serving the waterfront communities of southwest and navy yard

**SEPTEMBER 2023** 12,500 PAPERS PRINTED THIS MONTH

# New Jefferson Academy Principal Aims for Consistency, Community

BY GUY ALDRIDGE

efferson Middle School Academy is getting a new principal this fall. Allecyn Howard joins the school with decades of experience in Special Education, literacy coaching, teacher training and more. Howard told The Southwester she has a series of educational goals she hopes to achieve. On top of those, she hopes students will love coming to school, and wants to show the broader community that she's here to stay.

An Atlanta native, Howard has gained education experience in diverse communities in multiple states. While participating in Teach For America, for instance, she developed first-year teachers in Alabama and Arkansas. That experience will be important this year because she will oversee six new teachers, as well as 10 others who are new to Jefferson.

Howard considers being a Special Educator at the "core" of who she is,



Courtesy of Allecyn Howard

Allecyn Howard

and sees that experience as having wider applicability. Providing resources for students who are the "furthest from opportunity" isn't just for them - "everyone else will benefit."

While at KIPP, a network of collegepreparatory public schools in DC, 80% of students Howard led achieved their reading growth goals, while another 40% or more reached or exceeded gradelevel reading proficiency, according to her bio on the DC Public Schools website. In 2022, just 31% of eighth-graders nationally performed at or above reading proficiency in reading, the most recent Nation's Report Card showed. A nationwide decline in math and reading proficiency, which began before the pandemic, is continuing.

Students will remain "at the center of the work," as for Howard it's not just about "growing the numbers." She is bringing her approach to bettering writing skills to Jefferson, applying it to both that area and to math. Students will have a "regular math class" as well as an enrichment class "aligned to math." Her

See "Howard," page 9



**NEW FACES JOIN SWNA LEADERSHIP** 

Page 2

SAFEWAY **RENOVATIONS BEGIN** 

Page 2



OPERA IN THE **OUTFIELD** RETURNS

Page 8

COMMUNITY CALENDAR

Page 14-15

# Scholarship Celebration Honors Southwest Students and Supporters Paying It Forward

BY PAULA YOUNG SHELTON

or the past 50 years, the Southwest Neighborhood Assembly (SWNA) has supported students in our community by providing scholarships to college and graduate school. On Sunday, August 6, donors, supporters and recipients past and present gathered at St. Matthew's Lutheran Church to celebrate the distribution of more than \$78,000 to 34 undergraduate and graduate students.

Kenneth Ward, Executive Director of College Bound, Inc., served as the emcee and set the tone for the event. "I know the power of education. Education changed my life," Ward said.

Trustee Jim Harley welcomed attendees to the church with an invi-

See "Celebration," page 12



Courtesy of SWNA ESTF

On Sunday, August 6, donors, supporters and recipients past and present gathered at St. Matthew's Lutheran Church to celebrate the SWNA Education and Scholarship Task Force's distribution of more than \$78,000 to 34 undergraduate and graduate students

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Southwester

Send submissions and questions to

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# **SWNA Launches New Digital Empowerment Task Force**

BY DONNA PURCHASE

he Southwest Neighborhood Assembly (SWNA) is pleased to announce the implementation of a new task force: the Digital Empowerment Task Force. The task force will be chaired by Southwest residents Jenelle Leonard and Keisha Brown.

The Digital Empowerment Task Force aims to offer a range of services that enhance both personal and professional skills, thereby increasing opportunities for employment, upskilling, digital literacy, financial literacy, and data analytics. It will actively work to implement various initiatives, including but not limited to skills development programs, affordable internet access, provision of technology devices, technical support, and access to relevant





Courtesy of the Author

Jenelle Leonard, left and Keisha Brown, right.

resources. To achieve its objectives, the task force will actively seek funding opportunities through grants, corporate sponsorships, donations, in-kind contributions, and special events that support its programs, initiatives, and activities. Stay tuned for more information at swna.org.

# Ben Curran Elected to SWNA **Board of Directors**

BY DONNA PURCHASE

he Southwest Neighborhood Assembly is pleased to announce that Ben Curran has been elected to the Board of Directors. For the past few years, Curran has co-chaired the SWNA Environmental Task

Curran continues to engage



Courtesy of Ben Curran

building community resilience, promoting disaster preparedness and community organizing. He has a BA in History and a MS in Community Economic Development. He currently serves as Vice President of DC Voluntary Organizations Active in Disaster, and he is a Washington DC representative to the International Association of Emergency Managers. He has received numerous awards including two DC Mayor's Awards for Disaster Prepared-

In his new role, Curran will work with other board members to help SWNA grow and provide new and innovative programming and information to the Southwest community.

#### For advertising information and rates, see Force (SW Strong). https://tinyurl.com/3keh5dz8 Curran completed 34 years or contact ads@thesouthwester.com of work in the national and Remittance address for ad payments only is: international emergency man-The Southwester agement arena, serving chiefly P.O. Box 70131 • Washington, DC 20024

in the public-private partnership arena. His work in Southwest has demonstrated strong leadership skills that he will contribute to the Board of

at the local grassroots level in

# Southwest Safeway Renovation Has Started

Ben Curran

BY BETH HALL

 ↑ he Safeway grocery store and pharmacy on 4th Street SW is scheduled for a major renovation, which is expected in late October. Initial steps have been taken, such as painting and setting up locked cases to reduce loss of inventory. Other changes, such as the rearrangement of some of the wine to behind the cashiers, are temporary. The renova-

tion will affect the whole store. Some of the most noticeable changes will be an improved produce area, a bigger deli area and a larger Starbucks. Equipment cases and flooring will

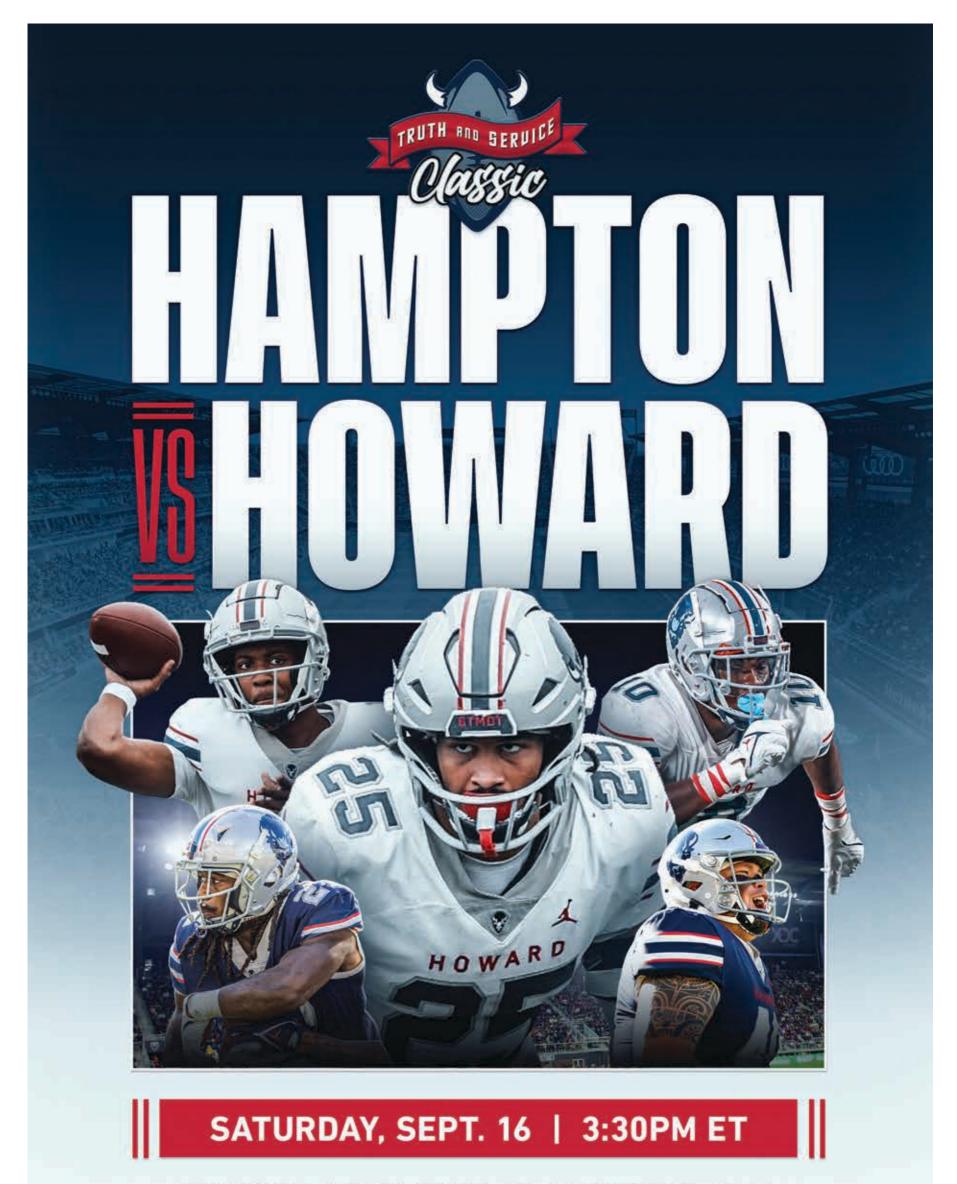
"The store has been in place since 2010," said store manager Michael Bigelow. "After 13 years, it is time for improvements. We also want to be ready for the new residential development nearby that is coming." Renovation work will be done early in the mornings and late in the evening so as not to inconvenience shoppers.

Asked about the frequent concern of a lack of available carts, Bigelow explained that the locking wheel function at the front door is not functional right now. Once that is fixed and working to prevent carts from leaving the premises, sufficient carts should be available.

#### calendar@thesouthwester.com Design & Layout: Electronic Ink Printer: Print Innovators

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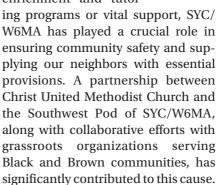
Friends of Southwest DC is a 501(3)(c) nonprofit organization. All our work is done by volunteers, so your contribution goes to help Southwest residents.

We support The Southwester through our advertising.

#### Ahead of New School Year, Community Delivers 2,000 Backpacks through Serve Your City/Ward 6 Mutual Aid

BY KATRINA AVILA

he enduring mission of Serve Your City/Ward 6 Mutual Aid (SYC/W6MA) remains unchanged: to provide resources to Black and Brown youth and families across DC that others may already possess. Whether it's offering after-school enrichment and tutor-



SYC/W6MA consistently explores innovative approaches to support the community, leading various initiatives throughout the year. Activities such as distributing food and organizing clothing drives represent only a portion of the initiatives undertaken by SYC/W6MA to uplift the community. The Southwest Pod of SYC/W6MA deeply appreciates the ongoing donations and support that fuel these efforts.

# The Fourth Annual #WeKeepUsSafe Back to School Bash was a success! But there's still much more work to do:

With the help of our dedicated supporters and community partners, the fourth annual #WeKeepUsSafe Back to School Bash was a huge success, providing over 2,000 backpacks and 500 digital devices to Black and Brown students in mostly Wards 5-8! In partnership with the DC United Foundation and sponsored by several great community organizations (including the Capital Yacht Club Community Chest, one of our most long-standing champions and partners), we threw a great party on August 26 at Eastern Market Metro Plaza full of families, fun, and food to celebrate the start of the 2023-2024 school year. Thank you for standing in solidarity with our mission to ensure Black and Brown K-12 youth across DC have access to the tools and resources necessary to succeed this school year. The celebration continues! Until Friday, September 29, your support holds the potential to reach even more Black and Brown students during this school year. For additional details and to contribute toward the sustained realization of our mission, please visit serveyourcitydc.org/b2sb.



MUTUAL AID

#### Interested in More Ways to Help?

Current Donation Needs: SYC/W6MA is actively receiving donations of non-perishable foods, toiletries, and household cleaning items every Wednesday from 3:00 p.m. to 5:00 p.m., as well as on Saturdays from 12:00 p.m. to 2:00 p.m.. Look for our

collection point at the back courtyard gate of Christ United Methodist Church (900 4th Street Southwest: entrance near the library). Below is a list of the essentials we need the most. If you want to pitch in, you can drop off your donations at the Southwest Pod when it's open. Your "solidarity, NOT charity" will definitely make a big difference.

- Food: chicken, tuna, canned soup, canned vegetables, dry pasta, rice, pasta sauce, box milk, cold cereal, granola bars.
- Personal Hygiene: feminine products, deodorant, razors, toothbrush, toothpaste, Depends (all sizes), bar soap.
- Household: towels, bedding, microwave, toaster, silverware.
- Other: plastic grocery bags that we can use to bag produce in (gently used, no holes).

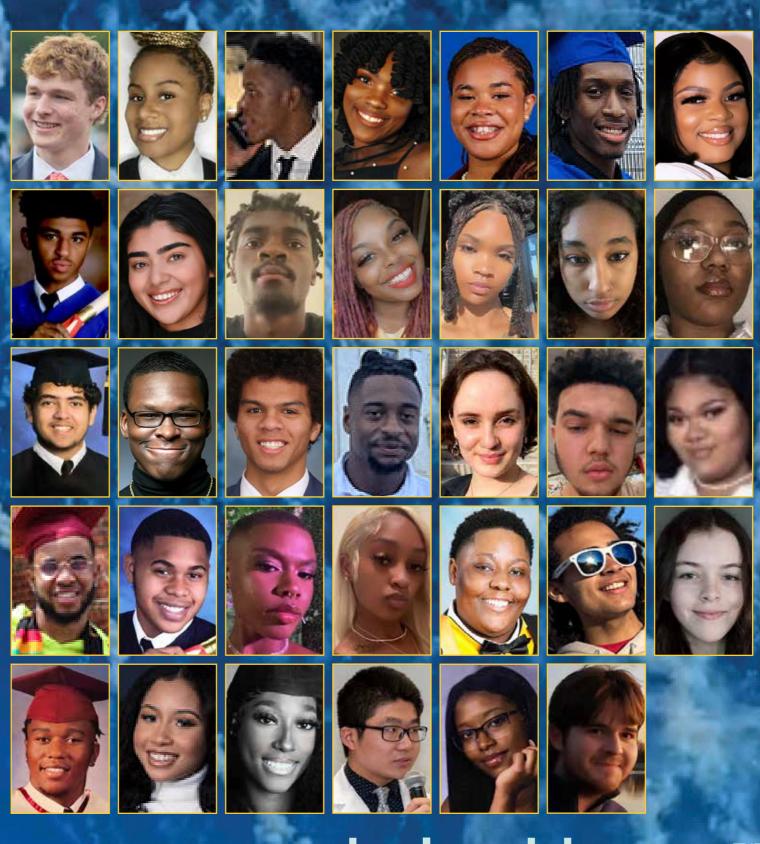
You can also find the SYC/W6MA table at the Southwest Farmers' Market each Saturday throughout the month, weather permitting. We're more than happy to take in fresh produce, meat, and dairy donations too, as they help us provide a well-rounded selection of food. Don't hesitate to swing by, say hello, and make a contribution.

Join us every Saturday at 2:00 p.m. for our food distribution: SYC/ W6MA teams up with Christ United Methodist Church 5000 Food Pantry to provide fresh produce. Additionally, on the 2nd and 4th Saturdays of each month, also at 2:00 p.m., we broaden our selection to include groceries, cleaning supplies, and personal care items. You can find our distribution location at 900 4th St SW. If you require further assistance with food and supplies, please don't hesitate to reach out to SYC/W6MA's Mutual Aid Hotline at 202-683-9962 or send an email to ward6mutualaid@gmail.com.

Want to Learn More or Get Involved? We are actively seeking more volunteers to help with food distribution on Saturdays. For additional information, please contact us at swmutualaid@serveyourcitydc. org.



to all 34 of the scholars recognized for scholarships in 2023, the **50**<sup>th</sup> year of scholarships awarded with SW scholarship funding



www.swnascholarship.org





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#### **THEATER REVIEW**

# Opera In the Outfield Returns to Nats Park with Classic Tale of Love and Tragedy

BY SHEILA WICKOUSKI

a Boheme, the treasure in the opera repertoire, will be screened in the Washington National Opera (WNO) production for the #OperaInTheOutfield broadcast at Nationals Park on Saturday, September 30, 2023.

Gates will open at 5:00 p.m. for pre-opera activities including photo opportunities, prizes and performances by local artists. The opera will be screened on the high definition scoreboard at 7:00 p.m, with free seating available on the outfield grass (weather permitting) and in the stands.

Giacomo Puccini's *La Boheme* is an opera for everyone, with estimates of 600 performances a year. In popular film, it is the opera that Nicholas Cage takes Cher to in *Moonstruck* that allows him to make his case of love. It is the inspiration behind *Rent*, one of the longest running Broadway musicals.

This production to be presented at Nationals Park opened at the Kennedy Center in May at the WNO annual gala. This public screening for thousands to view promises to be delightful.

Puccini wrote the opera in 1896, setting it in Paris in the 1830's. The opera is in French, with easy-to-follow English titles. The event will be fully



Courtesy of Washington National Opera

Soprano Jacqueline Echols (center, right) plays Musetta; bass Peter Rose (center, left) plays Alcindoro.

captioned.

The WNO production places the action in post-World War I Paris. The revolutionary artistic spirit, true love and the lurking specter of death and disease in this story are ageless.

The fragile, gentle Mimi (soprano Gabriella Reyes) and Rudolfo (tenor Kang Wang) are the doomed pair of lovers. The painter Marcello (Gihoon Kim), the musician Schaunard (Blake Denson), and the philosopher Colline (Peixin Chen) are

their friends. The versatile Peter Rose appears in cameo roles as the landlord Benoit collecting rent and then as Alcindoro, Musetta's sugar daddy. The international cast includes Russian conductor Alevtina Ioffe.

Between the tender meeting of Mimi and Rudolfo in Act I and the tragic events at the end is the show-stopping scene at the Cafe Momus. Soprano Jacqueline Echols takes over as flamboyant Musetta to tease her estranged lover Marcello. Waiters play matador with table linens as she performs one of the most energetic opera scenes that contains the *joy de vivre* of famous moments from other top operas of the time, like *Carmen* and *La Traviata*.

Musetta and Marcello will reunite after this joyous outburst, but Mimi and Rudolfo's ending is one of the saddest moments in all opera. Mimi's demise from the dreadful disease of tuberculosis and consumption is one that especially strikes the hearts of those who have experienced the loss of a loved one in the deathly tolls of the recent pandemic.

The evening in the stadium promises great opera with its story and music sharing the joy and sadness that comes in life with love. See you at the opera!

More information is available at OperaintheOutfield.org.



# Photo of the Mouth



Courtesy of M.M. Cunningham

Sunrise on D Street SW.

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

#### **HOWARD**

Continued from p. 1

goal is that students are "prepared to take algebra in eighth grade."

Teachers in the upcoming academic year will be compensated to stay for a "power hour" after regular school hours to provide homework and tutoring support. Other partners have also reached out to Jefferson about doing additional mentorship work.

Another outcome Howard hopes to achieve at Jefferson is lowering chronic absenteeism. At weekly staff meetings, Jefferson educators will aim to identify and address barriers to children arriving on time. For instance, students who are late to Jefferson because they were dropping off their siblings at elementary school - which starts later in the morning - shouldn't be penalized. Instead, the focus should be on making up for the time missed.

Howard's approach aims to prepare Jefferson graduates for high school and the world beyond. Individual Education Plans (IEPs), for example - a program for school specific to a child with a disability - are only a part of a student's life while at school. The new principal said it's important also to prepare them for "when they graduate." She wants all

students, including those with disabilities, to "build those skills themselves so they can function in the real world." For some students, this could mean social skills, while for others it may mean pronunciation or technology.

Howard is aware she inherits a "legacy" at Jefferson. Though she did not attend the school, her wife is just one of the people in her life who did. She described Jefferson as a "family first community," with many former students now sending their children. The new principal is also eager to step into the large shoes of her predecessors, Natalie Gordon and Greg Dohmann. "Overall, it's a phenomenal school," she said, and she wants to "leverage the good that is happening."

After hearing from parents, Howard hopes to deliver on the consistency desired by the community. They want someone who will "be with us in this work," and she doesn't plan to go anywhere else. As for her own goals, beyond those she has for Jefferson attendees, the new principal wants to cultivate a "love" for school. She remembers her own love for middle school, both in the academic and social dimensions.

"I want every student who attended Jefferson while I was principal to say that while they were here they loved school. I want that to be my legacy."

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FREE TOTE BAG when you take a complimentary 20 minute tour. Page 10 The Southwester September 2023



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?



BACK TO COOL!!!		<u>المنافعة</u>
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#### Answers from August 2023 issue

Differences: The picture on the right has a bird's nest, a ladybug, and a yellow bird; the picture on the right has a different sun; the picture on the right has a squirrel; the picture on the right has a cloud; in the picture on the right, the girl has a hat.

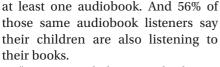
# 22222

#### **Young Readers**

## Listen Up!

BY KITTY FELDE

ore and more of us are "reading" books with our ears these days. A survey by Edison Research finds that more than half of American adults say they've listened to



"Sometimes kids are audio listeners," said Jill Lansky from the Kalamazoo Public Library in Michigan. "They learn better that way than visually." She says listening can get a kid hooked on a story or characters in a series. "And then they might read the next one themselves."

Some kids aren't confident readers, she says and that's why they don't like a book in print. "So you have to build that confidence slowly."

One trick teachers and librarians use to make the transition from audio



to print is to match up the physical book with the audio book. Kids can read along with the narrator.

But not all audiobooks feature a solo narrator. These days, many publishers are creating full productions for the ear, with

a large cast, music, and sound effects. Lansky recommends *Stuntboy*, written by our own DC local literary treasure Jason Reynolds.

You don't have to pay a monthly subscription to Audible to listen. Audiobooks are FREE on the Libby library app. That means they're portable, too: a library of stories you can keep in your pocket.

Kitty Felde produces the awardwinning Book Club for Kids podcast. She turned her Fina Mendoza Mysteries books into an audio production, available for free wherever you listen to podcasts.

# Southwest Moment



Courtesy of Shelby Poagez

Moon rises over Southwest.

#### Annual Home Tour Opens Door to Southwest Real Estate

BY SOUTHWESTER STAFF

he sixth annual Homes of the Southwest Water-front tour, hosted by Waterfront Village, will take place on Sunday, October 8 from 1:00 p.m. - 5:00 p.m.

Tour-goers are invited to indulge their real estate fantasies by checking out some outstanding local homes, including everything from an 18th century rowhouse to a recentlyminted houseboat and from brutalist-era townhomes of the 1960s to brand-new glasswalled condominiums.

"If you've ever wondered what lies behind the door of an intriguing home in our neighborhood, this is your golden opportunity to find out," said Carroll Quinn, president of Waterfront Village. "We're very excited to bring the DC community this rare opportunity. There is so much

history and so many interesting personal stories in Southwest."

Proceeds from the popular annual self-guided walking tour will benefit the Village, an organization which supports older residents of Southwest DC and the Navy Yard. Its services include transport to medical appointments, emergency prescription delivery, check-in visits and technology



The historic Wheat Row Homes on 4th Street SW will be included on the sixth annual Homes of the Southwest Waterfront tour. Waterfront Village board member and local realtor Andy Peers, who helped start the tour in 2018, noted that the tour evolves a little bit each year as new opportunities arise.

"A plus this year is that tour participants will be able to hail the new Circuit electric mini-buses to make getting from home to home a snap,"

Peers said. "We will also

include sponsored tour lounges along the route this year for participants to grab a drink or a snack."

Advance tickets for the tour are \$20, while same-day tickets are \$25. To purchase an advance ticket, go to www.Waterfront-VillageHomeTour.org. Same-day tickets may be purchased at the

tour's registration desk in St. Augustine's Church, 555 Water Street SW, just beyond the south end of The Wharf.

All ticket-holders must pick up access ID bracelets and guide maps at the registration desk. Tour participants must be at least 13 years old, and pets are not allowed.

For further information, call the Waterfront Village office at 202-656-1834.

assistance, as well as hosting 15-20 cultural, wellness and social events each month.

"The Village depends on funding from the tour, as the income is critical to sustaining the services that we provide our older neighbors. We

would be forced to cut off services without the tour," said Len Bechtel,

Waterfront Village's executive director.



#### **JOIN**

Make new friends; attend engaging events; and get the volunteer support you need.

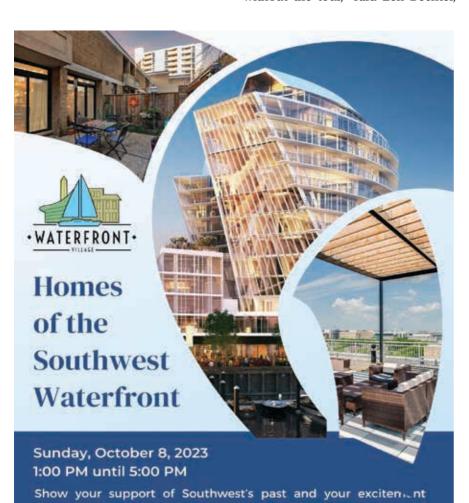
#### **VOLUNTEER**

Give back to the Southwest and Navy Yard community. The Village supports our older residents to age safely in their homes.

#### CONNECT

As a member or volunteer, be part of a community that cares about its neighbors.

www.waterfrontvillage.org Phone: 202-656-1834



about its future by regestering for one of Washington's most

captivating house tours. There is no better way to reach those who live and spend in the Southwest community, or those

seeking to relocate here.

Contact Len Bechtel

at 202-656-1834

#### CELEBRATION

Continued from p. 1

tation to join the worship or use the space, which is always open to community members. The co-chair of SWNA's Education and Scholarship Task Force, Vyllorya Evans, who has spearheaded the task force since 2014, proudly announced to the largest crowd ever that ESTF was the oldest of the eight SWNA task forces.

The SWNA Board was represented by President Donna J. Purchase who thanked all the volunteers and the generous donors who made it possible to support so many amazing students in their academic pursuits. Since its inception, ESTF has awarded 632 scholarships to 277 students totaling \$660,000.

Ward 6 Councilmember Charles Allen told the students and their families that the scholarship was evidence that the community stands together in supporting and rooting for them, and reminded everyone to keep paying it forward. Allen presented Evans with a resolution to recognize and honor the work of SWNA to support students in near Southwest.

Eric Smith, co-chair of the SWNA ESTF, shared a definition of community as "a feeling of fellowship as a result of sharing common attitudes, interests, and goals" and called on recipients, donors, sponsors, and task force members to stand, acknowledging the won-



Ben Sands, Saxophonist

derfully diverse community in Southwest with a common goal of educating and supporting our youth.

One of the highlights of the event was Ben Sands' performance of "This is My Story" on soprano saxophone, accompanied by drums and a bass guitar. Sands is a past recipient of the SWNA scholarship, which he used to buy his first saxophone. Clearly, it was a great investment, as the jazz musician and teacher also treated the crowd to an original, celebratory tune entitled "Flowers" which he played using both the alto and soprano saxophones.

The keynote address was delivered by another past scholarship recipient, Shantella Y. Sherman. This impressive young woman used her SWNA scholarships to support the completion of her undergraduate degree from Jackson State University, then went on to earn her Ph.D. from the University of Nebraska-Lincoln. Dr. Sherman called out members of the Southwest community who had supported her since she came to the neighborhood as a toddler, like Ben Sands and Thelma D. Jones. She acknowledged the positive impact that Amidon Elementary, now Amidon-Bowen Elementary, and the beloved librarian Marilyn Moser, had on her love of learning. Sherman recalled going to Arena Stage, the Smithsonian, the Capitol, and National Archives to round out her education and lovingly called the monument grounds her playground, reminding us all of the rich and unique environment that we call home. Sherman

not only gave an eloquent and inspirational address but also passed out gifts to some audience members, including the oldest and youngest, encouraging them to buy a book and modeling how to pay it forward. She encouraged the students to know their academic challenges, be prepared to sacrifice for their goals, and to know themselves. Sherman expressed gratitude to those that supported her with notes of encouragement and care packages and reminded families of the importance of providing emotional support to their children while they are away in school.

The celebration continued as attendees enjoyed a delicious meal catered by Dreaming Out Loud, Inc. as well as cupcakes by Grace Michelle-Jenkins, owner of Amazing Grace Cupcakery, and more desserts by Kaydra, A Gift From A Dove. Creations by KC provided a festive backdrop to the celebration with graduation-themed decorations. Peter Eicher, President of Friends of Southwest DC, awarded scholarships funded by that organization which included the Coralie Farlee Scholarship which was established in 2022. Perry Klein, Chair of the SWNA Technology Task Force offered free refurbished laptop computers to all the scholarship recipients. Rick Bardach and Delmar Weathers, Co-Chairs of the Scholarship Committee, announced the undergraduate recipients and presented them with certificates and

See "Celebration," page 13



# **Special**ove®

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#### **Break out your running shoes!**

Join us for a morning at National Park for the 11th Annual Fall in Love 5k walk/run on **Sunday**, **October 8**, **2023**.

Proceeds will help Special Love continue its 40-year history of providing a community of support for children with cancer and their families through free camps and weekend programs, emergency financial assistance, educational scholarships, and virtual programs.

> **Centerfield Gates Open at 8AM Race starts at 9AM**



#### CELEBRATION

Continued from p. 12

gift bags, which included a generous monetary gift from Dr. Sherman, again showing us how to pay it forward.

This wonderful community event culminated with an appeal from Arnice M. Mack and Lisa M. Matthews, both of whom are past scholarship recipients and current co-chairs of the 50th Anniversary Celebration. They called for everyone to donate their time and talents to support the young people of Southwest. The returning recipients are evidence of the program's success and the positive impact that SWNA continues to have.

Thelma D. Jones, former co-chair of the ESTF and current co-chair of the 50th Anniversary Celebration planned for next year, articulated the value of having past recipients engaged in future planning. "They epitomize paying it forward to an organization that supported them. It shows that the community made a good investment. They not only completed their education, but also returned to reinvest in the community."

For the past 50 years, the SWNA ESTF has made a tremendous contribution to the lives of students, their families, and our community at large. By providing scholarships they have helped to ease the monumental burden of college tuition, but they have also inspired and encouraged young people to pursue their educational goals and provided a pathway for Southwest residents to invest in their own future by supporting the leaders of tomorrow.

SWNA ESTF is a wonderful example of paying it forward and we can only hope they will continue for another 50 years. Contributions to SWNA ESTF can be made online at swnascholarship.org or you can mail a check payable to SWNA with the Scholarship Fund in the memo line at P.O. box 70131, Washington, DC 20024.

Paula Young Shelton is a teacher and author who is grateful that her son, Noah Shelton, received a SWNA scholarship to attend Emory University.

#### **MENTAL HEALTH MATTERS**

Dr. Kimberly M. Martin Clinical psychologist

Individual / Couples therapy and community engagement

**WWW.DRKIMBERLYM.COM** 

Visit website to schedule an appointment



### Healing Through the Seven Healing Practices

BY SMITH CENTER FOR HEALING AND THE ARTS AND THE THELMA D. JONES BREAST CANCER FUND

mith Center for Healing and the Arts and the Thelma D. Jones Breast Cancer Fund (TDJBCF) partnered for an evening of healing on Wednesday, July 19. The evening, hosted via Zoom and live streamed via TDJBCF Facebook Live, offered information on the seven healing practices and how to incorporate them into your daily life.

"We are thrilled that our annual tradition of joining our friend Thelma Jones and the Thelma D. Jones Breast Cancer Fund continued for the fifth year," said Smith Center Executive Director Lisa Simms Booth. "This year's convening aligned perfectly with our guiding mission of sharing healing practices that people can use to navigate a cancer diagnosis as well as live healthier and fuller lives."

The evening, which was emceed by

Lisa Simms Booth, featured Erin Price, Young Adult and Psychosocial Support Program Director, Kiersten Gallagher, Cancer Support Program Director and Laura Pole, Nurse Navigator and Nourishment Instructor and Senior Clinical Director, Cancer Choices.

The gathering opened with an invitation for the group to share what self-care means to them followed by an opening meditation led by Kiersten Gallagher. Laura Pole led a discussion about the difference between curing and healing, and explained that although curing, being absent from disease is not always possible, healing is. Healing is about returning to wholeness-physically, mentally, emotionally, and spiritually. Healing is very personal, sought after in different ways, and always possible.

Following the discussion of what healing means, Price, Gallagher and Pole led a robust discussion on the Seven Healing Practices - Exploring What Matters Now, Eating Well, Moving More, Managing Stress, Sleeping Well, Creating a Healing Environment, and Sharing Love and Support - along with suggestions on how to incorporate them into daily life.

At the end of the event, the presenters shared how to get support in applying these practices by utilizing programs offered by Smith Center for Healing and the Arts or by getting further information from Cancer Choices. The evening closed with Laura Pole leading us in a song about community and connection titled "We Are Going."

For more information on Smith Center for Healing and the Arts and its programs, visit www.smithcenter.org or call (202) 483-8600. For more information on the next meeting of the Thelma D. Jones Breast Cancer Fund, visit www. tdjbreastcancerfund.org, email thelma@ tdjbreastcancerfund.org or call (202) 251-1639. For more information about Cancer Choices, visit www.cancerchoices.



Let's get together and discuss your Selling and Buying options in the neighborhood. Our real estate company has kept pace, adapting to the rapid growth and a changing economy while maintaining exact standards and integrity. This is why I am introducing the "CASH BACK PROGRAM".

GET CASH BACK WHEN	YOU USE REALTY PROS
Purchase/Sales Price of Property	Amount of Cash Back
Up to \$99,999	\$400
\$100,000 - \$149,000	\$700
\$150,000 - \$199,999	\$975
\$200,000 - \$249,999	\$1,250
\$250,000 - \$299,999	\$1,500
\$300,000 - \$349,999	\$1,825
\$350,000 - \$399,999	\$2,100
\$400,000 - \$499,999	\$2,525
\$500,000 - \$649,999	\$3,225
\$650,000 - \$799,999	\$4,100
\$800,000 - \$999,999	\$5,000
\$1,000,000 - \$1,499,999	\$6,000
\$1,500,000 - \$1,999,999	\$7,000
\$2,000,000 - \$2,999,999	\$8,000
\$3,000,000 - and above	\$9,000

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Contact Reone Brown at Reonebrown@gmail.com or call 202-374-2817

to register for the program and put money in your pocket when you are buying or selling a property. I look forward to working with you during your real estate process.











#### Southwester Community Calendar | September 2023

Please check links or telephone numbers in the listings for details.

FRI 1, 10-11 A.M. Toddler Exploration. Toddler Explorations is an open interactive engagement program for young children and caregivers that uses play and exploration to develop pre-literacy and social skills. Southeast Neighborhood Library - Meeting Room 1 https://dclibrary.libnet.info/events

**SAT 2-3, 2-10 P.M. 19th Annual DC JazzFest at The Wharf.** The signature event of DC JazzFest will take place at The Wharf over Labor Day Weekend from September 3-4 on District Pier. Join us for live music performances by incredible artists—from homegrown talent to NEA Jazz Masters. District Pier. https://www.wharfdc.com/upcoming-events/2023-09-02-19th-annual-dcjazzfest-at-the-wharf/

**SAT 2, ALL DAY: Dinosaur Craft.** Stop by the children's room for a fun dinosaur-themed craft geared towards games 3-12. Southwest Neighborhood Library. https://dclibrary.libnet.info/events

**SUN 3, All Day. Family Game Day.** Children up to 12 years old and their families are invited to visit the Southwest Library on Sunday afternoon to play a selection of games that will be made available. https://dclibrary.libnet.info/event/8520165

**SUN 3, 1-2 P.M. Sit and Stitch.** Stitchers of all forms and skill levels (including first-timers) bring your own materials and join us to knit, crochet, embroider, crossstitch, or make however makes your heart sing for the hour. Basic beginner instruction available for the listed crafts available. Adults of all ages welcome. Southwest Library https://dclibrary.libnet.info/event/8990339

**WED 6, 4:30-7:00 P.M. Duck Pond Music.** Washington Women in Jazz and Washington Bach Consort (Amy Domingues and Leslie Nero). Fringe's free concert series and community open mic. SW Duck Pond. https://swbid.org/event/sept6dpm/

**WED 6, 7-9 P.M. Chord of Appeals.** Rehearse at River Park. We're an all ages, SW DC-based a cappella group that performs throughout the area. Sign up for auditions by September 15 at **bit.ly/chordofappeals** or email chordofappeals@gmail.com with questions or for more information and exact address.

**THURS 7, 5:30 P.M.: Let's Play Spades.** Join us for a few rounds of Spades, a trick-taking partnership game where players bid the number of tricks each expects to take. Southwest Neighborhood Library, Meeting Room 1 https://dclibrary.libnet.info/event/8655222

SAT 9, 7 P.M. Faith & Film Zoom presentation of St. Vincent. (2014) Genre: Comedy; Runtime: 1hr 43min; Rating: PG 13. Oliver, the 12-year-old son of a struggling single mother, moves to Brooklyn with his mom and develops an unlikely friendship and mentoring relationship with Vincent, the bawdy misanthrope next door. Antics that follow are humorous and the lessons learned are poignant. After film discussion led by Rev. Brian Hamilton. For Zoom link, email the Westminster office at wpcdcoffice@gmail.com. All Invited.

**MON 11, 1-3 P.M. JOB SEEKERS,** Stop by Southwest Library for this drop-in clinic where we answer your questions and provide guidance and assistance to job seekers in their search. Southwest Library yhttps://dclibrary.libnet.info/event/8655827

MON 11, 4:30-6:30 P.M. After School Movies for kids ages 5-12. Relax after school at the library as we take in a favorite film. All movies are rated PG. Caregivers over the age of 13 must join any participants under the age of 9. Schedule for Sept & October at https://dclibrary.libnet.info/event/8461789 (Sept. 11 is "Up")

**MON 11, 7-9 P.M. Chord of Appeals.** Rehearse at River Park. We're an all ages, SW DC-based a cappella group that performs throughout the area. Sign up for auditions by September 15 at **bit.ly/chordofappeals** or email chordofappeals@gmail.com with questions or for more information and exact address.

**WED 13, 4-5 P.M. Teen BINGO.** Teens are invited to play as many rounds of BINGO as we can fit into an hour. Prizes are available for winning players. Conference Room 1 Southwest Neighborhood Library. https://dclibrary.libnet.info/event/8696570

**WED 13, 4:30-7:00 P.M. Duck Pond Music.** Brian Settles Jazz Trio. Fringe's free concert series and community open mic. SW Duck Pond. https://swbid.org/event/duck-pond-music-sept-13/

**FRI 15, 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. The Lot, 4th & M St SW. http://marketswdc.com

FRI 15, 7-9 P.M. Oktoberfest Weekend at The Wharf: Polka on the Pier. Join us for a special addition of Friday Night Dancing in honor of Oktoberfest Weekend at The Wharf. Learn how to polka dance then show us your moves to live music on Transit Pier. https://www.wharfdc.com/oktoberfest/

SAT 16 & SUN 17 All Day: Constitution Lounge. Kids ages 5-12 and their families are invited to come take part in a fun Constitution Day activity. Southwest Neighborhood Library. https://dclibrary.libnet.info/event/8463014

**SUN 17, 2-5 P.M. Oktoberfest Weekend at The Wharf: Stein Hoisting Competition.** It's that time of year—put on your dirndl or lederhosen, grab your Dachshund, and head to The Wharf for our Oktoberfest celebration—featuring the Wiener 500 Dachshund Dash and an outdoor stein hoisting contest. https://www.wharfdc.com/oktoberfest/

**TUES 19, 7-8 P.M., Toni Morrison Fiction Book Club meeting for the novel "A Mercy".** SW Library
Conference Room 1 https://dclibrary.libnet.info/event/7756249

**WED 20, 11 A.M – 2 P.M. For Seniors: The Basics of Email.** Learn about and sign up for a free email address. Southwest Neighborhood Library. https://dclibrary.libnet.info/event/9023059

WED 20, 11 A.M.- 2 P.M. SW Waterfront AARP 10th Annual Community Health, Wellness and Resource Fair. at River Park Mutual Homes South Common Room, 1311 Delaware Avenue SW. Box lunch included. 74 Bus stops at front gate. Circulator stops at Delaware Ave. Note: no vaccinations this year.

WED 20, 2-3 P.M. For Seniors: Tech Help. Need help navigating a new device, setting up an email account, connecting with friends on social media, or something else tech-related? Drop by Tech Help, a one-hour technology assistance clinic, for guidance from library staff. Come prepared with any necessary log-in information, your charged device, login information, and any documents or assistive devices (including your glasses) you may need. Be ready to learn new skills and get comfortable in the digital environment while accomplishing the tech tasks you need done. Southwest Neighborhood Library. Get help with digital devices and accounts for free at the library! Conference Room 1. https://dclibrary.libnet.info/event/8935441

WED 20, 4:30-7:00 P.M. Duck Pond Music. Lil Idli. Fringe's free concert series and community open mic. SW Duck Pond. https://swbid.org/event/duck-pond-music-sept-20/

**THURS 21, 11:30 A.M.-1:00 P.M. Out to Lunch.** Live music from Dream City Brass! Join us for a harmonious lunchtime experience at Hancock Park! Step into the enchanting world of music as Dream City Brass presents an unforgettable outdoor performance as part of our Out to Lunch series. Time: 11:30-1 pm Location: Hancock Park, 800 C St SW. BYOL (Bring Your Own Lunch): Pack your favorite meal and settle in https://swbid.org/event/otlsept21/

**THURS 21, 5:30-7:30 P.M. Let's Play Spades.** Join us for a few rounds of Spades, a trick-taking partnership game where players bid the number of tricks each expects to take. Southwest Neighborhood Library. https://dclibrary.libnet.info/event/8655223

FRI 22-24, Awakening the Heart: Meditation on Love, Compassion & Wisdom. Get Away Retreat. Register at www.MeditationMD.org . Kadampa Meditation Center.

SAT 23, 9 A.M.-1 P.M. Climate Action & Disaster Preparedness Community Engagement Fair. Please join us at The Lot at 4<sup>th</sup> & M SW (SW Farmers Market) for climate change and disaster preparedness presentations and workshops. 30+ DC-focused exhibitors. Urgent action is needed to combat climate change and its impacts. Education and networking community engagement are important first steps! https://swbid.org/event/climate-action-disaster-preparednesscommunity-engagement-fair/

**SUN 24, 11 A.M.-12 P.M. Hybrid Recovery Sunday Worship Service.** Westminster will celebrate the journey of those in treatment and/or taking advantage of harm reduction programs. All Invited. https://westminsterdc.org/

**SUN 24, 10 A.M.-5 P.M. SW Fall Festival.** Book sale: 10-5 P.M.| Other activities: 1-5 P.M. Book Bazaar · Author Talks · Music · Food · Photo Op · Plant Swap · Video Game Truck · Community Painting The Lot @ 4th & M st. SW https://swbid.org/event/sw-fall-festival/ See the ad on page 16.

**SUN 24, 1-2 P.M. Sit and Stitch.** Stitchers of all forms and skill levels (including first-timers) bring your own materials and join us to knit, crochet, embroider, crossstitch, or make however makes your heart sing for the hour. Basic beginner instruction available for the listed crafts available. Adults of all ages welcome. Southwest Library https://dclibrary.libnet.info/event/8990340

MON 25, 4:30-6:30 P.M. After School Movies for kids ages 5-12. Relax after school at the library as we take in a favorite film. All movies are rated PG. Caregivers over the age of 13 must join any participants under the age of 9. Southwest Neighborhood Library. Schedule for Sept & October at https://dclibrary.libnet.info/event/8461789 (Sept. 25 is "Paddington"). OCT 16 will be "The Addams Family", OCT 23 will be "Hocus Pocus".

WED 27, 2-3 P.M. For Seniors: Tech Help. (See listing for Sept. 20.) Get help with digital devices and accounts for free at the SW Library! Conference Room 1. https://dclibrary.libnet.info/event/8935442

**WED 27, 4-5 P.M. Teen BINGO.** Teens are invited to play as many rounds of BINGO as we can fit into an hour. Prizes are available for winning players. Southwest Neighborhood Library. https://dclibrary.libnet.info/event/8696571

THURS 28, The Atlantic Festival at The Wharf. The Atlantic Festival returns on September 28-29 for two days of must-attend conversations, experiences, and performances at The Wharf—home of *The Atlantic's* new headquarters. Be a part of The Atlantic's journalism and at the center of timely conversations on business, culture, race and identity, politics, progress, tech, and health. www.wharfdc.com/upcoming-events/2023-09-28-the-atlantic-festival-at-the-wharf/ The Atlantic Festival 2023: A Live and Virtual Event - The Atlantic

**THURS 28, 1-3 P.M. Coffee & Conversation.** Seniors and adults are invited to join a casual conversation with other library customers and individuals from the neighborhood. Coffee provided. Southwest Neighborhood Library. https://dclibrary.libnet.info/event/8655238

See "Calendar," page 15

#### **CALENDAR**

Continued from p. 14

**FRI 29, 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. The Lot, 4th & M, SW. http://marketswdc.com

FRI 29, The Atlantic Festival at The Wharf. www. wharfdc.com/upcoming-events/2023-09-28-the-atlantic-festival-at-the-wharf/ The Atlantic Festival 2023: A Live and Virtual Event - The Atlantic

**SAT 30, All Day: Hojalata Tin Art Craft.** Celebrate Hispanic Heritage Month with a fun hojalata tin art craft geared toward ages 3-12. https://dclibrary.libnet.info/event/8751869

**SAT 30, Noon - Dusk . 21st Annual Jazz Preservation Festival**. Jazz on the Westminster church lawn. Free performances by the best jazz musicians in the DMV. Food for Sale and crafts vendors galore.

#### **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 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. https://aa-dc.org/meetings/t-g-i-f

**BABY LAP TIME,** Thursdays, 1:15-2:15 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. https://dclibrary.libnet.info/event/9001616

**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 thor081828@hotmail.com. St. Augustine's Episcopal Church Community Room, 555 Water Street 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**, 2nd Saturdays of the month, 9:35 A.M. St. Dominic Church. www.stdominicchurch.org/

**COLOR MY WORLD,** Thursdays, 4:30 P.M. Children of all ages are invited to join us for a Thursday afternoon coloring club, where we'll brighten up the world together. Coloring pages, designs, crayons, and coloring pencils will be provided. Southwest Library. https://dclibrary. libnet.info/events

**CREATOR'S CORNERS,** Every other Saturdays, All Day. Every other Saturday we'll offer a unique chance to get creative! All supplies will be provided---just bring your imagination! This program is best for children up to 12 and their caregivers. Southwest Library. https://dclibrary.libnet.info/events.

**DOMESTIC VIOLENCE IN PERSON WALK-IN CLINIC,** Wednesdays, 1-4 P.M. Call DC Volunteers Lawyer Project

Wednesdays, 1-4 P.M. Call DC Volunteers Lawyer Project to make an appointment: 202-425-7573. www.dcvlp.org/clinic/ Westminster Presbyterian Church.

**ENCORE CREATVITY FOR OLDER ADULTS**, 6:30-8 P.M. Encore Creativity for Older Adults - DC Rocks. Register at https://encorecreativity.org Begins 9/12. Fee: \$190 per semester;

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

**FAMILY GAME DAY,** Sundays, All Day. How fast can you beat your sister at Uno? Itching to play Candyland or Jumbo Connect 4? Children and their families are invited to visit the Southwest Library on Sunday afternoons to play a selection of games that will be made available. https://dclibrary.libnet.info/event/8520163

**FAMILY STORY TIME,** Mondays, 10:30 A.M. It's great way to further your child's lifelong love of reading and learning! Join us for 45 minutes of stories and songs. **Please note we are closed Monday, September 4**, in observation of Labor Day. Southwest Library. https://dclibrary.libnet.info/event/8520163

**FARMERS MARKET SW,** Saturdays 9 A.M. - 1 P.M. The Lot, 4th & M St, SW. Join us to show support for our farmers and food artisans selling local produce, sustainable meat & eggs, freshly 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. http://marketswdc.com/

**FILM DISCUSSION CLUB,** Tuesdays, 12 P.M. If you enjoy a good conversation and meeting new people, join this weekly film discussion club. View an independent, thought-provoking, short-film and engage in an informal discussion with others. Southwest Neighborhood Library - Large Meeting Room. https://dclibrary.libnet.info/events

**HOLY HOUR & CONFESSIONS,** Thursdays, 7 P.M. St. Dominic Roman Catholic Church. https://www.stdominicchurch.org/

**HYBRID WORSHIP SERVICE,** Sundays, 11 A.M. All Welcome to share in inspiring worship! Westminster Presbyterian Church. https://westminsterdc.org/

**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.

**KOMEN TOASTMASTERS,** First Saturdays of the month, 10:30 A.M. - 12 P.M. Southwest's Komen Toastmasters, a public speaking and leadership club, continues to meet on the first and third Saturday of each month from 10:30 am until noon, as it has for over 20 years. Komen Toastmasters offers a friendly and safe space for you to strengthen your public speaking and storytelling skills. Meetings are held online at https://us02web.zoom. us/j/2123493184. https://8714.toastmastersclubs.org/

**MAKE IT!,** Tuesdays, 4-5 P.M. Explore science, technology, arts and crafts, math, music and more with a project ideal for ages 5 through 12. Southwest Neighborhood Library. https://dclibrary.libnet.info/event

**NARCOTICS ANONYMOUS (ZOOM),** Wednesdays, 7-8 P.M. Contact Westminster Presbyterian Church for more information at wpcdcoffice@gmail.com www.narcotics.com/na-meetings/washington-dc/

**NEW HYBRID ADULT EDUCATION CLASS Sundays 10-11 A.M.** Led by Rev. Dr. Alice Bellis (Howard University) and Jeff Nicoll (author of Strange and Gaudy Fruit: Toxic Theology). Westminster church. To Register, contact: wpcdcoffice@gmail.com. Begins 9/10. FREE. https://westminsterdc.org/

**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. www.meditation-dc.org/

RIVERSIDE BAPTIST CHURCH PROTEIN PANTRY, 2nd Sundays, 11:30 A.M. All are welcome! For more details contact rsbc@riverside.org. Riverside Baptist Church, 699 Maine Ave SW, https://riversidedc.org/

**SEATED YOGA (In Person),** Mondays & Fridays, 11 A.M. - 12 P.M. Low impact stretches and mobility exercises performed under the direction of Pamela Wilson. Westminster Presbyterian Church. https://westminsterdc.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. www.dclibrary.org/southwest

**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. Kadampa Meditation Center, 1200 Canal St SW, www.meditation-dc.org/

**SATURDAYS** @11:00 A.M. YOGA at Southwest. Join us for weekly yoga classes with chair yoga beginning at 11 A.M. and mat yoga beginning at 11:45 A.M. Please bring your own mat.

**SW ACTION MEETING,** Sundays, 1:30 P.M. For people interested in advocating for affordable housing in Southwest, we meet every 1st Sunday of the month at the Southwest Library in Meeting Room 1. https://www.swdcaction.com/

**TECH HELP,** Wednesdays, 2-3 P.M. Need help navigating a new device, setting up an email account, connecting with friends on social media, or something else tech-related? Drop by Tech Help, a one-hour technology assistance clinic for guidance from library staff. Come prepared with any necessary log-in information and your charged device. Be ready to learn new skills and get comfortable in the digital environment while accomplishing the tech tasks you need done. Southwest Library. https://dclibrary.libnet.info/events

**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. Christ United Methodist Church, 900 4<sup>th</sup> Street, SW.

https://www.dcstampclub.org/

YOGA AT THE LIBRARY, Saturdays, 11 A.M.-12:45 P.M. Join us for weekly yoga classes. Chair Yoga 11:00-11:30 A.M., Mat Yoga 11:45 A.M. - 12:45 P.M. Please come in comfortable clothes to move in and bring your own mat for mat yoga. Southwest Library, Large Meeting Room. https://dclibrary.libnet.info/event/8833525

#### VIEW OUR ONLINE CALENDAR AT WWW.SWNA.ORG

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











Check our Fringe's free concert series and community open mic celebrating freedom of expression, DMV musicians, & the SW Duck Pond.



WEDNESDAYS - 6TH & 1



