

# The Arlington Connection

Juno has been a resident of Arlington for almost 6 years. Her eight sons and two daughters live all over the country, but a few still live in Arlington. Like any new mother, she had a makeover when the pups were all gone and she could stop nursing them, finally, and getting her figure back, could dress up again.



## Poodles of Arlington!

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# Taking Back Overtime Protections



Sen. George Barker (D): Bill providing for domestic workers and farm workers ‘was misrepresented to the Senate,’ last year.

## Lawmakers ‘accidentally’ gave overtime protections to farmworkers and domestic workers, now taking it back.

BY MICHAEL LEE POPE  
THE CONNECTION

**T**hey didn’t mean it. Seriously. And now they’re about to undo what they did last year.

Lawmakers say the vote last year to create a cause of action for farmworkers and domestic workers to seek overtime pay was a mistake. Senators say they were misled, snookered by the blitzkrieg pace of the General Assembly. Now they’re taking action to rectify the situation, strip-

ping farmworkers and domestic workers of the ability to sue for overtime.

“The bill takes us back to where we were before the bill was presented last year and that was misrepresented to the Senate,” said Sen. George Barker (D-39).

Last year, senators were considering a bill introduced by Del. Mike Mullin (D-93) that created a state cause of action for workers to demand overtime pay. Until Gov. Ralph Northam signed his bill into law, the only way workers had to demand overtime was through federal courts. But state courts are

more generous, and workers can get triple damages instead of double damages. Plus the statute of limitations is three years in state courts as opposed to two years in the federal courts. Majority Leader Dick Saslaw presented the Mullins bill in the Senate.

“Basically, it requires the employer to compensate all employees who are entitled to overtime compensation under the Fair Labor Standards Act at a rate not less than one and a half time the employee’s rate of pay,” Saslaw told senators last year. “It takes in most of the exemptions and inclusions to the federal overtime act, not all of the exemptions but most of them.”

The Fair Labor Standards Act was written during the era of Jim Crow segregation in the 1930s, when southern Democrats refused to create protections for African-American workers. The racist impulse to deny protections to Black workers led Congress to exempt farm workers and domestic workers from the law, occupations that were done primarily by African American workers in the South. During the 1930s debate on the bill in Washington, members of Congress didn’t bother to hide their bigotry.

“You cannot prescribe the same wages for the Black man as the white man,” explained Rep. Martin Dies (D-Texas) during hearings on the legislation.

NOW THAT JIM CROW legacy is about to be grafted onto Virginia’s overtime protections,

removing protections from farm workers and domestic workers that were created last year. The move comes after Virginia became one of the few states to implement a “domestic worker bill of rights,” allowing them

to file complaints about workplace safety to the Commission of Labor and Industry. Now those same workers will be denied the ability to seek overtime pay in state courts.

“To think we would be rolling back protections is deeply disappointing,” said Alexis Rodgers, Virginia state director at the National Domestic Workers Alliance. “During the pandemic, so many homecare workers and caretakers have been working long and hard to keep people safe, and they deserve overtime just like any other worker.”

Farmworkers are frequently singled out as a class of worker that is denied minimum wage or workplace safety. Unlike the business groups that are pushing to remove overtime protection from the code, farm workers don’t make campaign contributions or hire lobbyists. Even when Democrats were in control of the General As-

sembly, the effort to extend the state minimum wage to farm workers was unsuccessful. Now those workers will be stripped of the ability to seek overtime.

“The fact that we can’t get farm workers covered by the minimum wage in Virginia is just outrageous,” said Kim Bobo, executive director of the Virginia Interfaith Center for Public Policy. “What work is harder?”

**“You cannot prescribe the same wages for the Black man as the white man.”**

— U.S. Rep.  
Martin Dies  
(D-Texas) in 1930s

## Voice Lesson to Music History Classes at Your Fingertips

### New collaboration offers video-streaming service to seniors.

BY MARILYN CAMPBELL  
THE CONNECTION

**E**very afternoon at 3 p.m. Evelyn Fabiano scrolls through the music on her iPhone until she finds a playlist of music from the 1940s and 50s. Pairing the phone to Bluetooth speakers in the family room of her Mount Vernon home, she releases the sounds of Nat King Cole’s voice and soon his crooning fills the air. The music is for her father Frank, who is

in the early stages of dementia. Fabiano says that her father experiences sundowners syndrome, a condition that is linked to dementia and is marked by memory loss and confusion, and occurs in the late afternoon and early evening.

It is during that time that her father becomes agitated and irritable.

“If I start playing the music, asking questions and getting him to reminisce about the times he spent with my mother who died years ago, that soothes him,” she said. “My parents loved



Seniors will now have access to a variety of musical opportunities.

Nat King Cole. They met at one of his concerts, so his music was always special to them. Music was a big part of our family. My mother played the piano, my sister and I took piano lessons and we both sang in our church choir. Music has always been a source of joy in our family.”

The options for the Fabianos and others who appreciate music have expanded. Inspired by research that shows the positive impact that music can have on the lives of the elderly, including those with Alzheimer’s and other types of dementia, two organizations that provide music are collaborating to bring virtu-

SEE SENIOR LIVING, PAGE 8

## The Trail Is for All, but the Railroad Was Segregated NOVA Parks remembers Virginia's racist history.

**N**OVA Parks has installed a new interpretive sign in Arlington about how Jim Crow laws affected passengers taking the Washington & Old Dominion (W&OD) train line in the 1900s. The sign was officially unveiled on Saturday, Feb. 19 at the Caboose in Bluemont Park. Arlington County Board Chair Katie Cristol and NAACP Arlington Chapter President Julius D. Spain spoke at the ceremony, along with leaders from NOVA Parks' board, Michael Nardolilli, NOVA Parks Board/Emcee and Cate Magennis Wyatt, Chair, NOVA Parks.

Cycling on the W&OD trail passing people of all races and ethnicities, it's easy to forget the train that once rode that path was segregated. Next Saturday @ 10am at the Bluemont Park Caboose, NOVA Parks will unveil a new interpretive sign about how Jim Crow laws affected passengers on the W&OD train line in the 1900s.

NOVA Parks owns and manages the W&OD Trail which stretches 45 miles between Shirlington and Purcellville, Virginia on the former roadbed of the train line which operated from 1859 until 1968. <https://www.novaparks.com/parks/washington-and-old-dominion-railroad-regional-park>

The interpretive sign draws from new research by NOVA Parks on the segregationist laws that regulated the W&OD passenger train service during the 20th Century. In 1900, the Virginia state legislature passed a law that required separation of races in public spaces like trains, then the main form of public transportation.

"Efforts that educate about the impact of segregationist Jim Crow laws in our community are essential: They remind us of our responsibility to ensure that our parks, transit and other services are inclusive and equitable for the present, and for generations to come," said Katie Cristol, Arlington County Board Chair. "I'm honored to join NOVA Parks in recognizing the history of the W&OD railroad and renewing the commitment to make the W&OD trail a welcoming space for everyone."

Named after a Black minstrel show character, Jim Crow laws perpetuated discrimination against people of color in the United States and were not overturned until 1964, when President Lyndon B. Johnson signed the Civil Rights Act. Many race segregation practices stayed in effect until the late 1960s in Virginia.

"Knowing our past is important to understanding the present. Injustice and inequity were built into the law and part of everyday life not that long ago," said Julius D. Spain, NAACP Arlington County Chapter President. "The Arlington Chapter of the NAACP is pleased to partner with NOVA Parks to tell the story of how segregation was part of the rail service that is now the most popular trail in Virginia."

NOVA Parks has placed identical inter-



The Caboose.



PHOTO COURTESY OF NAACP ARLINGTON COUNTY CHAPTER



Paul McCray, historian, left, and Paul Gilbert, Executive Director, NOVA Parks with sign.

pretive signs in separate locations along the trail in Fairfax and Loudoun counties as well. The signs are part of an initiative to tell stories from Black history and tie in with a new theme in the NOVA Parks 2022-2027 Strategic Plan: Belonging.

"The W&OD Trail serves millions of visitors each year ~ visitors of every race, ethnicity, religion, and gender, and each citizen enjoys it with equanimity," said Cate Magen-

nis Wyatt, NOVA Parks' Chair. "But lest we forget, while this was a railway, that certainly was not the case. Indeed, it is important to remember that inclusion and justice were not often valued, in this part of the country throughout the first half of the 20th century, when discrimination was the law."

In 1900, the Virginia state legislature passed a law that required separation of races in public spaces. This included schools,

restaurants, hotels, and public transportation. Such Jim Crow laws sought to perpetuate discrimination against people of color. Many other states, mostly Southern, passed similar laws.

The W&OD Railway at that time was owned by the Southern Railway and was called the Bluemont Branch. As with other rail lines in Virginia, the Southern was required to have a separate car for African Americans and Native Americans to ride in as a way to comply with the law. After 1912, this wasn't always possible since the W&OD usually ran single passenger cars, so separation of the races occurred within the cars with African American riders forced to sit in the rear. Some rail lines installed a curtain to separate the sections. Within the year of the law passing, African Americans who refused to sit in a separate car or section were arrested and fined for breaking the law. In a few cases, white riders were charged for sitting in the rear of train cars. In 1900, the District of Columbia National Guard changed the location of their summer encampment from Leesburg, Virginia to Gaithersburg, Maryland to avoid making their African American soldiers ride in a separate car on the Bluemont Branch.

Many Jim Crow laws were actually on the books until 2020. The Commission to Examine Racial Inequity in Virginia Law recommended repealing them in late 2019. For example, the 1904 Act of Assembly required: "Separation by race on all trains, cars, coaches of railroads or railways – statewide law of railroad conduct and standards."

# OPINION

## Working with an Eye Towards Compromise

Progress advances every time we change the law for the better.

BY SEN. ADAM EBBIN

After 25 long, hectic legislative days, often beginning at 7:30 a.m. and finishing late in the evening, the General Assembly reached "crossover" last week. As indicated by the name, this is the point where all bills must have passed their house of origin to continue on their legislative journey. For my part, I was glad to pass one constitutional amendment and 75% of my introduced bills out of the Senate (18 of 24) with three additional bills headed to interim studies and commissions for a closer look. Crossover day itself was spent mostly on the Senate floor, as members hashed out the details of complicated legislation and debated some of our more controversial bills. While we continue to meet constantly over the following days to discuss amendments to our two year budget, the brief respite from presenting and reviewing bills allows for some time to develop strategies for legislation passing to the other

chamber — this year to a body controlled by the other party. Unfortunately, partisan divisions will cause some bills that passed the Senate with ease to face a quick death in the House. However, relying on carefully cultivated relationships and working with an eye towards compromise, this year offers an opportunity for outsized bipartisan cooperation.

Six of my bills passed the Senate with unanimous support, including legislation to protect living organ donors from employment discrimination, requirements for a seller to disclose any financial interest or pending legal action in property purchases, and a bill requiring comprehensive energy reliability reports from Dominion energy to localities. These bills all stemmed from concerns raised by constituents throughout the year, and often were helped along with their support in committee testimony and advocacy. I was also glad to pass legislation providing an alternative to the sometimes cumbersome witness signature for absentee ballots and to remove a roadblock to localities' ability to procure electric and diesel transit buses with broad support.

My bills aiming to address gun violence, improve the functioning of the Virginia Employment Com-



mission, and require property surveys to be completed in Northern Virginia historic districts before the purchase of a home, have sparked some controversy, and will likely have to jump some hurdles to make it to the finish line. Despite a broad coalition of support from advocacy groups including NRA and Moms Demand Action, my bill to align Virginia code with federal law on firearms that have had their serial numbers removed caught what is proverbially known as a "fever" on the floor after Sen. Bill DeSteph (R-Virginia Beach), a federally licensed firearms dealer, raised concerns over collectors who owned machine guns being criminalized by the bill, and squeaked by on a party line vote.

I anticipate the Constitutional Amendment I am carrying to repeal the ban on same-sex marriage and replace it with a fundamental right to marry will face strategic opposition in the House, where despite having the votes on the floor to pass, the Speaker assigned an identical House Amendment, carried by Delegate Mark Sickles (D-Fairfax), to a heavily conservative subcommittee where it was killed at 7 a.m. with minimal discussion or debate. This Amendment does a simple, but momentous thing. Our Constitution, the

foundational document of the oldest Democracy in the western world, only once deprives citizens of a right — the right to marry the person you love. If passed, it removes that stain, and permanently enshrines this right, safeguarding it for Virginians regardless of their sex or gender, providing a fundamental dignity and equality to our family, friends, and neighbors and reflects the will of a supermajority of Virginians. Additionally, the discriminatory amendment was made defunct by the 2015 Supreme Court case Obergefell v. Hodges, and it is important for our Constitution to reflect the law of the land. I hope the House leadership can be convinced that voters deserve a chance to consider ratifying this amendment at the polls in November.

With only four weeks left in session, we have our work cut out for us. What lies next for my bills will depend on the coming days, as they begin to be referred by Speaker Todd Gilbert (R-Shenandoah) to subcommittees and committees and face hearings and votes. Some, those that Delegates introduced on similar policies, may have to be finalized in a Conference Committee. From these bipartisan groups often emerges compromise. Though progress may not always appear to proceed at the rate we may desire, it advances every time we change the law for the better. I hope to be reporting on such changes in a few weeks.

## Generation Ratify Pushes for Equal Rights Amendment, Calls Out 'Abuse of Power' by AG Miyares

**OPINION** On Feb. 18, Virginia Attorney General Jason Miyares announced his decision to remove Virginia as a plaintiff from the Commonwealth of Virginia, et al., vs. David S. Ferriero. This lawsuit, if ruled in favor of the plaintiff, would force National Archivist Ferriero to recognize Virginia's ratification of the Equal Rights Amendment (ERA) as the 38th and final state needed to amend the Constitution, and certify the ERA. AG General Miyares' decision to pull out of this lawsuit directly contradicts his constituents' staunch belief in equality.

Young people delivered the democratic majorities needed in the Virginia General Assembly in 2019 to ratify the ERA. We turned out thousands of voters and made the ERA a top election issue. We then

worked through the 2020 General Assembly to get it passed. Generation Ratify Virginia adamantly opposes this abuse of power by AG Miyares.

"As a Virginia teenager, I'm disappointed to see AG Miyares make this harmful decision. In the 2019 elections, young people showed up. We contacted hundreds of thousands of voters. ... We fought — and continue to fight — to guarantee the passage of the resolution to ratify the ERA, an action supported by 81% of Virginians," said Abby Garber, State Director of Generation Ratify Virginia. "Young people stand the most to gain from the ratification of the ERA. Our lives, bodies, and futures are on the line. Reproductive freedom, racial justice, and rights for LGBTQ+ youth are on the line. Economic and educational equity for marginalized genders is on the line."

Felix Hedberg, policy director of Generation Ratify Virginia, said in the release: "We will continue to

support the AGs from Illinois and Nevada in this lawsuit. We already

SEE GENERATION, PAGE 10

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## SENIOR LIVING



FILE PHOTOS BY SHIRLEY RUHE

Rendering of planned transformation of Culpepper Garden.

# Tiptoe Through the Daffodils

BY SHIRLEY RUHE

You may have to set aside the weekend of March 25-26 to count the 33,000 daffodils at Culpepper Garden Walk and ribbon cutting. On Friday, March 25 from 11 a.m.-2 p.m., Culpepper Garden Apartments at 4435 North Pershing Drive in Arlington will hold a ribbon cutting ceremony to officially open their garden for the 2022 season. On Saturday, March 26 the garden will be open to the public for tours, refreshments, music and a small silent auction.

Culpepper Garden built on the legacy of botanist Dr. Charles Culpepper who originally owned the land where Culpepper Garden is housed today and who was renowned for his diverse daffodil collection. Culpepper Garden set out to preserve this legacy with a six-phase garden restoration plan that was launched in the spring of 2021. Marta Hill Gray, executive director of Culpepper Garden says, "This is a piece of Arlington history we can offer to the community."

The garden transformation began with the planting of 28,000 daffodils that were featured in the Inaugural Spring Garden walk. Throughout the fall of 2021, volunteers planted an additional 5,000 bulbs along the Gibboney Walk as well as the Assisted Living Garden and front walkway. Two new pavilions plus several new benches were included in this first phase of the project.

The next step is Woodland Walk to connect the trails and complete the walking loop. Future plans include a koi pond, additional pavilions, picnic tables, and bird feeders.



Volunteers from McLean Bible Church at Tysons help plant 5,000 daffodils at Culpepper Garden in the fall of 2021.

with naming opportunities for the garden additions. The renovation is expected to be completed in 3-5 years.

Culpepper Garden is an affordable senior community for people age 62 and older and the first low-income senior community in the U.S. to provide assisted living. It was established in the mid 70s and now includes two renovated independent living facilities with 267 apartments and an assisted living facility with 73 apartments.

Friday, March 24 event will officially open the garden with a ribbon cutting welcoming Congressman Don Beyer and other elected officials, county leaders and VIPs to celebrate the garden's legacy, the profusion of blossoms and the community impact. This event will be dedicated to our first responders with an appreciation barbecue lunch served.

Sign up for the Garden Walk at the Culpepper website. <https://culpeppergarden.org/>

**VDOT** Virginia Department of Transportation

## Shirlington Circle South Rotary Bridge Rehabilitation Arlington County

**Virtual** Public Information Meeting

**Tuesday, March 15, 2022, 7 p.m.**  
<https://www.virginiadot.org/ShirlingtonCircle>

Find out about plans to rehabilitate the Shirlington Circle south rotary bridge over I-395 to improve safety and extend the overall life of the bridge. The bridge connects the southbound I-395 collector-distributor lanes and southbound Shirlington Road to North Quaker Lane at the I-395 Exit 6 interchange. The project includes resurfacing the concrete bridge deck and closing deck joints, repairing concrete piers and abutments, repairing and repainting steel beams, adding protective concrete barriers adjacent to piers, replacing bearings, and upgrading guardrails adjacent to the bridge.

The meeting will be held as a **virtual/online meeting**. Information for accessing and participating in the virtual meeting is available at <https://www.virginiadot.org/ShirlingtonCircle>. The project team will make a short presentation beginning at 7 p.m. and answer questions for about an hour after the presentation.

Review project information and meeting details on the webpage above or during business hours at VDOT's Northern Virginia District Office, 4975 Alliance Drive, Fairfax, VA 22030. Please call ahead at 703-259-3256 or TTY/TDD 711 to make an appointment with appropriate personnel.

**Give your comments** during the meeting, or by **March 25, 2022** via the comment form on the project website, by mail to Mr. Vicente Valeza, Jr., P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030 or by email to [meetingcomments@VDOT.virginia.gov](mailto:meetingcomments@VDOT.virginia.gov). Please reference "Shirlington Circle South Rotary Bridge Rehabilitation" in the subject line.

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*In case an alternate date is needed, the meeting will be held Monday, March 28, 2022 at the same time.*

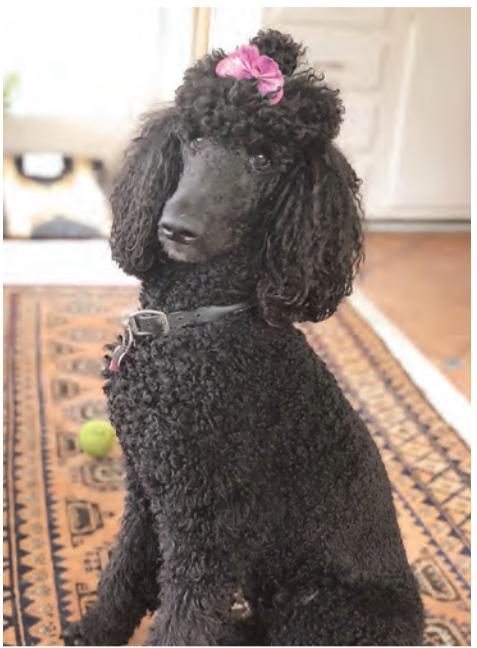
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## POODLES OF ARLINGTON



**PHOTO BY EDEN BROWN/THE CONNECTION**  
Juno has been a resident of Arlington for almost 6 years. Her eight sons and two daughters live all over the country, but a few still live in Arlington. She cries when she is reunited with anyone in her family — no matter the species. Like any new mother, she had a makeover when the pups were all gone and she could stop nursing them, finally, and getting her figure back, could dress up again.



**PHOTO BY EDEN BROWN/THE CONNECTION**  
Juno's daughter, Strawberry, is allegedly a show dog and keeping her coat clean, debris free, and unmatted, is a high priority ... but not for Strawberry, who, having grown up with eight brothers, is more of a tom boy than a princess.



**PHOTO CONTRIBUTED**  
Dax loves to watch TV, and sits rapt when the instructive dog training program comes on. He never gets tired of hearing "good boy."



Sibling dogs, Samson and Mishka, move in next door to each other, and bring neighbors together as friends.

## Arlington's Intelligent, Aristocratic, Gorgeous Standards

'Peehavioral challenges,' 'Compooders,' and 'Couch pood-tatoes'

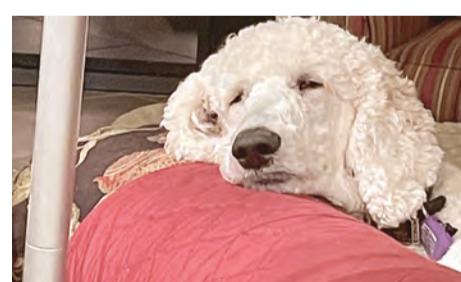
BY EDEN BROWN  
ARLINGTON CONNECTION

Juno has a listening vocabulary of forty words, and understands French too. She traveled to France and Italy a few years ago. She liked being allowed into the restaurants and thinks foie gras is delicious. When not traveling or taking care of the young ones, she volunteers with Fairfax Pets on Wheels.

Hardy climbs up behind "Dad" when he is working at the table and just sits there, happy to be with him, staring intently at the newspaper just like dad. Eventually, he will suggest going outside to play ball. He and his seven brothers all use their "hands" a lot, in a kind of "hey, notice me," or "you gotta be kidding me!" kind of way.

Ozzie's arrival in the home was so traumatic for the "big sister" that she had to go on to a psychologist to help her adjust to the young upstart who was claiming her parents' affection so suddenly. Now they are best friends.

Picasso follows his "big sister" to the door when she leaves for school in the morning, and mopes until she comes home. Strawberry, whose career as a "show girl" has had its ups and downs, is ever vigilant: if she sees



**PHOTO CONTRIBUTED**  
Kate Giroux says she keeps working on getting Juno's son, Ozzie, to lift his leg to pee. "Somehow, we have a communication problem. He lifted his right front leg this morning. Wrong leg. The only other time he lifted his correct leg was when he learned that squatting in 8 inches of snow wasn't comfortable. Other than that, he just pees like a girl."

## DOG SIBLINGS



## Best of Both Worlds for Dog Siblings Samson and Mishka

BY ASHLEY SIMPSON  
ARLINGTON CONNECTION

**I**t's been said time and again that there is no closer bond than the one shared between dog and owner. Except ... what about the connection that dogs share with their actual siblings?

It's impossible to know for sure, of course. While many dog experts do believe that littermates can recognize one another even if separated and then later reunited, there hasn't yet been a dog with the verbal skills advanced enough to confirm this hypothesis.

Also, keeping littermates together isn't as common as you might think, either. As Chelsea Jones, senior communications specialist for the Arlington Welfare League of Arlington (AWLA) explained, rescue organizations – and even breeders – often purposely avoid placing canine siblings together in adoptive homes because of "littermate syndrome."

"Having littermates in the same home may result in behavioral problems or frustrations on the human end," Jones said. "The two pups often bond together and may have a difficult time being apart, or even bonding with their owners. Training one puppy is a lot of work in itself – training two puppies can be a full-time job!"

Fortunately for dogs and littermates Samson and Mishka, these two have a healthy

balance of having both one another in their lives, as well as living and bonding independently with their respective human families.

In December 2020, the lucky brother and sister dogs were adopted by a pair of next-door neighbors – Alyssa Tope and Galina Ginzburg of Arlington – who have been intentional about keeping the two dogs in each other's lives.

"Whether or not they know they are siblings, they are certainly best friends who immediately recognize each other," Alyssa Tope, Samson's adoptive mother, said. "They recognize each other's barks when they can't see each other, they recognize each other's names, and they have a very intuitive play style together that is different from how they play with other dogs. They even seek each other out when they are at the dog park together."

Tope, Samson's owner, and Galina Ginzburg's next door neighbor, emphasized how perfect the setup is for Samson and Mishka. "My husband James' parents have dogs who are siblings, and they have been living together since they were puppies," Alyssa said. "The feedback his mom gave us was that training siblings who live together can be difficult. With this setup, we feel like we have the best of both worlds because Samson and Mishka are each independent dogs

and as siblings of all species often do, Samson and Mishka have different (yet complementary) personalities. They also have periods when they act like typical human siblings, too."

"Both puppies are always eager to see each other with lots of zoomies and wrestling," Alyssa said. "Samson is a sweet, playful gentleman and Mishka is a feisty energizer bunny. Still, they are both epic snugglers and love bugs. Samson can act like a protective old-

"We wanted to adopt a dog, too," Alyssa said. "We knew the pandemic was the most ideal time to adopt with all the time we would be able to spend with the dog. Originally, we planned on getting an older dog – and we didn't mind the idea of not having to potty train! But, once we saw the adorable photos of those three puppies in foster care, we knew we had to meet them. And, as everyone knows, once you meet a puppy, you can't bring him home!"

And so began a multi-dimensionally stronger, more beautiful friendship – both between the humans and the dogs.

"Even before we brought the dogs home, we shared information that led us to adopt from the same litter," Galina said. "Little did we know how close the two dogs would be, or how good of friends we would become because of it."

And as siblings of all species often do, Samson and Mishka have different (yet complementary) personalities. They also have periods when they act like typical human

brother of Mishka, and they can both get jealous when the other is playing with another dog."

This bond has been – and will continue to be – a major part of Samson and Mishka's lives as well as for the Ginzburgs and Topes.

"The great thing for Samson and Mishka is that they have never had to spend more than a few days apart," Galina said. "Alyssa and I, along with our husbands, have joked that if one of us moves, we would all have to move together."

And perhaps that wouldn't be so bad, either. While it's common to hear about the many blessings that dogs bestow upon their human families, Mishka and Sam have gone above and beyond: they've been the foundation for a beautiful long-term human friendship.

"Galina and I bought houses next to each other in the same month in 2019 and for the most part just had typical friendly neighbor conversations until the pandemic hit," Alyssa said. "Since we adopted during the pandemic, for long batches of time, we really only spent time with each other – while the puppies played. What started as passing hello's based on proximity has blossomed into a strong friendship."

To learn more about other puppies for adoption with the AWLA – including litters of irresistible puppies, visit [www.awla.org](http://www.awla.org).

# Munch Cornbread with George All Year Long

BY SHIRLEY RUHE  
ARLINGTON CONNECTION

**D**avid Guas slides into his truck and drives the 27 miles to the George Washington Gristmill at Mount Vernon. He stops into the Grist Mill at least monthly to pick up four bags or 110 pounds of cornmeal and grits for his Bayou Bakery, Coffee Bar and Eatery in Arlington.

He says the yellow cornmeal is used to make his mini cornbread loaves and muffins, lemon chess pie and cornmeal sable cookies. Each day they make 12 cornbread loaves and have the raw batter in the back if they need to make more during the day.

"But we use a lot more of the white cornmeal for the grits on the weekend menu." He adds on Saturday and Sunday they are so busy they use 12# of raw white corn grits.

The historic gristmill was patented by George Washington in 1791 to mill corn for ordinary culinary use. It operates by a water mill beneath the building. Guas says this means when there is a cold snap and the water from the creek freezes into 8 inches of ice, the mill shuts down.

"The first couple of years we got caught off guard but now they anticipate for us so we always have a supply." Guas says they used to sell small bags of the cornmeal at Bayou but the mill couldn't keep up with the demand for that and all their other orders.

"That's what I love about artisans like these guys. You can't get it; we're frozen." He says Bayou Bakery can offer customers a piece of history with every bite.

Cory Welshaus runs the gristmill at Mount Vernon, and he learned from the master miller and distiller currently there.

Guas explains he was first at-

tracted to this cornmeal not because you have a four cornmeal taste test side-by-side but because, "It takes a bite out of history for me since this is the spot where George Washington had his original gristmill in 1791." He explains the gristmill grinds the cornmeal for him to his taste. The first couple of times it was experimental and the cornbread was a little tight and more dense "so we asked them to increase the grind so that it was more coarse.

"It's such a feel thing. You have to hoist the 1,500 stone up. It's not easy to tweak it all day long. It's not like you can say set it on a 6 or a 2."

Guas owns Bayou Bakery on Courthouse Rd. where he specializes in his native New Orleans cuisine including jambalaya, pralines, gumbo, beignets and other local dishes. He was captivated by the Mill's ingenuity and the fact that it has operated the same way for 250 years. So Guas established a relationship with the gristmill 7-8 years ago and has been making the trip ever since. Guas says he often makes cast iron cornbread and takes it with him on his trips to the gristmill to hand out to workers so they can taste what they do.

Guas has developed his own style of making cornbread. He says some years ago he was invited along with other Virginia celebrity chefs to participate in a George Washington celebration at the estate. They were given 2 pounds of yellow cornmeal and Martha Washington's original recipe for hoe cakes which she supposedly made for George every breakfast with sorghum.

Turns out back then they soaked the cornmeal in hot water for two days at room temperature, which produced the leavening, then whisked in a little flour, egg. "Not really a recipe." They gave me a U shape of cinder blocks with paper



David Guas picks up specially ground corn meal from the historic gristmill at Mount Vernon.



George Washington historic gristmill, established in 1791, produces cornmeal and grits for the specialties at Bayou Bakery, Coffee Bar and Eatery in Arlington.



PHOTOS CONTRIBUTED



and matches to cook them rotating over coals on an open flame fire. "It was the most primitive. Good thing I took along my cast iron pans."

He continues, "This was sup-

posed to be a demonstration but suddenly 50 people had lined up for a taste." So he started making hoe cakes for the crowd and was exhausted by the end of the day. Now

he has perfected his own recipe and added pepper jelly in keeping with the theme of his restaurant.

And Guas serves a little bit of history all year long.

## Voice Lesson to Music History Classes at Your Fingertips

FROM PAGE 2

al programs to seniors. Saltbox TV, a video-streaming service targeting seniors, and Maryland-based Encore University and Encore Creativity for Older Adults Encore University will offer online classes that are taught by musicians and music teachers.

Those who reside at home, in assisted living communities or nursing homes have access to classes ranging from voice training to rock-n-roll history that are taught online using a video conferencing platform.

"We're hardwired with music,"

**"We're hardwired with music. . . . Music can help older adults with dementia relate to the moment . . . a conduit to help connect with family and friends."**

— Patty Carver, co-founder of Saltbox TV

said Patty Carver, co-founder of Saltbox TV. "When listening to music, especially live music, it lights up your brain. Music can help old-

er adults with dementia relate to the moment . . . a conduit to help connect with family and friends."

It was music that created a

bond in Fabiano's family that she says still exists today. "It's almost amazing that something as simple as playing music can change his mood. [He] starts telling my sister and me stories of when he and my mother started dating."

Those who are part of Encore Creative say that they appreciate the social connections and interactions that they gain from music. "The benefits I get from singing with Encore are shared by almost all of us, I'm sure," said Judy Termini of Bethesda, who sings with Encore Rocks at the Washington

Conservatory of Music at Glen Echo Park as well as the Encore Chorale at the Washington Conservatory. "I think it's keeping my brain and my spirit vital and thriving. I believe strongly in the value of singing together and of learning music in a group of colleagues."

In fact, such connections were a driving force behind the partnership between the musical organizations. "The opportunities for older adults to engage in the arts . . . is so important for their well-being," said Joshua Vickery, CEO of Encore Creativity for Older Adults.

## COMMENTARY

# Campaign Finance Reform Is Alive but Needs Support

Individuals can make their voice heard this week.

BY EDEN BROWN  
THE CONNECTION

There are only two weeks left of the General Assembly. Seven campaign finance reform bills remain; Del. David Bulova's oversight bill HB492 will be heard in the Senate Privileges and Elections committee on Feb. 22. Then, the three Senate campaign finance bills will likely be heard in the House Subcommittee on Feb. 23.

"CrossOver" is the period of time in the General Assembly where bills passed by the House are considered by the Senate, and vice versa. This week there are four bills moving from the House to the Senate Privileges and Elections Committee and three moving from the Senate to the House. After this midpoint, no new bills may be introduced.

These seven bills, if passed, would provide a foundation for campaign finance reform in Virginia. They

include bills enhancing oversight in the Department of Elections, strengthening disclosure and restricting the personal use of campaign donations.

Arlington activist Nancy Morgan says residents need to speak out by calling or writing their representative and others who play a role in the process so that legislators know there is an interest in reform beyond the poll released earlier this year that shows Virginians want reform. The Money Out website has "one click" actions that make it easy to send comments to senators and delegates.

HB86 (Del. Anderson) and HB 125 (Del. Davis) — would strengthen existing campaign finance disclosure provisions;

HB492 (Del. Bulova) would enhance the oversight authority of the State Board of Elections;

HJ53 extends the mandate of the joint legislative study subcommittee on campaign finance reform.

Money Out VA's website is: <https://vmop.org/>

### FLOURISHING AFTER 55

Contact: Judy Massabny, [jmassa@arlingtonva.us](mailto:jmassa@arlingtonva.us)

55+ Programs are virtual, indoors at 55+ Centers and outdoors. A 55+ Membership is required to participate (\$20 annual fee). To join or register, go to [registration.arlingtonva.us](http://registration.arlingtonva.us) or call 703-228-4747.

Monday morning meet-up with fellow 55+ members, general conversation, BYOC (Bring Your Own Coffee), Feb.

14, Feb. 21 and 28, 10 a.m., Lubber Run 55+ Center. Drop in.

Open art studio for artists to work at their own pace, no instruction, share ideas with other artists, Wednesday, Feb. 16, 10 a.m., Friday, Feb. 18, 11 a.m., Arlington Mill

SEE FLOURISHING, PAGE 10

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- 3/30/2022.....Spring Family Fun

### APRIL

- 4/6/2022.....Wellbeing
- 4/13/2022.....HomeLifeStyle
- 4/20/2022.....A+ Camps & Schools
- 4/27/2022.....Senior Living

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FLOURISHING AFTER 55

FROM PAGE 9  
55+ Center. Drop in.

Documentary discussion, "Presidents Truman to Ford," Wednesday, Feb. 16, 1 p.m. Registration #912402-03.

Estate planning beyond wills and trusts with Elder Law Attorney Ed Zetlin, Wednesday, Feb. 16, 11 a.m. Registration # 912404-02.

Movies and critics, discussion to follow showing of "Just Mercy," Thursday, Feb. 17, 1 p.m., Arlington Mill 55+ Center. Registration # 912804-03.

Bluetooth-enabled hearing aids demonstration by audiologist Dr. Amy Bernstein, Lesner Hearing Center, Thursday, Feb. 17, 1:30 p.m. Registration # 912500-12.

Library of Virginia's genealogy series continues with how to search marriage records, Thursday Feb. 17, 3 p.m. Registration # 912400-14.

Line dance, easy for beginners, Thursday, Feb. 17, 1 p.m., Arlington Mill 55+ Center; Friday, Feb. 18, 10:30 a.m., Aurora Hills 55+ Center. Drop in.

Acoustic Hour, live music by Carl Gold, Friday, Feb. 18, 1 p.m., Aurora Hills 55+ Center. Registration # 912301-04.

Movie matinee, "The Big Sick," Friday, Feb. 18, 2:30 p.m., Lubber Run Community Center. Registration # 912804-01.

Fast paced walking group walks a two to five mile loop, including some hills, leaving from Aurora Hills 55+ Center, Friday, Feb. 18, 9 a.m. Drop in.

Happiness 101, tips on how to keep smiling, presented by Paul Singh, Tuesday, Feb. 22, 2 p.m., Arlington Mill 55+ Center. Registration # 912500-07.

What's on my plate? Build healthy eating habits, one goal at a time, Tuesday, Feb. 22, 2 p.m., Lubber Run 55+ Center. Registration # 912501-04.

Generation Ratify Pushes for Equal Rights Amendment

FROM PAGE 4

filed two amicus briefs to support them. Young Virginians will continue to fight until sex-based discrimination is prohibited in our Constitution."

Generation Ratify Virginia, the youth-led movement to push for ratification of the Equal Rights Amendment in Virginia, opposes AG Miyares' decision to pull out of a major ERA lawsuit.

Wakefield High School Members: Anabelle Lombard, Nahier Tafer, Amanda Gonzalez, Mia Lopus, Tamzin Folz, Mercedes Kim, Marina Saunders, Isabella Bray, Lauren Iridell, Natalia Paley, Jessica Spindler, Katerina Lerrick, Isa Paley.

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# NEWS



PLOT AGAINST HUNGER EVENT IN 2020

Get ready for summer at the 2022 Plot Against Hunger's Spring Garden kickoff on Saturday, March 12. Bring your kids to choose some free veggie seeds for your home garden, take the native plant tour, and listen to the expert panel discuss "Growing with Climate Change." Library staff will distribute garden-themed take-and-make craft projects for visitors of all ages. The event will take place at the Arlington Central Library between 10 a.m.-2 p.m. Visit [www.arlingtonurbanag.org](http://www.arlingtonurbanag.org)

## CALENDAR

### THURSDAY/FEB. 24

Plight of the Pollinator. 7-8 p.m. Virtual talk. Eco-Action Arlington presents a virtual talk about pollinators, conservation, pollination biology and gardening for bees.

For registration and more information, visit [www.ecoactionarlington.org](http://www.ecoactionarlington.org). EcoAction Arlington presents a virtual talk about pollinators, conservation, pollination biology and gardening for bees. For registration and more information, visit [www.ecoactionarlington.org](http://www.ecoactionarlington.org).

### THURSDAY/FEB. 24

Reclaiming the Lost Identity of Arlington County Through the Lens of Green Valley. 12-1 p.m. Virtual event. Dr. Lindsey Bestebreurtje, a historian of African American History and Culture, will begin the discussion sharing details of Arlington County's first predominantly Black communities, specifically the communities within East Arlington, as well as the history of the Green Valley neighborhood, shedding a light on suburbanization, social systems of inequality, and segregation in the mid-20th Century. Following Dr. Bestebreurtje's presentation, Ms. Portia Clark and Dr. Alfred Taylor, two well-known community activists and researchers, will join the discussion to share a historical and first-hand narrative on the evolution of the Green Valley community, one of the area's first predominantly Black neighborhoods. This discussion will highlight stories of the original creators and innovators who helped build, shape and influence not only the Green Valley community, but also the greater Arlington community, despite the laws of Virginia that often denied them access to the educational, financial and

land purchasing opportunities to enable them to compete on level playing ground. Register at this website: <https://nationallanding.org/do/reclaiming-the-lost-identity-of-arlington-county-through-the-lens-of-green-valley>

### SATURDAY/FEB. 26

Comedy Karaoke Trivia Funtime Show. 7 p.m. At Highline RxR, 2010 Crystal Drive, Arlington. The Capital City Showcase, the variety show that features the DMV's best performing artists, returns with a one-of-a-kind blend of entertainment. Put a team together and win prizes by dropping knowledge in a trivia competition, then duking it out in a karaoke battle. Tickets: \$10/\$15 at [funtimeshowdmv.eventbrite.com](https://funtimeshowdmv.eventbrite.com).

### MARCH 1-25

Solo Exhibition by Kinda Barazi. At Gallery Underground, 2100 Crystal Drive, Crystal City Shops, Arlington. Gallery Underground's Focus Gallery in March presents Earth Speaks, a solo exhibition by Kinda Barazi. In Earth Speaks Barazi uses mixed media on canvas to explore the questions: "Are humans advancing or retrogressing? Were we once a high-tech civilization, and are we now living in a virtual simulation? As humans tamper with the process of evolution, speeding extinctions, and creating organizational powers and loyalty of thousands to go to wars, when few animals do, are we truly the superior species?" For more information about the gallery: <https://www.arlingtonartistsalliance.org/gallery-underground> Gallery Hours: Monday-Friday 10 a.m. - 6 p.m. or by appointment.



A Solo Exhibition by Kinda Barazi will be held at Gallery Underground in Crystal City from March 1-25, 2022.

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## M&M/Mars, Nabisco, and Hostess, Et Cetera



By KENNETH B. LOURIE

Consider yourselves advised. Eighteen months or so into my treatment for thyroid cancer and the dry-mouth I've been "side-effecting" has not diminished one bit. In fact, it's gotten worse in one respect: the missing saliva or whatever it is causing this chronic condition, directly impacts your product line and dare I presume, your profits as well. Chocolate, miscellaneous cookies and snack cakes do not satiate like they used to. The constant dryness makes eating certain foods difficult. And as a result, less desirable, and not purchased nearly as much.

How much impact can one individual's changing eating habits have on a company's bottom line? I don't want to boast, but I have a long history of buying and re-buying the same foods repeatedly. If any of these three brands had frequent-buyer incentives when I was growing up, I would have saved my parents thousands of dollars at the supermarket. I recall my mother regularly collecting green stamps for something; I'm sure she would have saved box tops or whatever to earn additional discounts or a baker's dozen type of freebee.

Growing up, I had dessert with breakfast, lunch, after school/midafternoon, dinner and once more before bedtime. Five desserts daily. Part of the reason for this rigorous routine – which I thoroughly enjoyed, was my mother's desire to follow the regularly advertised calcium advisories for children to have strong bones: eight glasses of milk per day. And the way to get children to drink all that milk, at least in my mother's house, was to give us all that chocolate. Which brings me back to the point of this column. Though my chocolate consumption isn't nearly the same now (I know. How could someone keep up that pace?), it is still ample, to say the least, the very least. But unfortunately, I'm simply unable to maintain my life's work.

I blame this squarely on the thyroid cancer drug I've been swallowing every morning since Sept. '19. (In the interest of not defaming a drug/pharmaceutical company, I will not name names.) But there cannot be any other logical explanation. The only variable in my life these last 18 months has been this daily dose. And though initially the treatment didn't curb/impair my chocolate consumption, it seems the cumulative effect of over 500 pills ever since (my re-diagnosis from stage IV non-small cell lung cancer to stage IV papillary thyroid cancer being the cause) has led to this unpalatable condition.

For me, I'll adjust, though I'm not happy about it. There are other desserts, snack cakes and candy (specifically jellybeans of late) which will likely fill the void. But it will be a void, nonetheless. And that means less money going to these big three. I wouldn't say my lack of demand is going to affect the number of eight-hour shifts the manufacturers schedule, but if any line employees want to take early retirement, given the slack, it might be advisable to accept their offer. On the other hand, Jelly Belly's profits will likely increase.

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