

WE ARE WINCHESTER

NOVEMBER 2023

# OLDTOWNIST.COM

**FREE**



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Cover by Monica Baranko

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Thank You, Pastor Dan Nicholson  
Phone: 540-327-4693  
[www.genesisprimitivechurch.org](http://www.genesisprimitivechurch.org)



## LETTER FROM THE EDITORS

The end of the year will be here before we know it, and with that all of the holiday events! We asked a few of our business owners what they love about Thanksgiving, and we'd love to hear about the joy you find in the holiday!

This month we celebrate our first full year! It's been a wild ride, we've grown, we've connected to others, and we hope we've brought you information and inspiration to go out and enjoy all that Winchester and the residents offer!

Have a wonderful Thanksgiving - we are so thankful for all of you!



*Misty Weaver  
& Katie Jordan*

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**A B C D E F G H I J K L M N O P Q R S T U V W X Y Z**

Each letter is assigned a number. Every square with that number corresponds to that letter. Start with the smallest words to begin guessing the remaining letter-number matches!

## 422 S CAMERON ST - HOOVER HOUSE

Constructed in 1785 under the stewardship of Philip Shearer, this historic residence graces the intersection of Leicester and Cameron Streets in Winchester. The home served as Winchester's inaugural regular post office during the 1820s, when it was under the ownership of Edward Robinson. Robinson not only acted as the first postmaster but also resided in this charming abode with his family. Even to this day, echoes of its rich postal history linger.

In 1833, the property changed hands and was passed on to Charles Hoover. Subsequently, upon the passing of Clara Hoover, it became the cherished inheritance of her son, John Hoover. The house proudly bears John Hoover's name, a tribute to his legacy as the editor of the Winchester Evening Star for an astounding half-century. Poignantly, John Hoover spent his final moments in the room where he had entered this world, peacefully passing away in 1950. His younger son, Charles Loring Hoover, holds a distinct place in Winchester's history as the first resident to make the ultimate sacrifice during World War II in 1942.

The residence has undergone an extensive renovation, artfully preserving its historical charm. A unique feature on the property is the smokehouse at the rear, one of the few remaining in the city and was erected at the same time as the main house. Additionally, a relic from the Civil War era can be found on the south exterior wall—an embedded cannonball shell, bearing witness to the tumultuous past of this historic home.



Winter holidays can be associated with emotions of loneliness, isolation, bereavement, and melancholy, even for those without clinical depression. This is true despite the brilliant lights and joyous celebration that come with the season. Depression and trauma can lead to other mental health issues, substance abuse issues, financial problems, and more, so addressing depression is imperative.

During the holidays, people think more about their families, relationships, and social interactions. Depression may manifest if there are problems with these patterns in our life. Additionally, spending more time with family during this time of year may resurrect old grudges and feelings, which can be difficult to handle. Those who are mourning the loss of a loved one may find the holidays to be particularly trying.

Regardless of melancholy, these typical Christmas settings can be rather trying. They might exacerbate your symptoms if you do have depression, but not every bad emotion experienced over the holidays equates to depression. According to the National Alliance on Mental Illness (NAMI), transitory or situational anxiety or depression over the winter holidays (sometimes referred to as "the holiday blues") is actually rather prevalent. According to NAMI, if you have the Christmas blues, you may experience brief feelings of exhaustion, tension, frustration, loneliness, or melancholy throughout the winter months.

However, according to the American Psychiatric Association, clinical depression, which is thought to impact 6.7% of adult Americans, persists over time. Its symptoms interfere with your capacity to perform properly and linger longer than two weeks. Among them are the following:

- Sadness or a low state of mind
- Loss of enthusiasm for once-enjoyed activities
- Alterations in eating and sleeping patterns
- Feelings of inadequacy or guilt
- Finding it difficult to focus or make decisions
- Suicidal ideas or behaviors

Additionally, seasonal affective disorder—a specific type of depression—may be triggered by the winter for some individuals. Depression of this kind typically follows a seasonal pattern, becoming worse in the shorter, darker winter months and getting better in the longer, brighter spring days. You should speak with a mental health professional about your experiences if any of these symptoms have persisted for more than two weeks.

### **Managing Depression Throughout the Holiday Season**

Regardless of the reason for your depressive state or bad emotions, you may prepare for and navigate the upcoming holiday season while managing your melancholy by arming yourself with constructive coping mechanisms. While taking care of oneself is vital at all times, the holidays make it even more crucial.

# **NAVIGATING HOLIDAY STRESS AND MENTAL HEALTH ISSUES**



In light of this, the following five expert-recommended tactics are:

### **1. Continue Moving and Go Outside**

During any season, including the holidays, moving your body is one of the finest, scientifically proven ways to deal with depression. Kim Harrison, MSW, LCSW also recommends getting a sunlamp to use during the day. As winter light wanes a sunlamp can elevate your mood by giving you much needed Vitamin D during the limited sunlight hours of winter.

### **2. Express Your Emotions To Reliable, Loved People**

Holiday depression can be managed by surrounding yourself with dependable people, whether they be family or friends. When you confide in your loved ones, they might listen to you with empathy, share their own experiences to make you feel less alone, or even recommend other resources for assistance that you might not be aware of. Never undervalue the kindness and strength found in your local community.

### **3. Evaluate Your Connections and Establish Boundaries**

Keep an eye on your feelings toward the many individuals in your life and establish appropriate limits. This could entail setting boundaries for your interactions and availability to certain people, as well as minimizing the amount of time you spend with them over the holidays if they make you feel depressed or worsen your symptoms. Learning how to create boundaries can be aided by a mental health professional.

#### 4. Giving Back During the Christmas Season

One potential holiday-time coping strategy for depression is volunteering. According to a 2021 study, volunteering for just one to ten hours per month or two to three hours per week can have a variety of positive effects on mental health, including:

Your ability to dedicate time, your level of comfort with certain activities, and the causes you are passionate about will all play a role in helping you choose the ideal volunteer assignment.

#### 5. Put together a Depression Toolkit or Coping Sheet

A coping sheet is a list of things you enjoy doing that you can do to cheer yourself up when you're down. You can work with your therapist, your family, or alone to construct one. It may consist of items such as writing, confident self-talk, listening to music, going for a walk, taking a bath, or playing a favorite game.

#### When to Get Depression Help

Self-help techniques seldom work by themselves, even though they could make depression easier to live with. For long-term improvement, a mental health professional's psychotherapy is required, sometimes in addition to medicines.

In particular, if you exhibit any of the following symptoms of severe depression, you should get care right away:

- Extreme social isolation
- Suicidal thoughts
- Thoughts of other self harm
- Substance abuse issues

Mady Rodriguez, Discharge Planner WMC-Valley Health, says, "Substance abuse is the biggest need in our area currently and this tends to increase during this time of year."

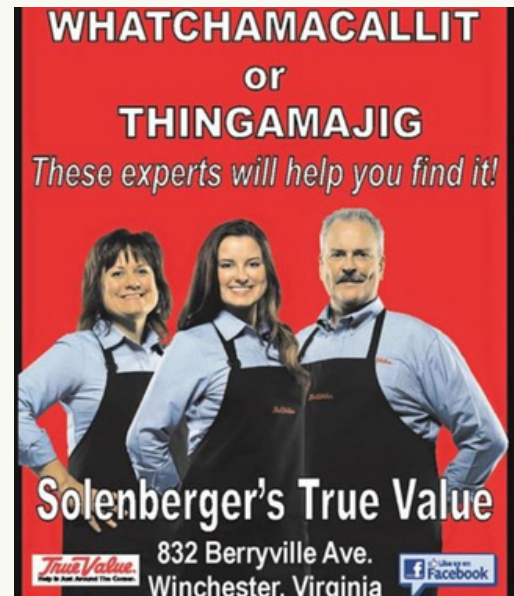
Mady also shared "I think it's important to recognize that someone seeking help may ask but not be actually ready to get help, so you need to be ready for failed attempts and saying/providing the same info/support over and over again. Being able to connect an individual to a provider is just one step of the battle. But when a person is truly ready for the journey it's very fulfilling to see the positive impact that therapy and support can do."

#### Local Resources:

Northwestern Community Services: 540-667-8888  
Concern Hotline: 540-667-0145  
The Laurel Center: 540-667-6466  
Dept of Social Services: 540-662-3807  
Sinclair Health Clinic: 540-536-1680

#### Helping Family or Friends

- Let them know what you've seen and your concerns for their health
- Reinforce that depression is a health issue and is not a personal flaw
- Explain that it typically gets better with treatment and so they should see a mental health provider
- Offer to help prepare questions and schedule appointments
- Offer to attend family therapy sessions if needed



# SAM GRANTHAM



Sam Grantham's passion for art has been a constant presence throughout his life. Sam's artistic journey began in third grade when he won the school's calendar art competition, securing the October spot with a captivating portrayal of witches, goblins, and concealed faces. This early success left an indelible mark on Sam's artistic style as he is still most inspired by faces which show up in his art on almost every canvas.

Sam speaks openly about his mental health struggles that have influenced his art. During his time at military school Sam's artistic talents truly blossomed. Supported by an encouraging instructor, he began taking ADHD medication, initially intended to improve academic focus. Remarkably, this medication also proved to be a catalyst for his artistic achievements, resulting in multiple victories in school art contests.

Upon enrolling in community college, Sam embraced Adderall, which further elevated his artistic abilities. However, addiction became a significant challenge. An unexpected turn occurred when a friend asked Sam to paint the side of their truck. Eager to learn, Sam asked for acrylic paint and brushes. This marked a transition from precise ink drawings to vibrant paintings, characterized by intricate patterns for shading.

After relocating to Richmond, Sam's artistic journey took another turn. A chance discovery of a closing art shop presented an opportunity to explore oil painting, a medium he had previously deemed expensive. Sam fell in love with oil painting, with a particular focus on portraying faces against interactive backgrounds.

Sam felt like his artistic journey reached a milestone when he was asked to exhibit his work in a gallery. However, Sam believes his excessive stimulant use eventually led to a psychotic break, believing he could communicate with people telepathically Sam knew something was wrong. Diagnosed with schizophrenia Sam withdrew from school to concentrate on his mental health.

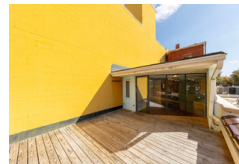
Overcoming his dependence on stimulants proved to be a turning point for Sam. Despite long-held beliefs that he couldn't create art without these substances, the pandemic prompted a change. Sam invested in approximately \$1000 worth of oil painting supplies, opting for larger canvases. To his surprise, he thrived without ADHD medication, demonstrating improved self-control, and found his passion in large canvases.

Sam began selling his paintings, marking a new chapter in his artistic journey. You can currently view his artwork at Village Square, Water Street Kitchen, and local art shows.

Learn more about Sam and explore his art at [SamGrantham.com](http://SamGrantham.com)



## Loft Apartment



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)  
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Want to be in all the action on the Old Town walking mall, in a two story, two bedroom loft over the quiet Winchester Book Gallery just steps from restaurants, shops, and activities? The sprawling living area is perfect to create little nooks for gatherings. The original wood floors gleam and there is tons of built in storage space. The gourmet kitchen features stainless appliances, 6 burner gas cooktop, and tons of storage space, with a raised seating area overlooking the private rooftop patio which can be seen through floor to ceiling windows!

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Misty Weaver, 540-999-8826  
Samson Properties, Licensed in VA



# SEE AND BE SEEN *November events*

## 4-10

### SHENARTS VETERANS ART SHOW

ShenArts is proud to present the 5th Annual Veterans' Art Show, a juried exhibition of work by regional veteran artists as a way to celebrate and honor their service. [Mosaic Church](#)

## 18-19

### KRIS KRINGLE MARKET

Belle Grove's Kris Kringle Market is on Saturday, November 18 and Sunday, November 19, 10 am-4 pm each day. Admission is free! Come get in the seasonal spirit and enjoy holiday shopping. [Belle Grove](#)

## 23

### THANKSGIVING 5K

What better way to begin your Thanksgiving Day than this benefit event! Run, walk, or stroll prior to your Thanksgiving feast. [Sherando HS](#)



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

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## 24-26

### WINDEPENDENT WEEKEND

Windependent Weekend is a local retail event that focuses on celebrating and supporting our Old Town small businesses. "Put your money where your heart is" is Old Town!

## 24+

### WINTER WONDERLAND

You'll be delighted by this light show that lets you see fantastic displays and music along the paved path at [Clearbrook Park](#).

## 27

### HOLIDAY PARADE

The Holiday Parade will be held Monday, November 27 at 7:00 p.m. with Santa lighting the tree in Old Town immediately after the parade.

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!

# FINDING THE JOY IN THE HOLIDAYS

## Dan Kalber - Village Square:

I most look forward to working on Thanksgiving. When I first came to Village Square 18 years ago, we were closed on Thanksgiving. I was the one who said we need to be open for the holiday. The first year we served about 40 people. Now we serve about 300 every year. Selene and I arrive at 4am to cook all the turkeys and do the prep. It's one of the few times I get to work with her because our schedules don't overlap much anymore. She's been at the restaurant longer than I have! We work so well together, it's like poetry in motion. When we finish our prep, we always have coffee and a slice of pecan pie.

## Christine Patrick - Winchester Book Gallery:

My favorite thing about Thanksgiving is family celebrating around a huge table with my grandmother's linens, silver, and fine china. We rotate hosting duties among seven households but the setting is always the same - loud, loving and delicious!

## Milissa Marshall - Dazzling Divas

What I love about Thanksgiving can be summed up in one word: FOOD! Tofurky, sides and pie spell heaven for this girl! Food aside, I also love that Thanksgiving is a day dedicated to gratitude.



## Bonnie Landy - Winchester Bew Works:

My extended family would celebrate Thanksgiving one day and Christmas the next day, so I grew up spending the day after Thanksgiving setting up my aunt's tree, eating, and exchanging presents!

## Heidi Hiller - Murphy Beverage:

I love that Thanksgiving is focused on being with those you love and having a shared meal. And of course, it's a fun meal to pick out wines that will pair with all of the dishes.

## Hillary Carter - The Quirky Closet:

Every year for as long as I can remember, the women in my family would go out Black Friday shopping. My mom and I would always hit up the craft stores. Since opening Quirky Closet, we have not been able to do that anymore. So now my mom comes with me to work for a few hours on Black Friday. It's a new tradition and my clients love it! They ask what time she will be there so they can "shop" with us.

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# BREAKING THE CHAINS OF SILENCE

## *Amplifying Unity in Mental Health Conversations*

BY MONICA BARANKO

In the heart of Winchester, where the cobblestones meet cozy cafes, the conversation around mental health has been reinvigorated. In a quest to break the stigma and shed light on silent battles, I turned to my local online community, asking a simple yet profound question: "What keeps your mental health in check?"

As a contributor to Old Townist, it's essential for me to be part of a community that fosters compassion, unity, and understanding. But the journey to breaking the chains of silence around mental health is also deeply personal.

I've grappled with anxiety, a formidable adversary that often blurs the lines between reality and the stories my mind conjures. I've walked a challenging path, once battling depression and self-harm. But it's from this place of healing and strength that I felt a responsibility to reach out and connect with others who may be silently fighting their own battles.

The question, whether it's a daily ritual, a mantra, a favorite quote, or a simple activity, drew in responses that were both illuminating and heartwarming. Our community is teeming with wisdom and resilience, and the collective voice that emerged was a testament to the power of vulnerability.

What moved me most was the private messages and DMs from individuals, friends, and followers, sharing their silent struggles with mental health. The willingness to open up about their experiences revealed the true strength in vulnerability.

To honor and cherish these shared experiences, I've decided to feature some of these heartfelt responses. I hope their words will shine a light on the significance of open dialogue, and the courage it takes to speak about our silent battles.

Our rich history and traditions bind us together, but it's our collective empathy and compassion that will break the stigma around mental health. Let's make it a point to be kind, both to ourselves and to those around us. Compliments, a listening ear, and showing up for friends in need are invaluable acts of compassion that we can all embrace.

In our community, we understand that by breaking the chains of silence surrounding mental health, we create a space where individuals can find solace, support, and a sense of belonging. Together, we continue to weave a tapestry of understanding, empathy, and unity that will stand the test of time.



- There are two things that help me the most. When I get down and need positivity, I create it. Instead of isolate, I go to my friends, check in on them, and I acknowledge their progress in life/pay them compliments on how far they've come. The positive interaction usually gives me a boost, and sometimes people will return the support/compliments which can help, too. The other thing is trying to frame perspective. More often than not, we've already faced and overcome something harder than the issue in front of us. That means we're fully capable of overcoming the issue at hand. When the issue in front of us is bigger than anything we've ever faced, the fact that we've overcome so many other obstacles in life cumulatively means we've gained enough strength over time to face the larger battles that sometimes pop up in life.
- Moving your body, moving your mind. Making sure you take time for self care even if it is as simple as reading a page per day or putting your favorite oil on your face. Stretching and Exercise - but not too much. Crying to feel, drawing, writing, singing to express. Identify your triggers. Doing anything that makes you feel good and directs your mind into a new route of thinking, more positive way of thinking, so you don't keep traveling on the unhealthy path of thoughts that you're used to. Create a new path.
- I always remind myself that everything will be okay and everything will always work out it's hard to realize that when I'm overthinking. I always enjoy cleaning as that helps calm me!
- Aside from therapy and medication, I've found that being open about my struggles with depression and OCD have tremendously improved the quality of my life. Struggling alone, even if you're coping and working hard on your mental health, can be incredibly lonely and hiding my struggles made my mental health even worse. Being open about my mental health to my family and friends and anyone who expresses that they're struggling has allowed me to receive a strong support system, become more self-aware about the status of my mental health, and shed some light on the stigmas surrounding the topic.
- Throughout my journey I've had a couple of mantras that have stuck with me and helped me through. "No rain, no flowers," has been a big one and something my dad always reminds me when I start to spiral is it's just a bad day, not a bad life. I've survived so many hard days and that's pretty fucking bad ass. Having mental illness is like doing life on hard mode and being able to just survive is incredible.
- As someone who spends a lot of time looking at a screen for work - spending time in the great outdoors, eating a good whole food meal, reading/gaining knowledge in some way (whether a physical book or on a blog), lifting weights or moving the body in some way usually does the trick for me!!

## *Helpful Words from Readers*

- Journal. Use your thoughts to write down what is bothering you, plus your goals, dreams, fears, thoughts. Write notes to yourself, favorite quotes, lyrics. Re-reading your progress could make a difference .
- 10 minutes of self reflection in the morning and in the evening, going over the day and then letting the thoughts go.
- You can do anything, but not everything.
- One thing I try to do daily especially when I'm feeling low is to write down 3 things I'm grateful for. Do it for 2 weeks and don't repeat any. It really helps

## Should we price to leave room to negotiate?

Leaving room to negotiate is a myth that is currently hurting a lot of sellers. My question is always, do we want to leave room to negotiate down? Or up? Which do you think gets you more money?

When you price too high to leave room to negotiate you are sending a signal to buyers that you are over priced and potentially unrealistic, and nothing makes a buyer want to low ball on a home more than it being over priced right now. As days on market add up, offers go lower and lower.

But what happens when we price under market value? First we attract more buyers, we get them interested, and then they start bidding against each other. When they see others are interested the house becomes more valuable in their eyes, and the resulting sale price is often above the market value we had determined in the beginning.

Of course, you could always price it at market value to begin with as well! Your pricing strategy should depend on your personal goals and timeline.

**Ask Misty a real estate question:**

[misty@dreamweaverteam.com](mailto:misty@dreamweaverteam.com)

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## LAST CALL

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- 2 oz vodka
- 4 oz ginger beer
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- Fresh cranberries
- Lime wedge



Fill a copper mule mug or rocks glass with ice, add vodka and cranberry juice, top off with ginger beer and stir gently - garnish with cranberries and lime!

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## FACES OF WINCHESTER



## NOMINATE SOMEONE!

We are on a mission to highlight the amazing people who are making a difference in the Winchester community!

Submit your nominations here:

<https://forms.gle/X6GvBjsRUDphm6X59>



**TJ Young**

Tj gives back in a number of ways including raising money, setting up scholarships through IHN Sports that provides programs to help cover the cost of registration fees, equipment and other needs.

Meet TJ:

[Dreamweaverteam.com/sxv2](http://Dreamweaverteam.com/sxv2)



**Kristin Moore**

Kristin spends her days giving back to the youth and animals in the Winchester area and loves promoting other small business owners!

Meet Kristin:

[Dreamweaverteam.com/nbmj](http://Dreamweaverteam.com/nbmj)

# CAPTURING MEMORIES IN METAL: THE STORY OF CHRISTIAN CAINE DESIGN

Tucked away just before the elevators and the grand entrance to the ballroom of the historic George Washington Hotel, there lies a *gem* (pun intended) – the jewelry studio of Christian Caine Design. This boutique shop, designer-led and locally owned, is the brainchild of Christopher Rankin, a nationally recognized jewelry designer with a background in gemology and manufacturing.



The name "Christian Caine" is a play on Christopher's own name, with "Caine" being his grandmother's maiden name. Christopher's journey to becoming a renowned jewelry designer began when he received encouraging newspaper clippings from his grandmother while working a job he didn't love in Washington, D.C. She urged him to return to the Shenandoah Valley and open a jewelry store. While Christopher had previously worked in a jewelry store during his school years, his educational background was in economics, and his creative side had emerged through painting and drawing in his childhood.

In 1990, Christopher took a leap of faith and opened his first store in Shepherdstown, West Virginia, with a subsequent studio in Winchester in 2016. The spark for his transition into jewelry design came after a trip to Europe with his brother. The pieces he crafted garnered immense popularity among clients, leading him to focus exclusively on Christian Caine designs. This innovation allowed his shop to thrive even when many other jewelry stores were closing their doors. In fact, the last decade witnessed more jewelry store closures than the entire century preceding it.

One of the unique aspects of Christopher's designs is their durability, thanks to his engineering knowledge. His understanding of materials and their properties enables him to create jewelry that can withstand the rigors of daily wear, especially in the case of rings. Christopher's jewelry is not just adornment; it's a testament to his commitment to creating pieces that endure and serve as cherished heirlooms.

Christian Caine Design offers a wide array of jewelry lines inspired by Christopher's travels in Europe. The art, architecture, and cultures he encounters on his journeys serve as the wellspring of his creativity. These inspirations aren't always direct translations of what he sees but are often interpretations of the emotions and impressions these places evoke. To help customers connect with the origins of their pieces, the Winchester studio boasts an array of props, including photographs of buildings, landscapes, wine bottles, and more.

Hidden details and surprises are hallmarks of Christopher's work. For instance, a piece inspired by longboats in Iceland features a symbol on the back known as "wayfare," which signifies "find your way" in Icelandic culture. This symbol, often tattooed, holds both metaphorical and practical significance, representing life's journey and aiding in ocean navigation.

While many of Christopher's creations draw from his European adventures, he also pays homage to his American roots. One such piece is dedicated to Shepherdstown, the oldest town in West Virginia, known for its charming wrought-iron fences. Christopher incorporated motifs from these fences into the design, adding hearts to symbolize Shepherdstown as the heart of the area. Might there be a Winchester piece in the future? We hope so!

With Christopher Rankin's unique blend of artistry, engineering acumen, and a deep connection to his heritage, each piece becomes a timeless treasure that captures not just moments but memories in metal.

Learn more at [ChristainCaine.com](http://ChristainCaine.com)



## Victoria Zabala

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## Winchester's Premier Pet Store

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# Opportunity Scholars



## Winchester Book Gallery Recommends:



From environmental journalist and founder of the #TransRightsReadathon Sim Kern, comes the eat-the-rich climate fiction you won't want to put down: In an alternate 2020 timeline, Al Gore won the 2000 election and declared a War on Climate Change rather than a War on Terror. For twenty years, Democrats have controlled all three branches of government, enacting carbon-cutting schemes that never made it to a vote in our world.

Green infrastructure projects have transformed U.S. cities into lush paradises (for the wealthy, white neighborhoods, at least), and the Bureau of Carbon Regulation levies carbon taxes on every financial transaction.

"Full of furious kindness, radical community, passionate politics, and authentic friendships, *The Free People's Village* is a sharply-written paean to hope, set in a vivid, brilliantly imagined future that alternately filled me with loathing and yearning. From the carefully crafted timelines to the intensely real characters, this was a story that yanked me into its world and didn't let me surface for hours. You live because you still can, and you organize because you still can, and you fight because you still can."

– Premee Mohamed, Nebula Award-winning author of *And What Can We Offer You Tonight*

# OPPORTUNITY SCHOLARS

Opportunity Scholars is a non-profit organization, located in Winchester, that bridges the gap between families, schools, and businesses to create easy-to-access and affordable career pathways for EVERY low/middle income high school student seeking to earn a technical credential or college education.

Opportunity Scholars helps high school students, but especially those in the 11th and 12th grades who need assistance defining a career path that will help them and their families achieve career and financial freedom. Our team works tirelessly to help students find that pathway to success whether that be Career and Technical education, 2-year or 4-year degrees.

We partner with high schools, community members, and churches of all faiths to identify students, work with them and their family to create an educational pathway into careers that will withstand the test of time like accounting, plumbing, electrical, healthcare and more. We partner with local schools like LRCC and SU to help our students get the training and education and then partner with businesses to move the students into jobs. The best part is, we look for pathways at little or no cost to the student.

As Rachel Schaefer, CEO At Opportunity Scholars, says, we help students and families see beyond their current circumstances. In a recent conversation, a community member said "Mom, why did you never encourage me to go to college or further my education?" The Mother said "Because I was washing dishes at the back of the restaurant and you were at the front of the restaurant working as a waitress. You could speak English and so you made more money than me." Then the Mother said "I couldn't see past the front of the restaurant." Opportunity Scholars helps students and families see past the front of the restaurant! We ask for your help to support students and families in their plight to see past the front of the restaurant. Click our donate button at [www.opportunityscholars.org](http://www.opportunityscholars.org).

Want to learn more about Opportunity Scholars? If you know a student who needs help, a group of high schoolers who can use our services, or an employer who can use employees for positions in accounting, CTE, and healthcare we'd love to connect! Email us at [Info@opportunityscholars.org](mailto:Info@opportunityscholars.org) or go to our website at [www.opportunityscholars.org](http://www.opportunityscholars.org)

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