

WE ARE WINCHESTER

MARCH 2023

# OLDTOWNIST.COM



**SUBSCRIBE**

HEALTH IS WEALTH

Cover artwork by Bradley Reid

# LETTER FROM THE EDITORS

Every day, we are surrounded by things that have an impact on our health. From the shoes we wear to the lighting in our offices to how we respond to aches and pains, we make choices. We all want to be healthier, but putting plans into action can be difficult.

This month, we spoke with leaders in the health industry, including non-profits, fitness centers, medical experts, and others, to get a sense of the resources available in our community.

We've also started to look into and plan community events where we can collaborate with businesses and services to fill gaps. Our first event is a free Easter Egg Hunt with Solenbergers on April 8th to benefit Old Town families!

We'll see you in Old Town!



*Misty Weaver  
& Katie Jordan*

## WE ARE WINCHESTER

## The right mortgage lender *makes all the difference.*



Low Rates



Fast Closings



5-Star Rated Lender



**Katie Moody**

Loan Officer | NMLS# 1658706

[kmoody@homespiremortgage.com](mailto:kmoody@homespiremortgage.com)

[homespiremortgage.com/katiemoody](https://homespiremortgage.com/katiemoody)



**Phone: 540.877.6787**



Equal Housing Lender | Homespire Mortgage Corporation | NMLS# 183215  
9711 Washingtonian Blvd, Suite 500 | Gaithersburg, MD 20878

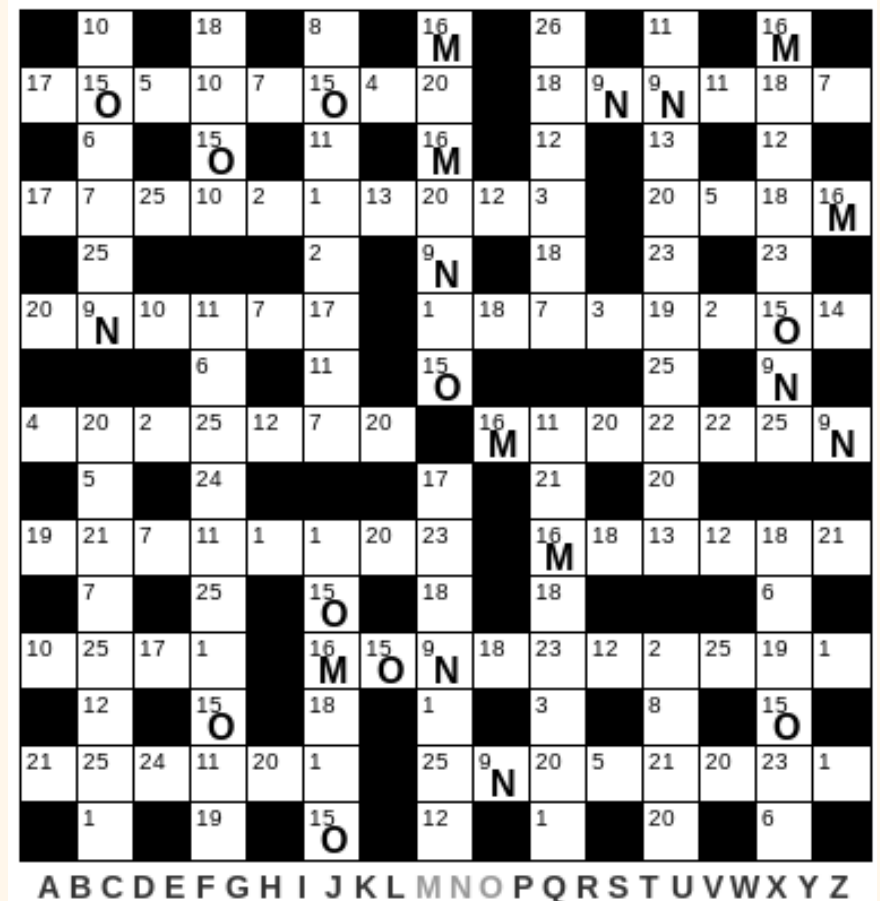
This is not a commitment to lend. Timeline of loan process may vary based upon loan product parameters and receipt of loan documentation.

# GATHER & GAME




*A Plus Size Women's Boutique*

224 S LOUDOUN ST. WINCHESTER, VA 22601  
SIZES 14-26 BOUTIQUE & CONSIGNMENT  
WWW.THEQUIRKYCLOSET.COM/SHOP



## WINCHESTER HISTORY AND TRIVIA

1. In what year did George Washington first visit Winchester, Virginia?
2. What was the name of the tavern where George Washington stayed during his visits to Winchester?
3. What was the name of the famous Revolutionary War hero who was a close friend and business associate of George Washington and also owned a large estate in Winchester?
4. During the Revolutionary War, George Washington held a council of war in Winchester to plan a key military campaign. What was the name of this campaign?
5. How did George Washington describe Winchester in a letter to his brother in 1756, shortly after his first visit to the town?

# OUR HEALTH: COLLABORATION

One of the distinct values of the Winchester area is the resident's ability and desire to collaborate together to improve the lives of everyone. We see this over and over with local business owners, and even our non-profits. In 1999 the Valley Health System, Inc.'s Community Health Needs Assessment spawned Our Health. The top five health requirements were providing organizations with shared space and administrative services to foster effective collaborative programs, resource sharing, business and community involvement, and a shared commitment to supporting the region's most vulnerable.

In October 2003, six regional agencies purchased and remodeled a facility in downtown Winchester that served 5,000 visitors the first year. The Winchester Department of Social Services and Winchester-Frederick County Health Department moved into the refurbished Snapp Foundry Building in 2010 to expand the Kendall Community Campus of Our Health (sold to the City of Winchester in 2021). They added 21 campus partner agencies in May 2017 when they inaugurated the Winchester Valley Workforce Center in the refurbished Patton Furniture Warehouse Building. With over 114,000 client visits per year, these campus agencies have grown significantly since inception.

Our Health leads its 90+ partner agencies in grants research, writing, and administration, nonprofit board training, and administrative and financial management. Its Volunteer Action Center matches volunteers to local needs and nonprofit partners to program enhancements.



Executive Director Sharen Gromling came on board in 2010 and is most proud of the recruitment of the Workforce Center to the campus. "For years our campus had wonderful partners who served the physical and mental health of their clients, but that was only part of their need. Because of their health conditions, many clients had lost their jobs, insurance, homes, and transportation. We needed partners on our campus that would help lift the clients up out of these situations once their health had improved."

The Center partners include Virginia Employment Commission, Laurel Ridge Adult Education and Virginia Career Works. Each partner helps clients find sustainable work and provide additional training to learn new trades, all in one location for ease of access.

Sharen believes, "the biggest needs in our community include access to health care including mental health and substance abuse, case management/navigation of services for those with chronic health conditions, affordable housing, and reliable transportation. Although we are not a direct client health care provider, Our Health's role is to provide a safe, affordable and well maintained campus for our partners to provide these services. In addition we assist our partners through grants, volunteer recruitment, and training. What we do makes it easier for them to focus on their clients' needs and not have to worry about who is removing the snow, cleaning the offices, etc."

Learn more about Our Health and fundraising needs and opportunities at [OurHealthVA.org](http://OurHealthVA.org)

# HEALTHY HOME TIPS

As we spend more time at home as our work-life balance shifts following Covid, we should take a moment to consider any health issues that may be present. Simple changes can help improve your home's air quality and overall health.



## HEALTHY AIR

The air quality in our homes can have a significant impact on our health, and it's essential to be aware of potential issues such as radon and mold. Radon is a colorless, odorless gas that can seep into our homes from the ground, and long-term exposure can lead to lung cancer. Mold, on the other hand, can cause respiratory issues and aggravate allergies. It's crucial to regularly test for radon and address any issues promptly, such as installing a mitigation system. Similarly, controlling moisture levels and addressing any water leaks or damage can prevent mold growth. A local home inspector can help you test for radon, mold, and other allergens!

## CLEANING

Many conventional cleaning products contain harsh chemicals that can cause skin irritation, respiratory issues, and even more serious health problems like cancer. Choosing non-toxic, natural cleaning products can help reduce our exposure to harmful chemicals, making our homes safer and healthier. These products can also be more environmentally friendly and sustainable, as biodegradable ingredients and packaging are frequently used. Checkout the non-toxic cleaning supplies at [Twice Is Nice!](#)



## SHOES OFF



Shoes should not be worn inside our homes because they can carry dirt, bacteria, and other potentially harmful substances. Our shoes are capable of picking up debris and germs from a variety of surfaces, including public restrooms, sidewalks, and even animal waste. Once inside, these contaminants can spread and accumulate, resulting in an unsanitary living environment. Add a cute rack to your foyer or front porch entry to easily store your shoes.



**Happy 40th Birthday Gregory Armstrong - Business owners and friends celebrated at Dividing Creek! Submit your photos to [otw@oldtownist.com](mailto:otw@oldtownist.com)**

So much more than just  
**a Roofing Company**



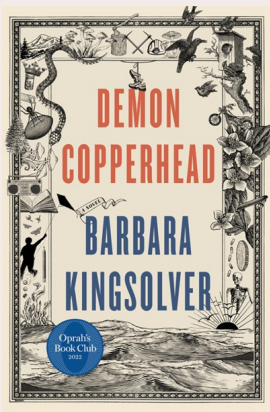

**Roofing Siding Gutters Windows Doors Solar & More**

Family Owned and Operated  
**Bringing Customer Service Back!**  
In Business for over 16 Years

**Call Us Today or Scan the QR to  
Schedule your FREE Estimate**  
**540-678-0969**



1847 W Plaza Dr. Winchester, VA 22601  
[www.peakroofingcontractors.com](http://www.peakroofingcontractors.com)



**Winchester  
Book Gallery  
Recommends:**

**Demon Copperhead  
by Barbara Kingsolver**

Set in the mountains of southern Appalachia *Demon Copperhead* is the story of a boy born to a teenaged single mother in a single-wide trailer, with no assets beyond his dead father's good looks and copper-colored hair, a caustic wit, and a fierce talent for survival. In a plot that never pauses for breath, relayed in his own unsparing voice, he braves the modern perils of foster care, child labor, derelict schools, athletic success, addiction, disastrous loves, and crushing losses. Through all of it, he reckons with his own invisibility in a popular culture where even the superheroes have abandoned rural people in favor of cities.

[WinchesterBookGallery.com](http://WinchesterBookGallery.com)  
7 N. Loudoun St

# SEE *March events* AND BE SEEN

## 3

### FLEETWOOD MAC TRIBUTE

Tell Me Lies 7 piece band  
brings you the sounds of  
Fleetwood Mac - [Monument](#)

## 4

### WIZARD FEST

An evening full of Wizard themed  
drinks, cosplay costume contest,  
trivia, games and more - [Bright  
Box](#)

## 11

### CELTIC FEST, MERLIN'S BEARD BAND

Green beer, Irish music, and  
amazing food from Roaming  
Bistro - [Winchester Brew Works](#)



## 18

### SMASH AND BUILD: MOSAIC ART

Grieve for lost loved ones  
through the art of smashing and  
rebuilding with ceramics [Blue  
Ridge Hospice](#)

## 30

### INTERNATIONAL AFFAIR OF FOOD & WINE

Enjoy supporting Wheels for  
Wellness, a nonprofit that  
provides free transportation for  
medical appts! [Fox Meadow Barn](#)

## Apr 8

### FREE EASTER EGG HUNT - SAVE THE DATE

OldTownist is partnering with  
Solenbergers to provide a free  
egg hunt to residents! Check our  
Facebook page for details soon!  
[Facebook.com/OldTownist/](#)

### SEE MORE EVENTS ONLINE...

[Old Town Events](#)  
[Visitor Center Event](#)  
[Listings](#)

### SUBMIT YOUR EVENT

Email your events to  
[otw@oldtownist.com](mailto:otw@oldtownist.com) with  
date, title, URL, and  
location, to be considered  
for our event calendar  
each month!

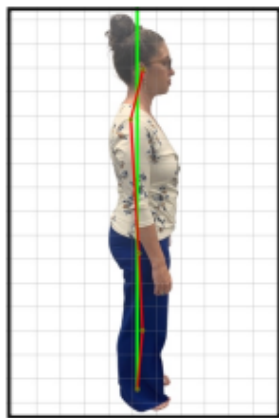


# CHIROPRACTIC CARE: PART OF YOUR HEALTH ROUTINE?

Normal



## Your Posture Viewed from the Side



Your head weighs approximately 11.3 lb. It is shifted 1.97 in forward.

Based on physics, your head now effectively weighs 33.6 lb instead of 11.3 lb.

Shoulders are shifted 1.28 in backward.

Hips are shifted 0.59 in backward.

Knees are shifted 0.83 in forward.

### Posture Index® Values: Right View

Total Shifts	4.67 in
Total Tilts	25.0°

Effective Head Weight

**33.6** lb

My head feels as if it weighs 33.6 pounds. I wasn't expecting to leave the interview with useful information about my own misaligned posture when we invited Dr. Mascha Williams of The Spine Studio to discuss chiropractic care. My grandmother was correct, and I'm sure she was smiling and nodding along with me.

The head, rib cage, and pelvis should be perfectly balanced on one another in both the front and side views of the body. If the posture deviates from normal, the spine deviates from the normal healthy position as well. Unfortunately, abnormal posture has been linked to the development and progression of many spinal conditions and injuries, including scoliosis, work lifting injuries, sports injuries, back pain, neck pain, headaches, carpal tunnel symptoms, shoulder and ankle injuries, and many others. While many of us of a certain age like to blame it on getting older or simply sleeping incorrectly, Mascha was quick to point out when I joked about my right hip hurting, that my "left hip is the same age." Touché.

Mascha explained how our nervous system, which controls our daily body and brain functions, is protected by the spine. So if it's not firing on all cylinders, it can have an impact on systems you'd never associate with the spine. Your digestive system, for example, can be affected by your nervous system not telling it to move as quickly as it should, causing it to absorb more water and cause problems. Chiropractic care, like dental care and how it can affect your entire body, is beneficial at every stage to ensure your body functions properly.

The posture evaluation was incredibly easy, and completed right in our office space with the results emailed to me. Mascha's explanation of her services set me at ease enough to schedule my first session on the road to ensuring I care for my spine going forward.

Dr. Williams can be reached at [Facebook.com/TheSpineStudioVA/](https://www.facebook.com/TheSpineStudioVA/)



UNIQUE GIFTS FOR UNIQUE PEOPLE

**TIN TOP**  
ART & HANDMADE

130 N. LOUDOUN ST.  
WINCHESTER, VA

[www.tintopart.com](http://www.tintopart.com)

**WHATCHAMACALLIT**  
or  
**THINGAMAJIG**

*These experts will help you find it!*



**Solenberger's True Value**

832 Berryville Ave.  
Winchester, Virginia



Join us at Dazzling Diva Fitness  
- the area's premier pole +  
aerial studio! Let us show you  
how fitness CAN be fun - and  
life-changing!

**New Student Special - 3**  
Beginner Pole/Beginner Lyra  
classes only \$33!  
[DazzlingDivaFitness.com](http://DazzlingDivaFitness.com)  
121 Weems Ln, Winchester

# POLE DANCING: THE ULTIMATE FULL-BODY WORKOUT

Keeping up with a fitness program for 14 years is a testament to not only the physical benefits but the camaraderie of the enthusiasts that continue to come to class. Owner of Dazzling Diva Fitness, a pole and aerial studio, Milissa Marshall says "I've had the pleasure of witnessing firsthand the numerous health benefits that come from pole dancing."

It's hard to dismiss the health benefits once you've attended even a single class. Pole dancing is a total body workout that engages all the major muscle groups, including the arms, legs, back, and core. It's an effective way to build strength and tone the body, all while having fun and learning new skills. Pole dancing can also help to improve flexibility, coordination, and balance, not to mention being a full cardio workout. Especially when combined into a pole dance routine.

"At the core of the pole dancing experience is the challenging workout that it provides. Every movement we do requires us to move our own body weight, which takes a great deal of strength, stamina, and flexibility. What may look effortless to an observer actually requires intense effort and discipline. However, the very best thing about a Diva workout is that it's so fun that you want to keep coming back over and over. It's a unique and engaging way to stay fit and healthy," says Marshall.

Confidence and higher self-esteem are also benefits that students talk about as they progress through new moves. Classes are open to all genders, with different experience levels addressed in sessions for true beginners and those looking to increase their current knowledge.

Visit [DazzlingDivaFitness.com](http://DazzlingDivaFitness.com) for more details!

“One of the most rewarding aspects of running Dazzling Diva Fitness is the sense of community that we have built. Our teachers and students are the heart of this special place. Pole dancing brings people of all ages and backgrounds together.”

## LAST CALL

### Not Your Mother's Matcha

The antioxidant rich matcha mixed with the healing powers of honey and ginger play well with your favorite gin in this surprisingly restorative cocktail!



- Sift 1/4 tsp matcha powder and 1/4 tsp powdered ginger into 2 oz of your favorite gin (we prefer the subtly complex Citadelle Gin) and stir until dissolved
- Add to shaker with ice along with 1/2 oz lemon juice, 1 tsp honey, 1/2 oz simple syrup and 1 egg white
- Shake vigorously
- Strain into a chilled coupe glass



Created and distributed by Dream Weaver Team LLC. Contact [otw@oldtownist.com](mailto:otw@oldtownist.com) for advertising and other inquiries.

**Get a FREE copy of OldTownist each month! Visit [OldTownist.com](http://OldTownist.com) to sign up!**



**Victoria Zabala**  
Taxes, Translations & Interpreting Services

Office: 540.545.2004  
Cell: 540.303.6717  
Cell: 540.877.0742

✉ victoriababala@hotmail.com

📍 133 W. Boscawen St. Suite 3  
Winchester, VA 22601



**Winchester's Premier Pet Store**  
Specializing in holistic foods, supplements, and treats, along with toys, accessories, travel and training aids.

January - 20% OFF in stock coats and sweaters

Grooming by appointment!

Visit us on the walking mall  
156 N Loudoun St. Winchester

## DIRECT PRIMARY CARE: CHANGING HEALTHCARE

The national average for face to face time between a patient and their medical provider is just 7 minutes. Kelly Botta, PA-C, MSPAS, owner and founder of Smartypants Medicine decided to take a less traveled medical career route by opening a direct primary care practice that would allow her more time with patients. "After years of practicing medicine in a traditional medical office based setting with a fee-for-service business model, I found the pace and industrialized approach to primary care was negatively impacting me personally and professionally as well as many of my patients; it was all too rushed, something felt as if it had gone awry, and we all felt it. I wanted to find a way to practice medicine that was slowed down enough to provide personalized, compassionate medical care for my patients that felt more fulfilling, balanced, and sustainable for years to come."

The practice is setup as a low cost membership model, billed monthly with no copays. As a member, you have access to your provider via phone, text, email, telehealth, and house call visits all for a flat rate that is determined based on age, not severity of illness or pre-existing conditions.

As the medical field landscape has changed over the years, private practices have been abandoned due to lower numbers of graduates choosing primary care, burn out rates of current professionals, regulations and compliance requirements raising the costs of doing business all while reimbursement from payers has continued to decrease. Botta says, "I am hopeful there will be reform surrounding prior authorizations, which are notorious for delaying patient access to needed medical care. The entire pharmaceuticals/prescription medication industry needs to be reimagined to allow patients lower cost options - thankfully we are seeing the beginnings of some of these solutions over the last year with Amazon's Pharmacy and Mark Cuban's Cost Plus Drugs. The record high burn out rates in medical providers and all medical personnel across all fields and in all settings is going to be absolutely vital in the near future. We will be at a grave place indeed, if when in our time of medical need, we have no helpers to help us. The pandemic only illuminated this problem."

Health outcomes disproportionately affect patients in lower economic levels according to multiple studies, and decreased access to paid healthcare adds to the distress. Copays and additional fees due at each medical appointment results in people waiting to seek the care they need. The membership model at



### Emerging Leader Award

Lauren Gwinn  
Katie Landi Jordan  
Hannah Stewart  
Corey Seymour  
Sergeant Chaz Niang

*Congratulations nominees! We wish you luck!*

### Entrepreneur of the Year

Ben Savory | Summit Events  
Darrin Jones | Jones Funeral Home  
Stephen Shuurman | Winchester Ciderworks

### Teacher of the Year

Charisse Woodward | Sherando High School  
Shaine Coleman | Clarke Co Public Schools  
James Stewart | Frederick Co Public Schools  
Heather Powers | James Wood High School

### Small Business of the Year

Bonnie Blue Southern Market & Bakery  
Tech Team Solutions  
Jones Funeral Home  
Winchester Ciderworks

### Citizen of the Year

Dr. John Lamanna  
Jen Shea-Roop  
Tina Stevens  
Tom Stamulis

### Large Business of the Year

Bank of Clarke  
Tri-State Nissan  
H.N. Funkhouser & Co.

### Lifetime Community Impact Award

James Wilkins, Jr. | Wilkins Companies  
Rosie Walsh | Q102/IHeart Media

### Nonprofit of the Year

Literacy Volunteers Winchester Area  
NW Works  
I'm Just Me Movement  
Blue Ridge Hospice

*Congrats Katie!*

Smartypants Medicine, "provides the same care and same costs for those who are insured and those who are uninsured. We strongly believe in and provide price transparency - helping people avoid medical debt, bankruptcy, and surprise bills. We assist our patients in finding the lowest cost medications and tests - sending coupons, calling various facilities to price source, etc. We make getting medical care as easy as possible via text, email, telehealth, and house calls - patients can stay at work and save their PTO, or stay at home and save their gas money, and still get their medical concerns taken care of." By removing the barriers entrenched in traditional healthcare settings currently, Botta hopes people are more inclined to get medical care as early in the process as possible, resulting in better outcomes, affordably.

Members also benefit from the increased time they have with their care provider. Standard visits range from 30 mins to an hour, with guaranteed sick/acute visits same/next day in addition to text, email, and phone call access. Members experience faster, more convenient access to medical care, with more time available to spend on education related to healthy lifestyle and disease/illness prevention, as well as personalized health goals. Exactly what healthcare should be.

Visit [SmartypantsMedicine.com](https://SmartypantsMedicine.com) to learn more.



## be.studio

AN ART STUDIO DESIGNED FOR PEOPLE WHO JUST WANT TO BE.



Craft classes, project space, gatherings, and more. Join us for a scheduled class or create your own and rent the space. Contact Twice Is Nice for full details.  
12 W Gerrard St | 540-722-2929



# WINCHESTER HEROES HOME PROGRAM

**SAVE**  
UP TO \$5000

## CONTACT US

DreamWeaverTeam.com  
2 N Kent St, Winchester  
540.999.8826



### THE PROGRAM

Our real estate team honors local heroes that work with us to buy, sell or invest in real estate by committing a portion of each sale to their closing costs or down payment. We've given back over \$70,000 to local heroes!



### ELIGIBLE HEROES

- Teachers
- Medical workers
- EMT and first responders
- Firefighters
- Active military and Veterans
- Police department
- Non-profit employees



### GET STARTED

Reach out today to learn more! Visit us at [DreamWeaverTeam.com](http://DreamWeaverTeam.com) or learn more at [WinchesterHeroes.com](http://WinchesterHeroes.com)

**WE ARE  
WINCHESTER**