

# Fauquier Times

April 22, 2020

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**Robin Earl**  
FAUQUIER TIMES  
MANAGING EDITOR



## Father of teenage murder suspect is found dead

### No foul play is suspected

**By Robin Earl**  
TIMES STAFF WRITER

Joshua Norwood, 37, of Midland, was found dead at his home about 3:30 p.m. Monday, April 20, accord-

ing to a press release from Sgt. James Hartman of the Fauquier County Sheriff's Office. The deceased is the father of Levi Norwood, the teen charged in the fatal shootings of his mother and brother in February.

"No foul play is suspected," said

Hartman.

Police -- who were conducting a welfare check at the request of concerned family members -- arrived at the home on Elk Run Road at about 3:30 p.m. to find Norwood dead in his living room. He suffered trau-

ma to the upper body, according to Hartman.

Detectives are working with the Office of the Chief Medical Examiner to determine the exact cause and manner of death, Hartman said.

Levi Norwood, 17, has been charged with two counts of murder

See **NORWOOD**, page 9



TIMES STAFF PHOTO/ROBIN EARL

Tim Ernst, owner of Living Spring Microgreens, was thrilled with the drive-thru farmers market debut.

## Drive-thru farmers market debut applauded by vendors and shoppers

**By Robin Earl**  
TIMES STAFF WRITER

First it was the drizzle, then it was the wind that offered challenges for vendors at the first drive-thru Warrenton Farmers

Market on Saturday, April 18. Shoppers however -- besides being a little confused about the traffic flow -- were dry and warm as they shopped from their cars for produce, meat, baked goods and elderberry syrup. Many had

pre-ordered from vendors' websites and picked up their purchases Saturday.

The drive-thru farmers market is an attempt to allow local pro-

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## Dr. Beth Jamieson helping tame COVID-19 from her perch in Orlean

**By Betsy Burke Parker**  
SPECIAL TO THE TIMES

To get a handle on the COVID-19 pandemic, a local researcher says it's critical for scientists to discover how the human immune system fights this novel virus. Dr. Beth Jamieson believes this is the only way to avoid devastation of the world population.

Jamieson has devoted an entire career to studying viral response, something she hopes might help in the current crisis.

The tenured professor at the David Geffen School of Medicine at UCLA recognizes her specialty puts her on the front line -- albeit remotely, working from her home office just north of Orlean.

"Yes, my specialty has everything to do with what's happening in the world," said Jamieson, 63.

See **JAMIESON**, page 5



Dr. Beth Jamieson has been studying immunology for 36 years.

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- JON K.



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# Drive-thru farmers market debut applauded by vendors and shoppers

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ducers the chance to sell their wares in spite of social distancing rules put in place because of the COVID-19 pandemic.

Elizabeth Melson, a market coordinator, said 245 cars had moved through the Second, Third and Fourth street parking lots by about 11 a.m., an hour before closing. About 100 had been expected for the four-hour market. Melson said she has been grateful for residents' "willingness to adapt and roll with it, literally."

She added, "We have our regular market shoppers, and now we also have residents who are looking to fill their regular grocery needs."

The vendors – masked but cheerful – seemed surprised by the strong turnout as well.

Tim Ernst of Living Springs Microgreens said that by 5 p.m. Friday he had sold out. "I planted a lot of extra too. My wife thought I planted too much, that we'd be eating a lot of greens ourselves." He said that after a long winter, people are hungry for more greens and they might be having trouble finding fresh produce in the grocery stores because of shortages caused by the coronavirus.



TIMES STAFF PHOTOS/ROBIN EARL

Debbi Mash surveys her choices at Sergio's Produce.

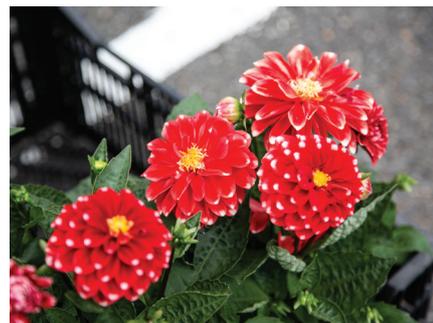
Ernst is grateful to the town for pushing ahead with the mobile market. "It's not every town that would devote so much time, money and energy to pull this off. We are blessed."

Indeed, town staffers had a strong presence, directing traffic, consulting with vendors and shoppers and in general, being helpful to all and sundry. Frank Cassidy, community development director, and Denise Harris, planning director, were directing traffic; Charity Furness, executive director of Experience Old Town Warrenton, was dashing back and forth checking to be sure all was well.

Furness, who was put in charge of the market this year, said "We wanted to start small and slow, to see where the problems might be. We'll analyze how today went and make adjustments."

Warrenton Mayor Carter Nevill thought that people just seemed happy to be out of their homes. "Everyone has been very patient. It's a work in progress, but I haven't heard any complaints."

Happy Family Ranch, which sells black Angus and Wagyu beef and Yorkshire and Hungarian pork, sold out of everything extra they'd brought, in addition to their pre-orders. "We underestimated the turnout," said Meagan Shreve.



A bright spot on a gloomy day, courtesy of spring – and Sergio's Produce.

Shoppers seemed equally satisfied. Marisa Pappas said that she didn't pre-order from vendors this time, but will definitely do that for next Saturday. "I've been coming to the farmers market for 20 years," she said. She bought several bags of produce from Gonzales Farm and explained, "We eat a lot of vegetables in a week and I like to buy them from our farmers market."

Pappas said that next week she'll come earlier. "Between 8:30 and 9 is much quieter. I should have known better than to come this late. Between 10:30 and 11:30 is always the busiest."

As she pulled up to the Walnut Hill Farm booth, she added, "I prefer to buy grass-fed meat, especially after reading the story about the Smithfield plant." (The Smithfield Foods pork processing plant in South



Elderberry syrup, which is supposed to be good for the immune system, was being sold by Erin's Elderberries at Warrenton's Saturday drive-thru farmers market. Sydney Harrison said the syrup is proving a popular item in the face of COVID-19.

Dakota is reportedly associated with more than 700 coronavirus cases.)

Pappas, a regular shopper with Walnut Hill Farms, got a warm welcome. "Ms. Pappas! So good to see you!"

"I like all their meat," she said, but particularly recommended their sausages.

Debbi Mash, looking over the plants available for sale at Sergio's Produce, agreed that next time, she'll pre-order.

Sergio's Oscar Lopez said he didn't know what to expect from the market but was happy with the turnout. "A lot of people are creating victory gardens, so we brought a lot of plants – vegetables and flowers. As the weeks go on, we'll be bringing more vegetables."

"So far, so good," said Caroline Mello of Waterford Run Farm & Forge. "The traffic has been coming in spurts, but it's going well. It's nice to see our customers again. We've missed them."

Reach Robin Earl at [rearl@Fauquier.com](mailto:rearl@Fauquier.com)



Caroline Mello and husband John Huff of Waterford Run Farm & Forge were starting to sell out of some items by 11 a.m.



## Your words:

Thank you for all you do to bring us excellent local news – especially during these challenging times. I am saddened by the significant loss of revenues many papers are dealing with as businesses cancel ads due to the pandemic. I hope our community is able to continue supporting the *Fauquier Times* with subscriptions, donations and advertising.

– SONYA HOPKINS

Fauquier High School Journalism Teacher

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**HIGH SCHOOL SPORTS TO BE STREAMED:**  
CAMERAS WILL SHOW GAMES THIS SEASON.  
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## Two-thirds of Fauquier students return to in-person learning

By Coy Ferrell and Robin Earl  
TIMES STAFF WRITERS

Before the opening bell rang early Monday morning, students slowly trickled into Fauquier High School as their principal, Kraig Kelican, greeted them – often by name -- at the front door. “It’s gone very smoothly so far,” Kelican said between chats with students.

It looked mostly like the beginning of a “normal” school day, and in many ways it was. Buses dropped students off at the side entrance as other students arrived in ones and twos in their own cars; on their way inside they passed under a giant inflated falcon usually reserved for football games. A crossing guard directed traffic at a busy intersection at the school exit. At 7:30 a.m. a voice came over the intercom: “All students should now be in their home rooms.”

But the student parking lot, usu-



TIMES STAFF PHOTO/ROBIN EARL

Students at Brumfield Elementary head into the school after being dropped off by parents.

ally filled on a school day, was not even half full. Students dutifully donned face masks before entering

the building. And of Fauquier High’s more than 1,300 students, only about 400 attended classes in person Mon-

### School division employees will receive \$1,000 bonus

Members of the Fauquier County School Board voted unanimously Monday night to give every permanent full-time and part-time employee a bonus of \$1,000 (net pay after taxes). About 1,842 employees will see the bonus in their Dec. 11 paycheck. Temporary, employees on leave of absence and contractors will not receive the bonuses. The total cost of the payout will be \$2,849,845.

See **BONUS**, page 4

day; the same group would come to the school building again Tuesday. Another block of about 400 students will attend class in person Thursdays and Fridays. The remaining 500-or-so FHS students will continue to receive instruction remotely,

See **BACK TO SCHOOL**, page 4

## Center for substance abuse recovery set to open in Warrenton

By Robin Earl  
TIMES STAFF WRITER

When Chris Herren was battling addiction more than a dozen years ago, he wound up in a peer-led group facility with 96 other men. “The treatment was all about behavior modification; it was very confrontational.” He remembered men having to wear a sign that said “I’m stupid,” or “sitting knee to knee in therapy sessions, yelling at each other.”

Herren characterizes substance abuse as an illness, not a character flaw, and wanted to create a better, gentler path to recovery. “And why

not more gentle?” he asked.

Herren remembered one mother who explained that his methods were not right for her son. “She said that she thought her son needed to be ‘punished with reality.’ I thought that was so sad. It’s not about punishment. Would you punish someone if they had diabetes?”

Herren Wellness at Twin Oaks in Warrenton (at 6791 James Madison Highway) is set to welcome its first guests this week. Occupants who battle substance abuse will be assisted by more than 20 full-time staffers – life coaches, wellness experts, instructors in yoga and meditation,



TIMES STAFF PHOTO/ROBIN EARL

A gathering area adjacent to the dining room will be used for group therapy.

personal trainers, nutritionists and chefs. Massage therapy, acupuncture and hyperbaric oxygen therapy will be available to guests as well.

Herren describes the process as a 12-step program, like the one used by Alcoholics Anonymous. At the company’s other location -- Her-

See **RECOVERY**, page 10



TIMES STAFF PHOTO/COY FERRELL  
Logan Whitfield, 7, places a flag beside the grave of a U.S. military veteran at Warrenton Cemetery Nov. 7. See more Veterans Day news, **page 6**.

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time to be

*thankful*



# Center for substance abuse recovery set to open in Warrenton

RECOVERY, from page 1

ren Wellness location in Seekonk, Massachusetts -- the average length of stay has been a little over two months. About 67% of guests have been men, 33% women. After leaving the wellness center, about 55% of participants continue to engage with other alumni, statistics provided by Herren Wellness show.

The Warrenton center is set up for 21 residents but is opening with just four. "We think it's only fair to our staff and our first guests that we start out slow," Herren said.

Herren decided to open a center in Warrenton because of a connection he felt when he delivered motivational talks to students here. "I didn't revisit other communities as much as I returned here. The Hampton Inn became my second home" during those visits. "I felt a connection to the people of Fauquier."

The PATH Foundation discussed with him the possibility of opening a center here; Herren said that when he found the 60-acre Twin Oaks location, he made up his mind to expand his footprint.

The price tag for a month-long visit to Twin Oaks is \$15,000. That may sound high, but Herren said that comparable facilities with similar services throughout the country charge up to \$60,000 a month. He added that a person may not have \$15,000 to spend, "but some families put their resources together to provide this opportunity." And, he said, up to two community members per month will be able to qualify for a scholarship to the facility.

Herren said he and his staff have



Kitchen staff creates a healthy meal for the staff.

learned a lot during the three years since he opened the center in Seekonk. He said he has hosted guests from as young as 15 years old to senior citizens at 72. "I had a man and a woman, 71 and 72. They are my favorites. At that age, they still want to take a swing at this? That's amazing."

About 70% of guests at the Massachusetts location have been battling alcohol addiction; the rest are trying to break free of a narcotics addiction, Herren said. All guests are medically cleared and detoxed before they join the group.

All guest rooms are simply furnished with an airy country ambiance; large windows look out on wooded views. Most rooms will house two guests. There is one that can host three and there are several singles.

"Sometimes older people do better in their own space," Herren said, but for the most part, he personally

helps to match compatible roommates. "Roommates matter. They can make all the difference in the world, that mentorship."

It's one more way for guests to establish connection, Herren said. It's a word that permeates his conversation -- connections between staff and guests, connections between guests.

He said that connection to family is important too, for those struggling with substance abuse. "There is an emphasis on family. On weekends in Seekonk, we'll have 10 or 15 kids running around all day. Kids need to see where mom or dad is. Families



Chris Herren

need to recover along with them."

In addition to a focus on mental health and substance abuse recovery, Herren's wellness center embraces physical wellness as well, he said. "We try to mirror life somewhat for our guests. We take them skiing, hiking to the beach, we play paintball. We have a running club that goes out as a group every morning, through the community's backroads."

He said that some guests who have been at the recovery center for a while work during the week and for others, "going home on the weekends is pivotal to their recovery."

Wellness plans are individualized and families are included in the recovery process, he said.

Herren explained, "It takes most people a couple of weeks to get comfortable enough to start opening up ... When they join a group where others have been here for two to four months, they seem to immediately understand that they need to hit the ground running. The people that have been here a month or two are in a very different place than when they started."

Reach Robin Earl at [rearl@fauquier.com](mailto:rearl@fauquier.com)



The view from a second-floor balcony.

### Town of Warrenton announces Thanksgiving holiday refuse schedule

The Town of Warrenton has announced the following refuse collection schedule for the week of Thanksgiving:

- Monday, Nov. 23, regular refuse collection
- Tuesday, Nov. 24, regular refuse collection
- Wednesday, Nov. 25, recycling collection (cardboard, newspaper and recycle bags)
- Thursday, Nov. 26, no refuse collection
- Friday, Nov. 27, no refuse collection



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# The East Coast's first Blu Room light therapy office open in Warrenton

By Robin Earl  
TIMES STAFF WRITER

Sarah Shores took a chance when she opened Warrenton Wellness in the middle of a pandemic. But personal experience with Blu Room therapy made her a believer and she wanted to share the benefits of this emerging therapy with others by opening the first Blu Room on the East Coast.

She said, "I've never been a small-business owner before. We were enjoying retirement. But I'm so passionate about Blu Room therapy and did some soul searching."

The Warrenton Wellness office, at 83 W. Lee Highway, is welcoming, but the Blu Room itself is what demands attention. It's a space-age-inspired room with highly polished mirrored stainless steel that completely covers the walls, floor and ceiling. A simple bed with a pillow is in the center of the room.

Soft blue lights intended to foster relaxation are illuminated throughout the session. Music and a soft droning sound accompany each session. Shores said the steady hum helps patients achieve the "theta" state of brain activity, a state where customers can shut out the world and focus on healing. Shores said, "You may experience a feeling of detachment or even disorientation, which is normal."

She said that she recommends that in order to get the most out of the relaxation benefits, Blu Room customers take a few minutes to sit quietly and consider what they'd like to focus on during a session. "Keeping simple, declarative sentences in your mind is helpful. The mental preparation is important."

The calming blue lights and music are soothing, said Shores, but the narrow-band ultraviolet B light, which is used in the first few minutes of each 20-minute session, is where the magic happens.

Ultraviolet A are the ones used in tanning beds; ultraviolet C light is used to sterilize in hospitals. But proponents of Blu Room therapy say ultraviolet B rays – which have no color -- increase the body's ability to make vitamin D, which may have benefits.

For instance, Shores pointed out a study that concluded that UVB lights increase gut microbiome diversity through improving vitamin D levels. The gut microbiome is recognized to play a role in the body's ability to battle disease. Shores said that each three-minute dose of UVB provides a light-skinned person with the equivalent of about 10,000 IU of oral vitamin D and around 5,000 for a tanned or darker-skinned person.

## Battle with Lyme disease

Shores' own experience with Blu Room therapy centered around her decade-long battle with Lyme disease. After years of antibiotics and steroid treatment, Shores traveled to the West Coast



## What is Blu Room light therapy?

The claimed benefits of Blu Room therapy are derived from the subject's exposure to narrow band UVB light at the start of each session and the relaxing effects of the calming lights. Blu Room proponents claim UVB lights increase the body's ability to manufacture vitamin D, and this effect explains some of the benefit.

PHOTO BY CARSON MCRAE/  
MCRAE VISUAL MEDIA

four or five years ago to try the therapy she had only heard about. (There were very few Blu Room locations at that time.)

The Lyme disease had been causing severe pain as well as difficulties in her digestive tract. "The Blu Room got rid of my digestive tract problems in one visit," she said.

After that she arranged to stay for a week in Canada, where several Blu Room facilities are located. "I'd do five or six sessions a week," said Shores.

She added, "Over time, the pain and inflammation I had in my feet and hands disappeared. I've had no symptoms for a couple of years."

Shores said that during that time, she left her stressful job with the federal government, where she had worked for 15 years. "That didn't hurt either," she grinned.

## Testimonials

Warrenton Wellness hasn't been open long, but has received a good response from her customers, Shores said. Testimonials from Blu Room customers – highlighted on the Warrenton Wellness website -- claim benefits in a variety of areas – from an improve-

ment in kidney disease to better cholesterol levels to wound healing.

Karl Pretsch of Casanova said he saw Shores' sign advertising light therapy and was intrigued. "I am a big believer in alternative therapies," said Pretsch, himself a Reiki master.

He didn't go into the experience with any particular symptoms, he said, but he found the experience "extremely relaxing."

The 67-year-old meditates regularly and said the Blu Room experience "enables you to go into a deep meditation immediately. I think it's great."

Stephanie Milham has been enjoying ses-

sions in Warrenton's Blu Room once or twice a week since it opened. She said the last couple of weeks, she has only gone once a week, because she already feels so good. She said, "I think it's fantastic. I think it's the best thing I've done for my health – ever."

Although Milham said she could make no medical claims, she believes Blu Room therapy has improved several of her own medical conditions – vascular and heart rhythm related.

She emphasized that she still follows her doctors' recommendations. "Blu Room therapy is an addition. I would never dispense with proper medical care."

Milham, 66, said that she believes some of her medical issues were exacerbated by stress. Her husband died about a year ago. She said the Blu Room sessions have helped her sleep. "I essentially didn't sleep for a year."

Her cardiologist recommended meditation, "so I was already doing that. This just really helps with relaxation. I'm thrilled with it."

Milham said she appreciates Shores' willingness to go out of her way to make her sessions a good experience. "Selfishly, I'd love for her to be successful. I want to keep her here. Warrenton is lucky to have the East Coast's only Blu Room here."

Reach Robin Earl at [rearl@fauquier.com](mailto:rearl@fauquier.com)



TIMES STAFF PHOTO/ROBIN EARL  
Sarah Shores, owner of Warrenton Wellness started offering Blu Room therapy because of her personal experience with the technology.

## OVERDOSE, from page 8

rate climbed to 11.2% in April. It has since dropped to 6.2%, but in 65 localities, the jobless rate was still at twice as high as it was a year ago.

As a result, McKenzie said, people already struggling with addiction faced other issues: "Am I going to be able to pay my bills? Am I going to be able to stay in my house? Am I going to be able to afford food?" All of a sudden, you have these added stressors and triggers that make it

really hard for someone to focus on their recovery."

Also because of the pandemic, people who use drugs are more likely to do so alone, Ochalek said. If they overdose, "no one's there to call 911."

Moreover, nobody is present to administer naloxone, the antidote for an opioid overdose. "So they might be unconscious, and no one's there to give them that life-saving drug," Ochalek said.

Another factor is the increasing prevalence of fentanyl, which is more powerful and deadlier than heroin and other street drugs. Drug dealers often lace cocaine and methamphetamines with fentanyl, "which is really alarming," Ochalek said. People who buy the drugs "don't even know that they're using opioids."

During the first half of 2020, about three-fourths of overdose deaths in Virginia involved fentanyl. Thirty percent of the fatalities in-

olved cocaine; 28%, heroin; 22%, prescription opioids; and 16%, methamphetamines. (An overdose often involves more than one drug.)

As coronavirus cases rise and restrictions on social activities tighten, Shinholser fears that drug overdoses will continue to increase.

"The worst is yet to come," he said. "This is going to be the worst winter we've ever had in our history."

This article is courtesy of Virginia Mercury.