serving the waterfront communities of southwest and navy yard

April 2020

CORONAVIRUS: What to Know and What to Do

Compiled by SW Resident and Disease Expert, Dr. Dennis Carroll

BY MIKE GOODMAN

outhwest's own Dennis Carroll. Ph.D., currently serves as the Director of the U.S. Agency for International Development's (USAID's) Pandemic Influenza and other Emerging Threats Unit. In this position Dr. Carroll is responsible for providing strategic and operational leadership for the agency's programs addressing new and emerging disease threats, which has included leading the agency's response to the H5N1 avian influenza and H1N1 pandemic viral threats. He is presently coordinating the rollout of USAID's new Emerging Pandemic Threats program a global effort to combat new disease

Dr. Carroll has previously served in senior positions at the Centers for Disease Control (CDC), in senior capacities including overseeing the agency's programs in malaria, tuberculosis, antimicrobial resistance, disease surveillance, as well as neglected and emerging infectious diseases. He has a doctorate in biomedical research with a special focus in tropical infectious diseases from the University of Massachusetts Amherst. Dr. Carroll has received awards from both the CDC and USAID,

7 Things to Know

What is COVID-19?

with the common

COVID-19 is a disease caused by a new corona virus, which has previously not infected humans. Coronaviruses are a large family of viruses (including SARS, MERS, and 4 viruses associated

What are the symptoms of COVID-19?

cold)

In most cases (~80%) COVID-19 causes "mild" symptoms, including runny nose, sore throat, cough and fever. It can be more severe for some and can

lead to pneumonia and breathing difficulties, and in some cases, infections can lead to death.

How can COVID-19 spread?

COVID-19 spreads easily through close contact with an infected person. When someone who has COVID-19 coughs or sneezes small droplets filled with the virus are released and if you are too close you can be infected. Initial reports suggested only those who were ill. Recent

See "COVID-19," page 2

including the 2006 USAID Science and Technology Award for his work on malaria and avian influenza, and the 2008 Administrator's Management Innovation Award for his management wester" and our community, above.

of the Agency's Avian and Pandemic Influenza program.

Dr. Carroll compiled the following information exclusively for "The South-

SHANTELL'S NATURAL HAIR

Page 4



KID'S CORNER

Page 10-11

RIP NEAL **PEIRCE**



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FREDERICK DOUGLASS MEMORIAL BRIDGE **PROGRESS**

Page 19

Bread for Life Program at Pancake Church Keeps Serving

BY LOUISE CHASE DETTMAN

// A Thether you are called to serve or have a need to be served, all are welcome at St. Augustine's every Sunday morning at 8 a.m. for one of the best breakfasts in town and the most welcoming volunteers around!" That's what St. Augustine's Episcopal Church says on its website. And

Like many other congregations in the DC area, St. Augustine's has temporarily suspended in-person gatherings at its Southwest Waterfront location to reduce

See "Pancake Church," page 18

At right, food prep with kitchen boss Chee-Chee Mathis (right) and Makaela (left)



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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.

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Thelma D. Jones Breast Cancer Fund

400 "I" Street, SW Washington, DC 20024

thelma@tdjbreastcancerfund.org www.tdjbreastcancerfund.org

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COVID-19

Continued from p. 1

data indicates that those infected can spread the virus even before they begin showing symptoms.

Who is most at risk?

Data indicates there are two highrisk groups who account for the vast majority of deaths to-date: older populations (>60 years) and people living with other medical conditions, such as diabetes, cancer and heart diseases, appear most at risk of developing severe disease. Data from the US outbreak highlights that people between 20 and 50 are also very

susceptible to this virus accounting for 20% of all hospitalizations.

What is the treatment for COVID-19?

Treatment consists of supportive care (drinking plenty of fluids and resting), just as you would for the cold or flu. For severe cases hospitalization is required. About 80% of people recover from the disease without needing hospitalization. There is no vaccine for COVID- 19.

How long does COVID-19 illness last?

Information about how long symptoms last is still evolving, but current data indicates:

 The median time from symptoms onset to recovery is about two weeks for mild cases.

- For patients with severe or critical disease, the median recovery time is three to six weeks.
- Among patients who have died, the time from symptom onset to death ranges from two to eight weeks.

How deadly is COVID-19?

WHO data indicates that 3.3% of those infected since the start of the epidemic in December had died. By comparison, the mortality rate for the seasonal flu is 0.1% making COVID-19 33 times more deadly. This estimate is likely to be revised as the virus spreads and more data is collected.

Source: WHO and CDC websites 3/22/20

8 Things to Do

Wash hands frequently

Wash your hands with soap and water (at least 20 seconds) or if soap and water are not readily available use an alcohol (70%) based hand sanitizer. This will remove the virus if it is on your hands

Cover your mouth and nose with a flexed elbow or tissue when coughing or sneezing

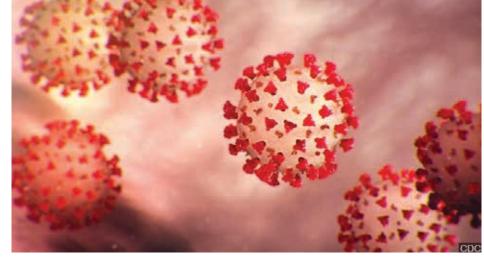
Throw away the used tissues immediately and clean your hands with soap and water or a hand sanitizer. This will protect others from any released virus.

Clean "high touch" surfaces

Frequently wipe counters, doorknobs, railings, bathroom fixtures with sanitizing (ie, Clorox) solutions. The virus can survive for several days on these surfaces. This will prevent environmental spread of the virus.

Avoid unprotected physical contact with people

The COVID-19 virus spreads most easily through close contact among people. To stay healthy and avoid infection, utilize three easily practiced behaviors that will significantly reduce your risk of infection: 1. practice social distancing, including avoiding gatherings of more than 10 people, and teleworking at home, if possible; 2. avoid handshakes, hugs and other direct physical contact when greeting people—adopt alternative greetings, such as the "elbow bump;" and 3. avoid touching your own face with your fingers to minimize



the risk of spreading the virus to your mouth. People in high-risk groups should be particularly cautious about unnecessary interactions with others.

If you show symptoms, and are not in a high-risk group, stay at home

You should restrict activities outside your home—telework if possible, and do not go to school or public gatherings. Wear a mask if you do need to go out in public.

If you show symptoms and are in a highrisk group, contact your health provider immediately

Seek immediate care from your health provider upon exhibiting COVID-19 symptoms. To expedite your care and avoid overcrowding the health facility phone your health provider ahead of your visit.

Monitor your symptoms

If you are experiencing fever, cough AND difficulty breathing, even if you are not in a high-risk group, seek immediate medical care. Again, contact your health provider in advance to coordinate your visit.

Ending home isolation

If you tested positive for COVID-19 and were put under home isolation you should remain in isolation until it is deemed the risk of transmission to others is low. The decision when to stop home isolation is determined on a case-by-case basis. Your health care professional will determine when you can stop home isolation. If you are under self-isolation without a diagnostic test and experienced only mild illness wait for 72 hours after the last symptoms clear.

What can Southwest community members do?

- · Watch out for each other
- Practice good hygiene to prevent spread of the virus
- If you are infected, stay home
- Assist those who are in self-isolation because of infection
 - Volunteer to get food, walk their dog and other needs
- Watch out for those in high-risk groups
- Keep abreast of updates from CDC (www.cdc.gov) and the District government (www.coronavirus.dc.gov). The COVID-19 pandemic is rapidly evolving in our community and new health guidance and emergency directives from the District and/or Federal government should be anticipated.

Coronavirus: It Feels Rather Ominous Now

BY KATE MILLER

Then I am perplexed by something I tend to dig deep for answers, so between obsessively scrolling Facebook (not true research) and straight up reviewing NIH and CDC websites, and Google (but of course) I find the coronavirus being compared to a 100-year epidemic. The last major flu outbreak that left many deceased was the 1918 flu pandemic, commonly known as the Spanish Flu.

Simply google flu, or 1918, and there will be plenty of articles from various cities. Try googling the same by adding the city St. Louis. What do you find? Turns out St. Louis quickly implemented a self-isolation plan effectively saving many lives. St. Louis officials were quick to watch other cities, reviewed the flu pattern, prepared a plan of protection, and quickly implemented said plan.

As I think about the leadership and citizens of St. Louis, and their readiness, I question if I am ready like them.

Do I have a plan in place? Do I know what will happen with my clients? Do I know what will happen with my children's schooling? I am coming up with zero answers. Panic is not far behind, but...I step back along with phone calls with friends and family and know that panic is not about to solve any questions. If anything, it will add fuel to my white hot fear.



Courtesy of Author

Kate Miller

The questions I ask myself are how do I personally allay my fear in this very unusual moment in time? I turn to meditation and/or prayer. And when I calm my racing mind and begin reviewing what is happening, I have to realize I cannot control this virus. I can only control myself, so how miserable and fearful do I want to be for several weeks!

How will you spend the next few weeks? This would seem like an opportune time to discover or rediscover your favorite ways to tame fear and runaway thoughts. I found this very fast read on verywellmind.com (https://www.verywellmind.com/healthy-ways-to-face-your-fears-4165487). I personally like short, brief, and quick lists, especiallywhen I am trying to find my bearings in completely unknown circumstances.

Oddly enough, when my mind is centered and calm, fun comes to mind, and I think of fun things for me in this situation. I jump start the process by reflecting on my life. I find it fun to reminisce, then compare to life right now, and then think about my future. This reminiscing always highlights where I have been deficient in self-care, and where I punted on taking charge, resulting in a less happier present tense. It is these moments that help me reflect on, why I am holding back. What can I do later today or soon that unleashes the joy in me?!

Coronavirus and self-isolation is finding me in a great deal of reflection, and doing a great deal of action-planning for post isolation. As I think about those St. Louis officials – I am prepared, mentally strong, and ready to adjust to an unknown environment.

However, St. Louis officials aside, the single most profound highlight of this coronavirus self-isolation for me is the absolute forced presence with my family. We are together in a way that we normally are not. Of course we visit after school, eat meals together, go to the park, or walk around our neighborhood, but

we're together. In this intense moment of togetherness, I am keenly aware of my family. I notice the small flicks of joy in their eyes. I notice the fatigue after long homework sessions. I see the worry on the brow. This time of being so physically close together is intoxicatingly beautiful, but also profoundly hurtful when I realize on most days I am missing connections left and right, and the next question is why?

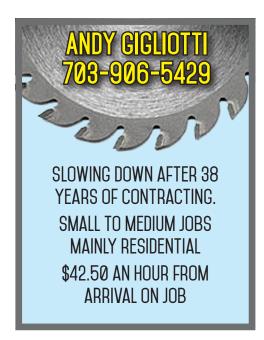
During this period of self-isolation ask yourself what you can learn in this moment? Where is your self-care suffering? How do you really act with your family, and what needs to change? What changes do you really want to make in your career? How are your friendships?

While I generally meet people on their career journeys, most often we uncover the behind-the-scenes business of living life, finding self-care, family, spouses, and other stuff creating cloudy visions of one's self. If you need any help at this time – reach out. There are no solo journeys right now only CDC recommended physical space. If you want to talk or ask for recommendations, contact me at https://www.linkedin.com/in/katemillerlifecoach/.

Because You Can Fitness Lori Murphy

- Classes
- Personal Training
- Specialty Bootcamp Classes
- Virtual Classes
- Events
- Nutrition





SW Strong! Update

W Strong! is the SW Emergency Preparedness Task Force, one of several task forces that make up the Southwest Neighborhood Assembly. Our vision is to help "build a disaster-resilient SW DC." We do this through community discussions, disaster exercises, panel discussions, and other collaborative and interactive activities. Here is a summary of activities:

Coronavirus:

Please visit https://coronavirus.dc.gov/ for more information on the District Government's preparations for potential impacts of COVID-19 Coronavirus, and https://www.cdc.gov/coronavirus/2019-ncov/index.html for additional information from the Center for Disease Control.

Earthquake talk.

On March 5, we hosted Dr. Joe Barbera, Co-chair of the GW University Institute for Crisis, Disaster and Risk Management and internationally known disaster response operations expert to discuss the highlights of the 2010 Haiti Earthquake, – an event to show solidarity with the people of Haiti in this 10th anniversary year of the devastating earthquake. The talk emphasized the extent of the massive dam-

age, the importance of disaster preparedness at all levels, and the resilience of the Haitian people.

Community Emergency Response Team Training:

DC CERT and SWNA Emergency Preparedness Task Force are pleased to present the Basis CERT Training to the Southwest residents as we commit to building a safer, stronger community. Dates: April 20 – 25 For more information and registration information https://servedc.galaxydigital.com/event/detail/?event_id=65541.

Earth Day Talk:

To mark Earth Day on April 22, Kevin Bush, Chief Resilience Officer for the District will discuss: "A Resilient DC: How the District Plans to Thrive in the Face of Change" 7 – 8:15 p.m. at St. Matthew's Lutheran Church, 222 M St. Entrance is through the Sacred Grounds Café. The church and the café are a part of the same building as Valo Apartments.

Due to the rapidly evolving Coronavirus outbreak, many events have been canceled or postponed. For up-to-date information, go to https://coronavirus.dc.gov/.

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Atlas Brew Works Brings Andy's Pizza to Half Street Brewery & Tap Room

Pair pizzas with Half Street Hefeweizen when the new location opens this spring

BY SOUTHWESTER STAFF

ashington, DC (March 3, 2020)
– Atlas Brew Works is excited to announce its partnership with Andy's Pizza for the brewery's new Half Street SE site, slated to open this spring. DC sports fans and passersby will have the perfect place to pre- and post-game, or hang, when the new brewery and tap room opens its doors adjacent to Nationals Park at 1201 Half Street SE #120.

Andy's Pizza is a New York-style, neighborhood shop offering classic pizza by the slice. The dough is cold fermented for 72 hours and cooked in a New York deck oven, creating a crisp pizza with a satisfyingly soft and chewy interior. The concept strives to keep its toppings simple with a focus on quality. Andy's Pizza got its start in Tysons Galleria and quickly grew through partnerships with Hilton Brother's Echo Park and Atlas' forthcoming Half Street Brewery & Tap Room.

Chef and Owner Andy Brown has a simple outlook, "We are just trying to make the best pizza we possibly can, served on a paper plate."

Atlas Brew Works Founder & CEO Justin Cox said, "We're excited to have Andy's Pizza partner with Atlas for our Half Street Brewery & Tap Room. Andy is as nerdy

about his pizza as we are about our beer. It will be a great addition to Half Street and a great amenity for the Capitol Riverfront community and sports fans alike."

Dine in to receive the full Atlas kitchen experience or grab slices to go at the walk-up window on Half Street SE. Guests will have a variety of options to choose from as the menu will include pizzas, salads, wings, and fries. Pair these food selections with any of Atlas' beer offerings or try the novel Half Street Hefeweizen, specially brewed for the new location. The bready base, acting as the easy-drinking beer's backbone, supports an overwhelmingly fruity yeast profile. Minimal hop bitterness and a dry, crisp finish round out the refreshing hefeweizen.

For more information on Atlas Brew Works, its locations, beers, distribution, and events, please visit www.atlasbrewworks.com or contact Avery Lewis at avery@lindarothpr.com.

Due to the rapidly evolving COVID-19 outbreak, many restaurants have temporarily closed or changed their hours of operations. Check atlasbrewworks.com/half-street-brewery-tap-room for updates. For up-to-date information on the outbreak, go to https://coronavirus.dc.gov/.



Photo of the Month Winner: Mary O'Connor

Cherry Blossoms at SW Waterfront Park

If you would like to submit a photo for consideration for Photo of the Month, please email it to editor@thesouthwester.com.

Small Business Spotlight: Shantell's Natural Hair

BY SOUTHWESTER STAFF

eet Southwest small business owner Shantell, a "Mompreneur" two children. Shantell was born and raised in Washington, D.C., and enjoys spending time with her family and making YouTube videos for her channel. She is also the owner of a local small business in the cosmetic industry, while being active in the Southwest community as well.

She is the Founder, CEO, Creator & Mompreneur of Shantell's Natural Hair. She has sold her cosmetic products at the SW Farmers Market and

enjoys connecting with the people there. The company has a loyal base and has been expanding. Even with the economic uncertainty of the times, and what that means for the SW Farmers Market, customers can still connect with Shantell and look at her products at www.shantellsnaturalhair.

Shantell's Natural Hair has many repeat consumers who have described how it helped their hair and skin. She specializes in high quality homemade cosmetic products such as lotions, hair masks, lip gloss, shampoos, hair



Courtesy of Shantell's Natural Hair

One example of Shantell's products



Courtesy of Shantell's Natural Hair

Mompreneur Shantell, owner of Shantell's Natural Hair

gels and much more. Her products are made with natural and/or organic ingredients, and Shantell wants her consumers to know the importance of healthy cosmetic products and how they can benefit them along the way. Her products help with hair growth, eczema, split ends, breakage, wrinkles and other conditions.

A couple years ago, she realized some of the chemicals and treatments used to style her hair and also products that she used on her skin were not healthy for the body, which is what led to starting her own business in the

> cosmetic industry and providing products and services that would help her community.

> Shantell has been featured on ABC 7 news for her products. Some of Shantell's Natural Hair best-selling products are Sweet Vanilla Hair Gel, SNH Hair & Body Cream, Sun Kiss'D Hair Gel & Pink watermelon lip gloss. You can contact Shantell on her social media platforms at Shantell's Natural Hair via Instagram, Facebook and YouTube, or check out her website at www.shantellsnaturalhair.com.

CULTUREHOUSE

Zachary Paul Levine

INTRODUCING OUR NEW ARTISTIC DIRECTOR

As Artistic Director, Zachary brings his extensive knowledge of the art world to The Gallery at Culture House. With over a decade of experience as a curator and director, he develops exhibitions, installations, and interactive media for museums across the country. Zachary will helm The Gallery at Culture House — working with artists to cultivate their ideas; curating exhibitions; and building programs that are engaging, educational, and experiential.

CALL FOR SUBMISSIONS

Artists wishing to submit their work for consideration at The Gallery may do so at culturehousedc.org/submissions.

Death & Donuts

EXHIBIT ON VIEW

Heidi Zenisek & Michael Thron present a guide for living in the coming new age marked by humanity's modification of earth's environmental systems.

GALLERY HOURS

Check our website at culturehousedc.org for the most up-to-date information on public access. Stay safe and healthy — we look forward to opening our doors to you soon.



CULTUREHOUSEDC.ORG

Online Educational & Entertaining Resources for Kids and Adults

have compiled a guide to online resources and activities, instead of our usual Community Calendar. While museums are closed, many have virtual exhibits and activities. We've tried to identify a few of them here, especially with children in mind.



DC Public Library—Virtual Story Time, 10:30 a.m. daily on **DCPL Facebook Page**

The Library is hosting daily live story times for ages birth and up. Tune in every morning at 10:30 a.m. Visit their Facebook page at facebook.com/dclibrary/ and it will be streaming at the top of the page. They also have fun activities you can do

with your child at dclibrary.org/libraryathome and millions of books, movies, music and more for adults and kids at https://www.dclibrary.org/godigital.

Smithsonian



The Smithsonian's Learning Lab has a number of Institution-wide resources that can be found here: https://learninglab.si.edu/distancelearning. And there is this for kids: https://www.si.edu/kids.

Check out the kid's page of the National Gallery of Art at https://www.nga.gov/education/kids.html.

And while the National Air and Space Museum is currently closed as a public health precaution, there are a number of

distance learning resources available on airandspace.si.edu for educators, students, families and the general public.

An educator resource page with teacher guides for a variety of grade levels can be found at https://airandspace.si.edu/educator-resources. Online activities at https://airandspace.si.edu/learn/educator-resources/activities and archived lectures https://airandspace.si.edu/connect/air-and-space-live.

To get you started at Air & Space, we suggest:

If you love podcasts: Listen to AirSpace podcasts at https://airandspace.si.edu/ editorial-series/airspace-podcast.

If video is your preferred medium: Watch an episode of E.Z. Science on YouTube at https://www.youtube.com/watch?v=ethlD9moxyI.

If you're more of a reader: Check out the Apollo 50 blog series for stories of Apollo ranging from astronauts and spacecraft to music and art, at https://airandspace. si.edu/editorial-series/apollo-50.

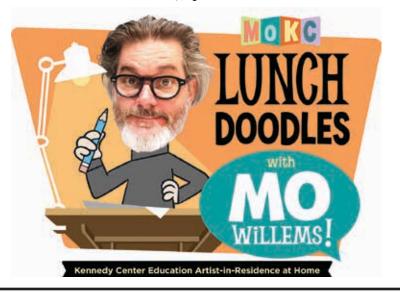
Or are you interested in the presidents and the role of the presidency in the United States? Want to learn more about the lives of remarkable Americans, past and present, who have contributed to the nation's history and culture? The National Portrait Gallery has a variety of resources that have been developed to complement their exhibitions at https://npg.si.edu/teachers/classroom-resources.

Kennedy Center Education— Arts Education as a Mechanism for Change



Check out the Kennedy Center's online resources and programming at https://www.kennedy-center.org/ education/.

For the kids (or adult artists who are young at heart), spend lunchtime with Mo Willems! Learners



ith the cancellation of events and uncertainty of future schedules, we can draw, doodle and explore new ways of writing by visiting Mo's studio virtually once a day for the next few weeks. Grab some paper and pencils, pens, or crayons and join Mo to explore ways of writing and making together. New episodes are posted each weekday at 1:00 p.m. and then remain online to be streamed afterwards. Willem's is the Kennedy Center Education Artist-in-Residence.

National Aeronautics and Space Administration (NASA)

NASA offers a variety of activities and resources, such as:



Hands-on, high-tech activities: https://spaceplace.nasa.gov/classroom-activities/en/

NASA Science SpacePlace, with dozens of learning games and printable worksheets:

https://spaceplace.nasa.gov/menu/activities/

Menu of classroom resources for all grades: https://www.jpl.nasa.gov/edu/teach/

Design and build projects: https://www.jpl.nasa.gov/edu/learn/

Activity guides:

https://www.nasa.gov/audience/foreducators/best/activities.html

STEM engagement, grades K-4:

https://www.nasa.gov/stem/forstudents/k-4/index.html



Phillips Collection

The Phillips Collection has printable art worksheets at https://www.phillipscollection.org/sites/ default/files/attachments/museumathome1.pdf

and a variety of additional resources at https://www.phillipscollection.org/about/ stay-connected



National Geographic

National Geographic also provides significant resources for the classroom, or in this case, work at home. Explore the resources and their broader

website at https://www.nationalgeographic.org/education/classroom-resources/.



National Children's Museum

The National Children's Museum aims to inspire children to care about and change the world, and they think that mission is more important now than ever. To build your child's interests in science and innovation,

check out their resources at https://www.facebook.com/NationalChildrensMuseum/ and https://nationalchildrensmuseum.org/.



The following Ford's Theatre online resources are available at any time for learners of all ages. Several items may be downloaded and printed as well. A full list of these programs and resources will continue to be updated at https://www.fords.org/for-teachers/ digital-programs.

Explore the History of Ford's Theatre on Google Arts and Culture: https://artsandculture.google.com/partner/fords-theatre

View a Fly-Through of Historic Ford's Theatre: https://www.youtube.com/watch?v=qr2LMvHrZ64

Take a Student-Led Virtual Tour of the Ford's Theatre Museum: https://www.youtube.com/watch?v=MxaMYZMud_s&t=231s

Take a Student-Led Virtual Tour of the Aftermath Exhibits: https://www.youtube.com/watch?v=FtK6WS7W5XY

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Supporting Neighbors with Meal Delivery in a Time of Need

The SWBID removes barriers by meeting kids where they are for meal delivery

BY SOUTHWESTER STAFF

ashington, D.C. - Starting this week, the Southwest Business Improvement District (SWBID) began picking up 200 meals daily from the District's Jefferson Middle School meal site and delivering them directly to the Resident Councils at James Creek, Greenleaf, and Syphax public housing complexes in Southwest, D.C.

"The staff at the BID are deeply committed to supporting the Southwest neighborhood," said Geoffrey Griffis, Board Chair of the SWBID, "I am proud to be a part of an organization that can start up a new program in a matter of days to address pressing and evolving needs for the community we serve."

The SWBID is partnering with DC Public Schools, Councilmember Allen's Office, and the resident's councils of James Creek, Greenleaf Gardens, and Syphax Gardens on this pilot meal delivery program, with the aim of continuing deliveries until kids are back in school. The meal packages will be available to all school-aged children and will include one fresh lunch and a shelf-stable breakfast to

take home for the following morning.

"This is an unprecedented time for us all," said Andre Witt, COO of the SWBID, "many people need help with essential services. We heard that some families were having difficulty getting to their nearest meal site, so we started working with Councilmember Allen's team to see what we could do. We are here to support the community."

The SWBID ambassador team completed a series of training programs around cleaning and disinfecting public space consistent with the CDC Guidelines at the onset of COVID-19 in the District. The organization has updated their sick leave policy to guarantee paid sick leave for all team members regardless of accruals and the team has been broken up into three separate work teams that do not overlap to minimize exposure to the virus for the whole team.

The SWBID is committed to continuing to partner with the District to understand and respond to areas of need within the community as the impact of COVID-19 evolves. For more information, please visit https://www.swbid.org/covid-19.

Local Businesses Still Serving the Waterfront Community

ith nationwide shutdowns and social distancing being implemented to slow the spread of Coronavirus, many local businesses and their employees are feeling the economic strain. During this unprecedented time, many businesses and restaurants are struggling to stay open in some capacity. Some storefronts have shortened their hours to limit contact and crowding, others have limited their hours but also expanded some of their other services.

Southwest Waterfront is home to several local businesses and restaurants remaining open to continue serving Southwest clientele. The following is a list of Waterfront businesses that are still open, with their amended operating times and instructions.

Momo Chicken & Grill: Open from 11 a.m.-10 p.m. Delivery and takeout only.

Masala Art: Open from 5-9:30 p.m. Monday-Sunday, delivery and takeout only. Curbside pickup is available.

Station 4: Open from Noon-9 p.m. Monday-Sunday, delivery and takeout only.

All About Burger: Open during regular business hours. Delivery and takeout only.

Subway: Open during regular business hours. Delivery and takeout only.

Food can be ordered via Grub Hub, Door Dash, Uber Eats, Postmates, and Caviar.

Waterfront Cleaners: Open from 8 a.m.-5 p.m. Monday-Saturday.

Senate Cleaners: Open from 9 a.m.-7 p.m., Monday-Thursday; 8 a.m.-5 p.m. Saturday. Closed Friday and Sunday.

Closed until further notice:

Elevate Interval Fitness: Check website for more details (https://www.elevateintervalfitness.com/southwest).

Splendor Nails and Spa: Check website for more details (https://www.vagaro.com/splendornailsandspa).

Sacred Grounds Café: They will continue to post updates. Check website for more details (http://stmatthewsdc.org/home).

Amidon Tutor of the Month: Johnny Beason

BY ROBERT ST. CYR

ast 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 to 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: Johnny Beason! Learn more about Johnny:

How long have you lived in SW?

Mr. Johnny Beason has lived in Southwest D.C. for more than 26 years. He was born in Washington D.C., and spent much of his youthful time in Spartanburg, S.C., his mother's hometown.

What do you do in your professional life?

He has been a Certified Tumor Registrar (CTR) for over 30 years, quantifying and qualifying cancer data for many hospitals and university healthcare centers in Washington, D.C., and along the east coast.

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

Beason is the father of 3 sons and 3 daughters, a total of 19 (blended-family) grandchildren, and his love for his family pushes him to love the children that his children may encounter one day. He feels that children should meet on cool terms instead of cold terms, sharing and caring for each other as they grow into amazing adults. Beason understands that we must work much harder for all children, as kids today must think clearer and faster than ever before. The world is speeding forward at near light-speed into an ever more amazing and progressive future, and Beason says that these days "a mind is now a terrible thing to pace." Ergo, he has taught and tutored adults and children in reading, writing, and mathematics in and around the Metropolitan area since 1989.

Describe your favorite moment so far from the program.

For Beason, entering into the atmosphere of learning at Amidon-Bowen Elementary School is the most reward-



Courtesy of Author

Johnny Beason

ing sensation, knowing that a young mind will be shaped.

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

Confidence can be imparted in anyone and at any age. Seeing that light come on when a young man or a young lady gets confidence in learning creates an awesome happiness.

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

We all need to make a difference! If we want something different for our communities, then we have to do something different in our communities. Reading The Southwester, Beason saw an announcement for tutors at Amidon-Bowen. During the initial volunteering session he was excited that so many men and women showed up to offer assistance to the young people at the school. However, that excitement waned as so few educators remain at the tutoring program. There is a dire need for more motivators, inspiring adults and dedicated tutors in all our schools.

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 taxdeductible donation to support the program, visit www.mightycause.com enter SWNA in the search bar at the top 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.

Businesses Offering Takeout, Delivery, and Curbside Pickup at the Wharf

BY SOUTHWESTER STAFF

ue to the Covid-19 outbreak, and the new normal of social distancing, much of our daily lives have been altered. There are people about, and the community is abuzz, but we are all politely keeping our distance. This is a difficult time for everyone in the community as we are all trying to adapt to the new norms.

It's especially hard for the restaurant industry, which had to layoff or furlough most of their staff from March 16, and local businesses and employees need your support more than ever.

In order to weather this period of mandatory, but necessary, social distancing, the Wharf is ramping up its efforts to maintain a clean and safe environment, and many restaurants are offering a variety of services to patrons. If you are able, consider supporting local businesses by ordering take-out or delivery food and alcohol, tipping generously if you can afford it, shopping on the local business' web store, purchasing gift cards, and showing your love for your neighbors' businesses on social media.

You can also support service workers directly by tipping your favorite bartenders and servers through the DC Virtual Tip Jar: https://docs.google.com/spreadsheets/u/1/d/1tz2uyhgy3MsBS68MHPzO8H455_879fqfIaRPy UUw3QE/htmlview?usp=sharing&sle=true.

Businesses that are Open

- A Beautiful Closet Open regular business hours.
- Bella Moda Salon & Spa Open 10 a.m.-5 p.m. with limited appointments per hour to maintain distance. Call (202) 290-1950 or email wharf@bellamodasalons-pa.com to schedule an appointment, and visit their website (https://www.bellamodasalonspa.com/) for the latest updates.
- Ben & Jerry's Ice Cream Open regular business hours for takeout and delivery.
- Canopy Central Bar and Cafe Open for takeout from 11:30 a.m.-8 p.m. View their menu online. Complimentary delivery at The Wharf and The Banks. Check their Instagram (https://www.instagram.com/canopycentral/) for the latest updates.
- **Chopsmith** Open for carryout only. Order through DoorDash.
- **Cordial Wine & Spirits** Open for business Mon-Sat 12-8 p.m. and Sun 12-6 p.m. View their Instagram (https://www.instagram.com/cordialwharfdc/) for the latest updates.
- CVS Pharmacy Open regular business hours.
- **Diament Jewelry** Open regular business hours. Can't make it in-store, shop online (https://www.diamentjewelry.com/), purchase a gift card, or order a COVID Care Package!
- **District Doughnut** Open for takeout and delivery for doughnuts and ice cream. Order online at https://www.districtdoughnut.com/place-order!
- **District Flow Yoga** Studio is closed until further notice, however you can access their online classes by emailing info@districtflowyoga.com.
- Dolcezza Gelato Wharf location is closed until fur-



ther notice. Order a pint of gelato via UberEats or GrubHub.

- **Fish Market** Open for walk-up service. Captain White's Seafood is open 7 a.m.-9 p.m. Jessie Taylor Seafood is open 7 a.m.-8 p.m. Saltwater Seafood is closed.
- **Grazie Grazie** Open daily 11 a.m.-8 p.m. for takeout in-store and delivery through Caviar.
- InterContinental Hotel Open for guests and future reservations. View special offers and packages at https://wharfintercontinentaldc.com/special-offers/.
- **Kaliwa** Open daily from 4-8 p.m. for food and alcohol delivery through GrubHub, UberEats, personal car/bike delivery within 3 miles.
- **Kirwan's Irish Pub** Open for food and alcohol takeout and delivery. Menu online. Support Kirwan's staff directly through GoFundMe at https://www.gofundme.com/f/kirwans-staff.
- **Lupo Marino** Open from 11 a.m.-11 p.m. for pizza, sandwich, and alcohol takeout and delivery via phone or through SliceLife, UberEats, or DoorDash. Check out their Happy Hour at Home 4-7p.m. daily.
- MI VIDA Open for takeout and delivery. Pick up is available online at www.kneadhd.com. Delivery is available via UberEats, Postmates, Caviar, or GrubHub. Complimentary delivery for Wharf residents.
- Officina Mercato (grocery market) open daily 11 a.m.-8 p.m. Restaurant offering delivery and takeout via Caviar and ToastTakeOut.
- Patrick's on the Wharf Open regular business hours.
- Politics and Prose Bookstore Open for curbside pickup only. Place orders via phone at 202-488-3867.
 Support P&P by shopping online and purchasing gift cards at https://www.politics-prose.com/!
- Pearl Street Warehouse Open for carryout Wed 4-7 p.m. and Thu-Sun 12-7 p.m., offering tater tots and burgers cooked to order as well as beer and wine. You can also support PSW by purchasing a gift card at https://www.toasttab.com/pearl-street-warehouse/giftcards. View their Instagram (https://www.instagram.com/pearlstreetlive/) or call 202-380-9620 for the latest updates.
- **Praline Bakery** Open for takeout Sun-Thu 9 a.m.-7 p.m. and Fri-Sat 9 a.m.-9 p.m.
- Rappahannock Oysters Open for takeout and to-go orders 11:30 a.m.-8 p.m. daily. View their To-Go Menu

online.

- Shake Shack Only open for takeout and to-go orders.
 Takeout via Shack App, order.shakeshack.com, or visit
 GrubHub to see if they can deliver to you.
- **Shop Made in DC** Shop online or order a gift card at https://www.shopmadeindc.com/shop to support!
- **Southwest Soda Pop Shop** Open for takeout beginning 3/21.
- The Grill Pick up is available online at www.kneadhd. com. Delivery is available via Caviar. Complimentary delivery for Wharf residents.
- **The Press** Open 9 a.m.-5 p.m. for laundry drop off and pickup. View their Instagram (https://www.instagram.com/thepressdc/) for the latest updates.
- **The UPS Store** Open regular business hours. Email your printing projects to store7109@theupsstore.com and they will bring you the product curbside on Maine Ave. View their Instagram (https://www.instagram.com/ups_at_the_wharf/) for the latest updates.
- Tiki TNT/Thrashers Rum Thrasher's Rum retail shop open from 11 a.m.-6 p.m. selling Thrasher's Rum and Tiki Cocktail Mixers for \$5/quart. Ring the bell to enter. Tiki TNT bar closed until further notice. View their website (https://www.tikitnt.com/) and Instagram (https://www.instagram.com/tiki_tnt/) for the latest updates. Support TikiTNT staff by purchasing eGift cards at https://www.toasttab.com/tiki-tnt/giftcards.
- **Toastique** Open for takeout and delivery via Door-Dash.
- Union Pie Open for regular business hours beginning 3/18, serving takeout pizzas. For large orders, email luke@unionpiepizza.com.
- Whiskey Charlie Open for takeout from 11:30 a.m.-8 p.m. View their menu online. Complimentary delivery at The Wharf and The Banks. Check their Instagram (https://www.instagram.com/whiskeycharliewharf/) for the latest updates.

Businesses that are Temporarily Closed

- 12 Stories Closed until further notice. View their Instagram (https://www.instagram.com/12storiesdc/) for the latest updates.
- Array Florals Shop closed until further notice. Arrangement classes postponed until further notice. Floral delivery continues. View their Instagram (https://www.

- latest updates.
- Blue Bottle Closed until further notice. View their Instagram (https:// www.instagram.com/bluebottle/) for the latest updates. Blue bottle is currently offering free shipping in the US, shop online at https://bluebottlecoffee.com/store/coffee!
- Cantina Bambina Closed until further notice. View their Instagram (https://www.instagram.com/cantina_bambina/) for the latest updates.
- Del Mar de Fabio Trabocchi Closed until further notice. View their Instagram (https://www.instagram.com/ dcdelmar/) for the latest updates.
- Falafel Inc. Closed until further notice. View their Instagram (https:// www.instagram.com/falafeldc/) for the latest updates.
- GLO30 Closed until further notice. Support GLO30 by shopping in their online store at https://glo30.com/ glo30-shop/. View their Instagram (https://www.instagram.com/glo30facial/) for the latest updates.
- Hanks Oyster Bar Closed until further notice. View their Instagram (https://www.instagram.com/hanksoysterbar/) for the latest updates.
- H BAR By Hyatt Closed until further notice. View their Instagram (https:// www.instagram.com/hyatthousethewharf/) for the latest updates.
- InStyle Nail Bar Closed until further notice. Contact them at https://www. wharfdc.com/shops/instyle-nail-bar/ for the latest updates.
- Kith|Kin Closed until further notice. View their Instagram (https://www. instagram.com/kithandkindc/) for the latest updates.
- La Vie Closed until further notice. View their Instagram (https://www. instagram.com/lavie_dc/) for the latest updates.
- Maggie O'Neill Closed until further notice. View their Instagram (https:// www.instagram.com/maggieoartist/) for the latest updates.
- Martha Spak Gallery Closed until further notice. View their Instagram (https://www.instagram.com/marthaspak/) for the latest updates.
- Milk Bar Store Closed until further notice. View their Instagram (https:// www.instagram.com/milkbarstore/) for the latest updates.
- Orangetheory Closed until further notice. View their Instagram (https:// www.instagram.com/otfwharfdc/) for the latest updates.
- The Anthem All shows in March and some in April are cancelled. View their website (https://www.theanthemdc.com/) for updates. Support The Anthem by purchasing advance tickets online.

- instagram.com/arrayflorals/) for the The Brighton Closed until further notice. Planning to start takeout and delivery soon. View their Instagram (https://www.instagram.com/brightonwharf/) for the latest updates.
 - Union Stage Closed through 4/15. View their Instagram (www.instagram.com/unionstage/) for the latest updates. Most shows are postponed until later in the year, so save your tickets. Support Union Stage staff members through GoFundMe at www. gofundme.com/f/jjandusrelief?mc_ cid=82d476d4f2&mc_eid=84364ce98b.
 - Water Taxi Water Taxi service is suspended until further notice. View the Potomac Riverboat Company website at https://www.potomacriverboatco. com/coronavirus-covid-19/ for the most recent information.

Wharf Operating Status

In accordance with the Centers for Disease Control's (CDC) guidelines, many Wharf events, activations, and recreational activities have been postponed. The Wharf has significantly increased cleaning and sanitation protocols in public spaces and essential transportation services to ensure they can continue to serve our community.

- · Parks, piers, streets, and open spaces - Remain open, visitors are encouraged to maintain social distancing
- Public restrooms Restrooms remain open with frequent sanitization and supply refills
- Southwest Neighborhood Shuttle -The Shuttle continues operating on a regular schedule with frequent sanitization of all surfaces
- Wharf Jitney Ferry service between Recreation Pier and East Potomac Park begins March 21, with limited passenger count and frequent sanitization
- Camp Wharf at the Firepit The Firepit and Airstream s'mores trailer is closed until at least April 4. Upon reopening, the space will be demarcated in accordance with social distancing protocols
- Buskers Outdoor live music program is paused, to resume May 1
- Wharf Boathouse Kayaks and Stand-up Paddleboards will be available for rent beginning May 1

In addition to their increased sitewide cleaning measures, the Wharf is also practicing safe social distancing in our outdoor spaces for those who wish to enjoy the waterfront and outdoors. In accordance to CDC guidelines, outdoor furniture will be spread apart and onsite vehicular access will be restricted to allow pedestrians to spread out across pathways.

For more information visit https:// www.wharfdc.com/current-operatingstatus/.

Breast Cancer Support Group Continues to Meet Up Virtually

BY SOUTHWESTER STAFF

ith much of the city and nation shut down, or practicing social distancing, due to the COVID-19 pandemic, Thelma D. Jones, breast cancer survivor and founder of the Thelma D. Jones Breast Cancer Fund (TDJB-CF), acted quickly to ensure that her support group continued to meet monthly, as it has for the past ten years (except once when the Metro shut down). On Wednesday, March 18, nearly 25 people participated in the teleconference of the TDJBCF's annual celebration of Women's History Month, with a focus on Breast and Ovarian Cancer in Veteran Women.

Guest speakers included Patricia A. Craig, Chair, Veterans Mental Health Advisory Council at the DC VA Medical Center, US Army Veteran & Breast Cancer Survivor; Jackie Iverson, CEO & Founder, Infinity Speaks, US Army Veteran & Breast Cancer Survivor; Denise Taylor, 1st Sgt., US Army (Ret), Outreach Specialist, Infinity Speaks and Breast Cancer Survivor; and Deanna Won, Col. US Air Force (Ret), FDN-P, Founder, Keynotes to Life, International Bestselling Author, Speaker, Ovarian Cancer Survivor & Holistic Health Coach.

Thelma D. Jones welcomed the participants and acknowledged the work the speakers have accomplished in ensuring our freedom and democracy. TDJBCF's Strategic Partner Rodney Minor, Executive Producer, Veterans N Transition and TDJBCF Ambassador, provided greetings and assisted in identifying the speakers. Minor hosts a half-hour television program on WHUT-TV that promotes the veteran community.

Southwest's own Jan Adams, Chief Master Sgt., US Air Force (Ret.) and President & CEO, JMA Solutions, gave the opening remarks. Adams gave heartfelt congratulations to the speakers and thanked them for their dedicated service to our country. Adams also shared her experience as a caregiver to a close friend who recently passed with metastatic breast cancer.

Despite a few technical difficulties at the outset, two-time breast cancer champion Jacqueline Beale facilitated a fruitful discussion with speakers Patricia A. Craig

and Deanna Won. Speakers Craig and Won shared powerful stories of challenges they endured as veterans with breast and ovarian cancer, respectively.

Their stories inspired a robust O&A session around mental health issues and faith and holistic practices. They discussed genetic mutations, effects of working around known carcinogens, and its overall impact later in life. They also talked about the importance of quality health care for active military and veteran women, and being advocates for one's health. The speakers shared their inspirational stories and work experiences with an eager audience, especially those newly diagnosed survivors who were on the call. The teleconference attracted ardent supporters, an American Cancer Society official, survivors many years along in their journey, a University of North Carolina MPA candidate who writes about veterans, and a caller who was simply interested in the subject matter, to name a few.

Join the TDJBCF for their next breast cancer support group meeting, which will be a virtual event on Wednesday, April 15, at 6 p.m. This special meeting will celebrate the 10th Anniversary of the Thelma D. Jones Breast Cancer Fund, with Guest Speaker Lucile Adams-Campbell, Ph.D, Professor of Oncology at Lombardi Comprehensive Cancer Center at Georgetown University Medical Center, among other titles. Dr. Adams-Campbell is an internationally renowned cancer epidemiologist and the first African American woman to receive a doctorate in epidemiology in America. In 2018, she was named-Washingtonian of the Year - an honor bestowed on individuals who contribute to the city's health, welfare, community service, and cultural richness, and who have generally made significant, measurable contributions to Washington, D.C.

It's going to be the Celebration of the Year, so don't miss it! JMA Solutions will be the Platinum Sponsor for the celebra-

For information on the TDJBCF, email thelma@tdjbreastcancerfund.org, visit www.tdjbreastcancerfund.org, like us on Facebook@TDJBreastCancerFund or follow us on Instagram at instagram.com/ tdj.breastcancer.fund.

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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?



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Answers from March 2020 issue

Differences: The picture on the left has a bird in the tree; the kids on the left are playing soccer and kids on the right are playing football; the picture on the right has four birds in the sky; the picture on the right has a cloud over the sun; the girl on the right has an umbrella; the picture on the right has more flowers.

Word Scramble: There are 495 words you can make from "Springtime."

WORD SEARCH: CHERRY BLOSSOMS!

Ε D U Ν G Η Α F S Ε Η S Ε Ν U В S Υ S R Ν R V0 R

BEAUTIFUL FUN
BLOOM JAPAN
CHERRY PARADE
FLOWER PINK
FRIENDSHIP TREE

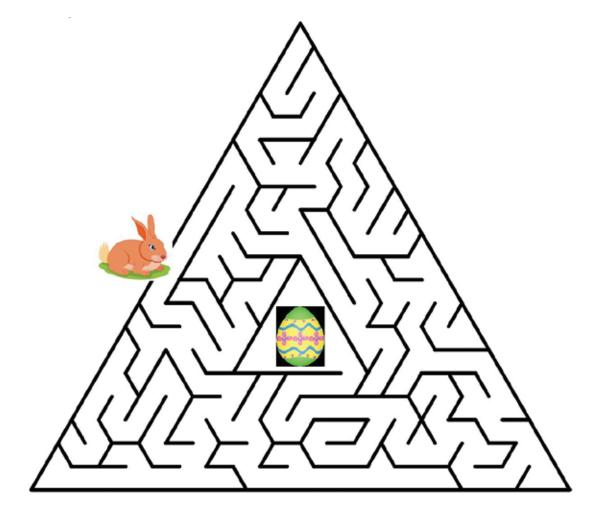
Word Scrambl How many words can you make	
-	



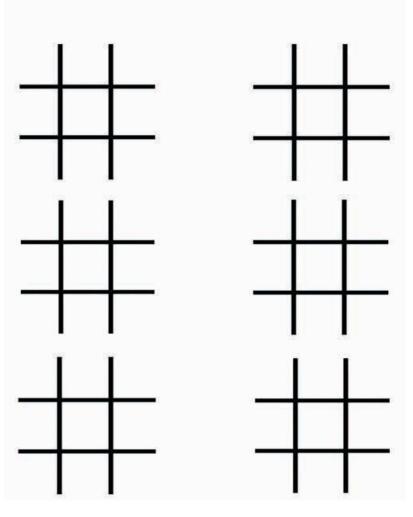
KID'S CORNER

SPRINGTIME EXTRA!

Maze! Can you help Bunny get to the Egg?



TIC TAC TOE



Jokes!

What do elves learn in school?

The elf-abet!

Why did the kid bring a ladder to school?

Because she wanted to go to high school!

What animal is best at hitting a baseball?

A bat!

Why is six afraid of seven?

Because seven ate nine!

Math Moment! Can you complete these equations?

$$a.2 + 12 =$$

$$e. 5 - 3 =$$

$$f. 4 + 12 =$$

$$g.7 + 4 =$$

$$d.5 + 12 =$$



Comprehensive Meal Sites

These locations will serve meals to anyone under 18. (Updated 3/19/2020 at 9:30 a.m.)

School Name	Address	Ward	Hours (Monday -Friday)
1. Banneker High School	800 Euclid Street, NW	1	10 am - 2 pm
2. Cardozo Education Campus	1200 Clifton Street, NW	1	10 am - 2 pm
3. Columbia Heights Education Campus	3101 16th Street, NW	1	10 am - 2 pm
4. The Next Step Public Charter School	3047 15th Street NW	1	Starting March 17 11 am - 1 pm
5. Capital City PCS	100 Peabody Street, NW	4	10am - 2 pm
6. Coolidge High School	6315 5th Street, NW	4	10 am - 2 pm
7. LaSalle-Backus Education Campus	501 Riggs Road, NE	4	10 am - 2 pm
8. Paul PCS	5800 8th Street, NW	4	12 pm – 1 pm
9. Roosevelt High School	4301 13th Street NW	4	10 am - 2 pm
10. Brookland Middle School	1150 Michigan Avenue, NE	5	10 am - 2 pm
11. Friendship Armstrong PCS	1400 First Street, NW	5	8:30 am - 11:30 am
12. Friendship Woodridge International PCS	2959 Carlton Avenue, NE	5	8:30 am - 11:30 am
13. Mary McLeod Bethune Day Academy PCS	1404 Jackson Street, NE	5	9 am - 12 pm
14. McKinley Education Campus	151 T Street, NE	5	10 am - 2 pm
15. Wheatley Education Campus	1299 Neal Street NE	5	10 am - 2 pm
16. Eastern High School	1700 East Capitol Street, NE	6	10 am - 2 pm
17. Friendship Chamberlain PCS	1345 Potomac Avenue, SE	6	8:30 am - 11:30 am
18. Howard University Middle School of Math and Science PCS	Outside of Shaw Metro Station	6	12 p.m. to 1 p.m. M-F
19. Jefferson Middle School	801 7th Street, SW	6	10 am - 2 pm
20. Walker-Jones Education Campus	1125 New Jersey Avenue, NW	6	10 am - 2 pm
21. Friendship Blow Pierce PCS	725 19th Street, NE	7	8:30 am - 11:30 am
22. Friendship Collegiate PCS	4095 Minnesota Avenue, NE	7	8:30 am - 11:30 am
23. IDEA PCS	1027 45th Street, NE	7	8 am - 9 am - breakfast 10 am - 2pm - lunch
24. Kelly Miller Middle School	301 49th Street, NE	7	10 am - 2 pm
25. Kimball Elementary School	3375 Minnesota Avenue, SE	7	10 am - 2 pm
26. Thomas Elementary School	650 Anacostia Avenue NE	7	10 am - 2 pm
27. Woodson High School	540 55th Street, NE	7	10 am - 2 pm

GOVERNMENT OF THE DISTRICT OF COLUMBIA MURIEL BOWSER, MAYOR

	1		1
28. Anacostia High School	1601 16th Street, SE	8	10 am - 2 pm
29. Ballou High School	3401 4th Street, SE	8	10 am - 2 pm
30. Eagle Academy PCS	3400 Wheeler Road, SE	8	11 am - 1 pm
31. Early Childhood Academy PCS	885 Barnaby Street, SE Enter through Multipurpose Room Door	8	12 - 1pm.
32. Friendship Southeast PCS	645 Milwaukee Place, SE	8	8:30 am - 11:30 am
33. Friendship Technology Prep PCS	2705 Martin Luther King Avenue, SE	8	8:30 am - 11:30 am
34. Howard University Middle School of Math and Science PCS	Outside of Anacostia Metro Station	8	12 pm - 1 pm
35. Ingenuity Prep PCS	4600 Livingston Road, SE	8	8 am - 9 am - breakfast 11am - 12 pm - lunch
36. National Collegiate Prep	4600 Livingston Road SE	8	March 24 - 31 9 a.m 12 p.m.
37. Stanton Elementary School	2701 Naylor Road, SE	8	10 am - 2 pm
38. Thurgood Marshall Academy	2427 Martin Luther King Jr. Avenue, SE	8	10 am - 1 pm



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District Flow Yoga Emerges from the Ashes of Yoga Factory

BY MATTHEW KOEHLER

n Jan. 30, 2020 Southwest lost one of its remaining yoga studios, Yoga Factory. There was speculation as to why Factory left, and there were rumors as to whether or not they would pop up somewhere else in the neighborhood, providing the same quality limb stretching, ligament bending millennia old exercise and meditation. Yoga Factory is not coming back, but in its ashes (literally in the same spot) District Flow Yoga has emerged to serve as Southwest's new yoga studio.

District Flow opened to the public in mid February of this year, but due to the COVID-19 outbreak they "are currently closed in support of the District's social distancing efforts but look forward to reuniting with [their] yoga community." According to District Flow, their new (old?) spot at the Wharf is temporary and they are looking for a more permanent home, but for now, and when the city officials deem it safe healthwise, that is where they will teach yoga.

By way of introduction to the Southwest's newest (temporary) yoga studio and local business, I asked some questions to find out more about District Flow and what they have to offer.

Who are you? Are you the same owners of the former Yoga Factory? If so, are there any details you can/want to share about coming back to the Wharf?

We are not [all] the same owners as Yoga Factory DC. Jackie Krakowski was the former manager of Yoga Factory DC. When she learned of the studio's late-January closing, she teamed up with Lena Manning to work towards keeping the yoga community intact.. We have made some great improvements to make the space welcoming, relaxing and communi-



Courtesy of Matthew Koehler

District Flow Yoga's new storefront at the old Yoga factory spot on the Wharf at 715 Wharf Street, SW.

ty-oriented.

Jackie Krakowski is a part owner of District Flow Yoga DC, a sound healer and Reiki healer, and an instructor in the 26 & 2 method, Yin, Fusion, Vinyasa, Meditation, LIIT (low intensity interval training) and HIIT (high intensity interval training). She received her 500 hour Original Hot Yoga certification with the Yoga Factory, 200 hour Vinyasa certification with Lighthouse Yoga, Divine Sleep Yoga Nidra certification with Jennifer Reis, LIIT and HIIT certification with Emily Vendemmia, Sound Meditation certification with Dante Baker, Reiki certification with John Latz, and Yin certification with Bernie Clark and Diana Batts. Originally from New Jersey, Jackie currently lives in D.C. with her dog where she manages District Flow and teaches yoga and guided meditation.

Lena Manning is a part owner of District Flow Yoga DC and an Annapolis busiyoga has brought to the lives of her loved ones, and when presented with the opportunity to open a studio in DC she couldn't resist the chance to keep yoga in the community.

Jackie and Lena are thrilled and are excited to be able to bring yoga and a community-driven space to the SWDC community as a pop-up studio on the District Wharf while we search for a long-term place to call home. The support and encouragement the Wharf Team has given to District Flow surpasses anything we could have hoped for, and for that we are grateful. Our mission at District Flow Yoga School is to promote individual growth amidst the community through yoga education and practice. None of this would have been possible without the Wharf's team and the SWDC community support.

Are you offering the same services as **Yoga Factory?**

We are offering similar classes to YFDC with some new formats. You will see some familiar faces in our teachers with a few new teachers in the mix. [Specifically], we offer Vinyasa, Slow Flow Vinyasa, Buti yoga, Hot 26 & 2, Hot fusion, Meditation, Yin and FIT 45 (a mix of high intensity interval training and low intensity interval training using resistance bands).

When did you plan to open? I know you're closed now due to the virus. And, when do you plan to reopen once it makes sense health-wise?

District Flow opened its doors February 15. We are currently closed in support of the District's social distancing efforts but we look forward to reuniting with our yoga community soon. In the meantime, we are keeping the community active by offering Virtual Yoga with our incredible

ness woman. Lena has seen the benefits staff through our online library of class offerings. Our online offerings will continue to grow as time progresses and we look forward to sharing our classes with all those interested in joining our virtual yoga community. We plan to reopen our space when the local government advises it is safe to do so.

What are you doing to weather the temporary shutdown/social distancing? I saw that you have some online classes for practitioners. Can you explain more about

In an effort to assist our community with keeping stress levels down we will be offering online streaming classes with District Flow teachers. We're excited to continue to offer yoga in a time when we all really need it. We are creating this online library of video classes in an effort to accommodate our members, while proceeding in a way that sustains our efforts to support our staff that rely on their teaching income from our studio to support themselves and their families. Our student's memberships are allowing us to continue paying them during this temporary closure. We are offering paid subscription options at this time as well as video trades extended to fitness, meditation, and yoga instructors.

Any message, inspirational or otherwise, you want to give your clients and the community?

Our mission at District Flow Yoga School is to promote individual growth amidst the community through yoga education and practice. There is this illusion of separation between us all, especially at this time. At District Flow we are guiding our community to step back into the rhythm of the universe, to align deeper with higher vibrations. What connects us

See "Yoga," page 18

Local Connections, Black History in SWDC

BY RYAN PIERCE

his year's SWNA Black History Community meeting in February provided the community with a wonderful new insight on the history behind one of our more prominent local names, William Syphax. Mr. Craig Syphax, a direct descendent of William still living in the Washington area, presented the story of his forebears and how they came to Southwest D.C. from nearby Northern Virginia. Craig currently resides in Arlington but was born in the District at Georgetown University Hospital, and spent some of his formative years here before his family moved to Northern Virginia.

He told the story of how William Syphax was born into slavery on the Custis plantation, now the Arlington House, then freed as a child and educated in the private school system. He eventually became a prominent local figure and landowner in Southwest, and was the first



Courtesy of Author

Benjamin Sands, Jr. (left) and Craig Syphax (right), Guest Speaker, at the SWNA 2020 Black History Program at Arena Stage

African-American appointed to the Board of Trustees for Colored Schools in the District. There he played a large role in expanding educational opportunities and

Craig highlighted the story of William's parents, wife, and children - all of whom had roles enhancing the family's impact in the area. He also included some of his own personal work in promoting local history with the Black History Museum of Arlington, Arlington House, and other heritage efforts in Arlington and Alexandria. Some of Craig's work is captured in a documentary film, Syphax, Rising from the Crucible of Slavery, which is currently working on a sequel to.

The second portion of the evening focused on musician and local educator Benjamin Sands, Jr, who shared his story of growing up in Southwest. Sands received a SWNA Scholarship to cover the cost of his first saxophone while attending Howard University. After which, he went on to a successful dual career in music, playing with several groups, and in education as the Director of Music at Calvin Coolidge High School where he has taught for over 36 years. He also performed a few pieces, including a new arrangement he is working on.

All this great programing was arranged and emceed by Thelma D. Jones, long time community leader and Chair of the Youth Activities Task Force and Black History Subcommittee of the History Task Force. Arena Stage graciously served as our host once again in their wonderful venue.

We want to thank all of our wonderful neighbors who came to hear these presentations and engage in some thoughtful Q&A with the presenters.

Ryan Pierce is chair of SWNA's History Task Force.

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Updates from the Park Service and the Friends of Titanic Memorial Board

BY CORINNE IRWIN, CHAIR

Spring Activities

In accordance with guidance from the Centers for Disease Control, the District of Columbia, and the National Park Service, we are making major changes to our Spring activities.

Titanic Day of Service

Our second annual Titanic Day of Service is cancelled. We will schedule work parties again once social distancing guidelines allow for them.

City Nature Challenge

The City Nature Challenge is undergoing major modifications in light of the



Courtesy of Author

Titanic Day of Service and National Park Service events have been cancelled."

global pandemic.
DC's 2020 City
Nature Challenge
leaders have provided guidance
about ways we
can re-tool the
challenge to help

participants:

- Learn about our local plants and animals.
- Enjoy nature's restorative power in troubled times
- Promote everyone's health & safety
 We'll send an update in the next week
 or so with our revised plans.

More from the National Park Service

The National Park Service sent Park Partners like the Friends a notice with their current status:

 [NPS will] continue welcoming visitors where appropriate social distance could be maintained, primarily in outdoor settings. The memorials, monuments, and grounds will remain open as will the restrooms, for now. All other visitor facilities have been closed and interpretive programs suspended.

We want to emphasize that this is the status as of March 18, 2020. Status may change rapidly, so please review NPS's Public Health Update for the latest status as you plan trips to any of our National Parks.

Over the next weeks and months, we encourage you to visit Titanic Memorial Park, as you are able and in accordance with guidance and regulations at the Federal and Local level. The restorative powers of nature are important in these uncertain times.

Visit Friends of Titanic Memorial Park at http://www.fotmpdc.org/ for more information.

Due to the rapidly evolving Coronavirus outbreak, many events have been canceled or postponed. For up-to-date information, go to https://coronavirus.dc.gov/.

Local Civics Group Funded as Key Partner in Lombardi Center Breast Equity Grant

BY SOUTHWESTER STAFF

he Thelma D. Jones Breast Cancer Fund (TDJBCF) was recently funded as a key community partner on the Georgetown Lombardi Comprehensive Cancer Center-led collaborative Breast Health Equity Grant. The two-year project, funded by Pfizer Global Medical Grants and overseen by the American Cancer Society, will address breast cancer disparities in the District of Columbia. The project will focus on improving mammography screening and genetic testing for breast cancer amongst Black/African American women and men.

In collaboration with TDJBCF and other organizations like the African Women's Cancer Awareness Association (AWCAA), researchers at the Georgetown Lombardi Cancer Center are using a community-engaged approach to improve breast cancer outcomes among Black/African American women in D.C. This involves identifying eligible at-risk women and breast cancer survivors, then navigating them to the Capital Breast Care Center for mammography screening and genetic testing. A key component of the project involves

community education delivered through community partners, such as the TDJBCF.

Lucile Adams-Campbell, Ph.D, Associate Director for Minority Health and Health Disparities Research, Senior Associate Dean for Community Outreach and Engagement, and Professor of Oncology at the Lombardi Comprehensive Cancer Center at Georgetown University Medical Center, said: "As cancer researchers, our goal to improve equity and reduce disparities will not be successful without close collaboration and engagement with the community." Dr. Adams-Campbell will speak on Wednesday, April 15, at 6 p.m., via teleconference call, during the TDJBCF Support Groups 10th Anniversary Celebration.

Last October, Dr. Adams-Campbell presented Thelma D. Jones with the Georgetown Lombardi Capital Breast Care Center Inaugural Andrea Roane Award at their annual Gift of Life Breakfast for her years of service in outreach, support, and education to breast cancer survivors, particularly in the Black/African American community.

Integral to this project is collaboration with clinical partners like the D.C. Department of Health and community partners like the TDJBCF, that provide education and services for breast cancer survivors. The TDJBCF has long been involved with breast cancer, as founder Thelma D. Jones is a breast cancer survivor herself. Her experience as a late stage breast cancer survivor, vast network and training experience with organizations such as Smith Center for Healing and the Arts, American Cancer Society, Department of Health, and Georgetown Lombardi Cancer Center, among others, have also prepared her for this project. "My training in breast health and chronic disease, coupled with my network and long-time harmonious relationship with my SW neighbors, and the region in general, will bring value added in achieving the project's goal and primary objectives," said Jones.

After serving on the Georgetown Lombardi Capital Breast Care Center Community Advisory Council for more than five years, Jones is confident that her grassroots organization is poised to meet challenges and help shift the paradigm on making mammography screening more common practice. She also hopes to reduce the incidence and mortality rates of breast can-

cer in Black/African American women in Southwest DC and the greater D.C. area – an area that is afflicted with the nation's highest incidence and mortality rates of breast cancer.

The TDJBCF meets monthly on the 3rd Wednesday at 6 p.m., at St. Augustine's Episcopal Church, unless otherwise notified. Considering the COVID-19 pandemic, TDJBCF support group meetings are being held via conference calls or similar methods.

The mission of the Thelma D. Jones Breast Cancer Fund is to advocate for and improve the overall health and wellness for women and men through outreach, education, and prevention. We promote early detection strategies for breast health through access to the best biomedical and evidence-based complementary therapies to reduce the incidence and mortality rates of breast cancer. Our vision is to save lives and achieve a world community free of breast cancer.

For more information on the support group meetings, please email thelma@tdjbreastcancerfund.org or visit www.tdjbreastcancerfund.org.

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Southwest Obituaries

In Loving Memory of Joanne Paylor, May She Rest in Peace and Power

BY IRAN "BANG" PAYLOR

oanne Paylor was born in Washington, D.C., in 1958 to Cordie Mae Paylor. She remained a native of the SW quadrant of the nation's capital until she passed away in her home on March 8, 2020.

Joanne always strived to obtain more and believed in education as one of her priorities. Upon graduating from Washington Dix Street Academy, she embraced the notion of higher education and became the first member of the Paylor family to attend College. She enrolled in The University of the District of Columbia and was motivated by her Aunt Helen "Aunt Liz" Blue, who was a nurse, to pursue a Nursing degree. The ever-growing challenges and responsibility of single motherhood forced her to withdraw from undergraduate courses and find a job to support her family.

Her residence at 1510 First St. in SW was known, and in the community she was well regarded as one of the Paylor sisters, with siblings Billy, Cookie, Angie,



In loving memory of Joanne Paylor, may she rest in peace and power

and Nikki – the Paylor siblings in the SW community had an unforgettable reputation. Joanne would volunteer and help out with programming at the now historic Southwest House under the direction of Mrs. Mack & Mrs. Patrick. She loved dancing, reading, singing, painting, and playing tennis on the courts at the 1200

SW tennis courts.

Joanne was employed at the Washington Post building located in the center of the Arthur Capper community before moving to "I" Street in Southeast D.C., becaming a resident of the Arthur Capper Community. Both the Arthur Capper & Syphax Gardens communities in Ward 6 have always been her home.

Her talent for communicating with people from all walks of life guided her to East Capitol Dwellings, where she volunteered for "Never Say Never Ministries," an organization that empowers and motivates ex-offenders, the homeless, and those who battle drug addiction. Later she became an employee of DC Housing Authority, DCHA, where she worked for East Capitol Dwellings. The community fondly knew her as "Mama Jo."

In 2015, Joanne earned her Associate of Arts Degree from Trinity Washington University at THEARC and was the pride of her family. At the age of 59 years old, she graduated with her bachelors degree

in general studies from Trinity Washington University (main campus) on May 18, 2018.

Joanne was a champion supporter of the Ward 6 award-winning community arts organization *Models Inc.*, which was founded by me (Iran). She was committed to supporting the program financially and donated her time and resources every chance she could to keep youth positively engaged and inspired.

Joanne loved her four children, and all the Southwest community. She is survived by her daughters LaShawn "Shawn Shawn" Paylor, Sade Paylor, Colletta Paylor, and her only son Iran "Bang" Paylor.

The Southwest community lost a true LEGEND, but Heaven has gained an icon devoted to service – we will truly miss you Joanne.

Information on the celebration of Joanne's life will be forthcoming. For cards, flowers, or donations, please send to 1001 4 St. #222, SW DC 20024, attention "Paylor Family" + PayPal or Zelle: 202-292-9172.

In Loving of Memory of Bessie Lee "Blossom" Athey 4/23/1920 – 3/9/2020

BY REV. BRIAN HAMILTON

n the morning of March 9, Bessie Lee "Blossom" Athey passed away just short of her 100th birthday, and the Southwest Community lost one of its great citizens. Blossom was an extraordinarily community-minded person who participated in Southwest organizations for the 50 years she lived in the neighborhood.

Born in Darnestown, Md., Blossom was raised in a loving farming family that cultivated a sense of care and generosity in her, which remained strong throughout her life. According to Blossom, her family members were all exceptionally musical and relished the times when they gathered in the family living room to play music together. No one enjoyed it more than her father, who played no instruments nor could carry a tune but belted it out anyway. For herself, Blossom was an accomplished trumpet player

Blossom graduated from Gaithersburg High School at the age 16, but returned to complete a secretarial program. She took evening music courses at Washington College of Music and, later, business and liberal arts courses at GW. She held secretarial positions at National



Courtesy of Author

In loving memory of Bessie Lee "Blossom"
Athey

Geographic, the USDA, and then moved toward legal secretarial work with Prettyman Law Firm.

In 1949, she began a 50-year career with Covington & Burling, where she became a legal aid specialist, assisting attorneys with civil legal aid and court-appointed criminal cases, anti-poverty class actions, and legal issues faced by low-income clients.

Fifteen years later, in 1964, Blossom was "loaned" to the United Planning

Organization. There she helped organize legal service programs around DC by conducting workshops for attorneys and staff, and setting up neighborhood law offices to train secretarial and other staff. In 1966, she was recruited by OEO Legal Services and Sargent Shriver to help establish legal aid services on Navajo Reservations in several Western states. She was recruited by the D.C. Bar to assist in organizing the initial Lawyers Training and Participation Program (now the D.C. Bar's Legal Information Helpline). She was also recruited to be a member of legal teams, sponsored by the Citizens Ambassador Program, to visit and exchange experiences and ideas with counterparts in the Soviet Union (1990), China (1991), and Israel (1994).

Blossom has been a life-long advocate for children. Using her musical talents, she organized a youth ensemble in the 1960's, the *Marching Tigers*, as a way to work with kids, offer alternatives to street life, support parents, and strengthen families. A dedicated leader at Westminster Presbyterian Church, she helped organize Friday night film events and mentored youth through a range of activities designed to foster curiosity

and creativity. She retired from her 50 years with Covington but continued to support their outreach in the community by facilitating Family Night events at Cardozo High School. Around the same time, she received the distinguished *Servant of Justice* award for her dedication to legal aid, which is so essential in supporting low-income families and individuals.

Blossom Athey will always be remembered as a "ball of energy." Had she lived to April 23, she would have celebrated her 100th birthday, a day she joyfully claimed was shared with William Shakespeare. She had a unique ability to get people together and address needs that should not be ignored. Her heart was big and her willingness to reach out to the vulnerable, the last and the least, inspired many others to become more engaged.

Blossom was part of the glue that keeps the Southwest community together. Her presence will be missed but her legacy and her spirit will survive forever.

Memorial Services will be held at Westminster Presbyterian Church, 400 I St., SW at a future date to be announced, as public health concerns permit. April 2020 The Southwester Page 17

Southwest Obituaries

Neal Peirce, Urban Affairs Columnist Who Championed Inclusive Cities, Dies at 87

BY HARRISON SMITH OF THE WASHINGTON POST — DEC. 27, 2019

eal Peirce, who covered national politics before devoting himself to urban affairs as an author and syndicated columnist with The Washington Post, traveling to city halls and statehouses across the country while helping galvanize a now-flourishing movement for more vital, inclusive cities, died Dec. 27 at his home in Washington. He was 87. He had a malignant brain tumor, said his daughter Andrea Peirce.

In weekly columns syndicated by The Washington Post Writers Group from 1978 to 2013, Mr. Peirce wrote about transit, education, sustainable growth, labor relations, racist redlining policies, energy conservation, affordable housing, and a host of other issues faced by America's cities and suburbs.

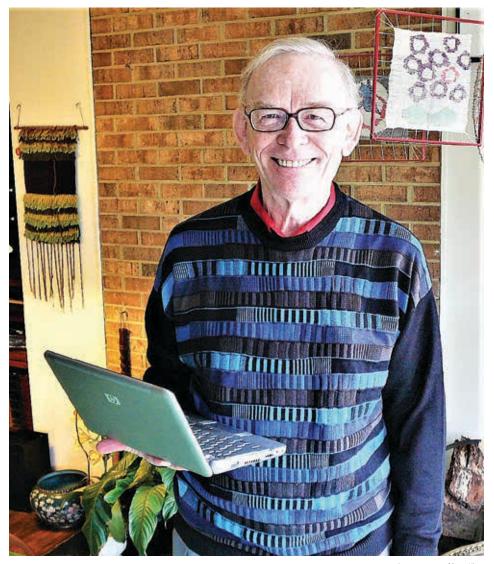
"He was very early in seeing the importance of how regional growth trends were important, and how 'place' was central to the economy, to quality of life and ultimately to social inclusion," said Mark Muro, a metropolitan policy specialist and senior fellow at the Brookings Institution. "Now all of this is a truism... But you can't overstate how novel his thinking was."

Mr. Peirce's columns appeared in newspapers from Los Angeles to Boston, and he became a frequent lecturer, a guest on public affairs TV programs, and a charismatic ringleader of like-minded urban and regional thinkers, including at annual gatherings sometimes held at his summer home in Bristol, N.H.

"He had a remarkable ability to, first of all, articulate these issues in a meaningful way to a semi-mass audience, and then to bring all these people together to exchange ideas and advance the cause of urban affairs and regionalism — without which it wouldn't have happened," said William Fulton, an urban planner and director of Rice University's Kinder Institute for Urban Research.

In 1977, Time magazine called Mr. Peirce "the only national chronicler of grassroots America," and reported that his coverage of a "sunset law" in Colorado, where spending programs were reevaluated each year, prompted legislators to introduce similar measures in eight other states. "He is the link between the preoccupied Washington press and the local reporting done in states," National League of Cities President Phyllis Lamphere, who also served on the Seattle City Council, told the magazine.

Mr. Peirce began his journalism career in 1960 as a political editor at Congressional Quarterly and left the



photos courtesy of Perry Klein

Neal Peirce holds a laptop computer he donated to the Southwest Neighborhood Assembly for SWNA's technology program



Neal Peirce with Rev. Clark-Barbara

publication nine years later after the firing of executive editor Thomas N. Schroth, with whom he helped launch the political magazine National Journal. He remained a contributing editor there for nearly 30 years and said he gave the

publication its name.

In an interview with The Post for National Journal's 20th anniversary, he recalled that he was watching Richard M. Nixon deliver a speech when inspiration struck. "In his usual sonorous way, he said, 'If you've been reading the national journals, you know that...' and I said, 'That's it. It sounds important. It's neutral enough. Also, you can go in a senator's or an administration official's office and say, 'I'm from the National Journal,' and people will take you seriously."

In addition to his newspaper column and magazine articles, Mr. Peirce wrote more than a dozen books, beginning with *The People's President* (1968), a history of the electoral college that also argued for its destruction.

The institution was "born out of short-term political expediency," wrote Mr. Peirce, who renewed his call for direct presidential elections after 2016, when Donald Trump was elected president despite losing the popular vote by roughly 3 million ballots.

Mr. Peirce went on to write a sweeping, nine-volume portrait of America, after deciding that there was too little information on state and local issues. The best source for an overview of the the country was still John Gunther's 1947 book "Inside U.S.A.," he said, so he approached the author about potentially collaborating on an updated edition.

Instead, Gunther encouraged him to tackle the project himself, which began with *The Megastates of America* (1972) and was condensed into *The Book of America* (1983), co-written with fellow National Journal contributor Jerry Hagstrom. The book was stuffed with capsule biographies of local political leaders and obscure facts — including that Iowa has only 1.6 percent of the country's land area but "25 percent of its Grade A topsoil."

Between volumes of his states series, Mr. Peirce started writing his local affairs column and developed an enduring habit of spending two weeks each month on the road, interviewing elected officials and consulting with regional policymakers.

He enlisted many of them for help with his two-dozen regional "Peirce Reports," which were funded by non-profit organizations and published as inserts in newspapers such as the Dallas Morning News and Philadelphia Inquirer. The reports envisioned the region's near-future and made policy proposals on how to improve it.

"I'm trying to report the best — and worst — of what's happening in our states and communities," Mr. Peirce once explained, "to cross-fertilize ideas, to show the amazing new forces at work at the local level, even as the federal government retrenches. Reporting and

See "Peirce," page 18

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PEIRCE

Continued from p. 17

commentary from the grass roots are needed to give focus, and a national perspective, to what's happening."

The youngest of four children, Neal Rippey Peirce was born in Philadelphia on Jan. 5, 1932.

His father was a founder of Peirce-Phelps, a radio distributor that later expanded into heating, ventilation and air conditioning systems, and his mother was a trained psychiatrist who treated soldiers for "shell shock" after World War I.

Mr. Peirce studied history and humanities at Princeton University, where he was executive editor of the student newspaper and received a bachelor's degree in 1954. He then served in the Army's counterintelligence branch for several years in West Berlin.

While there, he met Barbara von dem Bach-Zelewski, whom he married in 1959. She later worked as a textile artist. In addition to his wife, of Washington, survivors include three children, Celia Peirce of Missoula, Mont., Andrea Peirce of Manhattan and Trevor Peirce of Washington; a brother; a sister; and four grandchildren.

Mr. Peirce did postgraduate work in international relations at Harvard University and was a legislative assistant to Rep. Silvio O. Conte, a liberal Massachusetts Republican, before joining CQ. By the time he co-founded National Journal, he had already begun to distinguish himself with his interest in state and urban affairs

"He was this quirky guy who rode his bicycle everywhere, who wrote about things other people didn't seem interested in," recalled Fulton, the urban planner,



Courtesy of Perry Klein

Andrea, Celia & Trevor Peirce with father's bicycle

who met Mr. Peirce as a National Journal intern. "The urban unrest of the '60s shaped him, and really broke his heart," he added. After uprisings that included the 1968 Washington riots, "he took it upon himself to try to write about the potential that cities had, and the way that cities could come back."

Mr. Peirce was also a consultant and national elections commentator for NBC and CBS News, a fellow of the Woodrow Wilson International Center for Scholars, and received many professional honors.

As part of his effort to promote urban and regional studies, Mr. Peirce formed the Citistates Group, a network of journalists and speakers who also researched his Peirce Reports. The group's name, from a term often used by Mr. Peirce, reflected his belief that "great metropolitan regions" were emerging as "the world's most influential players."

In 2014, he launched the news website Citiscope to cover cities worldwide. It was absorbed four years later by the Thomson Reuters Foundation, with Mr. Peirce continuing to write and lecture until shortly before his death. His goal, he said, was to make government "more responsive and humane."

"Legislation is passed in Washington, but its implementation is in states and cities," he told Time magazine. "What is important is how it affects people's jobs and their lives."

Thelma Jones, member of St. Augustine's and Neal's friend, says:

"Neal Peirce was a well-respected long-time Southwest resident who was always committed to social justice and equality. He was often referred to as one of the Founding Fathers of the Southwest Neighborhood Assembly (SWNA) where he left an indelible mark on the neighborhood from urban renewal in the '60s through to the present. He served as SWNA's President and through his leadership efforts, SWNA became one of the District's first integrated civic associations, and with his continued support and council it has continued to play an important role in the SW community today. Over the years his philanthropic efforts touched many lives and causes, including youth education, scholarships, and breast health, among other efforts which SWNA embraced."

PANCAKE CHURCH

Continued from p. 1

the spread of COVID-19. However, its Bread for Life free breakfast program continues. This is one event that can-

not be shared virtually, as the church's services are now.

For more than 25 years, St. Augustine's has hosted this weekly hot meal for those in need – typically in a community dining room at its 555 Water St., SW location. The program serves a crowd of 30-50 on a first-come, first-served basis from 8-8:45 a.m. Dozens of neighbors and members of the area's homeless population are breakfast regulars.

Many hear about Bread for Life through word-of-mouth. Others come in through the congregation, or join the church after enjoying a great meal. Things look a lot different now than they did on Feb. 2, when I volunteered in St. Augustine's kitchen under the direction of Chee Chee Mathis, the 74-year-old grandmother of seven, who runs the program.

A retired U.S. Dept. of Housing and Urban Development employee, she uses her love of, and gift for, cooking to feed those in need. Longtime church members, new recruits, and a steady rotation of volunteers keep the program going with church donations.

To continue meeting community



Judy Alexander preps the sausages

demand in this time of uncertainty, the meal and format have changed to reflect advised protocols for the current pandemic. Guests loosely assemble outside the church, where volunteers offer a to-go bag with a breakfast sandwich, carton of juice, and piece of fruit. Guests are

> asked to eat apart elsewhere to limit the possibility of the virus spreading.

On a typical Sunday – when D.C., the nation, and the world are not in a state of emergency – Chee Chee runs a tight kitchen and insists on cooking her massive menu from scratch. She's happy to show anyone the ropes, starting at 6:45 a.m. on Sunday mornings.

The day I volunteered, eight adults and two kids prepared three flavors of pancakes, two egg-and-potato casseroles, two kinds of sausage, grits, scrambled eggs, buttermilk biscuits, fruit, and two kinds of cake, coffee, and juice for 30 hungry men, women, and children. All relished the nourishment and the company and agreed that "Pancake Church" has the best breakfast in town!

If you are interested in volunteering, please email Chee Chee Mathis for details at chee-cheemathis@staugustinesdc.org.

YOGA

Continued from p. 14

with the community is our human experience and our wish to see yoga and community come together in our space at the Wharf. This is profound and lovely and I know we will be there again soon.

Anything else you'd like to add?

In our efforts to build a community-oriented space, we offer discounts on membership options and class packages, available to SW Residents, Wharf Employees, Seniors, and [members of the] Military. We also have neighborhood nights the first Thursday of each month! All classes, all day, on the first Thursday of each month are \$10 for drop ins. We look forward to building out our offerings to include beginners yoga, senior yoga, and mommy and me classes.

With that sentiment of community in mind, once the social distancing restrictions are lifted there will be a new spot for longtime practitioners and curious beginners to study and practice yoga. Check them out in the coming months when it's safe to do so.

Due to the rapidly evolving COVID-19 outbreak, many local businesses have closed or amended their hours of operation. For upto-date information, check District Flow Yoga's website (districtflowyoga.com) and also visit coronavirus.dc.gov.

Visible Signs of Progress on the New Frederick Douglass Memorial Bridge

RY I FSI IF GREEN

or the first time since construction began in early 2018, residents of the Washington, D.C. metropolitan area are able to see clear, visible signs of progress on the New Frederick Douglass Memorial Bridge from multiple viewpoints throughout the region. The largest infrastructure project in the history of the District Department of Transportation (DDOT), the bridge is expected to function as one of the prominent gateways to the District and support the revitalization of the Anacostia Waterfront.

Work began on the most distinctive and anticipated component of the bridge - the three above deck arches - in

late 2019 with the installation of the first segments of the arches. As of mid-March, two of those arches, which are designated as the West arches, were fully erected. Installation of the East arches began in late March.

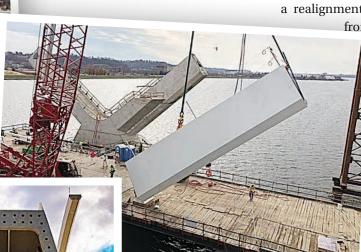
The arches are

made primarily of steel, weighing between 50 and 100 tons, and come to the construction site divided into 56 segments. Over six months, they are carefully constructed in stages. Once the arch supports are bolted into the frame, each piece is added one at a time, taking approximately three days to complete each segment of the arch.

"The most challenging part of the installation of the arches is the setting of the base, which is the first piece



Above, Building out the V-Pier at dusk (August) At left, Complete V-Pier 1 with Nationals Park in the background (September)



Above, Placement of the first arch segments (December)

At left, A look inside one of the arch segments (January)

of the arch. The placement and orientation of the first piece is critical and the tolerances for its location are very small. Once it is set, the base piece sets the trajectory of all subsequent pieces," stated FDMB Project Manager, Adam Hollon.

Once completed, the fully constructed arches will be 9'6" wide and range from 15' tall at the base to 6' tall at the highest point of the arch. The center steel arch spans 406 feet and will top out at 168' above the water. Expected completion of the arches is sometime between June-July 2020, which is when the next phase of construction on the bridge's superstructure will commence. The superstructure includes the bridge deck and suspension cables.

The reconstruction effort also includes construction of new traffic ovals on the west and east sides of the bridge; a realignment of South Capitol Street

from Firth Sterling Avenue

SE to the east oval; and reconfiguration of the I-295 Interchange with Firth Sterling Avenue SE, Suitland Parkway, and Howard Road SE. This work is currently happening simultaneously with the construction of the bridge.

The anticipated timeline for the completion of the bridge is currently Fall 2021. The entire South Capitol Street Corridor project will be completed by Spring 2022.



At left, Concrete placement V-pier 2 Southeast (February)

At right, Two complete parallel arches (March)

:Courtesy of Norman Jones



