



Ashton Heights News

www.ashtonheights.org

September 2026

Autumn in Ashton Heights

By Scott Sklar

Welcome back! This summer we had an electric pole catch fire on 10th Street North and N Ivy Street, and then in August we had lightning hit a pole and knock out Fios service for some. Also in August, the County Board approved the Fiscal Year 2027 Capital Improvement Plan (CIP). Prepared every 2 years, the CIP is the county's 10-year plan for building, maintaining, upgrading or replacing county facilities and infrastructure. The county has a YouTube video ([youtube.com/watch?v=wLM2GgssYRs](https://www.youtube.com/watch?v=wLM2GgssYRs)) which covers the options.

As temperatures rise and drop to extremes due to changes in climate, and infrastructure ages out, we are all going to experience more disruptions. I teach energy, water, and communications resiliency at GWU and I urge everyone to prepare for these disruptions. We hope to have some speakers at our monthly meetings on practical actions homeowners and renters can do to ride out these unplanned and increasing disruptions.

The new neighborhood parking permit system was put in place in July and there has been discussion about this on the listserv. No more stickers and paper passes, and some growing pains by many in registering our cars. Some good suggestions were offered to improve this system by issuing visitor passes by e-mail, and an online check system for license plates in neighborhood zones, so we can ascertain if non-community cars

are parked for days on our streets. AHCA VP for Programs David Schutz, will have a county speaker on the new program at the October AHCA monthly meeting.

AHCA was also formally notified by the county about the [Wilson Blvd Streetscape Improvements](#) which covers intersection upgrades on Wilson Blvd, 10th Street North, and North Ivy Street with the goal of improving predictability and to reduce confusion between drivers and pedestrians. The project elements for all phases include: new curb and gutter, ADA-compliant sidewalks, traffic signal improvements, Carlyle style streetlights, storm sewer upgrades/improvements, and new asphalt paving, signing and markings. This should make driving safer and protect pedestrians, all which have experienced many near misses along with some accidents.

Arlington County is also embarking on an improvement plan for the Buckingham neighborhood. The plan is similar to the recently approved Barcroft Redevelopment Project. It's similar in that it will be a mix of restoration and major new construction (i.e., high rises) which offers opportunities for either major tree loss or tree conservation and even enhancement. Active participation by civic groups is essential, so Ashton Heights and the Buckingham Civic Associations will be following this carefully.

More information about this project can be found here: www.arlingtonva.us/Government/Programs/Housing/Development/Ballston-Park and click here for more information on the study charge:

Continued on page 13

AHCA Monthly Meeting Wed., Sept. 16, 7 - 9 p.m.

Clarendon United
Methodist Church
606 N. Irving St.

- | | |
|------------------|--|
| 7:00 p.m. | Mingle and chair setup |
| 7:30 p.m. | Child care provided for Meet the Kids. Inc. portion of the meeting! |
| | Come hear from the fabulous Kids, Inc. of Ashton Heights who will open the Civic Association meeting. The newsletter meticulously prints a list of all the young entrepreneurs in our neighborhood, so you know what they like to do and how to get their attention. But don't you sometimes wonder who these people really are and why they check certain services? |
| | Take advantage of this very local resource, build up our community, and give them a standing ovation after they introduce themselves. |
| 7:45 p.m. | Association business and committee reports |
| 8:00 p.m. | The election is upon us. Board candidates Audrey Clement, Matt de Ferranti and David Sisson are all invited to make their cases. |
| 9:00 p.m. | Adjourn |



Editor's Note: We're back with brand new issues for the fall. View the newsletter, past and present, in **full color** at www.ashtonheights.org. If you have an idea for an article, reach out, we'd love to have you. Submissions for the October 2026 newsletter are due by **September 22**. Send submissions to: amylmiller4@gmail.com. Thank you.

Join or Renew your AHCA Membership!

Ashton Heights Civic Association annual dues are \$15/household or \$10/individual member. Register for two years for \$25/household.

Anyone who resides or owns property in Ashton Heights and is at least 18 years old may join and then vote at AHCA meetings.

Pay your dues online:

<https://ashtonheights.org/about-ahca/join-ahca/>

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Planting for Pollinators: Small Steps Toward a Healthier Ecosystem

By Melania Flores, Pollinator Pathway Subcommittee Chair, AHCA Tree Canopy and Native Plant Committee

People sometimes avoid native plants in their gardens because they worry they will look untidy, spread too much, or produce fewer flowers than ornamental non-native plants. There is some truth about it. Once established, native plants usually need little or no watering and often thrive well enough to reproduce readily. But this is also their strength. Because they are adapted to local soil and weather, they have developed long-standing relationships with pollinators that depend on them for food, shelter, and mainly, places to raise and feed their young. For gardeners, the task becomes less about keeping plants alive and more about managing their space, height, and appearance.

It may be also true that many of the native plants may produce less showy flowers than non-native ones. But I wonder if the comparison is even fair. Many non-native ornamentals have been chosen for appearance, often without enough attention to water use, invasiveness, or their wider effects on local ecosystems. Traditional landscaping has encouraged the idea that foreign species are better for beauty, convenience, and even pollinators. Yet invasive plants can take over natural areas, displace host plants, and contribute to the decline of pollinator populations. Because pollinators support the food chain, their loss affects the legacy we leave to future generations.

So, what can we do? This is not an all-or-nothing effort. Small, practical changes can make a collective difference:

1. Draw a line on invasives: Invasive plants cause the most harm to our ecosystems, and they are still widely sold in nurseries and large box stores.

- Research before you buy
- Systematically remove invasive plants from your garden

2. Bring natives to the rescue: native plants thrive in the conditions they are meant for and provide essential food and shelter for local pollinators.

3. Start with small steps: even one native plant can make a difference by creating food and shelter corridors where pollinators can safely move.

4. Help spread the word: many people simply do not know the impact of their choices. Share trusted resources such as plantnovanatives.org. And place a sign and let it speak on your behalf!

Who can sign up for the Ashton Heights Pollinator Pathway Initiative? The pledge is that you:

1. Plant more natives!
2. Do not spread outdoor insecticides.

To join, email: melaniaflores@gmail.com. More on the NOVA initiative (plantnovanatives.org/pp).



Tiger swallowtail Loving the Joe Pye Weed.
Photo credit: Steven Widmayer

Hail and Farewell to Newsletter Distributors

By Julie Mangis

As we begin the 2026-2027 Ashton Heights Civic Association year, we are welcoming two new mid-level distributors to the newsletter delivery team: Kathy Killion and James Hanken. They are taking over for Nese and John Guendelsberger and Jim Richardson, who have served as mid-level distributors for more than a dozen years. We are deeply grateful to Nese, John and Jim.

Each month, our newsletter delivery cycle begins with Sharon Lovering, who receives 1,200 newsletters at her doorstep. She delivers about 200 newsletters each to six mid-level distributors. The mid-level team breaks down the package further and distributes to block captains, who then deliver newsletters to approximately 1,170 homes 9 months a year.

Why do we depend on door-to-door delivery? Because it is the only way to get important neighborhood information into the hands of every Ashton Heights resident. For more than 50 years, we have depended on a dedicated group of volunteers

to keep us in the loop. Next time you meet one of these neighbors at an AHCA meeting or on the street, please give them a high five and thank them for their service:



Jim Abramson, Deena Ackerman, Brooke Alexander, Chris Armstrong, Mike & Margaret Brown, Brent Burris, Nancy Carey, Phyllis Charles, Debby Chin, Jane Collins & Liz Harter, Thane Culver, the Cummings, Randy Custer, Peter DeBoor, Jennifer DeGross, Jennifer Dowling, Mark Eichorn & Laura Mazzerella, Cathie & Fred Fagerstrom, Ann & Tim Felker, Jodie Flakowicz, Wendy Frankel, Trisha Gruesen, Dana Halkowski, the Haltiwanger/Reilly family, James Hanken, Nancy Hopper, Tom Iveson, JB & Roger Jenkins, Kathy Killion, Jennifer Lane & Paul Levett, Karen Lange, Michelle LaPlante & Holden Triplett, Diane Lechmanik, David Lippert & Sarah Friedrich, Jennifer London, Betsey Lyon, Wes MacAdam, Ken Matzkin, the Mazas, Jean Miller, Betsy & Greg Morse, John Mueller & Celeste Szweczyk, the Naas family, Vic Pocarobba, Carol Rosa, Jim Serfis, Lisa Shimberg, Jackie Steven & Jason Horowitz, Barbara Taylor, Laura Terpstra, Karen Tober, Jan Vranich, Susan Weinbeck, Robert & Susan Williams, and Mary Dunn Wojanis.

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Help Create the Homegrown National Park One Yard at a Time

By Caroline Rogus, AH Tree Canopy Campaign Steering Committee

There is a quote painted on the remains of the Berlin Wall: "Many small people who in many small places do many small things can change the face of the world." We can all become part of a larger movement to protect and improve our environment simply by incorporating native plants into our gardens and yards.

Douglas Tallamy, an entomology professor at University of Delaware, advocates for changing typical American lawns—spaces which a recent New York Times' profile of Tallamy describes as "ecological wastelands"—by removing invasive species and planting native species. In doing so, Tallamy contends that we can create a Homegrown National Park: millions of habitats for native insects, birds, and mammals across the country united by a common desire to be good stewards of our natural world.

According to the [Homegrown National Park website](#), increasing biodiversity can result in ecosystems that are better able to withstand environmental stress and resist disease. The Park website emphasizes that no space is too small: planting natives wherever there is room can make a real impact on the food web. "Keystone plants"—those that feed the most caterpillars, which then feed the most birds—can have the most positive effect. The Park website includes an easy-to-use tool to identify keystone plants for our region by plugging in our zip code. Here in Ashton Heights, we can plant Late Boneset (*Eupatorium serotinum*), Smooth Alder (*Alnus serrulate*), or Black-Eyed Susan

(*Rudbeckia hirta*). For those of us with shadier yards, Common Evening Primrose (*Oenothera biennis*) or Blue Wood Aster (*Symphyotrichum cordifolium*) are recommended.



The website, homegrownnationalpark.org, shares tips on planning and planting a garden or even a container. It also links to a biodiversity map that reveals the thousands of backyards already contributing to the initiative.

When I was feeling helpless about world and local events, I talked to a neighbor, Brooke Alexander, and, together with other volunteers, we began the neighborhood's canopy tree initiative which resulted in over 137 native trees being planted in Ashton Heights. Taking affirmative steps to make the changes we wish to see, no matter how small, makes a difference.

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Washington's Choice – Putting Arlington on the Map

By Russ Miller

This year marks the 250th anniversary of the Declaration of Independence and the United States of America, but it was the ratification of the Constitution in 1789 that first put Arlington on the map. Sort of.

Following vigorous debate during the Constitutional Convention and ratification by the states during 1787-1788, the location of the nation's capital was to be one of the very first matters of business the new government would take up. The states were suspicious of each other, fearing a capital in a given state would be subject to its control, or neglect, so a federal district was decided on. Where exactly a permanent capital for the nation should be was the subject of back-room deals between northerners and southerners that resulted in a hit Broadway song, a sound financial system, and an agreement to establish the nation's capital along the banks of the Potomac somewhere between the Anacostia River and Conococheague Creek, near what is now Williamsport, Maryland. The actual location of the independent Territory of Columbia, an enclave of 100 square miles, was to be selected by President Washington.

Washington knew the available terrain well. Keen to encourage settlement and trade inland, Washington had been a tireless promoter of canals, serving as president of the Virginia company that had built a canal to bypass the Great Falls of the Potomac. Partial to the deep water ports in Georgetown and his "hometown" Alexandria, he selected a parcel that would include them both. Virginia was to contribute about 33 square miles from Fairfax County, and Maryland would cede 67 square miles from Montgomery and Prince George's counties.

Virginia and Maryland authorized transfer of the lands to the Federal government in 1788-89. Washington's final selection included the town of Alexandria, a technical violation of the law's specification that the mouth of the Anacostia River was the southern limit. All was made well though the following year, when Congress authorized inclusion of Alexandria and also reaffirmed that federal uses (buildings especially) would be limited to the Maryland side of the river, meaning that the federal city would be on the north side of the river. The Virginia side of L'Enfant's famous map of the City of Washington is filled with extensive notes and specifications - marginal land in the most literal sense.

Surveying started early in 1791 at Jones Point in Alexandria and moved northwest. Boundary stones every mile marked southwest and northwest borders of the District of Columbia. The West Cornerstone is in Andrew Ellicott Park, located on Arizona Street. Named for the lead surveyor, the park and stone mark the

intersection of today's Arlington County, City of Falls Church, and Fairfax County.

The federal government moved from Philadelphia to the City of Washington in 1800. By 1801, the new "District of Columbia" had been organized into Washington County, the City of Washington, Georgetown, the town of Alexandria, and a new Alexandria County. That year the citizens of the entire district lost the right to vote in federal elections, and bills to return the territories to the states were introduced in Congress as early as 1803. Alexandrians began to agitate again around 1820, but it was discussion on the future of slavery in the district, as well as the regulation of banks, that reignited the issue a few years later. In 1846 President Polk signed the Retrocession Act, which called for a referendum in the area that would be returned to Virginia. The (white males in the) City of Alexandria voted in favor of returning to Virginia 763 to 222, but voters in the county again voted against retrocession, 106 to 29, a much smaller total nearly the exact opposite proportionally.

To summarize Arlington's first six decades, land from Fairfax County was offered to the federal government by Virginia, accepted and managed by the federal government, named Alexandria County, and then given back against the preferences of its voters. Virginia didn't get around to formally accepting the territory back until six months later, and Fairfax apparently didn't want or ask for the 26 square miles back, and so the name given by the US government in 1800 stuck – until 1920 anyway.

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ICE Activity Nearby this August

By Deborah Hartman

I've been concerned to see that a number of neighbors have been detained by ICE this month. The increased ICE activity in the area and its impact on families and students has been noted by Arlington Public Schools, too. (See: www.apsva.us/post/a-message-of-support-for-our-aps-students-and-families/)

According to several local groups who track arrests, 4 people were recently detained at a construction site in Ballston. And over 5 days between August 10 and 14, 2026, at least 12 other people were detained in Arlington at locations including:

- 3 people from Glebe Road in Central Arlington,
- 6 people from Home Depot at Seven Corners and
- 3 people from a bus stop on Columbia Pike.

In Fairfax county, ICE also recently pointed a gun at an American citizen who was in her car. (See: wtop.com/fairfax-county/2026/08/this-guys-really-pointing-a-gun-at-my-head-woman-speaks-out-after-viral-ice-video/)

On August 11, a neighbor at an Arlington bus stop on Columbia Pike was detained by ICE and allegedly beaten so badly that he was hospitalized for 3 days and forced to wear an ankle monitor that prevented some medical care. (See: www.arlnow.com/2026/08/19/man-allegedly-injured-by-ice-agents-in-arlington-prompts-outcry-from-officials/)

If you are concerned about the recent surge in ICE activity in our area, here are some ways to help.

- Call your elected representatives who represent you at the county, state, and federal level to track ICE in Arlington. Your representatives can visit detention centers, demand investigations, pass legislation, and use their positions to raise awareness of any abuses. (To find your legislators' contact info, go to whosmy.vga.virginia.gov.)
- Provide resources or volunteer. Detainees and their families need money for legal expenses and to make up for lost income for food, rent, and other necessities. This Linktree (linktr.ee/ArlingtonNeighbors) has a list of vetted mutual aid organizations that are supporting detainees and their families through monetary and in-kind donations.
- Get active. Go online and find your local networks or nonpartisan organizations to get involved in advocating on this issue and for getting out the vote in November.
- Stay informed. You may not learn of these events from the national press. Find local channels on your favorite social media that provide regular updates. Whether you are on Facebook, Instagram, Substack, or LinkedIn, you can find up-to-date information.
- Talk to your family, friends and neighbors. Let them know this is happening. Remember, democracy dies in darkness. You can bring the light.

* How did we hear about these incidents? We are a group of Arlingtonians who are concerned about our immigrant neighbors, especially the most vulnerable ones. If you want to learn more, you can contact us at ACCTnowva@gmail.com.

Historic Plaques and Stumbling Stones

By Julie Mangis, Ashton Heights History Committee

This summer Ashton Heights homeowners began installing historic plaques designating their homes as part of the Ashton Heights Historic District, established in 2003 and recognized by the National Trust of Historic Places. We commissioned the plaques from the same foundry that has provided plaques for our neighbors in Lyon Park. The plaques commemorate the date the historic home was built, and provide visual recognition of our older and much-valued housing stock. The Ashton Heights History Committee invites you to visit the 500 block of North Irving Street where three homes display historic plaques at their front entrances. Many others have been purchased by neighbors on Irving, Ivy, Jackson, Lincoln and Norwood Streets, as well as Pershing Drive.

In case you're wondering whether your home qualifies as historic, the National Register list of "contributing" buildings, along with building dates recorded with Arlington County, serve as our guide to confirming historic status. If you are interested in finding out whether your home qualifies, and/or if you would like to purchase a plaque for your historic home, please email Julie Mangis at jmmangis@aol.com for information and order forms. We are planning to place another order for plaques this fall.

The plaques are 10" by 7", and made of bronze with a black background. The date in the center is the date the house was built. The words around the outside identify the Ashton Heights Historic District and the neighborhood's

establishment date: 1921. Plaques may be installed on almost any surface. The cost is \$250 per plaque, payable to the Ashton Heights Civic Association.



The AHCA History Committee is also planning for the installation and dedication of two Stumbling Stones in the neighborhood, likely sometime in the spring of 2027. Stumbling Stones are six-inch bronze plaques that mark locations where enslavement occurred. Memorializing the Enslaved in Arlington (MEA), a project of the Arlington Historical Society and the Black Heritage Museum of Arlington, has uncovered the names and stories of many of the men, women and children who served white masters as domestics, farm hands, and in other capacities. Two, who were enslaved by Bushrod W. Hunter (1807-1888), will be memorialized with Stumbling Stones on 1st Road North. Hunter owned "Brookdale," a tract of more than 400 acres, which included portions of Ashton Heights, Lyon Park, and Arlington Heights. He also owned Abingdon Plantation. Tax records suggest he enslaved between 18 and 36 people at his two estates in the 1850s.

Interested in joining the History Committee? Please contact Ann Felker, gr8est9@gmail.com or Julie Mangis, jmmangis@aol.com.

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Thank You Neighbors – Further Help Needed!

By the AH Tree Canopy Campaign Steering Committee: Brooke Alexander, Ann Felker, Joslin Gallitin, Caroline Rogus, Heather Schildge and Linda Scott



Congratulations! 137 canopy trees were planted in AHCA Tree Canopy Campaign's first year. The first 93 were planted December 2, 2025 and the second batch of 44 were planted May 13, 2026. As you traverse the neighborhood, look for our young canopy trees with their identifying signs, many are in people's front yards.

HELP NEEDED! We are looking for people to define and conduct our next phase. We will have a brief organizational meeting before the September 16, 2026 AHCA meeting.

Join us from 7 to 7:15 p.m. at the Clarendon Methodist Church, 606 N Irving Street. The hall is in the church basement; entrance is off of the parking lot between Ivy and Irving Streets. Questions? Contact us at treecanopy@ashtonheights.org.

A special thanks to Domini Alteri, Greg Bramham, Erwin Deininger, Ann Felker, Linda Scott, Mike Brown, David Bodner and Kelly Edmonds who all helped to make the May planting a success.

Join us in our quest to plant a total of 1,200 new canopy trees to help restore Ashton Heights' tree canopy – we have a great start.

Chinese Tonight?

By Vinh Nguyen

We are spoiled with a number of excellent Chinese restaurant options in and around Arlington. Here are some places on our family rotation.



Chinese immigrants first came to the U.S. in the mid-1800s, originating mostly from the coastal Guangdong province, bringing with them Cantonese (Hong Kong) cooking which also begat the adapted American Chinese cuisine branch. Cantonese cooking is highly varied due to the bounty of ingredients, features lots of vegetables and seafood, and is generally light-sauced and not spicy. Later, immigrants from other regions brought different styles, notably heartland Szechuan and Hunan cuisines which have a stronger emphasis on beef and lamb and are heartier and spicier. Over time, Chinese restaurants have come to differentiate themselves more by highlighting their regional roots with authentic dishes while also serving more well-known, popular dishes.

One of our all-around favorites is [TNR Café](#) at Courthouse. The restaurant started in the same location as a mom-and-pop operation focused on solid American Chinese favorites. The owners took over the adjoining space and reopened as a more upscale dining room with a core Szechuan/Hunan identity. Our favorite dishes there are mapo tofu, crispy shredded beef, kung pao shrimp, and sauteed lo mein. You will also find good versions of American Chinese favorites such as General Tso's chicken, moo shu pork, and orange chicken.

Our go-to Cantonese restaurant is [Full Kee](#) in Falls Church. Their Hong Kong style shrimp wonton noodle soup is among the best in the DMV. We are partial to beef pan-fried crispy noodles, stuffed eggplant with black bean sauce, salt and pepper seafood, and Peking duck. They have a wide selection of garlic stir-fried vegetables; string beans are always delicious but try the chive flower or snow pea leaves for a change of pace. On weekends, they also offer dim sum.

Speaking of dim sum, our favorite place is [Mark's Duck House](#) near 7 Corners. For weekend brunch, it is one of the few who still serve from push carts – you can see (and be tempted) with what you are ordering – and there's lots of choices. Otherwise, it is a full-service Cantonese restaurant. You can read a more complete review in the [November 2021 AH newsletter](#).

Similarly, [Mala Tang](#) on Washington Boulevard was reviewed in the [April 2020 AH newsletter](#). It specializes in hot pots – you order plates of raw protein and vegetables, and cook them at the table – but there is also a full menu. This is Szechuan fare with spiciness from regional peppercorns and dried chili peppers, with the result a distinct hot and numbing characteristic. The communal hot pot experience is great fun for groups.

A venerable institution is [Peking Gourmet Inn](#), famous for both its Peking duck – carved at the table and accompanied by the restaurant's unique jumbo spring onions – and the celebrity pictures on the walls. The kitchen will serve up dishes from China's northern regions, but will also feature well-loved and well-executed greatest hits dishes of all styles. The restaurant is more formal than the typical Chinese establishment and a good destination for a night out.

Lastly, we must talk about the **Peter Chang** empire. After several years in the wilderness following his leaving the Washington Chinese Embassy (look up the history if you don't know it), the chef opened his first DMV namesake restaurant in Arlington in 2015, and has since opened others in Bethesda (the flagship "[Q](#)"), Fairfax ([Mama Chang](#)), downtown DC ([Chang Chang](#)), and McLean among others. Chef Chang hails from Hubei province which is adjacent to Szechuan and Hunan, and his cuisine often incorporates the spicy, hot and numbing style and earthy spices such as cumin. Fan favorites can be found in all locations – such as the scallion bubble pancake, dry fried cauliflower or eggplant, golden mountain beef, and seafood stone pot – but each location will have its own distinctive menu. We are partial to Mama Chang due to its extensive menu, seasonal specials, bright and airy dining room, and flawless execution of every dish; on weekends, a decent selection of dim sum is also available. Unfortunately, we can no longer recommend the Arlington location as we feel the best chefs have been assigned to newer locations.

Happy eating and may your fortune cookie predictions come true!

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a community block party

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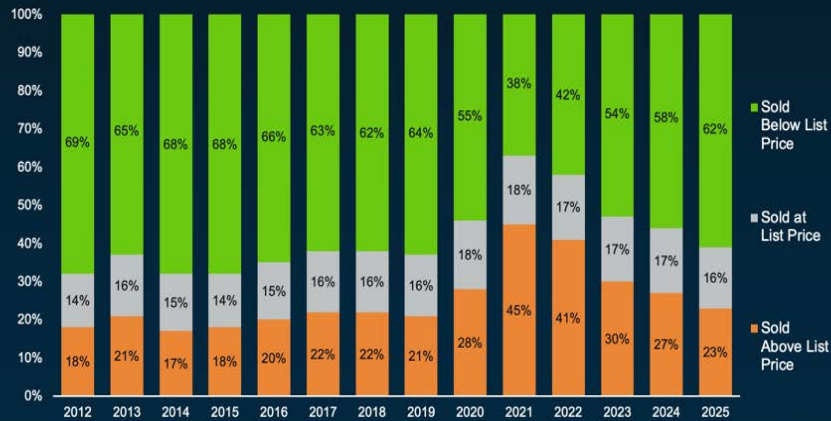
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Pricing Right Matters More Over the Past Few Years

Homes Sales Price Compared To Their Original List Price



KEEPING CURRENT MATTERS

Source: Redfin, ResiClub

Right now, about half of sellers are offering some kind of concession — whether a price adjustment or help with closing costs — to help buyers manage affordability. In Arlington, price reductions became noticeably more common in May, June, and July as inventory grew and buyers became more selective. If your next real estate vision is taking shape, let's connect to discuss what that could look like. Put my 40 years of expertise to work for you!



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Lyon Park Community Center (LPCC) News and Events

By David Newman

LPCC Playground Renovation Information Session

September 13 from 4 to 6 p.m.

The LPCC is considering a significant playground renovation, based on a proposal that was developed with extensive community input and the services of a landscape design firm. Leading this effort was the Playground Committee established under the auspices of the LPCC's Board of Governors. The proposal includes replacing the existing play equipment for ages 2-5, expanding the play area to add ages 5-12 equipment, adding child-safe play surfaces and accessible pathways, upgrading picnic tables and trash cans, and fulfilling the corresponding rainwater mitigation requirements of Arlington County. If the proposed design is approved by the community, fundraising to cover the estimated \$1.352 million cost will be coordinated by the Fundraising Subcommittee. Donations will be solicited from community members and local businesses.

All residents of Ashton Heights are invited to join an information session. Attendees will hear the latest on the design plan and have the opportunity to ask questions. To participate, you can come in person to the LPCC or join remotely on your phone or computer via Google Meet: <https://meet.google.com/jzm-repm-saj>. The link also can be found under "Upcoming Events" on the LPCC website, LyonPark.org. In the interim, you may direct any questions to LPCCGovernors@gmail.com.

Community Yard sale at Lyon Park

October 31 from 8 a.m. until 1 p.m.

If it's getting hard to find things in your house, maybe it's time to start unloading! The Lyon Park Community Center is hosting its (almost) annual community yard sale, coinciding with a bake sale hosted by the Woman's Club and the annual Halloween Parade of Costumes by the park, so we expect a crowd. You can rent one space (8' x 16') for \$15 or two for \$25. You don't even have to bring your own tables, because you can rent 3' x 6' tables on-site for \$5 each. Open to everyone! To reserve and pay for your space by October 24, and to volunteer to help, if you can, contact Jinder Gill at harjinder_gill@yahoo.com and Peggy Page at zzpage4@gmail.com.

Concert Series

Various dates - LPCC will host several concerts in the coming months.

- October 25: the Virginian Quartet will entrance us with the music of Beethoven and Schubert.
- November 25 (Thanksgiving Eve): Open mic night
- December (date TBD): folk music performance
- January 24: The Big Howdy, a favorite local Bluegrass band that has played at a variety of local venues.

Please visit the [Lyon Park website](http://LyonPark.org) and click "Upcoming Events" for updates.

Charged Up in the E-Bike Era

Community Safety and Security Corner

By Christina Schultz

It used to be a bell ring and a friendly “on your left.” Now it can be just as often a rush of wind while a blur passes inches away at twice your speed. Electronic bikes (or e-bikes) have become ubiquitous on our bike trails and streets as sales of these vehicles have quadrupled in the past five years. E-bikes make it easier for people to get around and offer an eco-friendly and cost-effective alternative to cars. But a spike in ownership has also meant a spike in injuries, especially among young people.

Standard e-bikes are divided into three classes. Class 1 e-bikes can reach speeds of 20 mph and require the user to pedal to operate with an electric boost. Class 2 e-bikes also travel up to 20 mph and can be operated using a throttle without pedaling. Class 3 e-bikes can go as fast as 28 mph while requiring the user to pedal to operate. All legal e-bikes have a motor with power less than 750 watts. However, illegal modifications, such as removing the pedals and chain and tampering with the motor, can be made to allow e-bikes to reach greater power levels and go faster than 28 mph.

There are no federal laws that regulate e-bike use, leaving state and local government to set their own rules. New Jersey has enacted the nation’s toughest e-bike law, requiring a license, registration, and insurance, while California and New York have moved toward stricter enforcement through battery-safety rules and local speed limits. Under Virginia Code § 46.2-904.1, e-bikes are treated like regular bicycles statewide. However, Virginia law gives localities and land managers authority to restrict them further, such as prohibiting Class 3 e-bikes on a given path or regulating e-bike trail use more broadly. The rules can shift from one stretch of trail to the next. Arlington County’s official trail rules page states that e-scooters, e-bikes, scooters, and regular bikes are all allowed on the county’s paved multi-use trails, with pedestrians having the right of way and riders required to control their speed and obey traffic rules and signs. The Mount Vernon Trail is a separate jurisdiction (federal land under the National Park Service), allowing all classes of e-bikes on the trail with no speed enforcement mechanisms specific to e-bikes beyond general “control your speed” language.

Because e-bikes travel faster and are heavier than conventional bicycles, they are more difficult for inexperienced riders to control and can increase the risk of serious injuries. According to National Electronic Injury Surveillance System estimates, about 41% of emergency visits for e-bike injuries in 2024–2025 involved patients ages 10 to 19. At Rady Children’s Health Orange

County in California, just one trauma visit was related to an e-bike crash in 2021. By 2025, e-bike injuries had become the leading cause of trauma patient visits at this facility. There have also been numerous reports nationwide of fatalities involving young riders. (Note: Virginia and Arlington County do not yet track e-bike incidents as a distinct category among overall bicycle-involved crashes.) This wave of e-bike crashes, especially involving teenagers, has prompted a patchwork response across the country: new local regulations, school bans near campuses, and public safety forums. As injuries and deaths climb, one of several tactics officials in many states are testing to get a handle on the problem is filing criminal charges against the parents of young riders involved in crashes. Cycling advocates counter that these restrictions and age limits sweep too broadly, punishing responsible riders and bike-friendly communities. Meanwhile, families are left navigating inconsistent local rules to figure out which e-bikes are actually legal and safe for their kids to ride. The bottom line is that e-bikes can make it easier for people to get around, but doctors and safety officials say riders, especially teens and children, should treat them with more caution and respect than traditional bicycles.

E-Bike Safety Tips

- Always wear a helmet: Choose a certified, properly fitting helmet and wear it every time you ride, regardless of local laws.
- Know your e-bike and local laws: Learn your e-bike’s class (1, 2, or 3), top speed and motor assistance features. Check city or state regulations for e-bike use, including minimum age requirements.
- Ride defensively: Be alert, obey traffic rules, and use hand signals to communicate with drivers and other cyclists.
- Inspect your equipment: Regularly check brakes, tires, lights and the battery.
- Avoid distractions: Stay off your phone and avoid headphones or anything that impairs your hearing or vision.
- Be visible: Wear bright clothing and use front and rear lights, especially in low-light conditions.
- Supervise young or inexperienced riders: E-bikes are not toys. Make sure new riders practice in a safe area before hitting the road.



From the American Academy of Orthopedic Surgeons (AAOS)

President’s Column – Continued from page 1

www.arlingtonva.us/files/sharedassets/public/v/3/projects/documents/ballston-park/ballston-park-county-board-charge-5.19.26.pdf.

And finally, we have one large building being built on the Joyce Motors site on 10th Street North, and a second building will soon start construction on the corner of Wilson Blvd and 10th at the old beer garden site and the adjoining brick building. We are watching this carefully. Lots of changes here in Ashton Heights, and we look forward to your input and involvement to guide these projects. Aside from joining us the third Wednesday night of every month at the AHCA monthly meetings, the best way to become involved is by joining one of our committees – specifically the Development Committee, Transportation Committee and the Tree Canopy & Native Plants Committee. The chairs have their emails on page two of this newsletter. Drop them a line! As always, thank you for being involved in the Ashton Heights Civic Association. I look forward to working with you.

Walkable, Free Performing Arts Experiences this Month

By Sarah Fridrich, your neighborhood performing arts nerd

September 12, 2026 from 6 to 7 p.m.: Museum of Contemporary Art (Virginia Square) *(De)monstro: A Participatory Ritual* by CRASIS – I can't wait for this one! Involving puppets, music, clowning, foraged materials! And the audience helps create sounds as part of a performance art ritual?! This is sure to be a wild experience! RSVP for a spot! Event will be in the Tiffany Gallery. www.eventbrite.com/e/demonstro-a-participatory-ritual-by-crasis-tickets-1994690919235

September 20, 2026 from 6 to 8 p.m.: The Filling Station (Ballston) *Avant Bard Theater's "Resistance Readings Project" presents Ronald Reagan and the Ontological Paradox of Intent*, an 80s punk rock musical by native Arlingtonian Shawn Northrip, directed by Jenny McConnell Frederick. What?! A Musical by a neighbor? Political Commentary and tacos? I'm in!! RSVP for a free ticket! www.avantbard.org/resistance-readings

Now through September 26, 2026 from 8 to 10 p.m.: Three Whistles (Clarendon) *Live, local music (no cover) every Friday and Saturday night.* This is a hidden gem of a listening room - the acoustics are wonderful. And, it's a great "date night" spot that offers coffee, tea, gelato, cocktails, wine, and an atmosphere for quiet conversation, community connection, and discovering local musicians and artists. www.three-whistles.com

Kids, Inc. Tips & Guidelines

By Ann Felker

Unemployment data in Ashton Heights for people between the ages of 10 and 18 is not a federally calculated data point, but AHCA has a full roster of kids who are willing to get the job done. Every name on the Kids Inc list on the next page has personally agreed to be part of this active community. Whether you have a baby, a dog, a turtle, a house plant, a porch package, a full garden, a leaf choked yard or a snowy sidewalk, there are willing and experienced helpers for you.

Here are a few clues for how to get their attention:

- These young people are very independent, so text or email works better than old-fashioned phone call. It leaves them a visual reminder of your need.
- Plan ahead – everyone likes to keep ahead of schedule.
- Write a detailed list of your expectations until they are accustomed to your situation.
- Leave your contact information in a very visible place in case they have a question.
- Work out your pay scale in advance. AHCA does not have guidelines, so it is between you and your employee.
- When you provide a key to your house, put a distinctive identifier with it because sometimes kids have two or three jobs at once. All keys look alike.
- When someone does an excellent job, please let them know.

This is a community building activity that makes us stronger and more connected. Our across-the-street, multi-generational, in-person contacts are the hidden value in a neighborhood.

“

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KIDS, INC.

Our local youth are ready to help when the household hands are not enough. If you would like to be added to this list, please send updates to Ann Felker: gr8est9@gmail.com. Include your child's name, birth year, contact information and list the jobs that they are interested in being contacted for hire.



Dog walking



Pet sitting



Babysitting



Leaf raking



Plant watering



Yard work



Snow shoveling



Parents helper



Technology



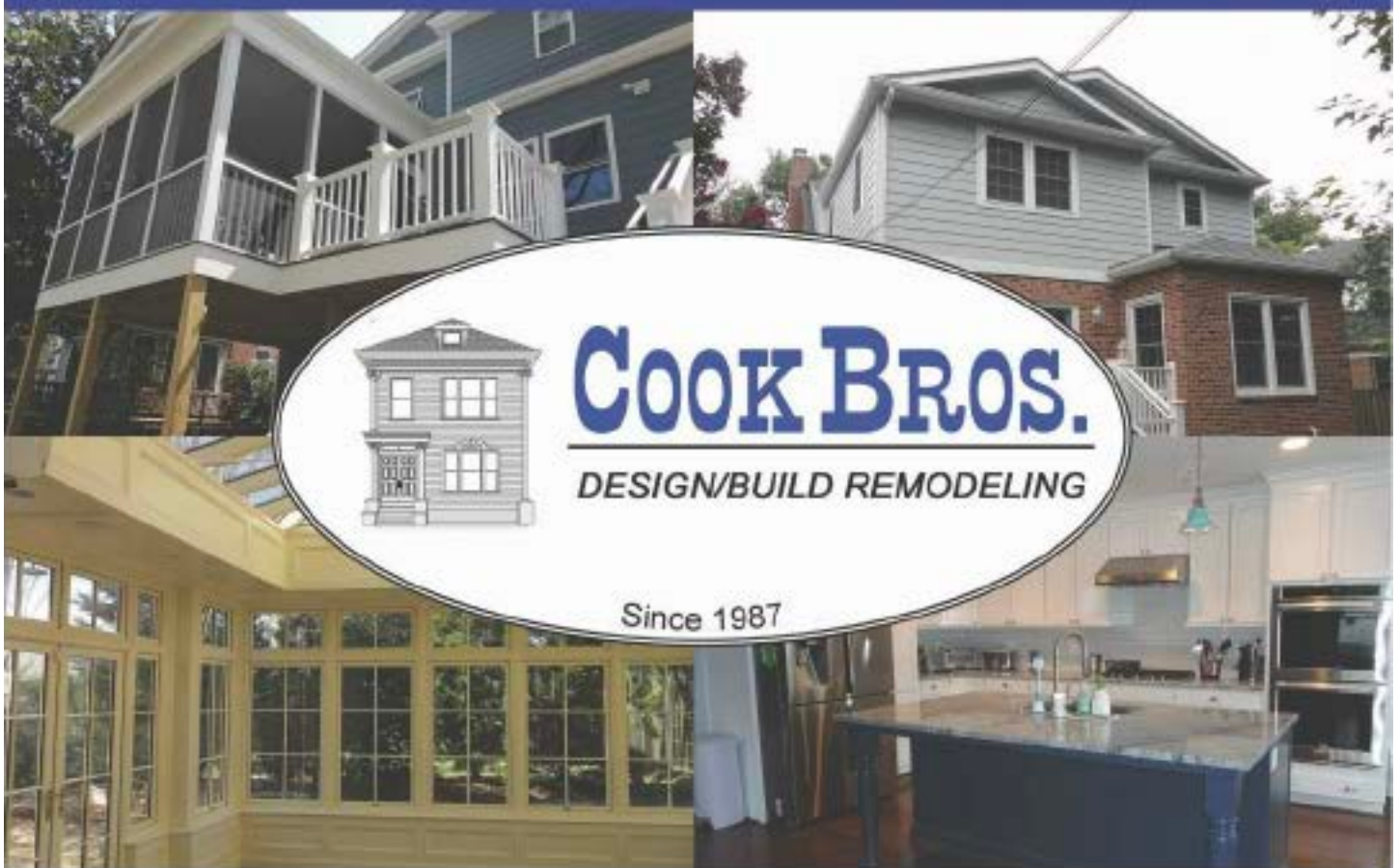
Mail collection

Icons courtesy of flaticon.com

**Please consult the newsletter that
is posted to the Ashton Heights
listserv or the hand-delivered
newsletter for a full list of kids who
are available for hire!**

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