



# Ashton Heights News

[www.ashtonheights.org](http://www.ashtonheights.org)

April 2023

## Spring is Coming - Walk Around Your Community

By Scott Sklar, President, AHCA

What struck me during COVID, when many of us were stuck working from our homes, is that I saw families, couples and children walking around the streets of our neighborhoods. I met many in my community who I saw over the years in passing, but now exchanged words, updates, and quips.

I see many people walking their dogs or even walking with their children, and are busied on their cell phones.

As the flowers are sprouting and birds are raising their young families, the life and beauty of spring is all around us. What makes this community so wonderful, especially in spring are the trees, beautiful gardens, wildlife-friendly laws and landscapes, and more and more native plants, bushes and trees.

I wanted to use this column to bring to light, how lucky we are – and how unique our communities in this section of Arlington are – it is a gift.

I remember how clearly I cherished what we had when my daughter Stella was so young (now 30), having a number of neighborhood playgrounds, several parks within minutes of my house, and this panoply of trees, flowers, birds, wildlife, butterflies, fireflies, etc. I am the son of a professional photographer, and spent many hours taking pictures of all of this.

Ashton Heights resident Julia Tanner, shares beautiful pictures of hawks and

other birds right in our own backyard (see page 3). Just stunning.

AHCA has had a long-time hand in all of this. We have pushed for green corridors, ramping down building heights away from metro sites and major roadways, tree canopy and open spaces and parks. Chris Horvath chairs our AHCA Open Spaces Committee, Brooke Alexander chairs the Tree Canopy and Native Plants Committee, and Jack Spilsbury and Alexander Tuneski co-chair the AHCA Development Committee. All of these committees are centrally involved in these issues. I urge you to contact them and work on preserving and expanding these wonderful natural assets and benefits we have.

I visit my friends in Springfield, Woodbridge and my daughter in Sterling (Loudoun County) and none of them have the natural assets within their communities as we have here.

So as we waken up with spring and see nature at its utmost beauty, please take a deep breath, turn off the cell phones, walk around with your friends and family, share your flowers and vegetables with your neighbors and friends – and most simply, enjoy and be thankful for what we have.

This did not happen by chance. So the old cliché is apropos here, "Wake up, and smell the roses".

**AHCA Monthly Meeting**  
**Wed., April 19th, 7 – 9 p.m.**

**Clarendon United  
Methodist Church**  
**606 N. Irving St.**

- 7:00 p.m.** Mingle and chair setup
- 7:30 p.m.** Scott Sklar, AHCA President and Committee reports
- 7:40 p.m.** School Panel: Caroline Rogus, co-chair of the AH Schools Committee and the President of TJ Middle School PTA (and possibly others), will discuss the Arlington schools for which AH (and LP) students are districted, and choice schools. Parents - we hope this brings you out of the woodwork!
- 8:15 p.m.** School Board Candidates: Miranda Turner (confirmed) and Angelo Cocchiaro (invited) will discuss their candidacies in the Arlington Democratic SB caucus, and will take questions from the audience.
- 9:00 p.m.** Adjourn

**Editor's Note:** View the newsletter in full color at [www.ashtonheights.org](http://www.ashtonheights.org)!

Mark your Calendar - articles for the final newsletter before summer break -- May 2023 -- are due by April 20th (**PLEASE BE TIMELY!**)

Send submissions to: [amylmiller4@gmail.com](mailto:amylmiller4@gmail.com).



## AHCA Membership Sign-up and dues payment form

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.

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### Pay your dues online:

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

### Advertise with us!

The Ashton Heights newsletter is distributed to 1,200+ households 8 months of the year. Our readers enjoy supporting local businesses. If you know of a local business that would benefit from advertising in the Ashton Heights newsletter, please email: [newsletterads@ashtonheights.org](mailto:newsletterads@ashtonheights.org).

Business card: \$60  
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One page insert: \$325

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## Birds Abound in Ashton Heights

By Julia Tanner

If you aren't a member of the Ashton Heights listserv, join now, if only to view the photography by Julia Tanner in color. The photos are stunning!

Red-tailed hawks may be the most common hawk in the U.S. Their wingspans average about four to five feet. They have sharp eyesight that's eight times better than a human's, and they can see more colors than we can, because they can see in the ultraviolet range. Even when flying 100 feet in the air, they can see a mouse on the ground, and will dive at up to 120 miles per hour to catch it. A red-tailed hawk can often be identified by its "belly band," a pattern of vertical dark streaks across its front. Like many wild birds, hawks generally fly away if approached, so they are most easily observed at a distance through binoculars or a camera with a zoom lens.

House finches are widespread, and one or two may live in trees near you. They are small birds with stubby, curved bills and streaky brown backs. Male house finches have rosy red or orange crowns, throats, and chests, as a result of carotenoids in their food, natural compounds also found in carrots and tomatoes. Finches are almost entirely vegetarian, eating mostly seeds, flower buds, and fruit. In recent years, finch populations have been declining due to an eye disease, conjunctivitis. Keeping bird feeders clean can help reduce its spread.

Song sparrows brighten the day; the males sing often. They use their songs both to defend territory and attract mates. At dawn on spring days, males will sing every eight seconds. You may have seen song sparrows at bird feeders or foraging in grass or bushes, looking for seeds and insects. They can be aggressive at feeders, and prefer fast-to-open seeds such as millet, thistle, and weed seeds. Starting in April, they build nests out of grasses, roots, and bark shreds, in cup shapes on the ground. Hawks and outdoor cats can be a hazard, and some sparrows cannily build near the base of thorny rose bushes. In fact, song sparrows have been known to fight over who gets a rose bush.

Photos by Julia Tanner taken in Columbia Gardens Cemetery.

1. Red-tailed hawk. 2. Finch and sparrow in tree.  
3. Hawk with mate. 4. Red-tailed hawk demolishing prey.





## Dates for the Calendar!

**April 12, 2023** - [Community Celebration](#) at the newest full-service library at Courthouse. The Courthouse Library will present crafts for children and families, feature giveaways of stickers and hand out free books.

**April 13, 20 and 27, 2023** - [Upton Hill Invasive Plant Removal](#). Get outdoors and help protect the local environment from invasive plants. Please pre-register!

**April 15, 2023** - [Spring E-Care](#) at Wakefield High School.

**April 23, 2023** - [EarthFest 2023](#) at Arlington Mill. Learn about recycling, energy efficiency and composting at this family-friendly event.

**April 30, 2023** - [Spring Native Plant Sale](#) at Long Branch Nature Center. This sale is [PRE-ORDER](#) only! Orders must be placed by April 21st

On **May 10, 2023**, there will be joint meeting with the Lyon Park Citizens Association (LPCA) at the Lyon Park Community Hall and will cover County Board, School Board, SB Caucus, and ranked choice voting. Jay Fisette will moderate.

On **May 17, 2023**, there will be a joint meeting with LPCA at the Clarendon Methodist Church. It will cover the constitutional officers, Senate, and House of Delegates District 2 (HD2). Please make a plan to attend one or both of these meetings.

**June 20, 2023** -  
Arlington Democratic  
Primary Election



## Restaurant Review – Pinemoor Happy Hour By Vinh and Susan Nguyen

Website: [www.thepinemoor.com](http://www.thepinemoor.com)  
1101 N Highland St., Arlington, VA 22201  
571-970-2592

So we are cheapskates! Or to put it more delicately, we like good deals – i.e., the Pinemoor Happy Hour offerings.

Let's get to the point. During weekdays 4-6 p.m., appetizers are BOGO, local oysters are \$1 each, and (selected) wine and beer are \$6. A bunch of us have been stopping work a little early on Friday afternoons to come enjoy beer, bar fare, and good company. The décor is definitely not the attraction, with dark wood almost certainly reused from the previous occupant Clarendon Grill.

But how is the food?

First, the free popcorn is awesome! It's buttery, sweet and savory at the same time, and enlivened with a dash of chili powder. If your initial bucket is gone, your server will gladly bring another. You then order your \$6 drink from a modest but decent selection of wine and beer while pondering your selection of starters from the bar menu (BOGO also applies to starters from the dinner menu, which has a few additional items).

Oysters are medium-sized and caught locally in Virginia. Considering that they are normally \$34 per dozen, you might feel some guilt (or not) slurping them down with cocktail sauce or mignonette.

The lobster bisque was rich and creamy with a fine amount of lobster. The French onion soup had great Gruyere and



caramelized onions but we would have liked a deeper and less sweet broth. We are partial to the classic wedge salad – who can say no to bacon? Both cheese appetizers were great: figs, apple and honeycomb add bright notes to the unctuous baked brie, while the light fry brings a fun texture to the rich goat cheese. Seasoned French fries came to the table hot and crunchy with a truffle aioli dip.

Calamari was well seasoned and expertly fried, with no excess oil. Although the lingonberry sauce might sound familiar, the Wagyu meatballs

definitely did not come from IKEA! The dish that elicited the most compliments was the short ribs – richly braised and tender (no knife needed), with a parsnip puree for balance. An indulgence is the roasted bone marrow, predictably rich and artery-threatening.

Service was excellent every time. Servers were attentive, knew their food and drinks, and handled the often confusing check-splitting task with ease. As the weather warms up, we look forward to carry on this new tradition on the outdoor patio!

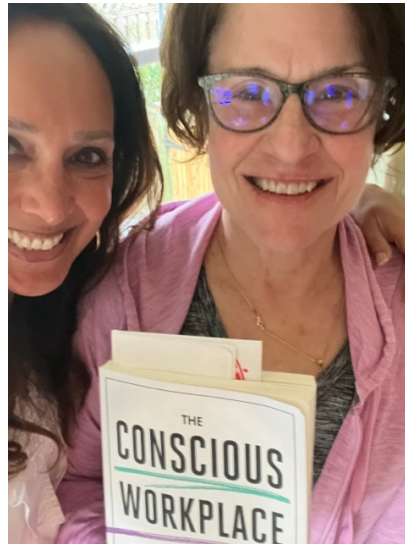
*Photo courtesy of the Pinemoor Instagram.*

## Local Author Highlight

### By Linda Scott

This newsletter introduced Shaara Roman and her family to us last year. Now, Shaara has become a best-selling author at Amazon! Her book [\*The Conscious Workplace: Fortify Your Culture to Thrive in Any Crisis\*](#) was published in fall 2022, earning five-star reviews. As we know, Shaara grew up globally, was educated locally, and has now poured her years of experience, observation and education into this book. This book is not a lecture and not full of jargon. It is very readable and actionable. She includes research findings, company case studies and stories to underscore facts and ensure clarity. In fact, Shaara's discussion of culture at work and the concepts of diversity, equity and inclusion are the clearest I have ever seen.

Shaara gives us great information about how we form our ideas. She suggests that mindset adjustment may be required, and urges an approach that is open minded and full of curiosity. With five generations together in the workplace right now, and the values and beliefs of each group being different, then factoring in family and country of origin, ethnic group, religion, race, and more, we see the many potential variances we have in forming beliefs and opinions, as individuals. With conscious intention, Shaara shows us how



Shaara and Linda

we can build a strong business and company, honoring those and including everyone as we establish and work toward our business goals.

Cultivating and strengthening culture are addressed next. The philosophy and guidance are clear and easy to understand and begin the simple, but not easy process of culture creation at work. This is where consciousness comes in. Business leaders have a million inputs daily. Especially in the chaotic circumstances of the past few years, just taking care of critical items was overwhelming. Focusing effort and time to get to know people and choose culture building actions is hard. Shaara shows us again and again how intentionally taking the time to understand people and build a framework to honor diversity and foster inclusion builds a culture to supersede the noise of urgency and creates the long-term foundation for success no matter what the environment.

*The Conscious Workplace* has given me clarity and hope for the workplace, now and in the future. Shaara's book reaffirms that multiple points of view are safer, smarter, and in the end, more profitable. This book is a worthy read for business owners and others who want to understand more alike.

Linda Scott is Principal of Scott Solutions - [www.Scott-Solutions.com](http://www.Scott-Solutions.com)

# Spring FLING

**Saturday, May 13 | Noon to 3:00 pm**  
**Columbia Gardens Cemetery Grounds**

A fun-filled celebration for children and adults:

- Paint a rock to make a special Mother's Day gift
- Go exploring with the Agents of Discovery App
- See how honey is made from our beekeeper
- Get planting advice from the Tree Stewards of Arlington
- Enjoy delicious refreshments and more!

**Let us know if you will come!**

Call 703.527.1235 or email [info@columbiagardenscemetery.org](mailto:info@columbiagardenscemetery.org). 3411 Arlington Blvd., Arlington, VA 22201



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photography/images in this  
month's newsletter.**

**View the issues online**

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subscribe to the Ashton Heights  
listserv where the issues are  
posted monthly.**

## SUBSCRIBE TO THE ASHTON HEIGHTS LISTSERV TODAY!

So much happens in between issues of newsletters. Don't miss out on important information; subscribe to the Ashton Heights listserv today.

Email: [main+subscribe@ashtonheights.groups.io](mailto:main+subscribe@ashtonheights.groups.io) or email [etlyon410@gmail.com](mailto:etlyon410@gmail.com). Always include your full name and street address and we'll get you set up to be "in the know."

Did you know that you can set your preferences on how you receive email from the listserv? If you're worried about receiving too many email or missing out, some options include:

- Individual messages
- Full digest (up to 12 messages grouped together in one email)
- Daily summary (one email each morning containing only the list of topics posted to the group the previous day)
- No email (receive no email, but view messages on the groups.io website)

**FOOD  
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**SATURDAY  
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## Local Honey vs. Store Bought Honey

By Emma Miller, Senior, Animal and Nutritional Sciences at West Virginia University

Believe it or not, there are differences between local and store bought honey.

In most cases, store bought honey has undergone a series of preparation techniques including ultrafiltration and pasteurization to prevent crystallization. Raw honey is honey directly taken from a beehive and strained to remove any debris, but it doesn't undergo any further processing. There are several benefits of eating raw honey, especially if it's been produced locally. Honey is known for its antibacterial and antifungal properties, has been used to soothe sore throats and is known to be a powerful source of antioxidants. Locally sourced honey is even believed to lessen the effects of seasonal allergies, since consuming raw honey exposes the body to small doses of pollen.

The process of honey pasteurization is very different from pasteurizing milk or cheese, which are subjected to high levels of heat to prevent bacterial reproduction and make the product much safer for consumers. However, because of its low moisture-content and high acidity, honey is an unsuitable habitat for almost all bacteria. Pasteurization of honey is simply for an aesthetic appeal; crystallization can lead to a cloudy-looking jar which is unappealing in most consumer's eyes.

A common misconception is that crystallized honey has gone bad, but crystallization is actually a sign of high-quality honey! Crystallization occurs naturally in all honey (due to the high concentrations of glucose), but is more prominent in raw honey due to the tiny particles of pollen which provides an excellent surface for crystals to attach to. Crystallized honey can be liquefied by simply placing the honey jar in a pot of boiling water, letting it soak for several minutes until the crystals disappear.

### Where to Find Local Honey

Visit your local farmers market. Did you know that Arlington county has eight formal farmers markets? A list of local markets is available on the Arlington County website. This is a great way to purchase local raw honey and to support local farmers!

Visit [www.arlingtonva.us/Government/Topics/Urban-Agriculture/Farmers-Markets](http://www.arlingtonva.us/Government/Topics/Urban-Agriculture/Farmers-Markets)

Get in touch with a local beekeeper. For a more hands on experience, consider contacting the Northern Virginia Beekeepers Association to find a local honey source.

Beekeepers are often willing to share their knowledge if you're interested in learning more about the actual beekeeping experience.

NVBA email: [nvba@novabees.org](mailto:nvba@novabees.org)

### Photos

1. three jars of honey -- each from a different season
2. small-scale honey extraction



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## Lubber Run Farmers Market Opens April 15th!

### By Cheryl Roesel, LRFM committee

Mark your calendar! The Lubber Run Farmers Market begins its sixth season on April 15. The market, in the K.W. Barrett Elementary School parking lot at 4401 N Henderson Rd, will be open every Saturday, rain or shine, from 8 a.m. to 12 noon through November 18.

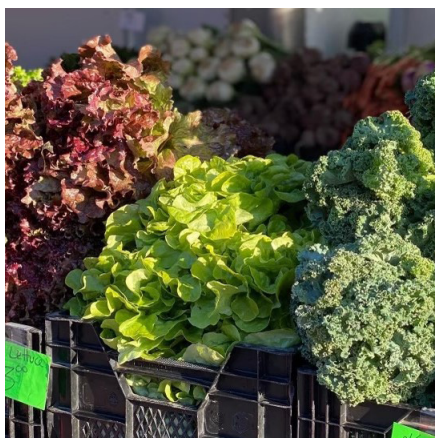
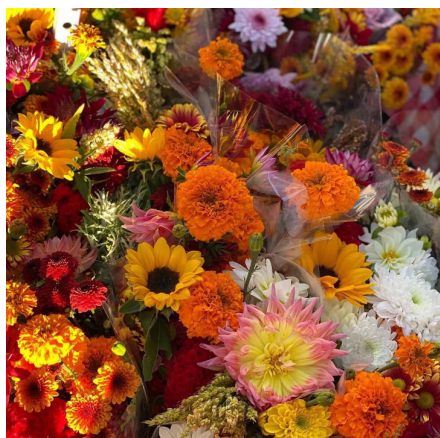
Come on out and enjoy live music while shopping the wide variety of locally grown or prepared products on offer: seasonal fruits and vegetables, fresh-cut flowers beginning late spring, fish and pork products, goat cheeses, roasted nuts, sweet and savory baked goods, fresh pasta, and a variety of prepared food and drink, including kombucha. Potted herbs and other plants for the garden will be available early in the growing season.

Parking is in the south end of the school parking lot (limited) and in the nearby Lubber Run Community Center garage (ample) at 300 N Park

Dr starting at 8:00 a.m. For more information visit <https://lubberrunfarmersmarket.org/> or follow us on Instagram (@LubberRunFM) and Facebook (LubberRunFM).

Volunteer greeters are always welcome! If you enjoy the market, consider signing up as a volunteer market greeter. Greeters work in shifts of about an hour and a half. Volunteers help answer questions, promote vendors or donations to the Arlington Food Assistance Center, and offer the ever-popular Lubber Run Farmers Market canvas bags. It's a great way to see neighbors, make friends, find out about market goods, and ensure that we can keep this neighborhood gem.

For more information or to sign up, stop by the market tent. See you at the market on April 15!



**Calling all Ashton Heights and Lyon Park neighbors!**

Help strengthen our community.

Don't be shy -- please consider yourself or a neighbor for the "Meet Your Neighbor" newsletter column.

Nominations are welcome via email ([erikacohenderr@gmail.com](mailto:erikacohenderr@gmail.com)) or by filling out the form at the following link:

[bit.ly/AHMYN](https://bit.ly/AHMYN) -- Your community looks forward to meeting you!



## Meet Your Neighbor(hood)!

### The benefits of meditative walks throughout Ashton Heights and Lyon Park

By Erika Derr

**Author's Note:** In the absence of willing neighbors to introduce, I am turning to the neighborhood itself for this month's column on the community aspects of Ashton Heights. If you'd like to share your story or your perspective on life in Ashton Heights, I'm here to capture it!

The New York Times' [recent piece](#) in the "Well" online newsletter (March 17, 2023) offered what is likely a periodic reminder of the many benefits of taking a walk.

Judging from the views in my corner of Ashton Heights, this is not news to our community. As the weather improves and the mid-Atlantic prepares for its most glorious season -- Pleasant temperatures! Longer daylight! Blooms! Birdsong! Pollen! (oh, wait...) -- more of us are drawn outdoors to reap the benefits of walking. It's good for our bodies and minds, our relationships and our community.

Each morning every weekday and most weekends, my spouse and I head out between the hours of 6:15 and 6:30 with our two canines in tow. Our daily walk is a necessity for our "pandemic" dog, Oakley the mutt, who is all boundless energy and leaping enthusiasm. He's the ultimate rabbit hunter. The eight year old Airedale, Wren, is more resigned, but secretly appreciates the routine of it all. He dutifully wears his light up collar in the dark, and appreciates the rawhide chew stick that awaits him when we return home. He's at the perfect stage for a dog walk; his pace is consistent, he's unimpressed by squirrels and other small creatures, and he usually takes care of his "business" before we leave home. Oakley on the other hand ... Well, consider this column an apology to all who have been awakened by his shrieking alerts to ubiquitous bunnies and occasional foxes.

We follow the same general route each morning stretching across Pershing, down side streets and along Arlington Boulevard, making a three mile circuit that brings us past important touchstones in the community and in our personal family history. Long Branch Elementary, where daily "drop offs" and "pick ups" were such a routine part of life, until suddenly, they weren't. Past Lyon and Zitkala-Ša parks which held our kids' attention for hours on

end when they were young, and served as meet up spots as they grew older. Past the homes of friends where we've been fortunate to gather, often celebrating the good, the sad, and the mundane. Birthdays, block parties, and book clubs. Cupcake sales, chili cookoffs, and spring fairs. Theme parties, creatively envisioned and auctioned to raise money for the school PTA. These places hold meaning for us, and our daily walks are rich with memories of the ways in which Ashton Heights has been and continues to be a community.

Around the time we walk the stretch of Route 50 each morning, if we're lucky, the sun is rising and the sky may be

aglow in peach, coral, and tangerine light. I'm sure the commuters driving into DC count themselves lucky to catch these sunrises, along with the lighter traffic in the early hours. Or, sometimes the sky is just gray - either way, it's a surprise, and it helps to think that tomorrow's dawn will be different.

Walking the same route, day after day, week after week, year after year, might not be for everyone, but like those who tout the benefits of walking know, the muscle memory brings a certain peace of mind. Our dogs can trace the path as well as we can. Some days we bring a plastic bag and fill it with stray pieces of trash. When we discover an unused "poop bag," we count it as a win. Some mornings we talk through our plans for the week, other mornings are spent mostly in silence. With every walk, there's a new chance to enjoy the gifts of Ashton Heights.



## Mulch Volcanoes: Why are they Harmful for Trees?

By Brooke Alexander, Native Plant and Tree Canopy Coordinator

**What is a mulch volcano?** This is the excessive mulching of trees over 4 inches deep which generally is in contact with the tree trunk. There are two detrimental effects of mulch volcanoes. The first is to the roots. The second is the impact on the trunk. They both weaken the tree and can kill it.

Roots use oxygen and release carbon dioxide. This gas exchange takes place in the upper 12-18 inches of soil, where the roots live. Heavy mulching reduces the gas exchange capability of the tree roots, stresses the roots, and in turn stresses the tree. Stressed trees are more susceptible to insect and disease problems. (Note: never put dirt on top of tree roots. Tree roots are growing at the soil level that they need to be; if you change that, you are stressing the tree.)

In terms of the impact of mulch against the trunk, the root flare and trunk of trees require contact with air. If they are in contact with mulch, the trunk remains moist, and the bark and underlying tissue are susceptible to rot. This negatively impacts the trees' ability to move water up and nutrients down the trunk, stressing the tree. Also, if your trunk is rotting, it is more susceptible to failure.

**What is appropriate mulching?** Two or three inches of mulch - leaf mulch or hardwood mulch are great. Don't use plastic, rubber or bark mulch; they don't break down and add to the nutrient content of the soil. Also important - keep the mulch 2 inches from the trunk, so that the trunk and root flare remain in touch with air. The wider the mulch circle, the better for the tree! Remember tree branches extend beyond branches of the tree.



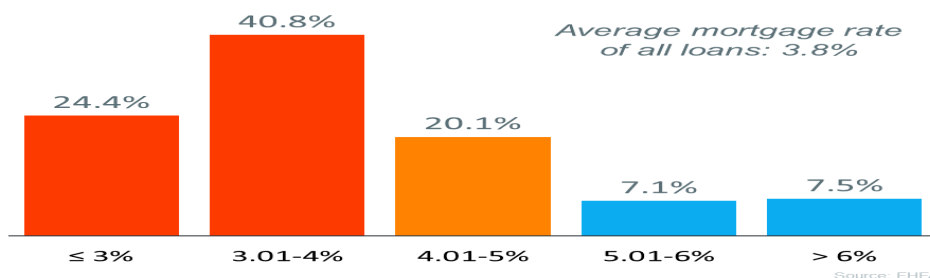
Also note: green mulch is great as well. Green mulch is defined as plants: ground covers and shrubs. Proper mulch will suppress weeds, modulate the soil's heat in the summer and cold of the winter, feed beneficial microbial action in the soil, and keep string trimmers and lawn mowers away from the trunk.

The best brown mulch is leaf litter from your tree! Yes, leave your leaves under your tree; don't remove them in the fall, or the spring. Many of the critters that feed on those leaves, and feed our birds and butterflies, complete their life cycle in the leaf litter below. And remember, our fireflies use this leaf litter as well. Ashton Heights' tree canopy is shrinking. Let's take good care of the trees we have. Be in touch with me if you need advice on undoing your mulch volcano.

The biggest challenge the housing market's facing is how few homes there are for sale. According to the Federal Housing Finance Agency (FHFA), the average interest rate for current homeowners with mortgages is less than 4% (*see graph below*). Today, the current mortgage rate for buyers is over 6%. Many homeowners are opting to stay put instead of moving to another home with a higher borrowing cost. This is a situation known as being rate locked. When so many homeowners are rate locked and reluctant to sell, it's a challenge for a housing market that needs more supply. However, experts project mortgage rates will gradually fall this year, and more people may be willing to move as that happens. For any potential home seller, today's market is a sweet spot that can work to your advantage.

### Average Mortgage Rate Is Less Than 4%

Current FHFA Loans with Mortgage Rate at Time of Origination



If you want expert advice on exploring your options, let's connect. Put my 38 years of local market expertise to work for your largest financial investment! Contact me for a confidential strategy meeting.



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## An Oasis of Rejuvenation: New Massage Studio Opens in Ashton Heights

By Hoda Moustafa

If you're looking for a massage experience that is both relaxing and rejuvenating, look no further than Forrest Massage & Bodyworks, which recently opened in Ashton Heights. This hidden gem in the heart of our neighborhood (in the 2nd floor of the Doctor's Building on Wilson and N. Jackson St, just across from Northside Social) offers a range of massage services that are tailored to meet the needs of every client.

Forrest Massage was founded by Forrest Pace, a licensed massage therapist with years of experience in the industry. Forrest is an Arlington resident himself, and grew up in the DMV area. As a new small business owner who started off working for large corporations before opening his first studio in Courthouse in 2021, he is very excited to be moving to Ashton Heights. "As someone who personally prioritizes health and wellness, it has been a real privilege living and working in Arlington, an incredibly health-conscious community, over the past decade," says Forrest. "I am excited to have the opportunity to serve the community as a small business owner, and look forward to bringing my own knowledge and expertise to residents."

Forrest has been my massage therapist for upwards of 15 years, and every time I am away and try someone new, I come to appreciate his skills even more. I have recommended him to friends who have been equally pleased with his services. The massage industry can be a tough one, so I was excited to see Forrest starting his own business, and even more excited that it is right here in our neighborhood. He is highly skilled and dedicated to providing a personalized massage experience that will leave you feeling refreshed and renewed.

The first thing you'll notice when you enter the cozy studio is the welcoming ambiance. The decor is warm and inviting, with soft lighting and soothing music that sets the tone for relaxation.

Forrest is friendly, attentive, and extremely knowledgeable, taking the time to listen to your concerns and preferences before your massage begins. He always asks if there are particular areas to be worked on, whether pressure should be lighter or deeper along the way, and takes feedback seriously throughout the entire experience.

Forrest Massage offers a range of massage services, including Swedish, deep tissue, sports, and prenatal massage. Forrest has worked with an extremely diverse clientele and can adapt to just about any need. I have found him to be particularly skilled at deep tissue, and

always leave his studio feeling better, wherever I may be feeling pain or tightness. Whatever your needs may be, Forrest will customize the massage to target the areas where you're experiencing tension or pain.

Another great thing about Forrest Massage is the flexibility of options and affordable pricing. Appointments can be easily booked [online](#), and you can prepay or pay after service. A 50-minute massage starts at just \$90, and an 80-minute massage is \$120. If you are a first-time client, use the code "**Arl30**" to receive **\$30 off** your first massage.

Forrest Massage in Ashton Heights is a little treasure that is worth discovering. With its welcoming ambiance, personalized service, and Forrest's highly skilled technique, it offers a unique and refreshing massage experience that is sure to leave you feeling rejuvenated and relaxed. Give it a try and experience the magic for yourself! Visit: [www.forrestmassage.org](http://www.forrestmassage.org)



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## To Protect and Serve Arlington

### Community Safety and Security Corner

By Christina Schultz



Arlington County has two principal law enforcement agencies, apart from state entities – the [Arlington County Sheriff's Office](#) and the [Arlington County Police Department](#). But do you know how their responsibilities are divided?

The Sheriff's Office is responsible for managing the county detention facility, overseeing courthouse security, transporting inmates, serving summons and civil and criminal warrants, and collecting delinquent taxes. If you have ever received an eviction notice, it was delivered by the Sheriff's Office. This office does not conduct patrols or investigations, and, while it does assist with traffic enforcement, much of what we think of as law enforcement for local, state, and some federal laws is left to the Police Department.

We normally interact more with the Police Department in their role of crime and violence control, community engagement, and transportation safety. Police officers and detectives are seen patrolling throughout the county, undertaking investigations, and participating in crime prevention programs to inform the community. The Department aims to address public safety concerns by developing partnerships with youth, businesses, and civic associations, among other groups. Officers also are in charge of maintaining the safe and orderly flow of traffic through both education and enforcement. As many of us know, that speeding ticket was handed to us by a police officer.

There are also differences in the way the two departments are governed. The sheriff is an elected official independent from the county government and serves a four-year term with the possibility of reelection. The current sheriff of Arlington County is Sheriff Jose Quiroz, Jr, who is acting in an interim capacity following the retirement of Beth Arthur earlier this year. There are three candidates who are seeking the Democratic nomination for sheriff on June 20th. The Sheriff's Office employs about 270 employees, including sworn deputy sheriffs and civilian staff. For the Police Department, the Arlington County Manager appoints the chief of police with no term limit. Turnover of this position usually happens upon the chief's retirement or transfer to another jurisdiction. The current chief of police is Charles "Andy" Penn. The Police Department has approximately 350 sworn officers and 100 civilian members serving the public.

### ***The Measure* by Nikki Erlick**

**By Denise Cormaney**

**Follow all her reviews at [@findyourgoldenhour](#) on Instagram**

THREE STARS!

Unpopular opinion: this book was just meh. I expected to love it. It started out strong, posing a compelling question: what if everyone on the planet suddenly knew exactly how much time they had left to live? How would it effect our personal relationships? Our politics? Our plans? I was hooked. I wanted to see how this would play out.

There were too many characters. The point of view switched every few pages, making the development feel shallow and the characters painted with broad strokes. The whole "live like you were dying" thing felt too cliché. I wanted so much more from this! But like I said, it's an unpopular opinion: it has over 4 stars on Goodreads.

I did appreciate that we could see how the pandemic experience has affected writers. The premise felt familiar: the world is going about their daily business, when suddenly, a global event happens. It affects every person on the planet. There's a clear before and after, a sense of living in #unprecedentedtimes. The news media, the politicians, the competing human ways to process something so big and so beyond human understanding, all of it felt real. Maybe that's why when I ultimately ended up so disappointed?





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Leaf raking



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Technology



Mail collection

Icons courtesy of flaticon.com

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