

WE ARE WINCHESTER

APRIL 2023

OLDTOWNIST.COM



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LET'S GET
OUTDOORS

LETTER FROM THE EDITORS

Spring has officially arrived, and with it comes the perfect opportunity to enjoy the great outdoors. We are uniquely situated to be able to enjoy living in the city while having an endless option of outdoor activities practically out our front doors. We've highlighted parks, trails, battlefields and more for you to explore this season.

Spring in Winchester also means Apple Blossom season is upon us, so we sat down with the current President to learn exactly what goes into the yearly event. Then we took to the skies to learn about Stem Flights and exciting upcoming expansions at our regional airport.

So join us on this journey as we explore the wonders of nature and all the joy it has to offer. We hope you find inspiration in our pages and that you have a truly wonderful spring season.



*Misty Weaver
& Katie Jordan*

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APPLE BLOSSOM HISTORY AND TRIVIA

1. What year was the first Apple Blossom held?
2. Who was the first U.S. President to attend Apple Blossom?
3. How many years of volunteering as a Vice President of Apple Blossom do you have to complete to become President?
4. What two International events stopped Apple Blossom from happening?
5. About how many portable toilets are provided by Johnny Blue for all of the Apple Blossom events?
6. How many volunteers does it take to put on Apple Blossom?



TRAILS, HIKING, AND PARKS

As the weather warms it's a great time to start exploring new outdoor areas in Winchester. Our city is surrounded by parks that have walking trails, battlefields, and hiking areas along the larger national trails, and others that simply take advantage of the mountains that surround us. We've put together a simple guide to help you find new places to explore!

1 PARKS

There are several parks in Winchester City that have walking trails, and take a look at the [interactive Winchester Parks map](#) to sort for more amenities!

Frederick Douglass Park
598 N Kent St

Jim Barnett Park
1001 E Cork St

Shawnee Springs Preserve
On Green Circle Trail

Park Place Grounds
2024 Harvest Dr

2 TRAILS

We are lucky enough to have trails in the city and nearby!

MSV Trails
901 Amherst St

Bears Den
18393 Blueridge Mtn Rd,
Bluemont

Sky Meadows
11012 Edmonds Ln, Delaplane

Blandy Experimental Farm
400 Blandy Farm Ln, Boyce

Green Circle
Trail - click
the map to explore!



3 BATTLEFIELDS

Surrounded by Civil War battlefields, Winchester has continued historic education and added trails to explore!

Third Winchester
541 Redbud Rd

Star Fort
503 Fortress Dr

Rose Hill
1871 Jones Rd

Kernstown
610 Battle Park Dr

Cedar Creek & Belle Grove
7712 Main St, Middletown

OTW



BINGO!

Win prizes! Over \$1000 in gift cards and items from your favorite local OTW businesses!

Follow a new to you Old Town business on Instagram Tag them!	Grab a drink or app at Village Square Happy Hour Tag @v2rawbarandrestaurant	Thinker Toys, how many puzzle pieces are in the largest puzzle? -----	Make a purchase of at least \$5 at any Old Town business	Post a video playing an arcade game at IFO
Enjoy a bottle of <u>Briede Wine</u> at <u>Kasbah</u> Tag @BriedeVineyards	<u>Handworks Gallery</u> - Make ANY purchase Tag @handworksgallery	Post a photo of your favorite historical photo on the electric boxes either end of the mall	Tin Top - take a photo of your favorite artwork Tag the artist and @tintopart	What year was the old Frederick County courthouse built? -----
Book Gallery - make ANY purchase Tag @wbookgallery	Who is the current master of the Masonic Lodge -----	Follow <u>OldTownist</u> on Instagram @OldTownist	Get a bite to eat at an Old Town walking mall restaurant	Take a photo in front of an Old Town mural Tag @OldTownist
Take a selfie at the wings at Quirky Closet Tag @TheQuirkyClosetVA	Make a purchase of at least \$10 at any Old Town business	Take a photo of the rooster at Hideaway Cafe Tag @HideawayCafeVA	Grab a beer at Winchester Brew Works Tag @WinchesterBrewWorks	Find "Harvey Humerus" and take a photo Tag @OldTownist
What restaurant is located in the old Miller Drug Store -----	Take a photo of your favorite <u>Artscape</u> banner Tag @ShenArts	Make a purchase of at least \$25 at any Old Town business	What building has an owl on top of it -----	Try an <u>Empanada</u> at <u>Gringo Gordo</u> Tag @gringogordoempanadas

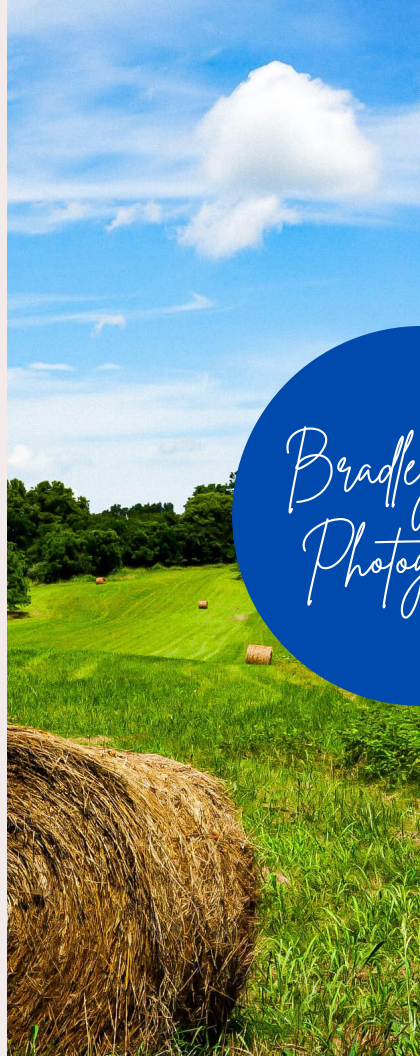
BINGO Rules - Winning BINGOS include across any row, down any column, or diagonal through the middle cell. ONE (1) entry per BINGO you complete. An Extra TEN (10) entries if the entire BINGO card is completed. Receipts can be posted on your Instagram or scanned and emailed with your completed BINGO card. Purchases cannot be used for more than 1 (ONE) BINGO square. ONE (1) BINGO card accepted per person.

All decisions of Dream Weaver Team LLC are final.

Email completed BINGO cards to otw@oldtownist.com by April 28th, 2023, 11:59PM EST. Winners will be drawn May 1.

NAME _____
EMAIL _____

PHONE _____
INSTAGRAM _____



Bradley Reid
Photography



Sole Searching: What to Look for When Choosing Athletic Footwear

Choosing the correct sneaker is essential for maintaining good foot health. Whether you're a runner, a walker, or someone who spends a lot of time on their feet, the shoes you wear can have a big effect on your health.

First and foremost, it is critical to comprehend the numerous types of sneakers on the market. Running shoes are designed to cushion and support the foot while engaging in high-impact activities like running or sprinting. Walking shoes, on the other hand, are made for low-impact tasks and have a more flexible sole. Cross-training shoes are a versatile choice that can be used for a variety of activities ranging from weightlifting to aerobics.

When looking for sneakers, you should keep your foot shape in mind. People with flat feet or high arches often require different kinds of support than those with a more neutral foot shape. It's a good idea to take your foot to an athletic shoe shop and have it measured to see what type of shoe will work best for you.

Another important element to consider is the level of support and stability provided by the shoe. A good sneaker should have a strong heel counter and a firm midsole to provide support and avoid injuries. Shoes with additional stability features are recommended if you overpronate (roll your foot inward) or have a history of ankle sprains.

When it comes to fit, it's crucial that your sneakers feel comfortable and secure on your feet. Check that the toe box has enough space for your toenails to wiggle and that the heel is snug but not too tight. Because your feet may swell during activity, try on shoes later in the day or after your daily activities.

Finally, don't skimp on quality when it comes to shoes. While a less expensive choice may be appealing, investing in a decent pair of shoes will save you money in the long run by preventing injuries and extending the life of the shoe. Look for a sneaker that is well-made and constructed of durable materials.

Runners Retreat and Wilkin's Shoe Center provide custom fitting and other services to ensure you have the proper footwear for all your needs in Old Town.

SEE AND BE SEEN

April events

8

FREE EASTER EGG HUNT

OldTownist is partnering with Solenbergers to provide a free egg hunt to residents! Reserve your spot

<https://www.facebook.com/events/589583603191280/>

15

WALK A MILE IN HER SHOES

Opportunity for men to raise awareness in the community about the serious causes, effects and remediation to men's sexualized violence against women. Laurel Center

17

CHEFS AND WINEMAKER DINNER

Join some of Winchester's Best Chefs and a guest Winemaker for a multi-course wine pairing meal to support Literacy in our Community! GW Hotel



Warm coffeehouse with an authentic selection of espressos plus light snacks, soups and sandwiches.

STOP IN TODAY
OLD TOWN WINCHESTER
165 NORTH LOUDOUN STREET
(540) 686-7209

CONNECT WITH US ON  

21

DRAG BINGO

Join us for an evening of bingo hosted by the areas top drag performers hosted by Chasity Vain! 50/50 Taphouse

22

MSV FLOWER SHOW

The theme for the flower design entries is "Alice in Wonderland", and the show includes 48 individual flower arrangements that will interpret different quotes from the book. MSV

30

APPLE BLOSSOM FIESTA LATINA

Hispanic Traditions, celebrate the Culture with its best local Cuisine, arts, and entertainment!
<https://www.facebook.com/events/1426551361214170/>

SEE MORE EVENTS ONLINE...

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

SUBMIT YOUR EVENT

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



LAKE HOLIDAY

323 LAUREL DR - \$400K

Beautiful colonial on a corner lot surrounded by nature. A great spot in Lake Holiday to take advantage of the trails! Traditional floor plan with hardwood floors greeting you in the foyer and throughout the formal dining room and family room with a tiled kitchen. The family room off the kitchen features built-ins surrounding the fireplace, and you have easy access to the very large Trex deck overlooking a fairly level backyard with plenty of room to play! Upstairs you'll find an expansive primary bedroom with dual closets and a private bathroom. Two more bedrooms with a shared bath, and sooooo much storage space including a walk-in space off one of the bedrooms! The finished basement offers tons of room for guests including a separate bedroom, family room and full bath.

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LIVE.LOVE.BLOOM.

The parade route to being President of Apple Blossom is long, years of volunteering, followed by 14 years as a Vice President serving two years on each of the seven Apple Blossom committees. A total of 43 years for the 2023 and 2024 President, Sharen Gromling. Things have changed since 1980, just like the rest of the globe. "My favorite thing about Apple Blossom is community," Sharen said "throughout it all. Every year, this extremely traditional event draws hundreds of thousands of people to our town. It's just a really beautiful way to bring joy to people for a short period of time, for young and elderly, different cultures and races."

With the President at the helm, over 2,000 volunteers ensure that months of planning and 50 activities spread over ten days go off without a hitch. As a long-time runner who has done marathons at Disney World every year since the park's inception, Sharen is dedicated to her hobbies. That makes sneaking away from her duties to run the AB 10k each year a difficult objective. Her list also includes expanding events like the 10k to include handicap accessibility and participation, with a possible wheelchair division of the race beginning ahead of the runners.

Another addition this year is Fiesta Latina, which will highlight Hispanic traditions, culture, cuisine, arts, and entertainment for the entire community. The free event will be held on April 30th from 11 a.m. to 5 p.m. at the Millwood Station Event Center. "I hope that more young people will get involved in developing the next generation of Apple Blossom ideas," Sharen says. "Brad Veach has been a fantastic creative inspiration and source of energy for coming up with new and innovative ideas. He's been gradually incorporating them, and we've been carving out some of the old stale activities. I sincerely hope that our festival will reflect our community. I want it to be welcoming and multicultural."

For the past 25 years or so, Apple Blossom has had a theme, which is chosen by the President. One of the potential themes Sharen had logged into her journal, where she writes down ideas, was coincidentally grabbed by a previous President, so she had to narrow things. When she suggested Live.Love.Bloom. to the graphic designer Erik Zimmerman, they knew it was the winner right away. Sharen may have a plan for next year's theme, with a possible connection to a big international corporation. We must admit that we are intrigued and eagerly await the news for next year!

Find event and ticket information for all Apple Blossom events at TheBloom.com

S'MORE THAN MEETS THE EYE

Nothing says spring like the first night of camping and making s'mores around the fire. Whether your idea of camping includes a leaking tent or a fully furnished camper with AC and satellite TV like mine, we have several campgrounds nearby for you to head out and still be close to home. Here are a few ideas to elevate your next camping excursion!

Stargazing Apps: Nothing makes you feel smaller in a good way than looking at the night sky!

Storytelling: Encourage each guest to research a ghost story or other lively tale they can share around the campfire at night.

Battery operated string lights: Lighting always sets the mood, and these easy lights add tons of ambiance.

Glamping: Take things a little further with hammocks, an outdoor rug, a hanging solar chandelier, and tons of comfy blankets.

WATERMELON PARK

3322 Locke's Mill Rd, Berryville VA

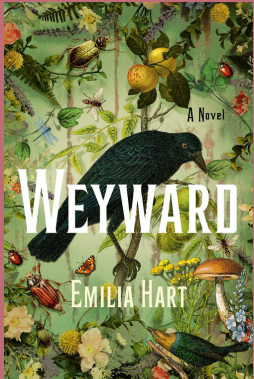


165 Ward Ave, Winchester VA



980 Cove Rd, Gore VA

Winchester Book Gallery Recommends:



2019: Under cover of darkness, Kate flees London for ramshackle Weyward Cottage, inherited from a great aunt she barely remembers.... she begins to suspect that her great aunt had a secret.

1619: Altha is awaiting trial for the murder of a local farmer who was stampeded to death by his herd....But unusual women have always been deemed dangerous, and as the evidence for witchcraft is set out against Altha, she knows it will take all of her powers to maintain her freedom.

1942: As World War II rages, Violet is trapped in her family's grand, crumbling estate. Straitjacketed by societal convention, she longs for the robust education her brother receives--and for her mother, long deceased, who was rumored to have gone mad before her death.

Weaving together the stories of three extraordinary women across five centuries, Weyward is an enthralling novel of female resilience and the transformative power of the natural world.

WinchesterBookGallery.com | 7 N. Loudoun St

LAST CALL

Apple Blossom Gin

A throwback based on an historic cocktail in line with the historic origins of the Apple Blossom Festival! This simple gin cocktail will liven up your Apple Blossom party!



- 1 oz Plymouth Gin
- 1 oz soda water
- 3 dashes Peychaud's bitters



Stir all ingredients over ice and strain into a coupe or martini glass. Garnish with a twist of lime.



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When retired Brigadier General Dave Brubaker mentioned wanting to establish a non-profit to offer students free flights to encourage them to pursue careers in aviation and other STEM fields, his daughter Carly Walker thought the concept was "just so cute!" Six months later, he was pleading with Carly to join STEM Flights, which has now grown into a nationwide non-profit in 42 states. STEM Flights connects volunteer private pilots with students to take them on a flight in their own aircraft, similar to the local Young Eagles program. STEM Flights is more in-depth, with students going through an application procedure, a longer flight, and access to tools after they fly that help connect them to scholarships, flight schools, and job paths that can connect the dots between their interests. Previous students have already advanced to internships, a C-130 pilot in the Air National Guard, and corrected course to achieving better grades and even cleaning their rooms according to one mother.

"Students see that when you get above your own town, your city, your problems, everything just looks a little bit different up there," Carly says. "When you look at the big picture, your problems that you believe are so big, really are not. They want to focus on something else, something bigger."

STEM Flights is proud to be based in Winchester, where we are at the forefront of technical advances, most notably Advanced Air Mobility. The airport is currently remodeling and adding technology for drones that will ultimately be able to transport people to Dulles, a planned mobility port at Tyson's Corner shopping center, and other locations. Shenandoah University and Laurel Ridge Community College are also on board, with SU recently hosting the Air Mobility Summit and Laurel Ridge planning programming classes. STEM Flights aims to collaborate with educational partners to expose more students to the wide range of aviation careers available.

Throughout the year, the airport and STEM Flights organize events to encourage local residents to visit the airport, such as a Valor 5K run directly on the runway, movie nights in an aircraft hangar, and other events where kids can get up close and personal with planes.


You can learn more about STEM Flights and how you or your student can get involved at StemFlights.org




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The Evolution of Winchester: A Conversation with the City's Planning Director

The remodel of Rouss City Hall in 2020 offered me my first opportunity to learn from Tim Youmans, the current planning director but widely regarded as Winchester's unofficial historian. Staff held tours to highlight the changes, and I persisted on sneaking into Tim's group because I knew we'd learn so much more. I wasn't mistaken. So it was an honor to sit down with him and talk about his own experience in Winchester as well as his future plans.

Planners, like most cities grappling with their future, often bear the brunt of local opinions on what should and should not be constructed. A look through any local groups on social media will give you an idea of how much the public doesn't comprehend about planning, as well as a look back at the changes that have occurred in the past. When Tim first moved to the city in 1988, the Old Town walking mall was teeming with furniture, hardware, and drug shops; today, we have only one of those in our footprint.

"So that's what I'm seeing change, it reinvents itself depending on what the vision is for downtown, and right now, the vision is that we want to encourage both empty nesters and young professionals and college students." And so things like breweries and eateries with a certain vibe are popular right now. "I'm not sure if there will be any breweries downtown in 15 or 20 years, maybe not, but we've kept the fabric of the historic downtown setting," Tim adds.

Tim has worked on five comprehensive plan updates, over 60 elected officials, and at least three walking mall renovations, so it's no exaggeration to say he knows the most about our past right now. He will be releasing a gazetteer with the Winchester-Frederick County Historical Society that will document the name origins of over 580 current and former streets and alleys within Winchester City limits, with more publications in the works.

Because city planners do not receive immediate gratification, their aim is to be able to say that after 20-30 years, this place, Winchester, is better than it was. Tim would contend that it is, and we would wholeheartedly agree.



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