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AUGUST 2022

Southwest Resident Awarded Presidential Medal of Freedom

BY MELISSA SILVERMAN

\intercal ister Simone Campbell is an attorney, advocate, poet and Sister of Social Service. According to her Twitter bio, she is also a "mischief maker." Her brand of good trouble earned her another accolade in July: recipient of the Presidential Medal of Freedom, the nation's highest civilian honor.

As a resident of Southwest DC for almost 18 years, Sister Campbell is deeply engaged in her community, keeping tabs on the development of the lots at 4th Street and M Street SW and the city's promise to prevent displacement of residents during the Greenleaf redevelopment. However, she is also a nationally known leader and advocate for social justice

Sister Simone Campbell displays her Presidential Medal of Freedom at the White House.

Courtesy of Sister Simone Campbell



and equal access to health care who helped organize seven cross-country "Nuns on the Bus" tours in support of economic justice and the Affordable Care Act.

In 2012, the Vatican started an investigation of the leadership of Catholic Sisters in the United States and accused NETWORK (the organization that Sister Campbell led) of promoting "radical feminist themes incompatible with the Catholic faith." Pope Francis ended the investigation in 2015 and affirmed the work of Catholic Sisters on his visit to the U.S. that year, but it was this notoriety that led to the bus tour. In 2014, her work attracted the attention of then-Vice President Joe Biden, who insisted on a chance to ride the bus at a stop in Des Moines, Iowa.

Her faith unshaken, Sister Campbell continued her leadership as Executive Director of NETWORK, a social justice advocacy organization found-

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Virginia Resident Killed by Off-Duty Police Officer at The Wharf

BY SOUTHWESTER STAFF

he Metropolitan Police Department (MPD) is investigating an officer-involved shooting that took place on July 16, a busy Saturday night, amidst the bars and restaurants at the center of The Wharf. According to MPD, shortly after 9:00 p.m., two off-duty officers encountered Lazarus Wilson, 23, of Dumfries, VA, whom they say brandished a gun during a confrontation.

One of the officers, identified

as Commander Jason Bagshaw, responded with deadly force, shooting and killing Wilson, and has since been placed on administrative leave. Because he was off-duty at the time of the shooting, Bagshaw was not equipped with a body camera. On July 22, MPD released to the public available security footage and bodycam footage from responding officers.

Community leaders, including Harriet's Wildest Dreams, a DC-based Black-led abolitionist community defense hub, had called for the timely

release of video footage, and wrote on Twitter July 23 that they "are still demanding full video transparency and accountability."

Other activists took to social media following Wilson's death to share videos and stories of previous encounters with Bagshaw, particularly during protests for racial justice that followed the killing of George Floyd in May of 2020. In December 2020, Black Lives Matter DC publicly called for Bagshaw's firing after a violent encounter with a protester.

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Grammy Winner Pens Original Songs for Arena Production

BY SHEILA WICKOUSKI

rammy Award-winning songwriter Marcus Hummon's songs have been recorded in many genres, including pop, R&B, gospel and most notably in country music. He has written some of the genre's most iconic songs, including Rascal Flatts' "Bless the Broken Road," the Dixie Chicks' "Cowboy Take Me Away" and Sara Evans' "Born to Fly."

Yet his latest project takes his storied career in a new direction. For the Arena Stage production of American Prophet: Frederick Douglass in His Own Words, Hummon composed original songs using word original written or spoken by the famed abolitionist.

Hummon shared his perspective with The Southwester. Interview has been slightly edited for clarity.

The Southwester: Were you born in DC? What are your memories from your time living here?

Marcus Hummon: My father worked for the State Department, primarily his career was with USAID (United States Agency For International Development) so we were in and out of the country until I was a junior in high school. We lived abroad in Tanzania, Nigeria, the Philippines, and Saudi Arabia.

When back in the U.S., we lived in Bethesda and then Potomac, Maryland. My parents retired to a home in Potomac. I remember when things were not as developed around the Potomac Village area, and taking long walks in the woods, or fishing on the canal, or even in the Potomac River (though it was not as clean back then as it is now). Of course, Washington DC was and is a magical city, and I have wonderful memories of enjoying the museums, the theater, the statues and memorials!

When I return to the DC area I always return to the Bullis football field where I played running back my senior year, 1979-80, and we were co-champions of our conference. I love walking on that field (cue Springsteen's 'Glory Days'). However, most of all, when I return to the DC area, I think of my folks, John and Jean Hummon who first gave me my love of music and theater. They would have so LOVED seeing this show!

SW: What did you learn about Frederick Douglass through the songwriting process? How did it help shape the music?

MH: I've been working on this



Courtesy of Arena Stage

Marcus Hummon

show in various forms for over seven years. I started by focusing on Narrative, (published 1845) his first of three autobiographies, but eventually read all three and was especially taken with Life And Times (published 1881 and second edition 1892) since it's the only one that covers his memories of the war years and beyond.

I was struck by his association with John Brown and Lincoln...and also struck by the evolution of his thought on the use of violence in the struggle, and his belief that the Constitution could be a weapon in the battle for the abolition of slavery. I am always amazed by his searing critique of the US, but also by his remarkable sense of hope for the more perfect union!

Therefore, I felt that the material for the show should have a hymnlike quality, because the show is the prophet's fire for justice, and a prayer for freedom!

SW: You have quite a background with many different types of music, including growing up in a musical family. Can you give us more information about your musical background and how learning about all types of music contributes to your composing?

MH: My first musical memory is singing in church with my family, and then on to folk, R&B, and the Beatles. The first live music I ever remember hearing was music in Tanzania; my first performance as a musician was playing African drums on Nigerian TV. My parents were both musicians and expected my

three sisters and I to be musicians as well. They listened to a lot of theater as well as classical music. And then it was the 70's, so the singer-songwriter world hit me, and by high school I was playing folk clubs.

SW: You have written hymns (or hymn-like music) that is performed by choral groups as well as two operas and six musicians. How did all of that experience come together in creating American Prophet?

MH: This show is 'church' to me, and so I wanted the songs, melodies and the ensemble sound to reflect this. As it turns out we've been blessed to have Joseph Joubert as music director and orchestrator, so he takes everything and makes it better!

SW: Arena Stage Artistic Director Molly Smith said that when she first heard a few of your songs for American Prophet, it took her breath away. What was your inspiration for the songs?

MH: The words of Douglass were the primary inspiration for the music and lyric, and also my understanding of the characters in his story (primarily taken from Life And Times) as well as the imagined relationship between Fred and his wife Anna. Being a book-writer as well as a composer helps me reach inside the characters for the music! Also, my great director and co-writer, Charles Randolph-Wright, has helped to identify where we need music, and when what I've written works (and when it doesn't).

SW: What do you hope audiences will take away from this production?

MH: I hope that audiences will have a deeper understanding and appreciation of Frederick Douglass, his incredible life story, his impact on the end of slavery in America, his impact on the Union victory in the Civil War. He deserves more credit for both!

Secondly, I want audiences to gain an appreciation of who Anna was, and what a unique and beautiful relationship she had with Frederick. I think she has been denigrated historically for a variety of reasons, and none of them good reasons. She had enormous struggles to deal with in her life, and was a soldier in her own right in the battle for freedom! Without Anna, there is no Frederick Douglass as we've come to know him. Finally, and perhaps most importantly, I want audiences to feel Douglass' fire for justice and feel inspired to fight on...for the more perfect union!

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Faith Community

New Construction to Create New History for Bethel Tabernacle Church



BY GEORGINE WALLACE

ike many churches in Southwest, the historic Bethel Pentecostal Tabernacle Church at 60 I St SW is undergoing a complete reconstruction. A modern, 17,000 square foot sanctuary will be on the ground floor of a new seven-story residential building. Over a dozen residential units will be designated as affordable housing. The building is slated for completion in 2023. Although the church's official name remains, it has rebranded to also be known as Bethel DC360 with the "DC" referring to Disciples of Christ.

The new name will be the third in the history of the congregation. In 1921, fifteen people held a prayer service in the home of the Reverend Herbert Kline at 509 Third Street NW. The group grew to 36 and they adopted the name "Bible Hall." Within two years, the congregation exceeded the house's capacity and they obtained permits to hold services outside. On January 1, 1927, they became the first Pentecostal Church in Washington to become a member of the General Council of the Assemblies of God.



All photos Courtesy of the Author

The groundbreaking of new construction that will house Bethel Pentecostal Tabernacle Church.



Church leaders Reverend Fitzgerald Carter and Sophia Carter

In 1935, they adopted the name of Bethel Pentecostal Tabernacle. The congregation used various facilities to hold services. When Reverend Renton Hunter became pastor in 1956, he led the effort to seek and obtain a permanent home for the congregation. In the late 1950's, they moved to the current address in Southwest. The new church was even visited by First Lady Lady Bird Johnson in March of 1968.

Currently, the church is led by Reverend Fitzgerald Carter, known as "Pastor Fitz," and his wife Sophia. Pastor Fitz conducted his first sermon at the age of 17 at Bethel. His father, Reverend Robert Carter, led the church from 1989 to 2007. Pastor Fitz served as associate pastor under his father from 2006 until Rev. Carter retired in 2007. Married for over 30 years, the Carters have two grown children and a granddaughter. They have ministered in several countries including Sophia's native Cayman Islands. Pastor Fitz juggles his duty to the congregation with a full-time job as a federal contractor.

They model their work on four core values: win souls, fill needs, heal hurts, and build dreams. The church provided special Christmas gifts to the Aya, the Ward 6 short-term housing facility. They even purchased a double stroller for a mother of 6. During the early stages of the pandemic, the church provided boxes of produce and protein to Southwest residents.

The church's interim location is at 700 Pennsylvania Avenue, SE, just across from the Eastern Market metro. Services are held at 11:00 a.m. on Sunday in-person and virtually on Wednesday night at 7:00 p.m.. They hope to move that service to in-person soon as well. For more information on Bethel DC360, including additional outreach projects, visit their web site at https://www.betheldc360.com/.



A rendering of the church's new facility.



New Additions to the Southwest Faith Community

BY GEORGINE WALLACE

wo Southwest churches will welcome new pastors in the month of August. St. Matthew Lutheran Church will be joined by interim Pastor Katherine Tuttle on August 15. She currently resides in Washington state with her husband and two young children.

Riverside Baptist Church announced that Reverend Mia Michelle McClain will join them as Senior Pastor on September 1. She currently serves as the Associate Minister of Faith Formation and Outreach at the Myers Park Baptist Church in Charlotte, North Carolina.

Welcome to Southwest!

Serve Your City/ Ward 6 Mutual Aid To Host Back to School Bash

BY REGINA MAZUR

or more than two years, keeping our community safe and providing our neighbors with food and supplies has been a priority of Serve Your City/ Ward 6 Mutual Aid (SYC/W6MA). A partnership between the Christ United Methodist Church and the Southwest Pod of SYC/W6MA as well as their collective work with Black and Brown grassroots organizations have proven to be an incredible contribution to this cause.

SYC/W6MA is always looking for different ways to assist the community by leading different projects throughout the year. Events such as food distributions, and clothing drives are just a small part of the actions that SYC/W6MA undertakes to help the community. The Southwest Pod is incredibly grateful for the donations and support that they continue to receive.

Back to School Bash

DC's kids deserve the equitable resources they need to be successful, joyful, and supported. That's what we're doing with our third annual #WeKeepUsSafe Back to School Bash, and your donations camp, trapeze school, robots & make it possible! We're looking to



have an even greater impact than last year, and we know we can do it with your #solidarityNOTcharity!

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Register TODAY at: bit.ly/sycw6masummer22 (next steps will be emailed upon online registration.) Questions? Email us at: youthenrichment@serveyourcitydc.org

Interested in ways to help?

SYC/W6MA continues to collect non-perishable foods, toiletries, and household cleaning items on Wednesdays and Fridays from 3:00 p.m. to 5:00 p.m. and Saturdays from 11:00 a.m. to 2:00 p.m. at Christ United Methodist Church's back courtyard gate (900 4th Street Southwest: entrance near library).

This Month's Donation Needs:

- Food: soup, peanut butter (16oz), instant oatmeal, instant coffee, canned fruit and tea, pasta, Ensure nutritional drink all flavors
- **Cleaning:** laundry detergent in pods
- Household: bath towels, hand towels, washcloths, bed sheets and blankets (in good condition and clean), baking pans,

crockpots

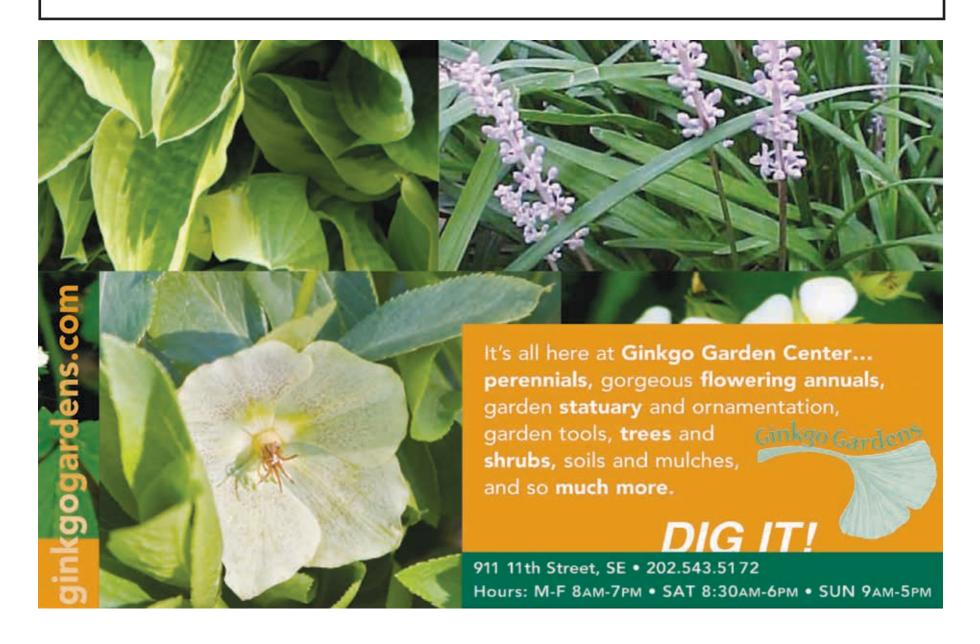
Personal Hygiene: deodorant, toothbrushes

You can find SYC/W6MA table at the Southwest Farmers Market every Saturday of the month (weather permitting). Donations of fresh produce, meat, and dairy products are accepted and help to provide a healthy selection of food. Please stop by to say hi and donate.

Food Distribution takes place at Christ United Methodist Church at 900 4th St SW. On the 2nd & 4th Saturday of each month at 2:30 p.m., CUMC gives out groceries, paper products, and cleaning supplies. SYC/W6MA gives out fresh produce, eggs, and bread every Saturday at the same time and location. If you need additional support with food and supplies, please call the Mutual Aid Hotline at 202-683-9962 or email ward6mutualaid@ gmail.com

Want to Learn More or Get Involved?

We need more people to help with the food distribution on Saturdays. Please contact us for more information at swmutualaid@serveyourcity.org



DC STORM Tours Hampton Roads on an Educational College Adventure

BY DC STORM STAFF

n June 25, DC STORM, Inc. (Student Taught Organization and Respect through Mentoring) traveled with 14 group members to the Hampton Roads Area of Virginia for an educational and college tour and returned on June 27.

The funds for the tour were provided by the Friends of Southwest DC. Group leaders Jay Shorter and Ronald Hines, mentors for the DC STORM Organization, led the tour group.

DC STORM visited the Nauticus Museum in Norfolk, Virginia and was allowed to board the USS Wisconsin Battleship, where they got to see how naval personnel lived on the ship. The group also got an opportunity to bravely pet some sharks and stingrays at the museum.

DC STORM also visited the campuses of Norfolk State University, Old Dominion University, and Hampton University. The college campuses were mostly empty due to summer vacation, which gave the group an opportunity to walk around and see the schools' facilities and get a sense of how large each of the campuses



All photos - Courtesy of Jay Shorter

DC STORM at the USS Wisconsin Battleship.



Students pose at Hampton University.

were. On the Hampton University campus, the group had a chance to study and climb on the Emancipation Oak Tree. The Emancipation Oak Tree is historic and designated as one of the 10 Greatest Trees in the World, according to the National Geographic Society. The tree is where Mary Smith Peake taught up to 50 children during the day and 20 adults at night during slavery. In 1863, the Black community gathered under the oak to hear the reading of Abraham Lincoln's Emancipation Proclamation, which led to the old tree earning its nickname as the Emancipation Oak. An old log cabin also sits near the famous oak.

For fun, the group had a chance to play basketball, swim and shoot pool at the hotel. DC STORM, Inc. appreciates the funding the Friends of Southwest DC provided for this historic trip for the young men residing in Ward 6 attending Jefferson Academy Middle School. DC STORM members needed this trip to get out of the house, learn some new facts about history, and to have some fun. Thank you, Friends of Southwest D.C., for the funding!



The tour stopped at Norfolk State University.



DC STORM students climbed the Emancipation Oak Tree.

National Museum of African American History and Culture to Host Star-Studded Block Party Celebrating Hip-Hop and Rap

BY SOUTHWESTER STAFF

he Smithsonian's National Museum of African American History and Culture (NMAAHC) will host its inaugural Hip-Hop Block Party Saturday, August 13, to celebrate the first anniversary of the release of the *Smithsonian Anthology of Hip-Hop and Rap*. The event will feature performances by local and national talent, presentations and activities that explore hip-hop music's origins and cultural influence from 11:00 a.m. to 11:00 p.m. The main stage will be outdoors

near Madison Drive and indoor performances and events are set for Heritage Hall on the museum's first floor. The Hip-Hop Block Party is free; however, tickets are required for entry and are available through the museum's website.

"The origins of hip-hop and rap rest in community where people gathered together in basements, on street corners, neighborhood dance parties and community shows to tell the stories of the people and places that brought it to life in a language all its own," said Dwandalyn Reece, associate director for curatorial affairs at NMAAHC. "It is only fitting that NMAAHC celebrates the one-year anniversary of the *Smithsonian Anthology of Hip-Hop and Rap* with a block party in our front yard. Like a true block party, we invite all ages to come together to enjoy activities and performances in honor of the museum's greatest homage to the music and culture of hip-hop."

The block party will feature daytime and evening activities and performances. Ticket holders can tour the museum's exhibitions, including "Represent: Hip-Hop Photography," in the Earl W. and Amanda Stafford Center for African American Media Arts (CAAMA) gallery on the second floor.

In addition to the Hip-Hop Block Party, the museum will premiere gOD-Talk 2.0: Hip-Hop & #Black-Faith, the seventh episode of the web-based series, live on Facebook Sunday, August 14. The hip-hop and #BlackFaith episode features several prominent hip-hop artists and religious scholars, and it explores the relationship between hip-hop culture and Black expressions of faith and spirituality.

18th Annual DC JazzFest Headed to Southwest

BY MIKE GOODMAN

Tith dozens of performances in venues across the city, the annual DC JazzFest (DCJF) is one of the largest music festivals in the country. A 501(c)(3) non-profit organization, the DC Jazz Festival celebrates America's unique original art form during this international event that attracts jazz lovers from around the world. This year, the DCJF runs from August 31-September 4, and features a heavy presence in Southwest.

On August 31, the festival opens at the Howard Theatre with performances by Kurt Elling and Christie Dashiell. Then, on September 1, the festival heads to Southwest with a performance by Regina Carter at Arena Stage. Carter was just announced as a National Endowments for the Arts (NEA) 2023 Jazz Master. She is the first woman to receive the triple recognition of a MacArthur Fellow, Doris Duke Awardee and now NEA Jazz Master.

On September 2, the festi-

val will stay at Arena Stage with a performances by Dianne Reeves and Orrin Evans Captain Black Big Band.

Then, DC JazzFest at The Wharf will take place September 3-4, featuring multiple waterfront stages, as well as the DCJazzPrix international band competition at Union Stage. On September 3, the lineup includes Cindy Blackman Santana, Ron Carter, Mambo Legends Orchestra, The Baylor Project, Chien Chien Lu, Larnell Lewis Quintet, Joy Lapps, Giveton Gelin Quintet, Heidi Martin, The Jalen Baker Quartet, The Julieta Eugenio Trio and Akua Allrich & The Tribe.

On September 4, DC JazzFest at The Wharf will feature Christian McBride & Inside Straight, Emmet Cohen Trio, Dayramir Gonzalez & Habana enTRANCE, Patrick Zimmerli featuring Chris Potter & EJ Strickland, Letter One/Rising Star: Dan Wilson Trio, Donvonte McCoy and Vox Sambou.

For more information about DCJF, and to purchase tickets, visit https://www.dcjazzfest.org/.

Allen Advances Bill on Monthly Basic Income

BY SOUTHWESTER STAFF

Beginning next year, low-income DC residents, such as those who earn less than \$60,000 for a family of four, will begin receiving a monthly check from the District government, akin to a first-in-the-nation monthly basic income. Ward 6 Councilmember Charles Allen advanced legislation in July to clarify that monthly basic income dollars won't cause residents to lose eligibility for other public assistance programs.

The monthly basic income program expands DC's match of the Federal Earned Income Tax Credit (EITC). Allen advocated for the bill during the FY22 budget cycle, and it was passed as part of a broader piece of legislation known as the Hearts and Homes Amendment.

"When I fought for the Hearts and Homes Amendment, it had to include a basic income because I knew low-wage residents could really use some extra help," Allen said."There's just no question having a few hundred bucks more in your monthly budget for diapers, groceries, rent, or whatever else is going to make it easier to thrive in the District."

Of the July vote, Allen said it "gets us

closer to ensuring we're providing that help and aren't inadvertently denying residents another source of help in our pursuit to ensure workers of all income levels can continue to call DC home."

DC residents will not need to enroll in the monthly basic income program or file any additional paperwork. As they file their taxes, eligibility will be determined as it is for the federal Earned Income Tax Credit.

Monthly payments will scale up over the coming year, and will vary based on household income and number of dependents. Initial benefits next year will start from \$50-\$192 a month, and when eligible residents file their 2026 tax returns, the monthly payments will grow to as much as \$560 per month for some families.

Allen's July legislation states that any payments from the monthly basic income program cannot be counted against annual income thresholds that are used to determine eligibility for any other income-based programs meant to assist low- or fixed-income residents. Now approved by the Committee on Business and Economic Development, it will move ahead to a first vote before the full Council.



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MEDAL

Continued from p. 1

ed by Catholic Sisters. Her lifetime of service was recognized at the end of June, when, as Sister Campbell says, she was "sitting at [her] computer, working away" when a White House operator called and asked her to please hold for the President.

Biden asked if she would accept the Presidential Medal of Freedom and join a ceremony at the White House in early July.

"I was quite overwhelmed when he asked," Sister Campbell said. "I got tears in my eyes, and thought, 'whoa.' It was a super surprise for me, I was pretty stunned."

The White House ceremony featured 16 other honorees, including former Congresswoman Gabrielle Giffords, civil rights attorney Fred Gray, and athletes Megan Rapinoe and Simone Biles. Sister Campbell took the opportunity to tell Gray she had studied his work in law school, and to share the excitement of being "two Simones" with Biles, who she was seated next to.

"The ceremony itself was really moving, to be with all these amazing people," Sister Campbell said.

In a press release, the White House said that the recipients of the Presidential Medal of Freedom, presented to individuals who have made exemplary contributions to the prosperity, values, or security of the United States, world peace, or other significant societal, public or private endeavors, "demonstrate the power of possibilities and embody the soul of the nation – hard work, perseverance, and faith."

Sister Campbell brought friends and family to the ceremony, as well as the leader of her religious community. The group, she said, "reflected the tapestry of my life. I was really grateful to have them have that experience."

The in-person ceremony marked an emergence from the COVID-19 pandemic, time Sister Campbell said she passed with close friends in Southwest DC.

"Every Saturday, we go to the farmer's market...and get two almond croissants. I bring the coffee in a Thermos and we go sit by the river and look out on the beautiful park at the water going into the Tidal Basin. The Titanic Memorial...is the place for breakfast and gossip," Sister Campbell said.

Even as she enjoys the neighborhood, Sister Campbell is not slowing down. Her latest project, Understanding US, is an effort to connect Americans across divides and promote understanding and dialogue.

"We're not trying to change minds, but to listen and hear each other," she said. "LetUSunderstand.us is an effort to try to create healing in a very divided nation."

With so many challenges facing the world, Sister Campbell says "the key is to be sensitive to what issues break your head, and then respond. Coming from a place of broken hearts is to let people into our lives and respond to those in need."



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Participants Sought for Study on Nicotine and Memory Loss

BY SOUTHWESTER STAFF

eorgetown University is leading a study on whether nicotine can stimulate systems for memory in the brain.

Many Americans believe mild memory loss is a normal part of aging, but that's a myth. Mild memory loss is often a precursor to Alzheimer's disease, and it affects 12 to 15 percent of people age 65 and older. There is currently no treatment for the disease, however, researchers at Georgetown University are actively trying to find one by using what some may consider an unusual method, a nicotine patch.

When not associated with smoking, researchers believe nicotine can stimulate memory and attention. Scientists have used nicotine in memory studies for more than

30 years, including for the MIND Study, which is testing if a nicotine patch could improve memory and functioning in people with mild memory loss.

The MIND Study, funded by the National Institutes of Health, is recruiting participants in the Washington, D.C. area. Study managers, inspired by their own family connections to Alzheimer's disease and the importance of participation in clinical research to help find a treatment or cure, are particularly encouraging Black and Hispanic adults to participate in the trial to help address the stark racial and ethnic disparities in memory loss disorders.

For more information, contact the Clinical Research Unit at the Georgetown University Medical Center at (202) 444-0796.

U.S. Women's National Soccer Team to Play First Ever Match at Audi Field

BY SOUTHWESTER STAFF

he U.S. Women's National Soccer Team will play the second of two matchups against Nigeria at Audi Field in Southwest DC on September 6. The match, which will air on ESPN2, marks the first time the team will play at Audi Field since the venue opened in 2018. The U.S. and Nigerian women will also face off in Kansas City, Kansas on September 3. These will be the first domestic matches for the U.S. team since qualifying for the 2023 FIFA Women's World Cup.

"First, I'm just excited to play two matches against Nigeria. They have some very talented players who will present a lot of different problems for us to solve on both sides of the ball," said U.S. Women's National Team head coach Vlatko Andonovski. "Secondly, of course we're looking forward to bringing the team back to one of the best soccer cities and best soccer stadiums in the United States in Kansas City, as well as

getting to play our first game at Audi Field, which I've visited several times for NWSL games and is also a fantastic venue for our team to play in front of our home fans."

While the U.S. women played ten matches at Washington's RFK Stadium between 1995 and 2017, this will mark the first visit to Audi Field, home to the National Women's Soccer League reigning champions, the Washington Spirit, as well as Major League Soccer's D.C. United.

Nigeria, an 11-time African champion, is currently competing in the 2022 African Women's Cup of Nations, a 12-team tournament that will send its top four finishers to the 2023 FIFA Women's World Cup. The U.S. women qualified for its ninth consecutive World Cup on July 7.

Tickets for the match at Audi Field will be available for presale on July 25 and for the general public on August 1 at ussoccer.com.

METABALANCE

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By focusing on lifestyle and dietary changes, Metabalance Nutrition provides 1:1 coaching for individuals looking to:

- prevent and reverse diabetes
- improve blood sugar levels and achieve metabolic flexibility
- improve cholesterole levels
- lose weight by focusing on changing the body composition and reducing visceral fat

Visit our website or call us to schedule a FREE Discovery Session!





ww.metabalancenutrition.com



will mark 50 years of scholarships awarded to deserving students by SWNA/ESTF. Our goal is to find 100% of those scholarship recipients so that we may all celebrate those 50 years together.

For more information www.swnascholarship.org



Scan to donate to the scholarship fund.



SWNA ESTF - Education and Scholarship Task Force was established to encourage and assist youth in the Southwest Washington DC, Ward 6, Zip code 20024 neighborhood to pursue a post-secondary education.





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?





Answers from July 2022 issue

right picture has an airplane, a bird and a bunny; in the picture on the right, the man with the flag has a hat on; in the picture on the right, the baby has a hat on; the fireworks on the left side of both pictures are different.

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WORD SEARCH: BIRTHDAYS!

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CAKE ENJOY
FUN PRESENTS
CANDLES FAMILY
GROWING CELEBRATE
FRIENDS PARTY

Jokes!

Why did two 4s skip dinner? Because they already 8!

What kind of tree can fit in one hand?

A palm tree!

Why does it take pirates a long time to learn the alphabet?

Because they can spend years at C!

Would you like to submit a joke for Kid's Corner? Email it to editor@thesouthwester.com. Include your first name so we can tell other kids who sent it in!

Math Moment!

Can you complete these equations?

a. 10 x 10 = e. 103 + 28 =

b. 31 - 21 = f. 25 + 15 + 5 =

c. 80 + 250 = g. 91 - 11 =

d. 7 x 6 = h. 55 + 22 =

The Southwester August 2022 Page 11



Young Readers

Stopping the Summer Slide

BY KITTY FELDE

here's still a few weeks of summer left, the perfect time to kick back with a cool drink and read - which may be the last thing the child in your life plans to do with their precious time away from the classroom. But months without reading can hurt that child in the fall. Research by the Northwest Evaluation Association shows that young readers lose about 20% of their school-year gains in reading over the summer.

You can stop the summer slide.

Your local public library is eager to help, not only with book suggestions, but also with bribes.

Er, prizes, that is.

It's nearly impossible to find a public library without a summer reading

Here in Washington, prizes from the DC Public Library include books, gift cards for movies and restaurants, even tickets to Washington Nationals games. Libraries in Arlington, Fairfax and Montgomery Counties also offer Nats tickets and other treats.

Personally, I liked the bribe offered

by the Massena Public Library near the Canadian border in New York: read just one hour and you get free ice cream.

But do prizes work? A study in the Journal of Health Economics says yes. Researchers handed out small tokens to try to get kids to eat more fruits and vegetables. After five weeks, nearly half of them were still eating healthier.

On the other hand, The Washington Post says that an analysis of such studies concludes that when the bribes end, so does our interest in continuing a particular behavior that might be good for us.

But that still means a summer of reading! And perhaps an ice cream cone, too!

Happy summer reading!

Kitty Felde, a longtime public radio journalist, is author and producer of "The Fina Mendoza Mysteries." books and podcasts about the fictional daughter of a congressman who pursues adventures inside the U.S. Capitol and teaches young readers about the U.S. Constitution.

Southwest Moment



Courtesy of Shelby Poage Fourth of July fireworks over the Southwest Waterfront.

LOG ON TODAY! www.swna.org



11:30am - 12:30pm: Mutt Strutt Walk 11am - 12noon: Check-in 12:30 - 2:00 pm: Puppy in the Park Party

Pet costume contest! Pet-Friendly Vendors! Raffle Prizes! Pet Photographer! and more!

For more information, contact the Southwest DC Community Center at info@swdccc.org



BY SOUTHWESTER STAFF

n Monday, July 11, the Thelma D. Jones Breast Cancer Fund (TDJBCF), in collaboration with James Creek Resident Council, Syphax Gardens Resident Council, GOODProjects and the Southwest Business Improvement District (SWBID) hosted Breast Cancer 101 at River Park in Southwest DC. Funded in part by a generous grant from the Friends of Southwest DC, the event was intended to meet the community's growing need for answers around prevention, adherence, treatment, genetic testing, available resources, and support.



While Breast Cancer 101 is the first event of its kind, the collective effort to host this year's Southwest Earth Day celebration and resource fair in April 2022, where several resi-

Breast Cancer 101



All photos Courtesy of Jasmine Campbell

Southwest residents gathered to learn important information, receive free materials and sign up for mammograms, as well as share their personal stories, at the first Breast Cancer 101 event on July 11.

dents expressed a need for support with their diagnoses, was the inspiration behind the successful event. The topic hits close to home for several of the participants who knew that "early

detection saves lives."

For that reason, it was important that a partner like Georgetown Lombardi Capital Breast Care Center, represented by Patient Navigators Rhonda Hamilton and Tyra Hopper, distributed literature and registered attendees for free mammograms.

With over thirty women in attendance, many survivors themselves, stories of struggle, treatment, and triumph were shared by Southwest breast cancer survivors Jenelle Leonard (triple negative), Deb Hodge (young survivor), and Linda C. Brown (caretaker for her physically challenged daughter). From age thirty-four to ninety-two, survivors and those interested in prevention introduced themselves, played trivia games for prizes and shared a meal with each other. The keynote speaker was Dr. Lucile Adams-Campbell, Associ-

ate Director for Minority Health and Health Disparities Research, Senior Associate Dean for Community Outreach and Engagement, and Professor of Oncology at Lombardi Comprehensive Cancer Center at Georgetown University Medical Center. She conducts lifestyle interventions related to breast cancer and metabolic syndrome and conducts large epidemiological cohort studies including the Black Women's Health Study.

For collaborator Jasmine Campbell of GOODProjects, Dr. Adams-Campbell was the perfect speaker for the event. "It was important to bring a thought-leader like Dr. Adams-Campbell to the event. Not only because of the degree of insight she has on minority health, particularly Black women's health, but also because she looks like many of today's participants. That aspect makes what she's saying that much more relatable for the participants, most of whom are also Black and struggle with the similar health disparities," said Campbell.

According to Thelma D. Jones, Founder, TDJBCF and lead collaborator, "the Breast Cancer 101 effort will continue until we have reached the key areas of our community. The TDJBCF is infinitely grateful for the support of the collaborators, the funding support from the Friends of Southwest DC, River Park Management, and Georgetown Lombardi Comprehensive Cancer Center."

Plans are already underway to continue with a follow-up event in the fall. To participate in future breast health sessions, please email thelma@tdjbreastcancerfund.org call (202) 251-1639 or visit www.tdjbreastcancerfund.org.

Southwest Liveaboard Boat Tour To Return October 1

BY MARGARET L. JOHNSON

Washington Channel, you've probably seen the liveaboard boats and barges of the Wharf Marina, south of the District Wharf's recreational pier. Maybe you've wondered what it's like to live in such an unusual environment. This fall, you'll have the chance to see inside some of those homes and find out!

On Saturday, October 1, the residents of the marina will hold their seventh home tour of the floating neighborhood. It's the first time the homes have been open to the public since 2019. In that time, construction of the new Wharf Marina was completed, moving the marina about 200 yards downriver and growing to over 300 slips. The liveaboard community weathers all seasons, and after the waterways go quiet as summer boaters pack up for the season, the live-

aboard boaters can be found enjoying local shops and restaurants, volunteering for mutual aid services, and bringing holiday cheer to thousands of spectators during the Holiday Boat Parade.

The modern-day liveaboard community dates back more than 45 years, however since the earliest days of the capital, the Southwest waterfront has been home to people who lived and worked on boats. Comprising the largest liveaboard population on the East Coast, "Gangplankers" are a tight-knit and diverse community. As planning for the Wharf began, the liveaboard community faced a great deal of uncertainty about their future on the waterfront, but came together with the city and the Wharf to preserve this unique and historic enclave of the Washington Channel. The marina has evolved over the years, and many people have been attracted by the unique

lifestyle. From the famous (or infamous) residents such as scandalous senators to the everyday families just making a life on the water, throughout its history the marina has seen all stripes of residents on its docks.

Over 20 of these floating homes will open their doors—or in some cases, hatches—to visitors for self-guided touring. The boat owners and hosts will be on hand to answer questions. The homes are as singular as the people who live aboard them. Check out a renovated barge with a beautiful and spacious open-plan kitchen. Step aboard a sailboat that's home to a family. Inside the largest housebarge in the marina, you may even forget you're on the water... until you catch the beautiful views out the window. No two floating homes are alike!

Can you garden on a boat? Have dogs and cats? Take your home out on the water for a weekend getaway?

Find out all the answers on October 1.

The Boat-Home Tour will take place between 10:00 a.m. and 2:00 p.m., rain or shine, and will feature over 20 floating homes at Wharf Marina, 650 Wharf Street, SW. Tickets and more information are available at www.dchouseboat.org.

The liveaboards especially enjoy welcoming their Southwest neighbors, so residents of the 20024 zip code get a discounted ticket price of \$20 (the usual ticket price is \$25). Proceeds from the tour go to organizations doing great work in Southwest. Recipients of funds raised from the tour will include Amidon-Bowen Elementary School PTA, St. Augustine's neighborhood initiatives, DC Sail's local youth programs, the Southwest Methodist Church's food pantry, and Potomac Riverkeeper's work keeping the waterways clean.









BOFIT-HOME

TOUR

Tour the floating residences of the Washington Channel!

houseboats • housebarges • sailboats • trawlers • more!

Saturday October 1st • 10AM-2PM Wharf Marina • 650 Wharf St SW

Tickets: \$25 • \$20 for residents of 20024 zip code

Proceeds go to local charities in Southwest DC

Sponsored by:

Gangplank Marina
Signature Streetiles

Tickets at

www.dchouseboat.org

Southwester Community Calendar | August 2022

Due to COVID-19, there may be last-minute changes to these events. Be sure to check the web references or telephone numbers in the listings.

MON 1, 3-5 P.M. Discover Summer: Scientist Stories & Candy DNA. What makes you you? And what makes you different from me? Come explore DNA with the Southwest Library! Have you ever seen DNA? What about made it out of candy? Join us as we Discover Summer at the Southwest Library and learn about the scientists involved in DNA work throughout history. Come ready to learn! This event is best suited for children between the ages of 5 and 12.

TUES 2, 4-5 P.M. Words, Beats, & Life: Trap Beat Production. Learn from the pros at Words, Beats, & Life how to create trap beat productions while getting a better understanding of the foundations of music from theory to song formatting and beyond. Harness your creative voice and create an entry to the Know Your Power civic engagement arts contest. Know Your Power and this program is made possible through the support of Pepco and the DC Public Library Foundation. Join us in the STEAM Lab at the Southwest Library! Ages 13-19.

WED 3, 7-9 P.M. Wednesday at The Wharf Concert featuring Soulfire. Summer never sounded better! Join us for free concerts on Transit Pier every Wednesday evening starting at 7 P.M. With R&B, Americana, Motown, Jazz, Reggae, and your favorite pop covers, there is something for everyone. Grab a snack and a Pacifico Beer and enjoy live music. Transit Pier.

THURS 4, 1:30 P.M. Teen Crochet Club. Whether you're a beginner or a pro, join us for some community crochet time. Basic instruction available for beginners. Join us in the Southwest Neighborhood Library STEAM Lab. Materials provided. Ages 13 – 19.

FRI 5, 4-10 P.M. Market SW. Southwest DC's eclectic Friday night market returns with a diverse mix of art, crafts, handmade jewelry, accessories, bath and beauty goods, and vintage and antique furnishings. 4th St SW & M St SW.

SAT 6, All Day. Seasonal Craft. Children ages 3-12 are invited to stop by the Children's Room to do a fun seasonal or book-themed craft. In August, we'll do an octopus craft! Southwest Library.

SUN 7, 2 P.M. SWNA Scholarship Program. Entertainment and refreshments provided. Westminster Presbyterian Church.

SUN 7, 3 P.M. Teen Soothe Your Soul. Swing by to dive into some trendy ways to find and reconnect with your peace. Join us in the Southwest Neighborhood Library STEAM Lab on Sunday August 7 at 3:00pm. Come as you are. Ages 13 – 19.

MON 8, 10:30 A.M. Music & Movement. Come dance your sillies out at the Southwest Library. This interactive program for kids 4 and under is perfect for kids who love to sing, shout, move, dance, jump, shake, and roll!

TUES 9, 2 P.M. Teen TED Talk. Learn about the process and power of creative writing at 2:00 P.M. with a viewing of a related TED Talk, discussion, and activity as we prepare for the city-wide Know Your Power contest. Meet us in the Southwest Library STEAM Lab. Ages 13 – 19.

WED 10, 7-9 P.M. Wednesday at The Wharf Concert featuring Scott Kurt & Memphis 59. Join us for free concerts on Transit Pier every Wednesday evening starting at 7 P.M.

THURS 11, 1:30 P.M. Teen Social Media Workshop. Find out how to grow your follower base from a TikTok-er with over 45,000 followers and exchange ideas with other users. Practice the latest viral dance, brainstorm ideas for the biggest trending sound, and get tips and tricks on using editing features. To get the most out of this event, bring along your phone and your existing TikTok account. Ages 13 – 19.

THURS 11, 7:30 P.M. Sunset Cinema at the Wharf - Spider Man: No Way Home. Get your family and friends together this summer to watch a movie on the big screen. Join us on Thursdays along the waterfront for Sunset Cinema at The Wharf - outdoor movies on the Transit Pier big screen, presented by Pacifico Beer. Transit Pier.

FRI 12, 7 P.M. Friday Night Dancing: Swing Dance. We're combining the two best Friday night activities this summer: going dancing and enjoying cocktails al fresco. Join us for free themed dance nights with live music on Transit Pier on the second Friday in June, July, and August at 7 P.M. Each night will feature a different style of music and dancing. Transit Pier.

SAT 13, 7 P.M. Moonlight. Release Date: 9/2016; Rating: R; Duration: 1hr 50min; Genre: Drama. The film looks at three defining chapters in the life of Chiron, a young black man growing up in Miami. His epic journey to manhood is guided by the kindness, support and love of the community that helps raise him. Contact the Westminster church office for Zoom link (202-484-7700/wpcd-coffice@gmail.com)

SUN 14, 1 P.M. College Prep Bootcamp. Come by and explore all the library's scholarship resources with Sheri. Join us in the Southwest Neighborhood Library STEAM Lab on Sunday 12th 1-2 P.M. Materials provided. Ages 13 – 19.

SUN 14, 1-5 P.M. Family Game Day. Can you beat your brother in checkers, or best your grandma in cranium? Come to Southwest Library's Discover Summer Family Game Days to try your hand at some of our games and see if you can beat your friends and family, or learn a new game!

TUES 16, 2 P.M. Teen Movie Club: Gentleminion. Come dressed in your best (if you like) to the Southwest Library STEAM Lab for a viewing of the movie that started it all. Gentleminions welcome! Ages 13 – 19.

WED 17, 7-9 P.M. Wednesday at The Wharf Concert featuring Dupont Brass. Join us for free concerts on Transit Pier every Wednesday evening starting at 7 P.M. Grab a snack and a Pacifico Beer and enjoy live music.

THURS 18, 1:30 P.M. Teen Crochet Club. Whether you're a beginner or a pro, join us for some community crochet time. Basic instruction available for beginners. Join us in the Southwest Neighborhood Library STEAM Lab. Materials provided. Ages 13 – 19.

THURS 18, 7:30 P.M. Sunset Cinema at the Wharf - Crazy Rich Asians. Get your family and friends together this summer to watch a movie on the big screen. Join us on Thursdays along the

waterfront for Sunset Cinema at The Wharf - out-door movies on the Transit Pier big screen.

FRI 19, 4-10 P.M. Market SW. Southwest DC's eclectic Friday night market returns with a diverse mix of art, crafts, handmade jewelry, accessories, bath and beauty goods, and vintage and antique furnishings. 4th St SW & M St SW.

TUES 23, 2-3 P.M. Teen Movie Club. Stop into the Southwest Library STEAM Lab for a screening of an exciting action horror movie about a classic creation who, years later, has taken on a mind and mission of his own. Ages 13 – 19.

WED 24, 7-9 P.M. Wednesday at The Wharf Concert featuring Turtle Recall. Summer never sounded better! Join us for free concerts on Transit Pier every Wednesday evening starting at 7 P.M. With R&B, Americana, Motown, Jazz, Reggae, and your favorite pop covers, there is something for everyone. Grab a snack and a Pacifico Beer and enjoy live music. Transit Pier.

THURS 25, 1:30 P.M. Teen Crafternoon: Shrinky Drinks. Pop in to design and create your own shrinky dink for a custom keychain just in time for back to school. Join us in the Southwest Neighborhood Library STEAM Lab on Thursday, July 28 at 1:30pm. Materials provided. Creations must be left overnight and picked up the following day. Ages 13 – 19.

THURS 25, 7:30 P.M. Sunset Cinema at the Wharf - Summer of Soul. Get your family and friends together this summer to watch a movie on the big screen. Join us on Thursdays along the waterfront for Sunset Cinema at The Wharf - outdoor movies on the Transit Pier big screen, presented by Pacifico Beer. Transit Pier.

FRI 26 - SUN 28, Clear Light of Bliss: Post Summer Festival Retreat with Kadampa Meditation Center. During this Post Festival retreat Gen Demo will guide meditations on the special instructions shared at the recent Summer Festival in England based on the book Clear Light of Bliss. Online and In-Person registration available.

SAT 27 10 A.M. - SUN 28 8 P.M. Summer in Lansburgh Park. Join us for the annual Summer in Lansburgh Park celebration. Food, games, entertainment, and more!

WED 31, 4 P.M. Teen Wii Club. Stop to play games with friends old and new on the Wii console in the Southwest Library STEAM Lab on Wednesday, July 6 and 27 between 1:30pm and 2:30pm. Ages 13 – 19.

WED 31, 7-9 P.M. Wednesday at The Wharf Concert featuring The JoGo Project. Summer never sounded better! Join us for free concerts on Transit Pier every Wednesday evening starting at 7 P.M. With R&B, Americana, Motown, Jazz, Reggae, and your favorite pop covers, there is something for everyone. Grab a snack and a Pacifico Beer and enjoy live music. Transit Pier.

WEEKLY, BIWEEKLY

ALCOHOLICS ANONYMOUS, Mondays-Fridays at Noon (St. Dominic's Catholic Church) or Wednesday evenings (St. Augustine's Episcopal Church). Post-pandemic we have resumed live

See "Calendar," page 15

CALENDAR

Continued from p. 14

meetings. This fellowship is open to all men and women who desire to recover from alcoholism. You will be welcome for more information; contact Josie at 202-880-6971.

ALZHEIMER'S ASSN CAREGIVER SUPPORT GROUP, 4th Thursday of the month. 11 A.M. to 12 NOON. Free and open to the public. Are you caring for someone with dementia? Every 4th Thursday at 11 A.M. social worker Vickie Henrikson and nurse Carroll Quinn host a support group sponsored by the Alzheimer's Assn that is designed to provide emotional, educational, and social support for caregivers of persons with dementia. Monthly meetings are held at St. Mathew Lutheran Church at the corner of M Street SW and Delaware Ave SW. For questions and concerns, reach out to Vickie Henrikson at 202-251-7117 or Carroll Quinn 513-673-9921.

BABY LAP TIME, Thursdays, 1-1:30 P.M. Fun for non-walking children ages birth to 1 year only. Space is limited; admission is first-come, first-served. Southwest Neighborhood Library.

BLUES MONDAYS, 6-9 P.M. Various Blues musicians and singers featured each Monday. \$10 cover and food for sale. Schedule at https://westminsterdc. org/jazz-%26-blues-1 , Westminster Presbyterian Church.

BREAD FOR LIFE - BREAKFAST, Sundays, 8-8:45 A.M. Free Breakfast. The pandemic has forced us to change how we serve breakfast—but we still offer a free breakfast every week as a to-go bag with a breakfast sandwich, juice, fruit, and slice of cake. If you would like to volunteer with Bread for Life, please contact Virginia Mathis, lead organizer and kitchen manager for the program at vacooking1@ hotmail.com. Contact: chee-cheemathis@staugustinesdc.org. St. Augustine's Episcopal Church Community Room, 555 Water Street SW. www.staugustinesdc.org/

BREAD FOR LIFE - LUNCH, Saturdays, noon. St. Augustine's offers free lunches to students and other young folks every Saturday at the Greenleaf Recreation Center at 3rd & N streets SW. www.staugustinesdc.org/bread-for-life

CHAIR YOGA, Mondays, 11 A.M. - Noon. Gentle movements to increase flexibility, strength, balance & endurance, adapted for all body types. Careful instruction promotes proper breathing, meditation, positive thinking, & deep relaxation. Westminster Presbyterian Church. Any questions? Email instructor, Pamela Wilson, wilsonpj108@gmail.com

CHESS CLUB, Thursdays, 6 P.M. Southwest Neighborhood Library. Chess boards and pieces provided, just bring yourself and a desire to learn and hone your chess skills!

CHURCH CLEANING, Saturdays after morning service, St. Dominic Church. www.stdominicchurch. org/

COVID FREE SELF TEST, Saturdays, 10 A.M. - 6 P.M. 48 hour results. Westminster Presbyterian Church.

DOMESTIC VIOLENCE IN PERSON WALK-IN CLIN-IC, Wednesdays, 1-4 P.M. Call DC Volunteers Lawyer Project to make an appointment: 202-425-7573.

ENCORE ROCKS CHOIR REHEARSAL, Tuesdays, 6:30-8 P.M. Seated 90-minute rehearsals. Tuition-

based and led by a professional choral conductor. For additional information, contact: https://encorecreativity.org/programs/encore-rocks

EVENING PRAYER, Tuesdays, 6:30 P.M. St. Augustine's Episcopal Church. https://www.staugustinesdc.org/

FARMERS MARKET SW, Saturdays 9 A.M. - 1 P.M. at the Lot SW, 4th & M St SW. Join us to show support for our farmers and food artisans selling local produce, sustainable meat & eggs, fresh baked breads, and hot cuisines from around the world. The market features live music and performances, community organizations, kids' activities, and special giveaways and promotions throughout the season, with support from our sponsors at the Southwest Business Improvement District and Waterfront Station.

HYBRID GODLY PLAY FOR CHILDREN, Sundays, 10 A.M. 4-12 years old. Westminster Presbyterian Church.

HYBRID WORSHIP SERVICE, Sundays, 11 A.M. All Welcome to share in inspiring worship! Westminster Presbyterian Church.

JAZZ NIGHT IN SW, Fridays, 6-9 P.M. Various Jazz musicians and singers featured each Friday. \$10. Food for sale. Schedule at https://westminsterdc. org/jazz-night-in-dc-schedule . Westminster Presbyterian Church.

MAKE IT! Tuesdays, 4-5 P.M. Come make something awesome at the Southwest Library! Every Tuesday after school we'll make something--a craft, STEM project, experiment, or design. All materials provided--just bring your imagination! Southwest Neighborhood Library.

MEDITATION MONDAY NIGHT ONLINE, Mondays, 6 P.M. These classes include a guided meditation, short teaching, and beautiful chanted prayers for world peace. The focus is on solutions to problems in daily life, authentic optimism, and the development of altruistic love and compassion. Suitable for everyone. Each class is self-contained and can be joined on a drop-in basis. Everyone is welcome. Kadampa Meditation Center https://meditation-dc.org/

MUSIC AT THE DUCK POND, Wednesdays. 5 P.M. Community open mic sign-ups start at 4:30 P.M., open mic starts promptly at 5 P.M. Concert starts at 6 P.M. Southwest Duck Pond.

NARCOTICS ANONYMOUS (ZOOM), Wednesdays, 7-8 P.M. Contact Westminster Presbyterian Church for more information: wpcdcoffice@gmail.com

RESISTANCE BIBLE STUDY (ZOOM), Tuesdays, 6:30 P.M. Discuss timely issues on Jesus and social justice. Westminster Presbyterian Church. https://westminsterdc.org/

REST AND REFLECT, Tuesdays, 6 P.M. To participate in-person for this chanted prayer session doors open 15 minutes before start time and lock promptly at start time. Kadampa Meditation Center. https://meditation-dc.org/

SENSORY PLAYTIME, Fridays, 10:30-11:30 A.M., Babies, toddlers, and preschoolers are invited to play and explore their senses in front of the Library. Just bring your imagination; we'll supply the materials. Southwest Neighborhood Library. https://www.dclibrary.org/southwest

STORY TIME FOR BABIES AND TODDLERS, Wednesdays, 10:30-11 A.M. Come join us for stories

and songs for your little ones! We will have fun and help babies and toddlers develop literacy skills. Southwest Neighborhood Library Large Meeting Room.

STORY TIME, Thursdays, 6-6:30 P.M. Come to the Southwest Library for story time fun! On Thursday nights, you're invited to come to the library in your pajamas for Pajama Story Time! Contact southwestlibrary@dc.gov for more information.

SUNDAY UNWIND THE MIND MEDITATION, Sundays, 6:45 - 7:30 P.M. Suitable for everyone, these meditation classes offer practical methods to improve the quality of our lives through meditation and Buddhist teachings. Each class is available by drop in and you can come to either the entire series for the month or by individual class. Each class is self contained. Everyone is welcome.

TEEN Wii CLUB, Wednesdays in August, 1:30 P.M. Stop to play games with friends old and new on the Wii console in the Southwest Library STEAM Lab on Wednesday, July 6 and 27 between 1:30pm and 2:30pm. Ages 13 – 19.

THEMATIC BIBLE STUDY (Virtual), Second Thursdays, 7 P.M., If you don't know our Zoom channel address, just email Rev. Scott at priest@staugustinesdc.org and he will be happy to send you the info! All are very welcome to join us. St. Augustine's Episcopal Church. https://www.staugustinesdc.org/

THURSDAY EVENING MEDITATION, Thursdays, 7:15 - 8:30 P.M. Suitable for everyone, these meditation classes offer practical methods to improve the quality of our lives through meditation and Buddhist teachings. Each class is available by drop in and you can come to either the entire series for the month or by individual class. Each class is self contained. Everyone is welcome. For support with our online classes, prayers & events: support@meditation-dc.org

WASHINGTON STAMPS COLLECTORS CLUB (WSCC), First and Third Wednesdays, 7 P.M. Visitors are always welcome to take part in our meetings. Ring the church's doorbell at the Eye St entrance to enter the meeting.

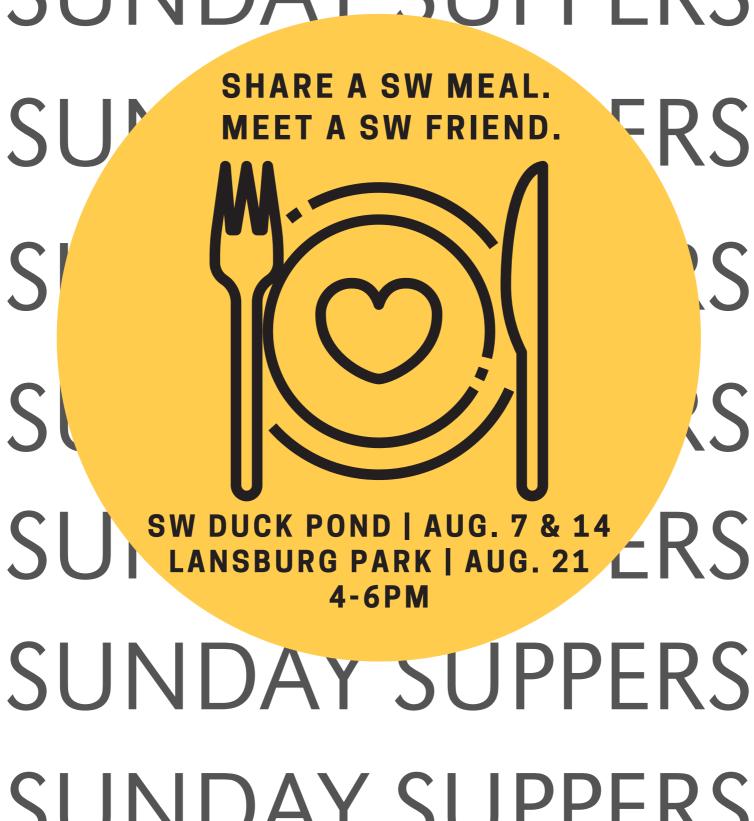
YOGA AT THE WHARF, Sundays, 9-10 A.M. through August 30th. Unwind with an hour-long vinyasa outdoor yoga session taught by District Flow Yoga every Tuesday evening and Sunday morning on Transit Pier at The Wharf. Enjoy waterfront views and fresh air as you shed the stress of the day or greet the new one. The class costs \$15. Tickets must be purchased on Eventbrite. We look forward to seeing you on the pier!

20's AND 30'S HAPPY HOUR - VIRTUAL, Second Thursdays, 6-7 P.M. The 20's & 30's group meets virtually for Happy Hour, and you're invited! Here, you'll find young adults creating time and space for intentional community. All are welcome to this space. This Happy Hour is meeting VIRTUALLY via Google Meet. - https://meet.google.com/yny-tdqk-iir. For additional information or questions, please email Lori at Lopitts12@gmail.com.

VIEW OUR ON-LINE CALENDAR AT WWW.SWNA.ORG

Submit calendar events to calendar@thesouthwest-er.com by the 15th of the month preceding the month it is scheduled.

SUNDAY SUPPERS SUNDAY SUPPERS



SUNDAY SUPPERS

Come together to meet your SWDC neighbors for free yummy food and awesome entertainment!



REGISTER AT SWBID.ORG

Curated and produced by The Art Island

THE ART ISLAND