, including its meaning and importance as it relates to cancer survivorship.

The meeting began with a networking session and an array of nourishing refreshments. TDJBCF Founder, Thelma D. Jones, welcomed the group and introduced each guest, most of whom were breast cancer survivors, including two new survivors and one co-survivor. Jones then introduced Guest Speaker Julia H. Rowland, PhD, Senior Strategic Advisor, Smith Center for Healing and the Arts (www.smithcenter.org),

alluding to an article in the January issue of The Southwester (www.the-southwester.com, p. 6), which featured both Dr. Rowland and Guest Speaker Charity Sade.

In addition to advocacy, and more importantly self-advocacy, Dr. Rowland discussed several other topics (see The Southwester, p. 6) in a PowerPoint presentation entitled "The Vital Role of Advocacy in Cancer and Your Health." She surprised the audience – as well as Jones – by concluding with a slide featuring our own Thelma D. Jones as one of the women who has made and continues to make a difference in breast cancer. "Jones is a community activist, inspirational speaker, leader, and true champion for all women



Photos courtesy of Rodney Minor

Above, participants of the Thelma D. Jones Breast Cancer Fund Support Group January meeting.

At left, Charity Sade, Thelma D. Jones and Dr. Julia H. Rowland



and men at risk of and who develop breast cancer, and their families," Rowland said.

One of the important messages Dr. Rowland shared was that the greatest single risk factor for cancer is aging. She noted that today, people are living longer which is putting our population at greater risk for the disease. "The aging of the nation is a major driver of the rise in cancer incidences and subsequent growth in the number of cancer survivors." During the Q&A, Dr. Rowland also addressed the role that diet plays as a risk factor for cancer and other chronic diseases. Although people are living much longer with cancer and beyond it, Dr. Rowland emphasized, "that life extension is no longer the key

measure of success for a cancer survivor; rather, enjoying a meaningful quality of life is an equally and, at times, even more important goal of care." In this context, she defined the new concept of healthspan, "In contrast to lifespan, or how long someone lives," she explained, "healthspan is about how well someone lives. It is measured as the length of time a person lives in a state of acceptable physical, social, and emotional well-being."

Continuing the advocacy theme, Guest Speaker Charity Sade, 35, Founder and Lead Facilitator of Coping Through Comedy, shared her challenging diagnosis with Stage IIIC Inflammatory Breast Cancer at age 27, and how she used comedy effectively as a coping mechanism. Putting her comedic skills to practice, she engaged the audience in an exercise whereby each person was asked to write a news headline – funny or direct – to describe their week/weekend. Modelling the example,

Charity's headline was: "Procrastination: Never Quite Leaves the Station," which immediately drew laughter. Coincidentally, several of the headlines – humorous in nature – had similar themes around the lack of individual quality time, including one person's headline which questioned whether her weekend even existed. The audience's response from the welcomed exercise prompted Jones to consider the possibility of hosting one of Coping Through Comedy's trainings for the support group. Jones is also considering how the training can be effectively utilized by the residents of SW's Greenleaf Senior Building and Greenleaf Apartments and Townhouses as they chart their path on the redevelopment of their homes.

Afterwards, Rodney Minor, Producer of Veterans N Transition, proposed a special New Year's toast to Jones, then TDJBCF Ambassador Scarlet S. Small held a raffle with lots of gifts. Jones acknowledged how pleased she was with the overall launch celebration, as it was not only the first meeting for 2020 but also kicked-off the 10th Anniversary of the TDJBCF Support Group (created in April 2010). The meeting's tone set the stage for future support group meetings in 2020 as well as the planned year-long celebration.

The TDJBCF Support Group meets monthly on the third Wednesday at 6 p.m., at St. Augustine's Episcopal Church on the SW Waterfront, unless otherwise indicated. The next meeting will be Wednesday, Feb. 19, at 6 p.m. The topic of discussion is breast cancer in men and men's health. For more information, please visit www.tdjbreastcancerfund.org or email thelma@tdjbreastcancerfund.org.

Special thanks to Elaine Graves, Nancy Smith, Mary Thomas, Denise Triplett, St. A's Facilities Manager Byrul Blaney, The Southwester, Southwest Neighborhood Assembly, Washington Cable, Westminster Presbyterian Church and the TDJBCF Ambassadors.

Thelma D. Jones contributed to this article.

PEYOTE PILGRIM

Continued from p. 1

kee Hotel Foxtrot," which made an appreciable impression on young song writer. Wilco's style of lyrics and rhythm are present throughout the Pilgrim catalog, and Wilco's Jeff Tweedy is an inspiration, but the sounds of Connor Obertist, Lucinda Williams, and Townes Van Zandt also reverberate through the band's musical style.

Shannon's lyrics tell the stories of

life and are accented by the subtle but unavoidable metallic whine of the pedal steel guitar, adeptly played by Ian Dansey. Dansey, originally from the Tidewater area, uses the steel pedal to fill holes in some songs and in others bring a haunting melodic drone, as in "Liberty Blues."

Peyote Pilgrim is a band that is in-sync, and award-winning drummer, Jack Kilby, and bassist, Davey Hoen, maintain that synchronization, as well as the rhythm and beat.

Kilby is from Alexandria, VA, and a 2019 Wammie Award winner for Best Jazz

Album. He also runs a recording studio, Crab Shack Music, at his home in Alexandria.

Hoen was born in DC and grew up in Alexandria. He follows in the steps of his father, who also played bass. A few years ago he ran into his old buddy Shannon at the Union Street Pub where Shannon recruited Hoen's talents for Peyote Pilgrim.

The Jan. 9 show at Pearl Street Warehouse included special guest Micah Robinson on keyboards. Robinson, born and raised in DC and a graduate of Howard

University, continues to also build up his career as a solo artist.

Peyote Pilgrim intends to keep creating new music and expanding beyond the DMV. Catch them now so you can say you saw them before they got big!

Ramsey Poston is a live music lover who lives at the Wharf Gangplank Marina and he is the founder and managing editor of Wharf Life DC.

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DIRECTED BY WHITNEY WHITE



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Margaret Alexander



HARRIETT D. FOY
Odessa



FRANCESE
Choir



CHIKÉ JOHNSON
Luke



JADE JONES
Sister Rice



MARTY AUSTIN LAMAR
Brother Davis



PHIL MCGLASTON
Brother Boxer



NIA-AIYANA MEEKS
Choir



TRISTIAN ANDRÉ PARKS
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ROBERT E. PERSON
Choir



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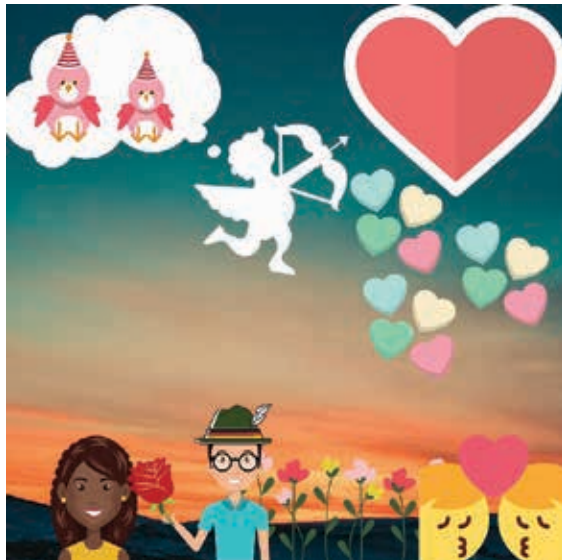


KID'S CORNER

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

January 2020 issue

Differences: The clock is different, and set at a different time, in each picture; the picture on the right has more stars; the woman is holding a different balloon in each picture; the man is wearing a different hat; the boy has a hat in the picture on the right; the woman has glasses in the picture on the right.

Word Scramble: There are 185 words you can make from "Celebrate."

WORD SEARCH: BLACK HISTORY MONTH!

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

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CULTURE
DOUGLASS
HISTORY
JUSTICE

KING
LEARN
OVERCOME
TUBMAN
VOTE

Word scramble!

How many words can you make from VALENTINE?

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

BY MIKE GOODMAN

What comes to mind when we think of the Mandarin Oriental? Luxury, extravagant, pricey? While all of that might be true, the Mandarin at 1330 Maryland Ave., SW has embraced a modified brand with their new restaurant concept, Amity & Commerce. With the recent explosion of luxury dining in Southwest, this new American bistro and bar offers high-quality, locally sourced cuisine, in a well-serviced setting, at prices that are more approachable than many of the new restaurants on The Wharf.

The management is hoping to attract local residents and workers, with lunch features including a crab-packed Eastern Shore Crab Dip Imperial that comes out hot; a Forest Mushroom Risotto that is too good to stop eating (as long as you like mushrooms); and an Amish Chicken Breast with sweet potato mash and braised kale that is a creative and flavorful twist on the chicken and potatoes you grew up eating. However, these elaborate entrees are the exception from the theme of the menu. You can also find multiple salad options, a hamburger, veggie burger, reuben, crab cake sandwich, and more comfort food options that don't break the bank. There are 8-10 entrees on the lunch menu priced under \$20, and every one I've tried is flavorful, fresh, and maintains



Amity & Commerce is Enjoyable and Approachable



Courtesy of Author

Pan roasted Amish Chicken Breast with sweet potato mash, braised garlicky kale and lemon-sherry jus. Not your mother's chicken and mashed potatoes, but just as good!

the touch of luxury that you still expect at the Mandarin.

Dinner is also delightful, with entrees in the \$20-\$30 range, plus cheaper salad and soup options, and daily specials. The burger and steak frites are exceptional, and offer the satisfaction of traditional comfort food, but you'll also find short ribs with grits, an excellent salmon, steak options, and more if you are feeling indulgent. Finally, don't miss out on dessert, including delicious twists on carrot cake, cheesecake, and more, continuing the theme of creative, modern versions of some of your traditional favorites.

The restaurant also has other features to appeal to a local base. Unlike some of

its neighborhood competitors, it features a kid's menu with activities to keep the young ones entertained. And for the young at heart, a Happy Hour was announced in January, every weekday from 5:30-7:30, offering drink specials along with a menu of wings, burger, veggie burger, shrimp cocktail, and more, all \$12 or less.

The original Treaty of Amity & Commerce was signed on February 6, 1778, recognizing the U.S. as an independent country and establishing commerce between the U.S. and France. The name of the restaurant is a recognition of its proximity to the Jefferson Memorial, but also a statement of what its patrons will find: friendly relations, with a side of commerce. Fittingly, the Mandarin tapped Justin Houghtaling as Chef de Cuisine, a 15-year DC resident who was trained in French cooking. Houghtaling came up through the ranks of DC, with previous roles at Bourbon Steak, Marcel's, Brasserie Beck and Maple Ave.

If you are looking for a creative, modern, flavorful meal in an elegant setting, but at a better price point than the luxury dining on The Wharf, sign up for Amity & Commerce.

Community Honors Mentors and Scholarship Recipients

BY VYLLORYA EVANS

The Southwest Neighborhood Assembly Education and Scholarship Task Force (SWNA ESTF) held its Spring Scholarship Awards Program on Friday, Jan. 3, at the offices of JMA Solutions in Southwest DC. Hosted by JMA Solutions President and CEO Jan Adams, the well-attended program was in honor of long-time former SW resident Dale MacIver, a dedicated and committed member of both ESTF and the SWNA Youth Activities Task Force (SWNA YATF).

MacIver, 96, passed away in Nov. 2019. One of the program's highlights was the awarding of 18 individual college scholarships of \$500 to SW students (Zip Code 20024), and hearing the recipients share their stories of hopes, ambitions, challenges, and areas of improvements. JMA Solutions Chief Operating Officer (COO) Avis Dillard-Bullock provided the welcome, which was followed by an enjoyable lunch that gave scholarship recipients an opportunity to network with audience members. There were also giveaways that will no doubt benefit the students at home and in school.

ESTF Member and Program Chair, Peri Hamlin, introduced Adams, who shared an inspiring and informative PowerPoint presentation that focused on the meaning, purpose, and overall importance of



Photos courtesy of Author

Above, (Left to right) Vyllorya Evans, Samantha O'Sullivan, Philip O'Sullivan, Edward (Ned) Yarsky, Donja Wilkinson, Kendall Parks, and Jan Adams.

At right, (Left to Right) Iman Brown, Christopher Dorsey, Avis Dillard-Bullock, Bear Afkhami, Jacob Borenstein, and Jan Adams.



a mentor in a student's life. Adams encouraged the students to not only seek out mentors but also be mentors themselves to those they know might benefit and appreciate the effort.

An integral part of the program included Adams moderating a thought-provoking and inspiring panel discussion with

her staff, affording the students a real-life opportunity to hear about the duties, responsibilities and roles each staff played in JMA Solutions's successes and accomplishments. The panelists included Avis Dillard-Bullock, COO; Bear Afkhami,

Capture Manager; Iman Brown, Marketing Coordinator; Jacob Borenstein, Executive Assistant; and Christopher Dorsey, Invoice Specialist. The panelists also shared their strengths, areas of improvements, personal insights with mentorship and how it has benefited them throughout their careers. Afterwards, the panelists entertained a variety of questions and comments on mentorship and life during college and after graduation.

The 2020 SWNA ESTF scholarship recipients were Sam Anderson, Raven Berry, Monique Chambers, Dannielle Crutchfield, Nicla De Biasi, Daytia Foote, Christopher Johnson, Omar Mahmoud, Jade Miles, Nicolas Moses, Philip O'Sullivan, Samantha O'Sullivan, Kendall Parks, Najma Pettiford, Dayonna Queen, Aaliyah Wilkinson, Donja Wilkinson, and Edward "Ned" Yarsky. A special congratulations was extended to 2019 Winter SWNA ESTF Graduate, Roman Hamilton, who is off to a promising and great start employment with ValueMomentum, an IT services provider.

ESTF Chair Vyllorya Evans and ESTF Member Delmar Weathers joined Adams in presenting the awards to the students

See "Scholarship" page 15

Civics Group Celebrates Breast Cancer Survivors and Advocates

BY RAIHANATA BARRY AND THELMA D. JONES

On Nov. 20, 2019, the Thelma D. Jones Breast Cancer Fund (TDJBCF) hosted its Annual Thanksgiving Celebration at St. Augustine's Episcopal Church in SW, focusing on the topic of "Breast Cancer Survivors with Disabilities." Mamie W. Mallory, TDJBCF Board Chair, welcomed celebrants and provided context to the discussion by sharing her disability of being legally blind and her advocacy work with the disability community.

TDJBCF founder Thelma D. Jones shared a statement from Sheri Denkensohn-Trott, a C-4 quadriplegic and thriving breast cancer champion who was unable to attend the meeting. Sheri is also a team leader for Undaunted Determination, American Cancer Society, Making Strides Against Breast Cancer. Her statement spoke volumes about some of the challenges that breast cancer survivors with disabilities face – namely, the availability of more accessible mammography machines, such as Giotto. These machines come directly to a patient with a disability (like a dentist office chair), as opposed to a traditional mammography machine that only moves up and down. Sheri also emphasized the importance of knowing that you are entitled to high-quality medical care with respect to any disability, citing the example that pap smears should be done on accessible, functioning exam tables as opposed to in a wheelchair.

Back by popular demand, Kimberly Beer, Director of Public Policy, Christo-

pher and Dana Reeve Foundation, greeted the group and shared information on the foundation's focus on increasing awareness about paralysis; increasing federal funding for the Paralysis Resource Center (PRC); and ensuring access to care for those impacted by paralysis. While fielding questions, Beer surprised the audience and indicated that, "Next year, I am going to invite Alexandra Reeve Givens, Christopher's daughter, as I believe she would enjoy the opportunity to speak to the group." That's the legendary Christopher Reeve who played Superman in the late 70's and 80's. In 1995, Reeve became paralyzed from the neck down in a horse-riding accident. He founded the Christopher Reeve Paralysis Foundation in 1998 to promote research on spinal cord injuries. Reeve died of cardiac arrest in 2004.

Also back by popular demand, Regina Blye, a gun violence survivor who is paralyzed, served as an exceptional moderator for the panel discussion. Blye targets public policy reform aimed at improving the quality of life for people with disabilities by removing barriers in broad sectors of our society. As a former member of the United States Access Board, Blye was responsible for the development of accessibility guidelines and standards for the American with Disabilities Act (ADA) and the Architectural Barriers Act (ABA). Her experience and background provided her with invaluable insight into the lives of the panelists, enabling her to moderate the panel discussion in a thought-provoking manner that engaged both the panelists and the audience. The panelists

– all breast cancer champions – included Linda C. Brown, Jourgette Reid-Sillah, and Nicole Rogers.

Brown shared her experience as an advocate and breast cancer survivor and as the primary caretaker for her 27-year-old daughter with disabilities since birth. She explained that while the biggest challenge was having the strength to remain strong as life became more intense, breast cancer inspired her to create an action plan for her child. She also shared how the breast cancer journey motivated her to be an advocate for people with disabilities and prompted her to join organizations in the metropolitan area that work towards disability rights.

Jourgette Reid-Sillah shared her challenge in the context of being a working woman for a local major hotel. She was diagnosed with her disability, then subsequently learned the unfortunate news about her breast cancer diagnosis. Reid-Sillah struggled with getting to doctor appointments as her disability restricted her from walking and resulted in the need to use a wheelchair due to arthritis in her legs and back, which affected her mobility. Her lack of mobility deprived her of one of her greatest joys – cooking – as she was no longer able to stand. Her breast cancer journey and disability inspired her to not only be an advocate but also a thriving champion.

Nicole Rogers, diagnosed at age 30 with triple negative breast cancer, was the youngest of the panelists. She experienced numerous surgeries that contributed to her disability. Her breast cancer journey

and disability inspired and impelled an agenda for advocacy. Rogers felt that hospital staff would not listen to her concerns or take her seriously because of her age at the time of diagnosis. She expressed the importance of using her voice to advise the hospital staff how she was feeling, as the ability to use her voice was monumental since young champions are often overlooked.

The evening was filled with gratitude and thankfulness along with great food and meaningful conversation. It was clear that many of the thriving breast cancer champions characterized breast cancer as one of the best things that happened to them. The panelists explained that they became better advocates and found a greater purpose in life from their journey. The road from diagnosis to survivorship reminded both panelists and the audience that they have voices, and those voices can improve their lives and the lives of others. Jones reminded the audience that advocacy would be the topic of discussion in January 2020 and encouraged them to be a part of the celebratory New Year's meeting.

The TDJBCF support group meetings are held monthly every third Wednesday, at 6 p.m. at St. Augustine's Episcopal Church, unless otherwise specified. For more information on the TDJBCF, visit www.tdjbreastcancerfund.org or call email thelma@tdjbreastcancerfund.org.

Raihanata Barry, a recent graduate of SUNY-Albany, is a junior ambassador for the TDJBCF.

Boot Camp with Jenny Kicks Off 2020 Classes

BY SOUTHWESTER STAFF

Southwest resident Jenny Harper is about to launch her 2020 outdoor boot camps in Navy Yard. From March through December, Harper holds three-week sessions that meet three days a week from 6:15 a.m.-7:15 a.m. The classes focus on both cardio and strength to provide a full-body comprehensive workout, and are designed to be accessible to all ability levels.

Harper began teaching a variety of fitness classes 15 years ago as a way to stay fit and earn extra income while she was just starting out in DC. Eventually, she left the studio setting in exchange for her own business on the steps of Nationals Park. It's now a way for her to build a sense of community and make an impact.

"Life is busy and stressful. Creating a space where people can come and start their day by doing something that benefits their physical health and mental well-being is incredibly important to me. There is nothing more rewarding to me than hear-



Jenny Harper on the steps of Nats Park.

ing from someone that I have helped them in some way," says Harper.

Southwest resident Jesse Gunther agrees. "I have always hated fitness classes, but

after having two kids and being unable to lose weight I decided to try something new. It's really not an exaggeration to say that Boot Camp with Jenny changed my life!"

Harper describes her clientele as a mix of longtimers and newcomers. She says that laughter and camaraderie are what carry people through the hour of stairs, squats, and push-ups.

"I understand how intimidating group fitness classes can feel. I have worked hard to make my boot camp a place where everyone feels genuinely welcome and also feels appropriately challenged."

The views on the riverfront are also a signature part of her boot camp. The sunrises are a motivating factor to leave the comfort of a climate-controlled gym and get outside. "There has been a tremendous amount of work put in to improving the health of the Anacostia River, and I love that my boot camp connects people with this beautiful part of our city," states Harper.

The first session begins on Monday, March 9. Harper also regularly announces free classes through her Facebook page (facebook.com/bootcampwithjenny/). Information and registration are available through her website at bootcampwithjenny.com.

Courtesy of Jenny Harper

Amidon-Bowen Tutor of the Month: Lexie

BY AVA MILLSTONE

Last year, in partnership with Southwest Neighborhood Assembly’s Education and Scholarship Task Force, Community Scholar started a tutoring program at Amidon-Bowen. Tutors have completed training and are now working with students for the second year of this successful program.

Thank you for all of our neighbors who are tutoring young people at Amidon-Bowen Elementary School this year for their service to the community. This includes our Tutor of the Month: Lexie! Learn more about Lexie:

How long have you lived in SW?

A little less than a year.

What do you do in your professional life?

I’m an engineer.

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

I saw an article in this newspaper last year that discussed the goals of the program. I agreed with the mission and wanted to help.

Describe your favorite moment so far from the program.



Lexie
Courtesy of Robert St. Cyr

My favorite moment is seeing the students build confidence on topics we practice from week to week. We have spent the last few weeks with a model clock practicing telling time. The growth from the first week to later in the semester is very noticeable and especially rewarding.

What is one thing you enjoy, appreciate or

respect about your student (or students, but please be specific).

I enjoy talking to the students about what is going on in their lives. That includes conversations about the day they had, what they are learning about in other classes, a movie or book that they enjoyed recently, what food they liked or didn’t like at lunch or a sports game they have coming up. It’s nice to hear what’s on their minds.

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

This is a great program that lets members of the community establish a positive relationship with local students. Uniquely, each tutor stays with the same student(s) throughout the year and is able to get to know the students individually on an academic and personal level. Additionally, the program director and teachers at the school are very supportive and provide valuable insight to questions the tutors have concerning the students, tutoring style and progress the students are making. There is a real opportunity to make a difference through this program.

To learn more about the program or

sign up to participate as a volunteer, contact Robert St. Cyr at friends@communityscholar.org. To make a tax-deductible donation to support the program, visit www.mightycause.com, search for Southwest Neighborhood Assembly Inc. and select the SWNA Education Task Force as the recipient. You can also write a check to the Southwest Neighborhood Assembly, note “Education Fund” in the memo line and mail it to SWNA Attn: Education Fund, PO Box 70131 Washington, DC 20024.

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Join the Southwest Library Groundbreaking Ceremony

Library Construction Update: A groundbreaking ceremony for the Southwest Library will be held on Feb. 5 at 11 a.m. at 3rd and I (Eye) Streets, SW.

The demolition phase of the Southwest Neighborhood Library is nearing conclusion and will likely be finished by the end of January. We are on schedule so far!

The next phase of construction is tentatively scheduled to begin in February. Prior to the start, however, the DC Public Library will host a groundbreaking ceremony with Mayor Bowser to celebrate our new building. Additional details will be posted in the Southwest Interim Library at 525 M St. SW, on the Library’s email lists, and through our elected officials.

The public is invited to attend.

SCHOLARSHIP

Continued from p. 13

which, as indicated, was done in memory of Mentor Dale MacIver. ESTF Member and SWNA YATF Chairperson Thelma D. Jones gave a tribute to MacIver on the impact he had on the Southwest community as mentor and second father to several individuals who called Southwest their home.

ESTF salutes and thanks JMA Solutions for supporting and hosting the awards program. Since 2015, JMA Solutions has donated over \$30,000 to ESTF and continues to heed our call for support, including providing in-kind services.

Also, a special thanks to the ESTF Members and parents who were present, including SWNA Technology Task Force Chair, Perry Klein, who, among other

things, awards laptops to college students for use at school.

Finally, a special thanks to Peter Eicher, Vice President of the Friends of Southwest DC. Since 1999, Friends of Southwest DC has contributed \$50,000 to ESTF. Indeed, we mourn the recent loss of Friends of Southwest DC Founding Member and President Coralie Farlee. She will be missed dearly for her generous support to ESTF, YATF, SWNA Technology Task Force and the SW community in general.

To make a tax-deductible donation to this worthy cause, please make your check payable to SWNA, noting Scholarship in the memo line, and mail it to: SWNA Scholarship Fund, PO Box 70131, Washington, DC 20024-0131.

Thelma D. Jones and Derek Tawiah contributed to this article



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Defining Self-Compassion to Succeed

BY KATE MILLER

Ah, February the month of amore, love, agape, ai, anpu, habb, grå, sneha, and yes, even more words to describe *love* is upon us.

February is the month right after January, and January is the month we swore to ourselves that this time we would see our goals through. We would finally lose the weight, read five books per month, pay our debts, or complete any other self-imposed goal on schedule, with no excuses this time!

January started full of passion and fire and promise – what could go wrong? However, it is now February. How do those self-imposed goals look now? How are you feeling about your accomplishments or ... not. Trust me, I am naming no names and pointing no fingers.

In a recent conversation, the words self-compassion were used, and honestly, I stopped and struggled with the meaning. I know the definition of self-compassion and can list examples of self-compassion. *What I could not do – was FEEL self-compassion.* I knew instantly, I was disconnected from myself and asking



Kate Miller

Courtesy of Author

how I could meet my personal goals for January if I was not connected to my “why”. The “why” being is this what my heart wants?

The art of achieving a goal is to be connected to the heart.

If our heart has no interest in the outcome, what good is the goal? For example, the desire to lose weight is so strong that nothing, barring an emergency, will stand in your way of finding a way to lose weight. There is no cost high enough; there

is no gym shoe broken down enough; there is no too-early-in-the-morning or too-late-at-night-to-work-out excuses – your heart is simply content and connected. It is as if a part of you is missing when you are not striving towards your goal.

Let's look at five key principles when setting a goal, and remember, get your heart involved, allow yourself compassion.

Commitment

How attached are you – really – to the outcome? How bad do you want to succeed? What would change in your life if you succeeded? Try to attach yourself to

those feelings of success (even before you have started) and see how your heart pulls you to start, keeps pulling you to succeed, and forecasts the joy you feel when you have completed.

Clarity

Instead of saying, generically, I want to lose weight. Give yourself concrete numbers or reasons to work towards. For example:

- I want to lose 10 pounds.
- I want to look toned like Wonder Woman.
- I want to tighten my arms.
- I want to lose my belly.

Clarity around your goal will give you a narrow focus to aim for and improves your chances of success because it is clear, and your heart is not confused.

Challenging

This can be a bit tricky, and keeping with the weight loss example (for more hazy or vague goals give me a call, we will figure it out). The objective of setting a goal is to be gentle with yourself. Start by setting a goal that will yield success and uses your current capabilities. The goal should stretch you just outside your comfort zone and yet is easy enough to achieve. The heart will not feel taxed, but excited to get started.

Complexity

Your goal should include healthy, daily reminders of why you want to achieve something and a reasonable timeline. Many January goals fail because:

- The timeline is too short
- Not achievable given the demand of the goal
- Your heart is not invested in the goal

Feedback

The most amazing thing happens when we achieve our goal. We feel good. And when we feel good people notice the spring in our step, the glitter in our eyes, and the joy we spread. However, before all the glory happens, there was major work, sweat, tears, long nights and early mornings.

Feedback as you are working through your goal is another key factor for success. Our hearts swell when we are noticed, complemented, adored, and congratulated on a job well done. Self-imposed compassion can include:

- Finding like-minded people
- Supportive family members and friends
- A life coach or counselor

Self-compassion. It is all about connecting with your personal “why” and taking heart-centered action steps. Make February your January and begin again, or pick up where you left off. Let your heart do the leading, let your brain figure out how.

Hear Me Say My Name Challenges Stereotypes at the American Indian Museum

BY UNA YARSKY

“I am not your mascot, and I don't live in a tipi. See me for who I am, hear me say my name.”

Today, American Indians are both visible and invisible in American culture. There are caricatures of their faces. Movies that romanticize their history. And, sports teams that use their faces as mascots, all while refusing to acknowledge the damage these depictions might have.

These images don't reflect the reality of living as a Native American. So, where do they fit among the stereotypes and misconceptions ubiquitous in American life and culture?

At the National Museum of the American Indian, a group of performers challenged the average American's ideas about indigenous people in the play, *Hear Me Say My Name*, performed by Erin Westfall (Cheyenne), Morgan Hall (Blackfoot), and Russell Campbell (Nottoway).

Hear Me Say My Name sought to spark a conversation about the American Indian legacy: what it was, is, and will become.

Any media about American Indian history is especially relevant in D.C. Here, it's impossible to have a conversation about Native Americans without mentioning the city's football team. The Washington Redskins team name has been the subject of controversy for years, and at the moment, there are few signs of it changing. *Name* addressed this issue head on with a skit

that explains the negative effects of hearing this slur on a daily basis to Native Americans across the country. The play was a reminder of the rich history behind American Indians today, and the stories they hope to build for the future.

The play was created in collaboration with the Smithsonian Discovery Center and the Museum of the American Indian, and funded by the Rasmuson Foundation. *Hear Me Say My Name* ran from Dec. 26-31, at the American Indian museum.

PARENTS

Continued from p. 1

en. We have a kindergartner and a PreK-3 student at the school. Their academic growth and social development have been perfect and amazing. The teachers know their students and care about them. Both teachers and administrators are responsive and friendly. There is a feeling of community around Amidon-Bowen, not only within the walls of the school, but also on the playgrounds, in stores, and at neighborhood events. The connections made by our children and us parents have anchored us in Southwest, as only a good neighborhood elementary school can do.

Lauren (parent to two PreK-4 students)

It was my dream from when I moved to the SW neighborhood a decade ago that I would be able to send my kids to our neighborhood school. My twins are now in their second year at Amidon-Bowen and we have loved our experience there. Their classrooms are as diverse as our city and their teachers are wonderful.

Laura (parent to 1st grade and PreK-3 student)

We have lived in Southwest since 2007, way before we had kids. I don't even think we realized there was a school on 4th and I SW until we found the Amidon-Bowen playground. We toured the school at an open house and attended many PreK playdates and so glad we did. This is

our fourth year at Amidon-Bowen and we now have two children attending. The fact that the school is in our neighborhood is one less thing to stress about on the morning commute.

Grace (parent to 1st grade student)

The PreK program is excellent and was a step up from the federal agency daycare we sent our daughter before she started at Amidon-Bowen. We are in our fourth year at the school and all of our daughter's teachers have been kind, dedicated, and highly trained. Over the holidays, our daughter said she missed seeing her teachers. I see the relationship she has with the teachers and staff (including the school librarian) and I know we did right in choosing this school.

Important Reminders

Applications for the DC Public School Lottery are due on March 2. If you have a child entering pre-K next school year, and are interested in Amidon-Bowen you must enter the lottery at: <https://apply.myschooldc.dc.gov/>.

There is no early action option this year for Amidon-Bowen (which provided guaranteed access for in-boundary families) for Pre-K. However, there is a high chance for in-boundary families who put Amidon-Bowen as #1 to get a spot.

The next open house is Feb. 12 from 9-10 a.m., at Amidon-Bowen Elementary School at 4th and I (eye) Streets, SW. For questions, email amidonbowendc@gmail.com.



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Support your neighborhood senior supportive services organization by becoming a Supporting Member or a 2020 Friend of the Village. See www.dewaterfrontvillage.org/donate or call 202-656-1834.

Waterfront Village receives neither District nor Federal public funds.
We are a local, neighborhood 501(c)(3) organization wholly self-supported by membership dues and donations.
Waterfront Village is a member of the national Village to Village network and operates under the auspices of the District Office on Aging.

COMMUNITY CALENDAR

FEBRUARY

SAT 1 & 15, 10:30 A.M. -Noon, Komen Toastmasters International is a world leader in communication and leadership development that holds meetings every 1st and 3rd Saturdays at Westminster. All are welcome.Contact <http://www.toastmasters.org> for information on membership and fees

SAT 1, 11:00 A.M. Southwest Saturdays: Uno Tournament. Play a few rounds of the popular card game Uno. Ages 6+. Children under 9 must be accompanied by a caregiver. SW Library

SUN 2, 6:30 P.M. Religious Movie Seminar. “Babette’s Feast,” (1987), 102 mins. “Tables Scraps,” 19 mins. (Danish); St. Dominic’s Parish Center, basement of Priory at 630 E St. SW

MON 3, 6:30 P.M. Grief Group, St. Augustine’s Episcopal Church, 555 Water St. S.W. (202) 554-3222

MON 3, 7-9 P.M. SWNA Community Meeting, Arena Stage-We will screen “Gideon’s Army” – Popcorn on us! Q&A with Director. 6 & M Sts. SW

FRI 7, 6:30 P.M. Game Night. First Friday of every month. St. Augustine’s Episcopal Church, (202) 554-3222, www.staugustinesdc.org

SAT 8, 2:00 P.M. Celebration of Life Service for Dale MacIver (April 13, 1923- Nov. 25, 2019) Join family and friends as we remember Dale MacIver, a Southwest icon and youth advocate. 3:30 P.M. Repast, Westminster Presbyterian Church

SAT 8, 7-9 P.M. Faith & Film presents “Harriet.” The extraordinary tale of Harriet Tubman’s escape from slavery and transformation into one of America’s greatest heroes, whose courage, ingenuity, and tenacity freed hundreds of slaves and changed the course of history. Free to the Public. Doors open at 6:30. Snacks and beverages served. Donations accepted. Westminster Presbyterian Church

SUN 9, 9:30 A.M. Sunday School. St. Matthew Lutheran Church is starting a Sunday School for children of all ages. Sunday School will meet the 2nd, 3rd, 4th, and 5th (if applicable) Sundays of the month at St. Matthew (222 M St. SW). All are welcome!

SUN 9, 6:30 P.M. Religious Movie Seminar. “The White Sister,” Helen Hayes, Clark Gable, Lewis Stone (1933) 105 Mins. St. Dominic’s Parish Center, basement of Priory at 630 E St. SW

MON 10, 7 P.M. ANC 6D Monthly Business Meeting. 1100 4 St. SW, 2nd Floor. www.anc6d.org

WED 12, 9-10 A.M. Amidon-Bowen Elementary School OPEN HOUSE for prospective and current families. 4th & I Sts. SW

THURS 13, 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

FRI 14, 8-9:30 A.M. Councilmember Charles Allen. Join Councilmember Allen for his SW office hours at The Sacred Grounds Cafe at St. Matthew’s Lutheran Church, 222 M Street SW. **Note new location**

FRI 14, 2:00 P.M. Calm & Color. Shake off the winter blues with some meditative coloring. Tea provided. Ages 18+. SW Library, 425 M St. SW, (202) 724-4752

SUN 16, 6:30 P.M. Religious Movie Seminar. “Gabriel Over the White House,” Walter Huston, Karen Morley, Franchot Tone (1933) 86 minutes. St. Dominic’s Parish Center, basement of Priory at 630 E St. SW

WED 19, 12 Noon. Southwest Waterfront AARP Chapter, Luncheon Business Meeting. PROGRAM PART I: A Musical and Poetic Tribute in Celebration of National Black History Month. PROGRAM PART II: Guest Speaker, Janice “Jan” Adams, President and CEO of JMA Solutions and a SW resident, will present her dynamic personal and business

professional involvement and relationship with the SW community and beyond. Everyone is welcome. River Park Mutual Homes-South Common Room, 1311 Delaware Ave. SW. COST: \$5.00 for lunch. For further information, contact Betty Jean Tolbert Jones, bettyjeantolbertjones@yahoo.com or 202-554-0901

WED 19, 6 P.M., Thelma D. Jones Breast Cancer Fund Support Group Meeting. St. Augustine’s Episcopal Church. Topic of discussion is “Men’s Health and Breast Cancer in Men. To RSVP or for more information, email thelma@tdjbreastcancerfund.org or call (202) 251-1639

SAT 22, 5-7 P.M. Safe Space, Safe Place Monthly meet-up for Southwest youth (ages 10+), including diverse activities, music and food. Free to the public. Westminster Presbyterian Church

SUN 23, 6:30 P.M. Religious Movie Seminar. “Death Takes a Holiday,” Fredric March, Evelyn Venable, Guy Standing. (1934) 79 mins. St. Dominic’s Parish Center, basement of Priory at 630 E St. SW

TUES 25, 7:30 P.M. Job Club. Looking to do some net-working, get advice on your resume, or commiserate with other job-seekers? Join us for this and more alongside light refreshments. Ages 18+. SW Library

WED 26, 7:30 A.M. Ash Wednesday Morning Prayer and Ritual of Ashes. Westminster Presbyterian Church

THURS 27, 7:00 P.M. True Crime Book Club: “The Trial of Lizzie Borden: A True Story” by Cara Robertson. Join us and other true crime fans for conversation and light refreshments. Books available for checkout at SW Library. Ages 18+

THURS 27, 7-8:30 P.M. Monthly Meditation and Labyrinth Walk with live music. Meet the artist at the end of the program. Light refreshments provided. Free to the public. Westminster Presbyterian Church

FRI 28, 11:30 A.M. NARFE Chapter 2052. Chat & chew and meet members and win Door prizes. Christ United Methodist Church, 4th & I Sts. Luncheon is \$25 per person. Please check by Jan. 11, made to NARFE Chapter 2052 and mail to: Mrs. Bernice J. Oden. 1201 Chaplin St. SE, Washington DC 20019. Bernice Oden (202) 584-3186. Email: tiger376@juno.com Christine Vaughn (240) 481-0330. Email: CVaughnmk@aol.com

SAT 29. 1-3 P.M. Thinking About Jazz presents: Benny Goodman: King of Swing. Join us for documentary footage and great conversation about legendary band leader and clarinet virtuoso, Benny Goodman. Free event: light lunch served and door prizes. Westminster Presbyterian Church

SAT 29, 2:00 P.M. Bucket List Book Club: “Little Fires Everywhere” by Celeste Ng. Read the books you’ve always meant to but never have. Secrets abound in this popular book. Copies of *Little Fires Everywhere* are available for checkout at SW Library

WEEKLY, BIWEEKLY

AARP FREE TAX ASSISTANCE, Mondays & Wednesdays 11 A.M.-3 P.M. King Greenleaf Recreation Center. 201 N St. SW, (202) 645-7454

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

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

ARTY AFTERNOONS, Mondays, 4:30 P.M. Join us for fun arts and crafts. (2/3: DIY Heart-Shaped Soap; 2/10: Valentines; 2/24: DIY Journals) For children ages 6-12. Children under 9 years old must be accompanied by a caregiver. Southwest Library, 425 M St. SW, 202-724-4752. **Please note the library is closed Monday, Feb. 17**

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. With slightly more activity and movement than our lap times, children and their grownups are encouraged to actively participate in the program. Politics & Prose, 70 District Square SW, (202) 724-4752. **Please note this activity will not be held Monday, Feb. 17.**

BASKETBALL PRACTICE, (Inquire within if you would like to join) Monday-Friday 5-8 P.M.mSaturday 12 P.M.-3:30 P.M. King Greenleaf Recreation Center

BIBLE STUDY, Wednesdays 1:00 P.M. St. Augustine’s Episcopal Church

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

BOARD GAME BONANZA, Monday-Friday, 4-6 P.M., King Greenleaf Recreation Center

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

CHRISTIAN FORMATION CLASS, Sundays, 11 A.M.-Noon, St. Augustine’s Episcopal Church

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

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

CREATIVE ARTS A/A, Wednesdays, 7:00 P.M. St. Augustine’s Episcopal Church

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

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, 6-7 P.M. Ages 18+, King Greenleaf Recreation Center

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

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

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 P.M. Ages 55+. King Greenleaf Recreation Center

HOMEWORK CLUB, Tuesdays and Wednesdays, 4:30 P.M. Children and teens are invited to do homework or work on other quiet projects in the company of others. Light refreshments provided to participants. Children under 9 years old must be accompanied by a caregiver. SW Interim Library

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

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

The KIWANIS CLUB OF SOUTHWEST WATERFRONT, every 1st and 3rd Monday, 6:30-7:30 P.M. Christ United Methodist Church

KADAMPA MEDITATION CENTER, SAT, Feb. 1, 11 A.M., Learning to Meditate; **2 P.M.,** Peace of Mind Retreat; **FRI, Feb. 14, 7 P.M.,** Love is the Answer; **SAT 15, 2 P.M.,** Mantras & Malas; **FRI 28 7 P.M.,** Finding Calm in the Storm; **SAT 29, 2 P.M.,** Breaking Bad Habits. Weekly Classes, see Meditation-dc.org. 1200 Canal St. SW

KREATIVE KIDZ (ages 7-13), Mondays, 4-5 P.M. King Greenleaf

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

OPEN GYM, (Adult Play), Monday, Wednesday, and Friday, 10:30-1 P.M. Saturdays 10 A.M.-12 noon,nKing Greenleaf Recreation Center

PAJAMA STORY TIME, Wednesdays, 6:30 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. Filled with stories and activities that promote and develop language skills and imagination, these programs encourage children to develop a lifelong love of reading and learning. SW Library

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

PICKLE BALL, Tuesdays, 10:30 A.M.-1 P.M. Age 18+, King Greenleaf Recreation Center

PRESCHOOL STORY TIME, Wednesdays, 10:30 A.M. Share the fun of reading with your children ages 3-5 years! Children and their grownups will explore stories and activities to encourage children to develop a lifelong love of reading and learning. 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. SW Library, (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. 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 HOOKS AND NEEDLES, Mondays, 1-3 P.M., at the SW Interim Library. All fiber crafters welcome

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

SOUTHWEST SATURDAYS, 11 A.M. Join us for something new and different each weekend. (2/1: Origami Yoda; 2/8 Color Club; 2/15: Sit & Knit; 2/19: Color Club; 2/22: Uno Tournament; 2/29: Poetry Party). All ages. Children under 9 must be accompanied by a caregiver. SW Interim Library

SOUTHWEST WATERFRONT AARP Chapter 4751 monthly luncheon meetings are held every 3rd Wednesday at Noon. Current AARP members, prospective members, and visitors are welcome. Lunch is Available. Cost: \$5.00. River

See “Calendar” page 19

View our on-line calendar at www.swna.org

Submit Calendar events to calendar@thesouthwester.com by the 15th of the month preceding the month it is scheduled.

CALENDAR

Continued from p. 18

Park Mutual Homes’ South Common Room, 1311 Delaware Ave. SW. For further information, contact Betty Jean Tolbert Jones, bettyjeantolbertjones@yahoo.com or (202) 554-0901

SOUTHWEST SATURDAYS, Saturdays, 11 A.M. Do a craft. Play a game. Enjoy a story together. There’s always something fun and new at Southwest Neighborhood Library on Saturdays. Join us for all-ages fun. Children under 9 must be accompanied by a caregiver. SW 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; 11:00 A.M. Christian Formation Class. Come Join us! All are welcome

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

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

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

SW WATERFRONT HOOKS AND NEEDLES GROUP, Mondays 1-3 P.M. SW Interim Library. All hook/needle/fiber crafters welcome!

GOTTASWING DANCE CLASSES, Wednesdays, 7-10 P.M. Dance Classes Beginners & Intermediate, Westminster Presbyterian Church

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 NEED RECREATION TOO, Mondays & Wednesdays, 10:30-11:30 A.M.. Ages 1-3 years, Michelle Edmonds, King Greenleaf Recreation Center

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

TODDLER TIME, Fridays, 10:30 A.M. Join us for fun, developmentally-appropriate arts and crafts. **(2/7:** Heart Wreaths Craft; **2/14:** I You to Pieces Craft; **2/21:** Things That Go Craft; **2/28:** Leap Year Frog Craft) For children ages 2-5. Children under 9 years old must be accompanied by a caregiver. SW Interim Library

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

WASHINGTON STAMP COLLECTOR’S CLUB, 1st and 3rd Wednesday each month, 7-9 P.M. Buy, trade and sell stamps. Refreshments provided. Christ United Methodist Church

WESTMINSTER PRESBYTERIAN CHURCH, Sundays, 10-10:45 A.M. Resistance Bible Study. 11A.M. Worship Services featuring gospel, jazz & blues bands. All Welcome to share in inspiring worship; Godly play for youngsters. Ages: 4-12. Noon Happy Half Hour

YOGA IN THE WATER: ALL-LEVELS CLASS, Tuesdays and Thursdays, 9:30-10:30 A.M. 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

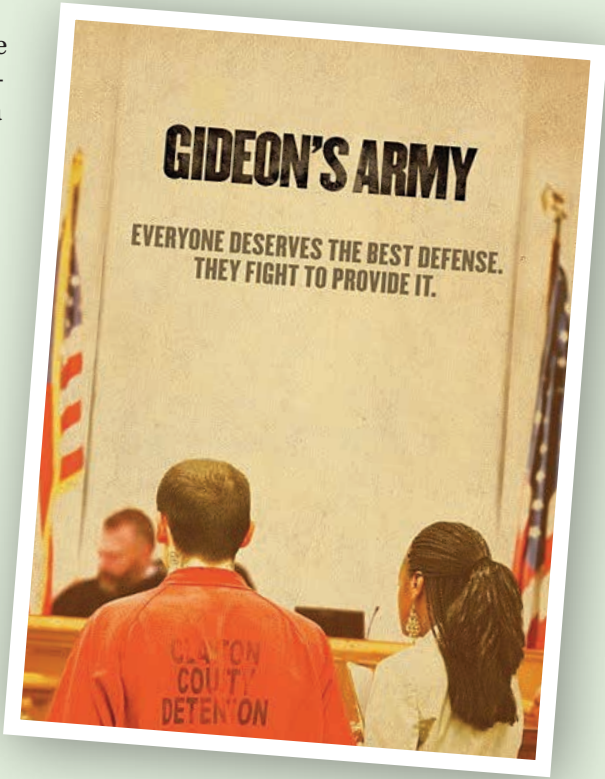
YOGA WITH PAMELA WILSON, WEDNESDAYS, 8 A.M. Relax and renew your body and mind. No experience necessary. Bring padding and cover. \$10 Donation suggested. St. Augustine’s Episcopal Church

YOUNG AT ART (art class for 55 and older) Wednesdays, 1-2:30 P.M. King Greenleaf Recreation Center

YOUNG LADIES ON THE RISE, Thursdays, 5:30-7 P.M. Enrichment Program for girls, Ages: 6-12. Michelle Edmonds, Game/Art Room at King Greenleaf Recreation Center

Gideon's Army Screening
Monday, February 3
7:00 - 9:00 p.m.

SWNA will start the New Year with a screening of Gideon’s Army, a 2013 documentary about three public defenders in the Southern US. The title comes from Gideon v. Wainwright, which required that indigent criminal defendants be offered counsel at trial. The film received the Ridenhour Documentary Film Prize in 2014, as well as the Candescent Award at the 2013 Sundance Film Festival. Popcorn and soft drinks FREE!



See trailers here.
<https://vimeo.com/61561726>
<https://www.youtube.com/watch?v=aq6RGkQFfCM>

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BEGINS FEBRUARY 7

Photo of Mark Murphey and Tony Sancho by Jenny Graham, Oregon Shakespeare Festival.

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