



# LYON PARK BULLETIN

## NEWSLETTER OF THE LYON PARK CITIZENS ASSOCIATION

December 2023

### Upcoming Events

**12/10** **Lyon Park Santa Express**  
drive around the community  
1:00–2:30 p.m.

**12/10** **Children's Holiday Party**  
at the Community Center  
1:00–3:00 p.m.

**12/10** **Adult Holiday Happy Hour**  
at the Community Center  
4:00–7:00 p.m.

**12/13** **LPCA Monthly Meeting**  
at the Community Center  
7:00 p.m. Meeting Start;  
8:30 p.m. Socializing

**12/21** **Lyon Park Woman's Club  
Potluck Lunch**  
at the Community Center  
12:00 p.m.

### What's Inside?

- Information on the fun holiday happenings in Lyon Park
- Meet the Showalters!
- Youth drug use in Arlington, part 2
- How Zitkala-Ša is connected to the new Scorsese movie

...and more!

### President's Message

by Michael Kunkler, LPCA President

"Membership has its privileges." A clever tagline from American Express in the 1980s. But what are the "privileges" of LPCA membership? That inquiry was directly posed to me by a new neighbor. I had to ruminate on that question, unsure of how best to respond.

It all became very clear when on November 1st I received a friendly reminder from the Lyon Park Community Center that the LPCA needed to find a permanent home for the leftover firewood from the prior evening's festivities. Alongside the Lyon Park Women's Club, the LPCA is, in fact, the party responsible for the fire (run by the mystical and magical Tabitha Ricketts) and donuts (thanks to Natalie Roy). I don't believe anyone could ever think the Halloween Bonfire is/was anything but an overwhelming success. That, and the Halloween parade the Saturday before, represent just a fraction of the reasons why Lyon Park is so special.

From food trucks to egg hunts to chili cookoffs (and coming next year, bathroom access at the bonfire!), these are all brought to you (and paid for) by the LPCA and the Board of Governors (BoG). The LPCA is often in the background when these events take place. Now that I see it from the inside, the LPCA ExCom and member volunteers spend hundreds of hours annually examining County policy changes, advocating for the LPCA at Board meetings, and keeping the community informed on issues of concern through meetings, our trusty listserv, and face-to-face interactions. However, none of these wonderful recreational, social, and educational opportunities would be possible without you, the membership. It is your participation and funding that makes this all possible.

So, as the LPCA President, I personally thank you for not only being a paid member but also being involved and committed to ensuring that "membership [in LPCA] has its privileges." I hope to see and talk with all of you at the *Holiday Happy Hour* on December 10th brought to you by... YOU, the LPCA!

Michael Kunkler

[lyonparkpresident@gmail.com](mailto:lyonparkpresident@gmail.com) | 571-243-3552

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**Join LPCA**

Lyon Park residents and residence owners are eligible for membership in the LPCA. Memberships run from October 1st to September 30th of each year. Only members can vote at LPCA meetings.

If you have any questions, please email [lyonparkpresident@gmail.com](mailto:lyonparkpresident@gmail.com)

**MEMBERSHIP DUES:**

1 YEAR: \$10

2 YEARS: \$20

LIFETIME MEMBERSHIP: \$250

Fill out the form on our website to join! [www.lyonpark.org/join](http://www.lyonpark.org/join)

Residents of Lyon Park and Ashton Heights are eligible for a special "resident rental rate" when booking the Community Center for their own event.

**Rent the  
Lyon Park Community Center**

Visit the website for more information, and to check availability on the online calendar:

[www.LyonPark.info](http://www.LyonPark.info)

Email: [rent@lyonpark.info](mailto:rent@lyonpark.info) with any questions.



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## Join us for fun holiday happenings in Lyon Park!

### **Lyon Park Santa Express Sunday, 12/10 1:00–2:30 p.m.**

Santa and several helper elves will slowly make their way through Lyon Park on Sunday, December 10 starting at 1pm in Santa's customized Lyon Park "Santa Express" Sleigh. Don't miss it! Santa's route will start at N. Wayne St. and Washington Blvd and proceed along N. Wayne Street through the Washington & Lee apartments and then onward through Lyon Park ending up at the community center by 2:30 p.m. Be sure to check the Lyon Park Listserv and the Lyon Park website for updates on Santa's route and any changes due to weather.

### **Children's Holiday Party Sunday, 12/10 1:00–3:00 p.m.**

Bring your families, neighbors, and friends. Join us for photos with Santa, holiday activities, hot beverages, treats and holiday cheer! Most of the children's holiday party activities will take place indoors in the community center. Some activities (including Santa) will occur outdoors. Volunteers and donations are needed for both the Children's Holiday Party and the Santa Express.

If you can help, please email Paul Showalter at [LyonParkEvents@gmail.com](mailto:LyonParkEvents@gmail.com) or Darcy Rosenbaum at [Darcy.Rosenbaum@gmail.com](mailto:Darcy.Rosenbaum@gmail.com)



### **Holiday Happy Hour Sunday, 12/10 4:00–7:00 p.m.**

Please plan to attend the LPCA Adult Holiday Happy Hour from 4–7 p.m. It will take place after the Family Holiday Party and the Santa Express on December 10 at the Lyon Park Community House. Happy Holidays!

**We wish  
a holiday  
season full  
of joy to all  
Lyon Park  
residents, &  
happiness  
and good  
health in the  
new year!**

## Teen Services

Interested in having your teen listed in the Lyon Park Bulletin and on the website? Simply fill out the form on the Teen Services page [[www.lyonpark.org/explore/resources/teen-services](http://www.lyonpark.org/explore/resources/teen-services)] to share their information!

- **Ella Bomberger**, 18, Babysitter, Dog Walker, Mother's Helper, Plant Sitter. Red Cross certified. Text: (571) 775-9205.
- **Zoe Bomberger**, 15, Babysitter, Dog Walker, Mother's Helper, Plant Sitter. Red Cross certified. Text: (703) 298-3233
- **Sloane Escobar**, 16, Babysitter, Dog Walker. Free most days after 3 pm. Red Cross certified. Text: (703) 870-1847, Email: [sloane\\_escobar@icloud.com](mailto:sloane_escobar@icloud.com)
- **Lily Fine-Albert**, 14, Babysitter, Dog Walker, Odd Jobs, Pet Sitter. CPR & Red Cross Certified. Text: (240) 796-6962, Email: [lilyfinealbert@gmail.com](mailto:lilyfinealbert@gmail.com)
- **Marlena Gutshall**, 18, Dog Walker, Pet Sitter. Text: (571) 499-3107, Email: [marlenagutshall@gmail.com](mailto:marlenagutshall@gmail.com)
- **Cameron Hershey**, 16, Babysitter, Dog Walker, Mother's Helper, Odd Jobs, Plant Sitter, Pet Sitter, Shoveling, Yard Work, Glass recycling. Text: (703) 505-9729, Email: [mhershey28@gmail.com](mailto:mhershey28@gmail.com)
- **Kate Kiriakou**, 17, Babysitter, Odd Jobs, Pet Sitter, House Sitter. Red Cross Certified. Text: (703) 587-9277, Email: [kiriakoufamily23@gmail.com](mailto:kiriakoufamily23@gmail.com)
- **Max Kiriakou**, 19, Shoveling, Yard Work, Lawn Mowing and Trimming and I have my own equipment! Text: (571) 244-8982
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- **Mira Malovany**, 12, Mother's Helper, Pet Sitter. Text: (703) 483-1550
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- **Morgan Thomas**, 15, Dog Walker, Plant Sitter, Pet Sitter. Text: (240) 810-4834
- **Josie Whitaker**, 16, Babysitter, Plant Sitter. Red Cross Certified. Text: (703) 717-1993



### Calling all neighbors!

Are there topics you would like to see covered in the next LPCA Bulletin? If so, please contact the newsletter editor to make a suggestion, or submit an article for the next newsletter. We are also looking for an editor. If you are interested, please drop us a line at [lyonparkeditor@gmail.com](mailto:lyonparkeditor@gmail.com).

Please note: Paid advertisements in the Lyon Park Bulletin do not reflect any official position of the LPCA.



## The Empathy Project

By Eriko Kennedy

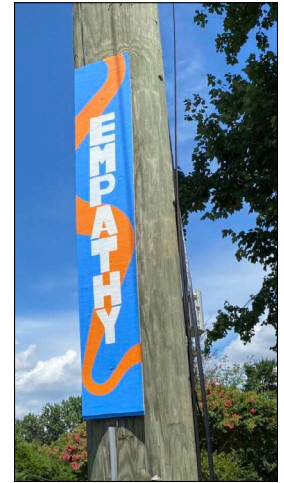
Have you noticed the “empathy” signs popping up on street poles throughout the area? There are now more than 500 in the D.C. area. I spoke with the one-man operation behind these signs. This Empathy Project is to encourage all who see his signs to try and understand others’ situations and perspectives.

He wishes to remain anonymous and mentioned that empathy is different from sympathy. According to Wikipedia, empathy may be defined as “...the capacity to understand or feel what another person is experiencing from within their frame of reference, that is, the capacity to place oneself in another’s position.”

He began the project two years ago as a response to the divisiveness in our society. The signs are to remind us to step out of our intellectual silos and to work together and solve interpersonal, local, national, and even global problems. He believes to find solutions we must first “stretch our minds to imagine how and why the other thinks and acts as they do.” To accomplish this, we must put away our immediate pre-suppositions and stop and listen, to hear and understand one other. We must lead with empathy.

The empathy signs are put up in pairs—one on either side of a pole to represent an empathetic connection between two people. Each pair is the mirror image of the other. No pairs are replicated. The primary design concept is simple, but the imagery can become complicated. He uses five colors - light blue, white, yellow, orange and red – and each holds significance. Light blue and white are the constants. As the founder describes it, “White represents the self, and blue is for reality or, for those who are religious, God. The other three colors (red, orange, and yellow) represent the other person.”

I believe the thought put into the design of each graphic qualifies it as art. Each time I drive by an empathy sign, or spot a new one, I smile and am reminded there is good in each of us, and sometimes it takes a simple reminder to be a better person, friend, colleague, and neighbor.



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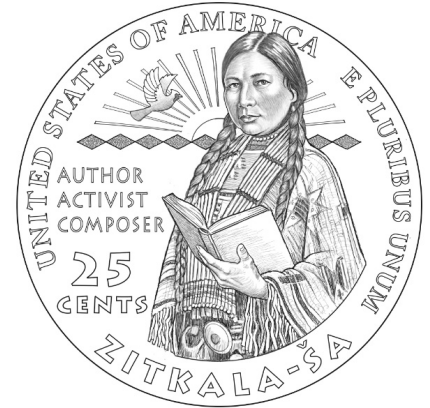
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## Zitkala-Ša's Connection to the Latest Scorsese Movie

By Toby McIntosh

The new Martin Scorsese movie, *Killers of the Flower Moon*, highlights the investigations into the 60-plus murders during the "Osage Reign of Terror." In 1923, while the violence was underway, former Lyon Park resident Zitkala-Ša traveled to Oklahoma to document the systemic exploitation of members of the Osage tribe.

Zitkala-Ša interviewed victims while two colleagues combed public records about the corrupt legal system created after the Osage became wealthy from oil found on tribal lands. "Guardians" were appointed for indigenous persons declared "incompetent," mostly girls and women, thus controlling their assets and profiting from them. The guardians' greed was described in the report: "Oklahoma's Poor Rich Indians: An Orgy of Graft and Exploitation of the Five Civilized Tribes—Legalized Robbery."



Particularly powerful are Zitkala-Ša's empathetic descriptions of the treatment of Indigenous girls and women. Zitkala-Ša's earlier writings had recounted her own traumatic experiences in boarding school. In Oklahoma, she gathered testimony, writing at one point:

"After a long private conference with this little girl, I grew dumb at the horrible things.... There was nothing I could say. Mutely I put my arms around her, whose great wealth made her a victim of an unscrupulous, lawless party, and whose little body was mutilated by a drunken fiend who assaulted her night after night."

[continued on next page]



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Of another situation, she wrote, "I felt an overwhelming indignation at the legal helplessness of a poor rich Indian woman."

Investigating the conditions of Indigenous people was core to Zitkala-Ša's life mission. In the summer of 1926, she and her husband took a 10,600-mile automobile trip to Oklahoma and South Dakota to promote their new advocacy group and investigate reservation conditions. Their findings were often stark. Before a Senate committee, Zitkala-Ša reported: "After these many years of control and management of the Indians and their property what do we find today? Many Indians landless, homeless, poor, raged, tubercular, sore-eyed, and their leadership broken."

Zitkala-Ša, a Yankton Sioux, lived in Lyon Park from 1926 until her death in 1938. Arlington County renamed the park at N. Highland and 7th Streets in her honor in 2020. In 2024, a Zitkala-Ša quarter will be issued.

## Advertise in the LP Bulletin

The *Lyon Park Bulletin* is hand-delivered to 1,900 homes around the 10th of each month from September through June (10 issues), with artwork and copy due the 20th of the previous month.

We offer a 5% discount for residents who have paid their LPCA dues, and an additional 7% discount for advertisers who commit to three or more months in a row. A designer can draft artwork for an additional charge.

Contact the Lyon Park Editor at [lyonparkeditor@gmail.com](mailto:lyonparkeditor@gmail.com) for rates and to reserve space.

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## Neighbors Making a Difference: Paul and Sharon Showalter

By Kathleen McSweeney

If you have attended any event in Lyon Park, you've seen Paul and Sharon Showalter. They are involved with nearly every event that delights our neighborhood's children. In 2020 when the pandemic prevented our annual holiday party and visit from Santa, Paul and Sharon brought Santa to the kids in a sleigh fashioned from a blue pickup truck. After winding their way through Lyon Park and Ashton Heights, they traversed the neighborhoods along Columbia Pike to spread holiday cheer. It is a newer tradition that will be repeated again this year on December 10th.

Their story began in 1982, when Sharon was a freshman at Dartmouth and met Paul, who was living nearby. They were friends, but after Sharon graduated, she moved away, and they lost touch. In 1995, Sharon moved to Arlington, was recruited to join the Jaycees, and encountered Paul again who had started volunteering with the Jaycees the previous year. Through the Jaycees—a national organization that has been active for more than 100 years and provides young professionals with leadership training through community service—Paul and Sharon learned more about Arlington, made friends at the local, State, and National levels, and found that they had a common purpose in community volunteering. They married in 2000 and Sharon moved into another of Paul's projects—updating the Lyon Park “fixer-upper” he purchased in 1993.

Paul chuckled when he noted that he and Sharon have definitely “aged out” of the target demographic for the Jaycees, but they have continued to be involved with the organization. Their support of the families and staff at Carlin Springs Elementary, which began during Paul's year as President of the Arlington Jaycees in 1997, continues to this day. Paul coordinates service opportunities for older Arlington teens and Sharon continues her volunteer work with AHC's College Readiness program to assist students who live in affordable housing.

When I asked why they spend so much time volunteering, Paul replied that they share the same belief, that you must “do what you can with the time that you've got to make a difference in someone's life.” Our community has been enriched by their example.



Paul and Sharon

### Lyon Park Woman's Club Update

Despite its name, *The Lyon Park Woman's Club* is not just for women. We welcome everyone. The group meets the third Thursday of the month at noon at the Community Center for a delicious potluck lunch. We have a great time socializing at these gatherings. Our next potluck luncheon meeting will be 12/21/2023.

Many neighbors know us by the popular cupcake sales we host throughout the year. We also run several annual events that help build our community, such as the Chili Dinner, the Spring Fair, the Pancake Breakfast, and the Halloween Bonfire. We are always looking for volunteers to staff these events, and it is a fun way to get to know our neighbors.

Please join us for good food and fellowship! For more info, contact Elizabeth Wray at [ejswray@yahoo.com](mailto:ejswray@yahoo.com) or 703-522-1263.

## Youth Substance Use and Mental Health: Part II

By Kathleen McSweeney

Communities across the country have been experiencing issues with youth substance use and mental health issues, and Arlington can learn from their actions. One action is harm-reduction, which aims to stop or reduce the worst outcomes. Examples of this include conducting training on the use of naloxone (commonly known as Narcan) to reverse the effects of an opioid overdose, and providing fentanyl test strips so a substance may be tested for the existence of fentanyl in a variety of drugs and drug forms (pill, powder, and serums). Interventions to prevent substance abuse is another approach that must include the entire community - families, schools, and community-based organizations. A public service campaign to provide education and facts about the dangers of substance use, and to assist families in understanding the risk factors for substance use, and establishing healthy communication, rule-setting, and monitoring is an important first step. Likewise, community services that offer trauma-informed counseling programs, and activities widely available to youth as an alternative to drug use, are all elements of responsive community action.



The Arlington Schools Hispanic Parent Association (ASHPA) has been advocating for action since last year. After a 9th grader died in February 2023, they held a march and sent letters to the County and the School Board to demand action. The County Council of PTAs held an expert forum in March to explore the breadth of the issue and suggested actions. ASHPA circulated a survey and received over 180 responses from immigrant and refugee families to identify the barriers to participation in Parks and Recreation programs. Following more overdoses in schools and the death of another student in September, an advocacy group—comprised of ASHPA, the County Council of PTAs (CCPTA), the local chapter of the League of United Latin American Citizens (LULAC), Virginians Organized for Interfaith Community Engagement (VOICE), and the Arlington Branch of the National Association for the Advancement of Colored People (NAACP)—have been engaging Arlington County (especially human services, parks and recreation staff and the police) and Arlington Public Schools on this issue. This coalition has requested action on dropping barriers to participation in sports and recreation activities (in terms of costs, program limits, and web-based sign-ups), increased supervision at local community centers, and a drop-in teen center with programmed activities, skill-building, and sufficient transportation to and from neighborhood schools.

How has Arlington responded so far? The County's Arlington Addiction Recovery Initiative (AARI) has been busy providing free training and distributing naloxone supplies throughout the community over the past year. This summer, Arlington Public Schools (APS) made naloxone doses and training available to teachers and staff. Narcan is available in the school nurses' offices in our middle and high schools. In summer 2023, the School Board changed APS' policy to allow students to carry naloxone in school. Also this summer, the Department of Human Services (DHS) on Washington Blvd opened and staffs a 24-hour drop-in Crisis Intervention Center to stabilize children and adults who are experiencing a substance use or mental health crisis. And at the County Board meeting held on November 14, 2023, the Board dedicated \$750,000 in end-of-year closeout funds to fund some of the prevention ideas being suggested by advocates—including extending Parks and Recreation after-school programming to students and starting a public awareness campaign. These actions have been important first steps in addressing this growing crisis in our community.



## Arlington County—Related Resources

- **9-1-1**—call to obtain assistance in a life-threatening emergency. Services are dispatched to the calling location.
- **9-8-8**—National Suicide and Mental Health Crisis Hotline - call or text 24-hours a day to receive support and referrals when experiencing a substance use or mental health crisis. Unlike 9-1-1, calling 9-8-8 does not yet dispatch services to the calling location.
- **Community Regional Crisis Response (CR2)**—provides 24-hour rapid Mobile Crisis Response to children and adults who are at risk of hospitalization due to a mental health crisis. The team conducts face-to-face and phone assessments, provides referrals, care coordination, and safety planning. Call 1-844-627-4747. Operated by the National Counseling Group and staffed 24-hours a day.
- **Crisis Intervention Center (CIC)**—short term, in-person services at the DHS Offices includes observation and assessment for up to 23 hours. Staff is available 24/7 and serves all ages. Operated by the Department of Human Services. Call 703-228-5160.
- **Crisis Stabilization Unit (CSU)**—Adults experiencing a mental health emergency are served by regional facilities providing diversion or inpatient step-down from psych hospitalization for up to 30 days. Assistance includes counseling, service coordination, and discharge planning. Call 703-228-5160.
- **DHS Emergency Services**—rapid assessment, intervention, and stabilization for mental health emergencies. Call 703-228-5160. Available to all ages. Operated 24/7 by the Department of Human Services.
- **REACH**—for adults with intellectual or developmental disabilities experiencing a behavioral health emergency. Conducts stabilization and prevention, needs assessments, behavioral planning, service referrals, home-based support, and 30-day residential stabilization. Call 855-897-8278. Operated 24/7 by Easter Seals.
- **Trevor Project**—provides crisis counseling for LGBTQIA+ youth struggling with identity issues, depression, and suicidal ideation. Serves anyone under 25 years old, 24 hours a day. Call 866-488-7386 or text START to 678678.
- **Youth Line (11 to 21 years)**—provides teen-to-teen crisis support for any issue, including issues with safety and abuse. Youth Line can provide referrals to other support services for youth in crisis. Call 877-968-8491 for 24/7 support.



### “Letters to Santa”

Santa has arranged for a special Santa Mailbox to collect all the letters children write to Santa. The mailbox will be located on the porch at **818 N Danville Street, Arlington, VA 22201**. Santa will also collect letters when he passes through Lyon Park on December 10. Just hand your letter to one of Santa’s elves. Santa will read every letter delivered to him.

**\*\* Remember to include your name and address.\*\***





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Natalie Roy, 30+ year resident of Lyon Park,  
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