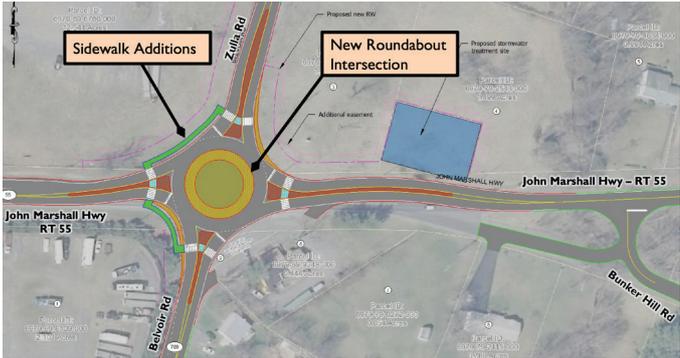




**RIVALRY BASEBALL**  
Collin Palmer (left) and the Cougars edged Fauquier 4-1 Monday. **SPORTS**, Page 21-23



SOURCE: FAUQUIER COUNTY DEPT. OF COMMUNITY DEVELOPMENT  
A sketch of the proposed Brooks Corner roundabout submitted with the county's 2020 SMART Scale application. A VDOT official told supervisors Thursday that the final design would take into account the concerns of surrounding landowners and businesses.

## Route 55 roundabout on track for VDOT funding

By Coy Ferrell  
TIMES STAFF WRITER

In true Fauquier County fashion, the most heated discussion during Thursday's monthly gathering of county supervisors revolved around a proposed roundabout; it would be at Brooks Corner, between Marshall and The Plains. At the end of the day, the Virginia Department of Transportation remains on track to approve funding for a traffic circle at the Va. 55 and Rt. 709 intersection near two public schools.

See **ROUNDAABOUT**, page 6



TIMES STAFF PHOTO/COY FERRELL

Members of the Rappahannock-Rapidan Community Services Peer Recovery Program team outside their office in Warrenton: (from left) Danny Ciaccio, certified peer recovery specialist; Jeanette Nord, peer recovery specialist; Daniel Rammel, peer recovery specialist supervisor; Claire Corbin, peer supporter, Cory Will, peer recovery program manager; and service dogs Peyton and Sampson, MED-PSY, from the paws4people Foundation.

### COVID'S HIDDEN TOLL

# The stealth epidemic

While the focus has been on the pandemic, drug overdose deaths in the state spiked to record levels

By Randy Rieland  
FOOTHILLS FORUM

Addiction thrives in privacy, it's said. So as everything began to shut down in March 2020, and isolation became a way of life during the pandemic, people in the treatment world saw trouble ahead. Recovery in normal times is hard enough. Recovery alone is rife with peril.

They were right to be apprehensive. According to the Virginia Department of Health, more people died of drug overdoses in the state during 2020 than in any previous year, a total of 2,297. That's a 41% increase from 2019, which had already set a record.

"The pandemic has had a devastating impact," said Jan Brown, executive director of SpiritWorks Foundation Center for the Soul,

**"We've seen more people relapsing. We've seen more deaths because of the isolation. People are using alone. Help can't get to them in time."**

JAN BROWN  
Executive director, SpiritWorks

which operates a recovery center in Warrenton. "We've seen more people relapsing. We've seen more deaths because of the isolation. People are using alone. Help can't get to them in time."

See **MENTAL HEALTH**, page 8

## Marshall man arrested for abduction after hours-long stand-off

By Robin Earl  
TIMES STAFF WRITER

For several hours Monday night, Fauquier County Sheriff's Office deputies shut down Atoka Road and Rector Lane near John S. Mosby Highway between Upperville and Middleburg as they dealt with a man who had barricaded himself in a home with another person, holding them



John Klepper

See **ATOKA**, page 17



Rash of burglaries reported here and in neighboring counties.

See page 7.



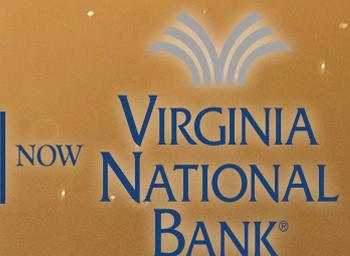
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The Fauquier Bank



MEMBER FDIC

# Drug overdose deaths in the state have spiked to record levels

MENTAL HEALTH, from page 1

Whatever progress had been made in what had been seen as one of the country's top public health crises — the opioid addiction epidemic — has been eroded by the more pervasive threat of COVID-19. At the same time, those struggling with alcoholism have largely lost access to the in-person peer connections -- Alcoholics Anonymous meetings, for example -- that help sustain their efforts to stay sober.

"You have the normal stressors, then you add the stress of COVID, then you throw in the social isolation," said Cory Will, peer recovery program manager for Rappahannock-Rapidan Community Services. "A lot of people in recovery rely on a network of other people in recovery. And some people just don't connect as well virtually."

"Ordinarily, they would be able to go to a meeting and talk through something that's going on in their lives. They might say, 'Has anyone had these issues? How have you been managing it?' You take that piece away, and people are falling off the wagon."

### Sliding into crisis

It wasn't too long into the pandemic before Dee Fleming started getting calls and emails from anxious parents. This was another ripple of COVID, tied to adult children moving back home after they lost their jobs. Many were using drugs or alcohol, and their parents worried that they were sliding into a crisis.

"They were functioning, but the situation was no longer manageable," said Fleming, whose website, Culpeper Overdose Awareness, is a source of information about recovery programs in the region. She created it after her son, Joe, died of an overdose of cocaine laced with fentanyl in 2017.

She knows that many parents feel overwhelmed and ill-informed when they start looking for help. "It can be extremely challenging," Fleming said. "I recommend that people first seek out a support group. Parents need somebody to talk to and walk alongside them."

**"... people can be in denial about how much they're drinking. It's not until they get around other people who see they're drinking three beers for every one everyone else is drinking."**

RENEE NORDEN  
Executive director,  
Mental Health Association  
of Fauquier County



Renee Norden is the executive director of the Mental Health Association of Fauquier County.

### What family and friends should know

Conventional wisdom used to say that a person could not begin to address his or her substance use issues until they hit "rock bottom." It's a term you never hear in the treatment community anymore. As Renee Norden, executive director of the Mental Health Association of Fauquier and Rappahannock counties, put it: "If somebody had all the symptoms of diabetes, would you say we're going to hold off until they go into diabetic shock before we do anything?" Here are other fundamentals of substance-use recovery.

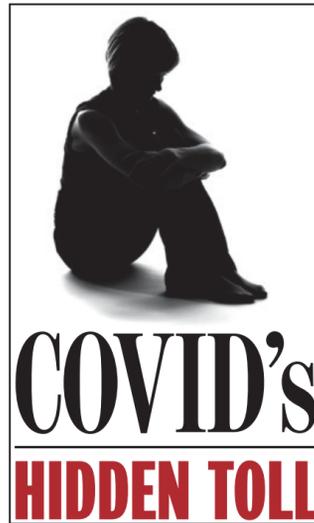
1. Addiction isn't a matter of choice. It's a treatable, chronic disease.
2. Detoxification is only the first step of treatment and is rarely sufficient on its own to lead to long-term recovery.
3. It is very difficult for opioid drug users to quit by themselves. Relapse is common.
4. Many people with substance-use issues also have mental health disorders, which can make recovery even more challenging.
5. Boredom and isolation are top reasons for relapse early in the recovery process.
6. It's important for people in recovery not to have temptations or triggers in their homes.
7. Long-term drug use can cause profound changes in brain structure and function that result in uncontrollable drug craving.
8. Treatment that addresses many aspects of a person's life — including mental and physical health -- can be most effective at helping end or reduce using.
9. Treatment can include counseling, medication and behavioral therapies, which can also be used in combination.
10. Dwelling on the past is counterproductive for someone in recovery.

SOURCES: CENTERS FOR DISEASE CONTROL AND PREVENTION AND THE NATIONAL SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION

**"You have the normal stressors, then you add the stress of COVID, then you throw in the social isolation. A lot of people in recovery rely on a network of other people in recovery. And some people just don't connect as well virtually."**

CORY WILL

Peer recovery program manager, Rappahannock-Rapidan Community Services



Unfortunately, the same pandemic that was fueling more destructive drinking and drug use was restricting the services that treat those disorders. The Boxwood Recovery Center, a 28-day residential treatment program in Culpeper, had to halve its capacity to meet social-distancing restrictions. No in-person visits were permitted, meaning any support from family or friends had to come through a video screen. Plus, the center closed its detox program to use that space as a quarantine area.

The basic logistics of getting help have become more complicated, too. Instead of being able to just show up at the Warrenton or Culpeper outpatient clinics to be evaluated for mental health or substance use issues, people now must make an appointment a day in advance. And, while there's more flexibility these days, initially most counseling was done virtually, a challenge for both thera-

pist and person seeking help, particularly if he or she didn't have access to a reliable broadband connection.

When support groups did start up again, they, too, usually met online. That made it harder for some people to engage, particularly those who were new to a group. And clicking on a Zoom link required considerably less commitment than getting dressed and heading out to a meeting. "I've seen meetings where somebody's just lying in bed," said Will, the RRCS peer coordinator. "Are they really trying to take the next step forward?"

Renee Norden, executive director of the Mental Health Association of Fauquier County, suspects that the true impact of the pandemic on substance use is only now becoming apparent.

"As we're able to see more people in person, we're going to find more people worried about friends and loved ones," she said. "For example, people can be in denial about how much they're drinking. It's not until

they get around other people who see they're drinking three beers for every one everyone else is drinking."

### Responding to COVID

Last July, as drug overdoses kept climbing, a new state law went into effect. It prevents police from arresting for drug possession anyone who seeks help for a person experiencing an overdose. Supporters of the legislation say it will save lives because it keeps people from hesitating before contacting authorities.

But Fauquier County Sheriff Robert Mosier contends that there also have been less positive effects: Officers are being called to the same house multiple times and are not able to take any legal action. That's frustrating to them, he said, and it means a person with a drug use disorder is less likely to get treatment.

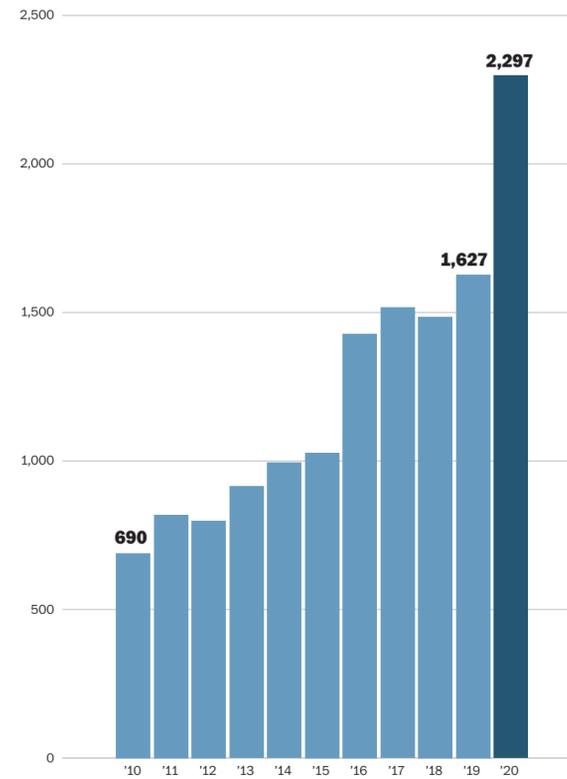
Working with RRCS, Mosier's department has been overseeing a program at Fauquier's adult detention center where inmates can receive both counseling and access to Vivitrol, a drug that helps prevent relapses by blocking the effects of opioids. Research has found that former inmates are far more likely to die of a drug overdose within the first two weeks of their release from jail.

See MENTAL HEALTH, page 10

## Drug deaths: A new record

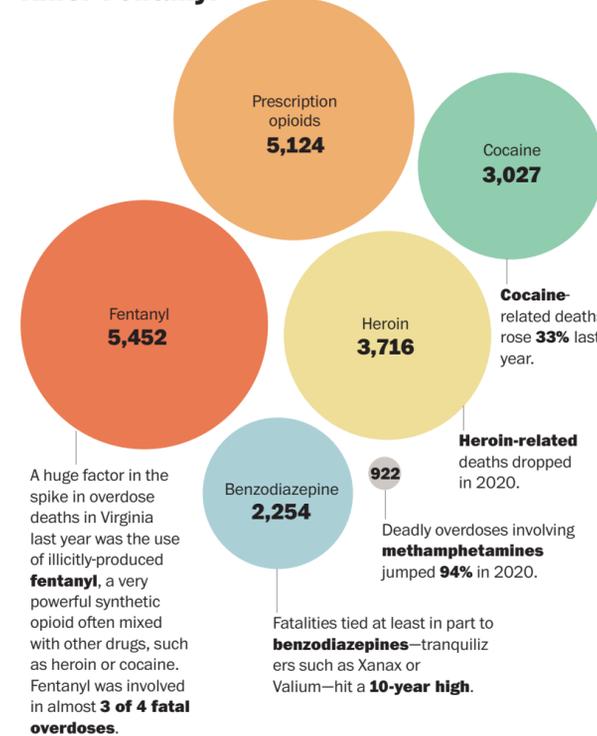
Fatal drug overdoses set a new record in Virginia in 2020, jumping 41% from the previous year. They were more than triple what they were a decade ago. This data is based on reports to the Office of the Chief Medical Examiner of Virginia.

### Virginia



Breakdown of 2010-2020 Virginia overdose deaths involving various drugs, either alone or in combination. The prescription opioid data excludes use with fentanyl.

### Killer Fentanyl



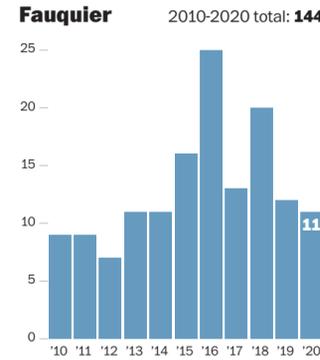
A huge factor in the spike in overdose deaths in Virginia last year was the use of illicitly-produced fentanyl, a very powerful synthetic opioid often mixed with other drugs, such as Xanax or Valium—hit a 10-year high.

SOURCE: Virginia Department of Health. Since about 75 cases from 2020 remain open, the totals from last year are preliminary and subject to change.

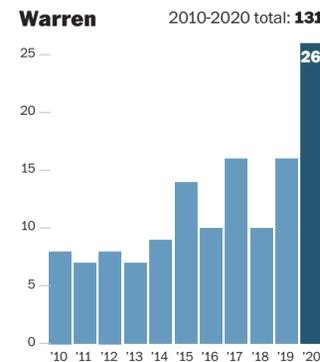
According to the Virginia Department of Health, Rappahannock, Page and Warren counties all hit 10-year highs in drug fatalities in 2020.

### 10-year high

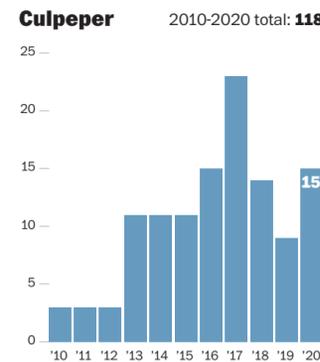
#### Fauquier



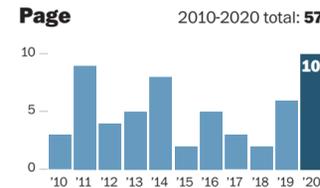
#### Warren



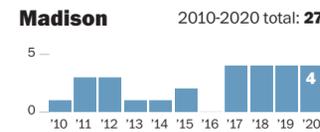
#### Culpeper



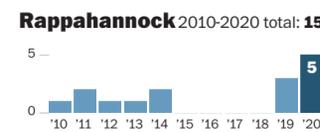
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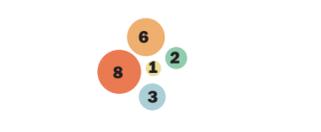
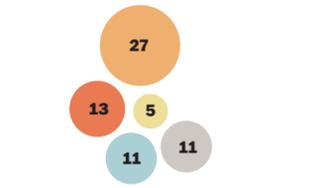
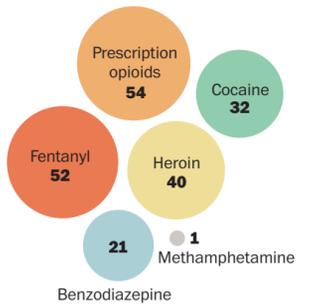
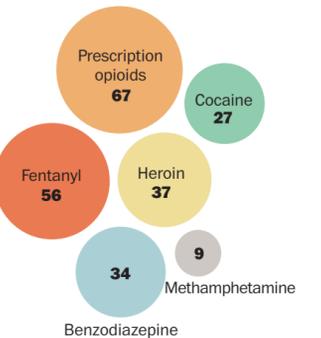
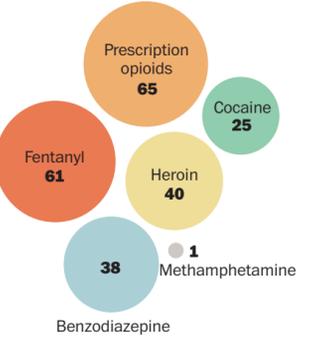
#### Madison



#### Rappahannock



Breakdown of the types of drugs involved in 2010-2020 overdose deaths. The prescription opioid data excludes use with fentanyl.



By Laura Stanton for Foothills Forum

# The stealth epidemic

**MENTAL HEALTH**, from page 8

“Not everyone has the money to go to an expensive rehab program,” he said.

At the federal level, the Substance Abuse and Mental Health Services Administration, in response to COVID, has relaxed its regulations on people receiving methadone as part of medication-assisted treatment. Instead of being required to go to a clinic every day, patients receive 28-day take-home supplies. The U.S. Drug Enforcement Administration began allowing certified physicians to prescribe buprenorphine, a drug that reduces addiction cravings, without seeing a patient in person. A telephone evaluation will suffice.

Just last month, federal health officials went a step further, announcing that doctors, physician assistants and nurse practitioners will be able to prescribe buprenorphine without going through a special training program. The goal is to make the treatment more accessible in rural communities, where doctors are in short supply.

While he supports making buprenorphine available to more people in need, Dr. Ash Diwan, a physician at Piedmont Family Practice who is certified in addiction medicine, is concerned that with so



TIMES FILE PHOTO

Dr. Ash Diwan is a physician at Piedmont Family Practice who is certified in addiction medicine.

many health professionals permitted to prescribe the medication, other aspects of treatment will get short shrift.

“It has to be about more than dispensing medicine,” he said. “There has to be a counseling component. If it was just like writing a prescription for an antibiotic, it would be easy. But it’s not. That would be treating a chronic problem like an acute one.”

See **MENTAL HEALTH**, page 12

## Where to get help

### Helplines

- **24/7 Crisis Hotline:** Deals with mental health and substance use situations. 540-825-5656.
- **National Suicide Prevention Lifeline:** 1-800-273-8255.
- **NeverUseAlone:** 24/7 peer-run call line. 1-800-484-3731.
- **Peer2Peer Regional Warmline:** Not a crisis line, but callers connect with peers with experience in mental health and substance use issues. 833-626-1490.

### Therapy and recovery services

- **Boxwood Recovery Center:** 28-day residential substance use recovery center in Culpeper that provides individual, family and group counseling. 540-547-2760. <https://www.rrcsb.org/boxwood-recovery-center/>
- **Herren Wellness at Twin Oaks:** Holistic residential addiction recovery center in Warrenton. 844-443-7736. [info@herrenwellness.com](mailto:info@herrenwellness.com)
- **Rappahannock-Rapidan Community Services:** Agency that provides outpatient mental health and substance use counseling and clinical assessments to determine treatment needed. Warrenton clinic: 540-347-7620. Culpeper clinic: 540-825-3100. 24/7 Crisis hotline: 540-825-5656. <https://www.rrcsb.org/>
- **SpiritWorks Foundation Center for the Soul:** Peer-to-peer addiction recovery support. Warrenton office: 540-428-5415. <https://www.spiritworksfoundation.org/>

### Resources and family support

- **Al-Anon:** Online meetings for those affected by the alcoholism of others. <https://al-anon.org/al-anon-meetings/electronic-meetings/>
- **Center for Motivation and Change:** A guide for parents and partners to people with substance use disorders.

<https://the20minuteguide.com/>

- **Come As You Are Coalition (CAYA):** Fauquier nonprofit that maintains online listing of resources, treatment options and support groups. <https://www.cayacoalition.org/>
- **Culpeper Overdose Awareness:** Comprehensive online resource of treatment options, recovery meetings and support groups in the region. <https://www.culpeperoverdoseawareness.org/>
- **Families Anonymous:** 12-step program for relatives and friends of people with drug or alcohol issues. <https://www.familiesanonymous.org/>
- **Mental Health Association of Fauquier County:** Nonprofit that provides information and guidance on mental health and addiction resources and treatment for Fauquier and Rappahannock residents. 540-341-8732. <https://www.fauquier-mha.org/>
- **Nar-Anon:** Support chat rooms for those affected by another’s addiction. <https://www.naranonchat.com/>
- **ParentsHelpingParents:** Virtual meetings for parents of children with substance use disorders. <https://www.parentshelpingparents.info/virtual-chapter>
- **Partnership to End Addiction:** Website for parents seeking help for their children. <https://drugfree.org/>
- **SMART Recovery Family and Friends:** Secular, behavioral-based program that offers online meetings for families and friends of those with substance use disorder. <https://www.smartrecovery.org/family/>

### Peer support groups

- **Regional meetings:** <https://www.culpeperoverdoseawareness.org/meetings/>
- **Alcoholics Anonymous virtual meetings:** <https://aa-intergroup.org/>
- **Narcotics Anonymous virtual meetings:** <https://virtual-na.org/meetings/>

## Fighting alcoholism in the time of COVID

Taylor, 30, works in the home improvement industry in Culpeper. He started drinking when he was 15. Now, he says, it’s a “problem.” He asked not to be identified due to the stigma tied to his substance-use disorder. Here’s his take on what it has been like to deal with his drinking during the pandemic.

### When did you start to think you might have a problem?

Probably within the past two years.

### Why?

In August 2019, I got my first DUI. That was kind of a red flag. That December, I went into a 30-day program. Then COVID hit a couple months later. With COVID, it was just hard. There were no AA meetings, and for me, in-person meetings are better.

### When did you start going to Alcoholics Anonymous?

I had actually been going to AA meetings and Restore Culpeper meetings before my treatment and even prior to my DUI arrest. I was trying to figure out if I did have a problem or didn’t have a problem. I don’t know that I so much have a problem with alcohol. I have some mental health issues from loss of family members and worrying more about other people and not myself. That built up on me over the years, and alcohol was my solution.

### Was being in a peer group beneficial?

Yes and no. It was beneficial if I listened. You can do anything or go anywhere for treatment, but until you decide for yourself that it’s time to get your act together, you’re not going to.

### What was your reaction when COVID started?

It was kind of an “oh crap” moment. I have to do this on my own. With the sober network, it’s kind of like a family. I stayed in contact with people via phone. But it felt like you were suddenly on an island.

### What did you miss most about it?

Well, Monday nights I was doing the Restore meetings\*. And pre-COVID, I was doing at least two AA meetings a week. When you go to those meetings, it’s like being part of a team. We’re all trying to win the game of staying sober. I think mainly I missed the fellowship of being around people like me. I stayed plugged in with my community, but when COVID hit, it was more on-again, off-again, on-again, off-again.

### Did you start to drink again once the COVID lockdown began?

Not right away. I made it to about the middle of summer. Then the wheels started to wobble. We had had our first child in January, and there was a lot of stress from that. You know, becoming a parent amidst all this COVIDness.

### So, how did the drinking start again?

I was a closet drinker, so no one knew. I’d drink coffee to mask it. And you get into the mindset of “Well, I don’t know when I’ll be able to do this again, so I’ll drink as much as I can.” When I did, it got messy quick.

### What’s been happening since then?

In March, I got my second DUI. I’ve been sober since then.

### How has your drinking affected your relationship with your wife?

When I got arrested the second time, I thought that was going to be it for my marriage. We’ve been married less than two years.

But my wife is phenomenal. She sees the potential in me. But I do think this is it for me if I screw up this shot. It’s more motivation to stay on track. I’m out of jail on bond [for the second DUI], and if I’m out drinking and get caught by law enforcement, I’m going to jail for a long time.

### Are you feeling hopeful?

I’m starting a new outpatient treatment program three nights a week. It’s therapy and group meetings. All virtual. I didn’t want to do it, but I can’t really leave any option on the table now.

### What do most people not understand about recovery?

It’s not that we’re bad people. As part of our addiction, we can make bad decisions. It’s really hard to get people to understand that. Also, anyone can go away for 30 days or 90 days, but if you don’t learn how to live your normal life sober, it’s not going to work.

### Do you think there will be long-term consequences of the pandemic for people in recovery?

Absolutely. Our overdose death rates have been up. That’s as long-term as it gets.

--RANDY RIELAND

\*Restore Culpeper is a 12-step support group started by the Mountain View Community Church.



Rachel Pierce hands out care packages to members of the Fauquier County Senior Center who participated in a drive-thru parade in May of 2020.

TIMES STAFF PHOTOS/COY FERRELL

COVID-19'S HIDDEN TOLL

# Many seniors have lost a step or two after pandemic's loneliness, isolation

By Randy Rieland  
FOOTHILLS FORUM



## COVID'S HIDDEN TOLL

Soon the regulars at the senior centers in Fauquier and Rappahannock counties will be able to come in four days a week again. They won't need to wear masks or social distance around the tables, which will make conversation a whole lot easier for those with hearing problems. They'll be able to eat their lunches off plates instead of from pre-packed plastic containers.

It will be like old times. But not everything will be as it was before the pandemic. COVID-19 has had a worrying effect on some of the seniors.

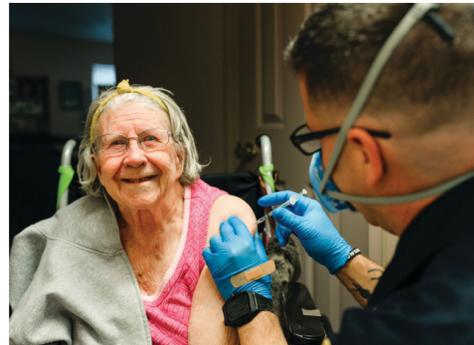
Darcy Canton, supervisor of the Rappahannock Senior Center, noticed this when her regulars started returning after months of isolation. "For many people, it's been a very, very difficult time. Life was heavy for them," she said. "They already had a lot on their plates with aging and health issues. I saw the light dim in their eyes."

Rachel Pierce has seen much of the same at the Senior Center in Warrenton, where she is administrator. "I feel like the pandemic has changed a lot of them," she said.

"By them being home so long, they've become very comfortable just staying home. They're not being social. They're not being mobile. Mentally, physically, emotionally, they've declined. It's so hard to see that."

**"For many people, it's been a very, very difficult time. Life was heavy for them. They already had a lot on their plates with aging and health issues. I saw the light dim in their eyes."**

**DARCY CANTON**  
Supervisor of the Rappahannock Senior Center



Peter Josendale, a Fauquier County paramedic, vaccinates Edna Kidwell, 98, at The Oaks in Warrenton in February.

**Shrinking worlds**

From the beginning, it was clear that COVID-19 was going to take a terrible toll on older adults, particularly those struggling with chronic health conditions. Of the 600,000 people who have died, 80% were 65 or older.

But when it came to mental health, experts expressed more concern about the impact on children and teenagers isolated from their friends and forced to "attend" school through a computer screen at home. The thinking was those older adults, with more life experience, would not be as disoriented by the constraints and disruptions brought on by COVID-19.

Through the early months of the pandemic, researchers found that largely to be the case. A survey by the Centers for Disease Control and Prevention a year ago determined that participants 65 or older reported "significantly lower percentages of anxiety disorder, depressive disorder or trauma- or stress-related disorder than participants in younger age groups."

But as the pandemic wore on into late fall and winter, and they faced a holiday season in isolation followed by a big spike in COVID cases in January, many seniors felt disheartened.

See **MENTAL HEALTH**, page 5

**Where to get help**

**Helplines**

**24/7 Crisis Hotline:** Deals with mental health and substance use situations; 540-825-5656.

**National Suicide Prevention Hotline:** 800-273-8255.

**Substance Abuse Hotline:** 800-662-HELP (4357).

**Peer2Peer Regional Warmline:** Not a crisis line, but callers connect with peers with experience in mental health and substance use issues. 833-626-1490.

**Agencies and services**

**AARP Virginia:** Information on health, wealth, retirement and lifestyle, among others. <https://states.aarp.org/virginia/>; 866-542-8164.

**Aging Together:** Regional nonprofit that offers advice and programs on older-adult issues. <https://www.agingtogether.org/>; 540-829-6405.

**Alzheimer's Association:** [www.alz.org](http://www.alz.org); 800-272-3900.

**Area Agency on Aging, Rappahannock-Rapidan Community Services:** Information on home-delivered meals, long-term care and Medicare; [www.rrcsb.org](http://www.rrcsb.org); 540-825-3100 x3427.

**Caregiver Support Group:** Open to anyone providing direct or long-distance care to someone with a physical or mental health condition. Contact Danny Wilson for more information -- [rapplander@gmail.com](mailto:rapplander@gmail.com); 540-547-4126.

**Department of Social Services:** Provides support services to older adults and responds to reports of elder neglect and abuse. Fauquier County: 540-422-8400; Rappahannock County: 540-675-3313.

**FAMS (Foothills Area Mobility Systems):** Call center that arranges transportation; [www.fams.org](http://www.fams.org); 540-829-5300.

**Fauquier Community Food Bank & Thrift Store:** [www.fauquierfoodbank.org](http://www.fauquierfoodbank.org); 540-359-6054.

**Mental Health Association of Fauquier County:** Nonprofit that provides information on mental health and addiction resources and treatment for Fauquier and Rappahannock residents; <https://www.fauquier-mha.org/>; 540-341-8732.

**Rappahannock County Food Pantry:** [www.rappahannockpantry.org](http://www.rappahannockpantry.org); 540-987-5090.

**Rapp at Home:** Member organization that supports neighbor-to-neighbor assistance to sustain an independent lifestyle for those over 50; [www.rappathome.net](http://www.rappathome.net); 540-937-HOME (4663).

**Rappahannock Benevolent Fund:** Provides financial and support services in a confidential manner to Rappahannock residents. [www.rappbenfund.org/](http://www.rappbenfund.org/); 540-671-0421.

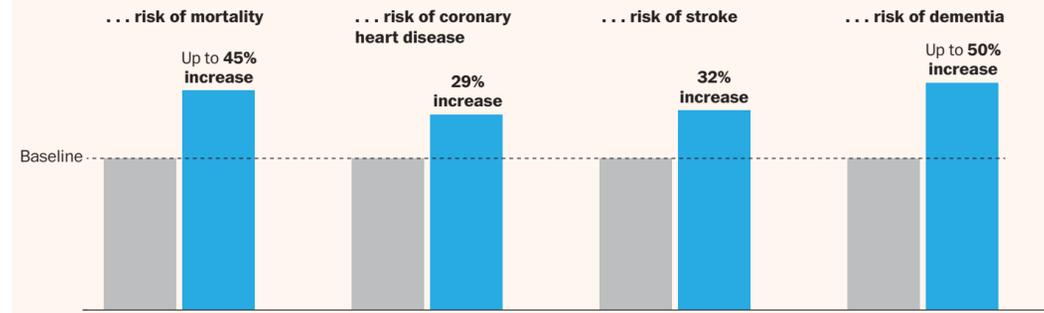
**Rappahannock-Rapidan Community Services Senior Centers:** Provides daytime support, meals, social activities and transportation for adults 60 or older. Fauquier Senior Center: 540-347-7729; Rappahannock Senior Center: 540-987-3638.

**Warrenton Adult Day Healthcare Center:** Offers participants programs and support and provides a break for caregivers; 540-347-2797 or 540-825-3100 x3427.

**Loneliness can kill**

There's supposed to be safety in numbers, but not in a pandemic. For more than a year, a premium has been placed on people staying isolated. For many older adults, that has meant long, long stretches of being alone. More and more studies suggest that prolonged loneliness takes not just an emotional and mental toll, but a physical one as well.

Research indicates that loneliness among seniors can result in an increase in . . .



For the charts above **baseline** = seniors without prolonged loneliness

Source: Centers for Disease Control and Prevention

**In addition, studies suggest:**

- More risk of death than obesity and physical inactivity.
- An increase in cortisol, a major stress hormone.
- An increase in white blood cells, which can limit the immune system's ability to fight infections.
- Sleeping problems.
- According to one study, loneliness can be as detrimental to health as smoking 15 cigarettes a day.

The Rappahannock News

## Many seniors have lost a step or two after pandemic's loneliness, isolation

**MENTAL HEALTH**, from page 4

"When people are home alone day after day after day, they begin to lose hope," said Kathi Walker, support coordinator and long-term-care ombudsman for Rappahannock-Rapidan Community Services. "When you lose hope, your world becomes smaller."

She said the need to talk to another person likely made seniors more vulnerable to phone scammers, and she worked with some to help them protect themselves from being duped. "You hear a nice friendly voice on the phone, and you want to chat," Walker said.

Before she retired recently, Kathryn Treanor was member services coordinator for Rapp at Home, a nonprofit serving older adults in Rappahannock. Her volunteers checked in on people through weekly calls. Over time, a number of those seniors seemed less sure of themselves and more dependent.

"Some of our members who normally could manage through challenging situations called us more often," she said. "These were problems that ordinarily they could have handled easily. It became more and more a debilitating situation."

**Physical costs of loneliness**  
The smothering weight of loneliness also can have consequences for an aging person's physical health. Research has found that people who describe themselves as lonely are more likely to have trouble sleeping and are at a higher risk of heart disease, stroke and obesity. They may have more difficulty fighting infections, too, because danger signals activated in the brain can affect production of white blood cells.

**"A lot of people were able to see through fresh eyes that they were stronger than they thought."**

POPPY FODDRELL  
Support coordinator for Aging Services, Rappahannock Community Services

**"By them being home so long, they've become very comfortable just staying home. They're not being social. They're not being mobile. Mentally, physically, emotionally, they've declined. It's so hard to see that."**

RACHEL PIERCE  
Administrator, Senior Center in Warrenton



Darcy Canton, supervisor of the Rappahannock Senior Center, walks with Bess Lucking and Frances Thornhill. PHOTO BY LUKE CHRISTOPHER FOR FOOTHILLS FORUM

# Field Notes

## Walter Matia

June 18, 2021-January 9, 2022

Walter Matia (American, b. 1953), *Rewards of First Light*, 2012, bronze, 46 x 56 x 17 inches, Collection of Mr. & Mrs. John Mullin.

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This exhibition was made possible through the generosity of Susan & John Mullin.

See **MENTAL HEALTH**, page 6

## Many seniors have lost a step or two after pandemic's loneliness, isolation

MENTAL HEALTH, from page 5

The senior centers reopened on a limited basis last July, and when members started showing up again, it was clear that many had not been physically active. Kathi Walker pointed out that some people who were moving with little trouble the last time she saw them were using walkers or other mobility devices.

"Exercise is part of the program at the senior centers, but it was so obvious people haven't been exercising," said Poppy Foddrell, support coordinator for Aging Services at RRCS. "It's been hard to get some back in the swing.

"For people used to being social, the isolation has been really hard for them to manage," she said. "It brought up mental health things that they didn't know they had -- like fear."

That was particularly true at the Rappahannock Senior Center after one of its regulars died of COVID-19 last summer in an outbreak at the Massanova Pentecostal Church in Castleton.

"That freaked everybody out," said Darcy Canton. "A lot of people decided they were going to lock themselves in their houses."

### Nursing home scourge

The past year has been especially traumatic for residents of long-term-care facilities and their families. Almost four out of every 10 Virgin-



PHOTO BY LUKE CHRISTOPHER FOR FOOTHILLS FORUM

Danny Wilson of Rappahannock has been leading a caregiver's support group for years.

ians who have died of COVID lived in nursing homes or other long-term care facilities. Last September, there was a serious outbreak at the Brookside Rehab and Nursing Center in Warrenton. More than 100 cases were diagnosed. Twenty people died.

For Ellen Phipps, executive director of the nonprofit Aging Together, the COVID scourge in the nation's nursing homes, while tragic, was also revealing. "The pandemic really shined a light on how poorly long-term care facilities are managed, how understaffed they are, and how poorly equipped they were to provide infection control and hygiene," she said.

Family members, not permitted inside to visit, could provide neither company nor the personal care needed to compensate for insufficient staffs.

"What's become clearer is how much care family members actually provide in these situations," said Walker, who works with families with loved ones in long-term care. "It's emotional support, physical support, the whole gamut. But they weren't there.

"People were desperately lonely, but for long periods of time, they were locked in their rooms," she added. "You had people who were in the early stages of dementia, and they couldn't understand why they had to stay in their rooms."

For those who have cared for loved ones in their homes, the challenges have been different but no less draining. In many cases, either outside help wasn't available or family caregivers didn't want to risk having someone come into

their houses. So, they handled everything themselves, often radically limiting their own trips outside the house for fear of bringing COVID home.

"One thing that keeps caregivers going is getting a break," Phipps said. "But now a lot of these people are really burning out because they've been doing this by themselves for a long time."

Danny Wilson would agree. The Rappahannock resident has been leading a caregivers support group for years. His group had to move to Zoom, which took some getting used to. Some people dropped out. But eventually, Wilson noticed a change in those who stuck with the virtual sessions.

"They began to share more," he said. "Within the group, people are more compassionate towards each other. Is that because of the pandemic or because they're online? I don't know for sure. But they are more open with each other."

Wilson has seen older folks who have shut down and thinks they will have a hard time rebounding to where they were a year ago. He has also seen seniors who have been able to keep their balance during an earth-shaking pandemic.

"They realized that this is awful, but they've figured out that this is what we have, so how are we going to deal with it," Wilson said.

Added Poppy Foddrell: "A lot of people were able to see through fresh eyes that they were stronger than they thought."

## The toll at nursing homes

The impact of the pandemic has been particularly brutal on residents of long-term-care facilities, especially nursing homes. Less than 1 percent of the U.S. population lives in these places, but they've accounted for more than one-third of the country's COVID deaths.

Here are some of Virginia's grim statistics:

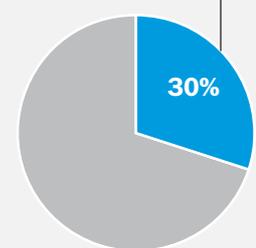
**11,194**

Virginians had died of COVID-19 as of the end of May

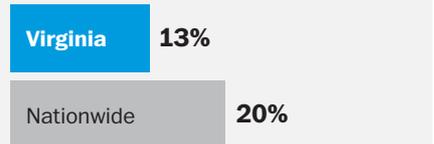
Percentage of those who died from COVID-19 who were living in long-term-care facilities:



Of the **3,568 COVID outbreaks** in Virginia, 3 in 10 were in long-term-care facilities



Percentage of long-term-care residents diagnosed with COVID who later died:



**18**

Virginia long-term-care facilities have had **20+ COVID deaths.**

Sources: Virginia Department of Health, Centers for Medicare and Medicaid Services, New York Times.

The Rappahannock News



COURTESY PHOTO

Kathi Walker, support coordinator and long-term care ombudsman for Rappahannock-Rapidan Community Services.

## Warrenton's historic Carter Hall lives on

CARTER HALL, from page 3

### Carter Hall

Carter Hall, as the property then became known, was opened for boarders, and a number of Warrenton's older citizens took up residence there, enjoying the comfortable rooms and dining facilities.

Tragedy struck on the evening of Nov. 23, 1909, when a disastrous fire swept through the western side of Warrenton. Twenty-six buildings were burned to the ground, and nine more destroyed by dynamite to prevent the spread of the fire to the courthouse and Main Street.

According to a contemporary account, "Boarders at Capt. Carter's house were having a desperate time to escape. Miss Worth, daughter of William Jenkins Worth, was carried out by some of the men of the house and taken to the

home of Mr. Alexander Rose.

"Gen. H. W. Hubbel wrestled a full-sized trunk out of a second-story window like a piano mover. His daughter moved the trunks of frightened ladies to the bottom floor and then, calling cadets (from Bethel Military Academy) to assist her, dragged them to a place of safety and sat on them for several hours."

Carter Hall was completely gutted by the fire, with only the brick walls and chimneys remaining standing. The damage was estimated at \$10,000, but fortunately, the house was insured. It was totally rebuilt, with notable changes — including the interior layout and the roofline, which went from gable to hip-roofed.

Capt. Carter and his wife Jane were the parents of Selina "Nina" Carter Heineken (1874-1953), who later owned the property. Married to Christian

Abraham Heineken Jr. (1871-1954), they were the parents of Christian Averie Heineken (1897-1980), who with his wife Grace (1909-1996), continued the tradition of opening their home to elderly boarders while raising their two daughters there.

Robert Lawrence is a distant cousin of Christian Heineken, and when Carter Hall came up for sale in 1974, he was urged by relatives to purchase the property. After renting space in the building for his office for about three years, Lawrence worked with two other local law firms to create Walker Jones P.C., and located the new law practice there.

Lawrence and his wife Blair have lived just a few doors down Winchester Street in the c. 1860 Scott/Keith house since 1984. As evident by the work at Carter Hall, Lawrence appreciates the importance of and the necessity of continuing restoration historic structures.

**EAGLES EXIT AT STATES**

The Liberty High cheer team failed to make the second round at the Class 4 cheer meet, ending their strong season.

**TIGERS PREP FOR PLAYOFFS**

Brentsville (8-2) football hosts Warren County (3-7) in the Class 3 Region C first round. The Tigers won 35-0 in the regular season and are the No. 2-seeded team in the region behind Meridian (8-2).

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Fauquier Times | November 10, 2021



## NOT A BIRD BOWL, BUT STILL AN EPIC FOOTBALL GAME

TIMES STAFF PHOTOS/COY FERRELL

Above, Ben Noland's third quarter touchdown surge put Fauquier ahead 17-14. The game went back and forth to a dramatic finish that saw Liberty hold on for a 24-20 win. The game goes into the books as a Eagle forfeit victory due an unfortunate overscheduling issue by Fauquier (**SEE STORY, PAGE 26**).

## Liberty edges Fauquier 24-20 on Jacobs' TD run with 2:22 left

By Peter Brewington

FAUQUIER TIMES STAFF WRITER

The circumstances made it the weirdest Bird Bowl in history.

Whoops, this wasn't officially a Bird Bowl.

You wouldn't have known it from the power, passion and drama displayed in Liberty's 24-20 victory over Fauquier in the annual regular season-ending spectacle Friday in Bealeton.

The game goes into the record books as a 1-0 Eagle victory since Fauquier was forced to forfeit earlier in the week due to an unfortunate overscheduling issue. VHSL officials allowed the game to be played, knowing its value to the community.

The Eagles scored the winning points on Austin Jacobs' 1-yard touchdown run with 2:22 left, but the game had another twist as Liberty had to hold off the Falcons one more time after Fauquier reached the Liberty 8-yard line.

The game ended when Fauquier's Ben Noland could not haul in an option pass near the goal-line.

"It was exciting for everybody. Two teams going back and forth. We had a chance to win and that's all you can ask for," said Fauquier coach Karl Buckwalter.

Due to two forfeits, the Falcons finished 2-9, but Friday's loss in what amounted to a high-intensity exhibition game was a tough one as Fauquier felt close to the win. "We did. We were on our way playing good defense. We were stopping them and doing what our plan said. But we put them in good situations at times and you can't do that," said Buckwalter.

After coming into the game at 0-8, Liberty finished 1-8 with a perfect feel-good memory to



Austin Jacobs scores the winning points on a 1-yard fourth quarter run up the middle.

### Bird Bowl streak still at 18

There was no Bird Bowl this season. Liberty has won 18 Bird Bowls in a row and leads the Bird Bowl series 23-4. In all games against each other, Liberty leads 30-8 after Friday's 1-0 forfeit win. Next year's 28th Bird Bowl will be at Fauquier.

build on. Liberty freshman Austin Mawyer quarterback was his team's MVP with a TD running and one passing.

"I think we ended on a strong note. I'm happy with that last game and how we played offense the last three games. It's still a work in progress. We need a huge offseason to get back where we want to be," said Liberty coach Travis Buzzo.

It sure felt like a Bird Bowl as the teams slugged it out, trading the lead four times in what will surely go down as one of the most evenly played matchups in the 28-year rivalry.

Fauquier took a 10-0 lead and was in great position heading into the half only to watch Liberty score two touchdowns in 30 seconds to pull ahead 14-10 at the break.

Liberty kept control early in the third, reaching the Falcon 12 as Eagle quarterback Austin Mawyer came up short on a 10-yard scramble on fourth down.

After stopping the Falcons and taking over at the 50, an Eagles' trick play backfired as Landon Triplett's pass was picked off by Ye Russell after being tipped by John Bynaker downfield.

"It was a play that had a shot to be a big play. We were trying to call something to take full control of the game. It was a giant momentum swing," said Buzzo.

Fauquier drove 49 yards to take a 17-14 lead with 2:05 left in the third when quarterback Noland got in on a fourth down run from the 1-yard line. The Eagles had stopped three previous Falcon runs from the 1. Fauquier's drive featured a key 29-yard reception by Bynaker to the 1.

"That was huge. It was fourth down and inches or so. I thought he got in before that," said Buckwalter of the go-ahead score that shifted the control back to the Falcons.

Liberty responded with a 61-yard drive as Cody Owens powered through several Falcon tacklers on a 24-yard run. The drive stalled with kicker Nick Paratore nailing a 26-yard field goal to tie it at 17-17 with 10:28 left.

Fauquier regained the lead on the next possession as Kaden Fox broke a long kickoff return before slowing down with a leg cramp injury at the

See **RIVALRY**, page 26



Falcon John Bynaker was his team's MVP with two sensational long catches and strong play on defense. TIMES STAFF PHOTO/COY FERRELL

## Forfeit loss to Liberty is Fauquier's penalty for scheduling 11 games

By Peter Brewington  
FAUQUIER TIMES STAFF WRITER

Overscheduling cost Fauquier a forfeit loss to Liberty and eliminated the two county rivals' chances to play for the coveted Bird Bowl Trophy last week.

How did it happen? It traces back to the first week.

Prior to their Aug. 27 game at Independence, Fauquier was having issues with COVID and also did not have enough practice time, partly due to weather, so the Falcons postponed the game.

"We were told we had eight weeks to reschedule the Independence game. If we could not agree (on a date), we could schedule other opponents," said Fauquier activities director Mark Ott.

Fauquier was responsible for the postponement and carried the possibility of a forfeit loss if the teams could not reschedule, or if Independence did not agree to classify the game as a no-contest.

Several weeks passed and Fauquier later went on to schedule Glen Allen, a team they'd located by using a VHSL resource.

Happy to get a fourth home game and fill out their 10-game schedule, Fauquier hosted Glen Allen on Oct. 15, losing 41-0 to the Class 5 program.

Ott said he had contact with the VHSL prior to scheduling Glen Allen and was told it could threaten Fauquier with an 11th game if Independence did not find another game and Independence did not agree to take a no-contest.

Ott said Independence officials did not know Fauquier had begun looking for another opponent.

Ott said when they heard Fauquier scheduled Glen Allen, they were "upset I did not consult them" and the game was recorded as a forfeit win for Independence, which finished 7-3 and will play in the Class 5 Region D playoffs.

"I do not blame them. I interpreted it one way and they did another. That's where things got messed up," said Ott.

"Independence got in a situation where they needed power points and we were under the impression we could get a game in the bye week," said Fauquier coach Karl Buckwalter.

"The schools handled both these matters professionally and we look forward to our game against Fauquier next season," said Independence activities director Ryan Rogers.

After playing Glen Allen, Fauquier had 11 games on their schedule, making the Liberty game a forfeit due to a VHSL penalty for overscheduling. The VHSL notified Fauquier last Wednesday that it must forfeit to Liberty, but approved of the teams still playing.

"This backfired on me," said Ott. "It's tough, it is. I've been in Fauquier County a long time. It's causing consternation in the community."

Nevertheless, Ott feels good that the Falcons played 10 games, as did Buckwalter.

Many on the Fauquier side hoped the teams would still play for the Bird Bowl Trophy, perhaps as a symbolic gesture, but with the result already recorded as a Liberty win, the logistics of that were problematic.

Because of the unfortunate situation, Liberty does not get credit for a Bird Bowl win.

"The game was decided prior. I'm more happy with the win on the field than with forfeit prior to the game," said Liberty coach Travis Buzzo.



TIMES STAFF PHOTOS/COY FERRELL

Fauquier's bid to beat Liberty in the closing moments came down to this near reception by freshman quarterback Ben Noland near the Liberty 5-yard line on a throw by Banks Massey that may have been tipped by an Eagle lineman.

## Eagles win by forfeit and on the field in nailbiter

RIVALRY, from page 22

28 when it looked like he might score. Fauquier's drive reached the LHS 13 after a pass interference penalty, but after three short runs, Hensley came on for a 24-yard field goal as Fauquier took a 20-17 lead with 6:46 left.

Fauquier had a chance to close out the game after stopping Liberty cold on the next possession. The Eagles punted after three downs, with Fauquier taking over at the FHS 35.

"We were up 20-17 and gave them the ball back. It was unfortunate. I haven't watched the film and I don't know if I will watch it," said Buckwalter.

The Falcons' final turnover was painful. After two runs netted four yards, Noland took a snap from the shotgun set, but the ball fell free as Noland scrambled to recover and couldn't with Jacobs recovering at the FHS 27.

The Eagles fought off two costly penalties in driving for the winning points. Mawyer hit Owens for 11 yards on a screen, and Tyler Caporaletti to the 11, then Landon Triplett to the 8.

Mawyer almost scored near the right pylon as he reached the 1.

After an LHS timeout, Jacobs took a handoff from Mawyer and surged in easily for the 1-yard TD run with Paratore's important extra point kick making it 24-20 with 2:22 to go.

"It was a basic run play, something we've run 25 times already. Their defensive end had to pick the running back or the quarterback and he chose the QB," said Buzzo.

"Austin went in because he's the bigger back than Cody. Austin's 240 and Cody's 170. It was a real play where the quarterback made the right play."

The Eagles gave Fauquier a huge opening by misplaying the ensuing kickoff. Liberty kicked short then committed a late hit, allowing the Falcons to begin the drive with the ball at the FHS 35 with 2:15 left.

After a penalty to the 50, the Falcons threw an option pass with Massey connecting with Bynaker at the LHS 12 that appeared well-defended.



Falcon John Bynaker reaches over Jayden Ulloa for 29-yard catch to the LHS 1-yard line.



Previously winless Liberty rejoiced after a hard-fought game. "We finally put it all together," said coach Travis Buzzo.

"We were in perfect position to make a play. It hit off him into the receiver's hand," said a disappointed Buzzo.

"Bynaker made a phenomenal catch to put us in position. We had four tries," Buckwalter lamented.

Taylor ran twice to reach the 8, then Noland threw incomplete near the goal line, setting up the fourth down. Massey took a pitch, ran to his left, stopped and threw but it was incomplete to Noland.

"It was supposed to go cross field to Dylan Taylor in the end zone. They tipped it and it went to Ben. It was not designed to go to Ben. A Liberty lineman tipped it," Buckwalter said.

There were some anxious moments as the Eagles were penalized for unsportsmanlike conduct, pushing the ball back from the 8 to the 1 with 31 seconds left.

After a timeout Mawyer took the ball and surged forward for the game's final play.

"There was too much time to take a safety. We used our heavier personnel by putting two tight ends behind the guards so we had seven guys pushing instead of five. We had a little wedge and it was like a QB sneak," said Buzzo.

### Falcons lead first half, then falter

The first half was scoreless until early in the second quarter when Nate Hensley drilled a 32-yard field goal to give the Falcons a 3-0 lead. The drive was fueled by Massey, who contributed a 25-yard QB scramble and completed a 10-yard pass to Wes Heflin.

Fauquier made it 10-0 when Noland connected with Kaden Fox for a 49-yard TD strike with 2:45 left before intermission.

After being denied on their first five possessions by a feisty FHS defense, Liberty awoke thanks to a long kick return by Amr Ismael, who picked up a bouncing kick and returned it to the FHS 38. An FHS penalty for a horse-collar tackle moved the ball to the 23.

After being sacked for an 11-yard loss, Mawyer converted a huge fourth down when he hit Landon Triplett cutting across the middle for 17 yards to the 6-yard line.

Mawyer scored on the next play, faking to the fullback and running for six yards around right tackle. Paratore's extra point made it 10-7 with 1:11 left in the half.

See RIVALRY, page 27

## Lang sets passing marks as Cougars prepare for Tuscarora in playoff opener

By Peter Brewington  
FAUQUIER TIMES STAFF WRITER

Kettle Run (9-1) will host Tuscarora (8-2) of the Dulles District Friday night at 7 p.m. in the first round of the Class 4 Region C playoffs.

Tuscarora finished fourth in the Dulles District, but has a potent program, making state finals in 2014, 2017 and 2019.

"Don't let their No. 4 seed fool you. They can be a No. 1 seed. This will be a good test for us, but our boys have a good shot," said Kettle Run coach Charlie Porterfield, whose team is a No. 1 seed along with Broad Run.

Tuscarora lost to Heritage and Broad Run. They feature a Virginia Tech recruit at running back in 5-foot-11, 195-pound senior Bryce Duke.

"Bryce Duke is as good a running back as you'll see in the state all year long," Porterfield said.

"Our message to the guys is there's no easy games in our region, but we think we have a shot."

Dulles District teams have fared well against Liberty and Kettle Run the last three seasons.

Heritage handed the Cougars their only loss this season, winning a back-and-forth game 28-25 way back on Aug. 27.

Kettle Run lost to Broad Run 53-28 in last season's Class 4 Region C semifinals.

In 2019, Tuscarora beat a then-undefeated Liberty squad 53-22 in Class 4 Region C semifinals.

If Kettle Run wins, they'd host the James Wood-Heritage winner.

### CLASS 4 REGION C PAIRINGS

Tuscarora (8-2) at **KETTLE RUN** (9-1), Friday, 7 p.m.  
Sherando (5-5) at Broad Run (9-1), Friday, 7 p.m.  
James Wood (7-3) at Heritage (8-2), Friday, 7 p.m.  
Loudoun County (8-2) at Handley (9-1), Saturday, 1 p.m.



TIMES STAFF PHOTO/COY FERRELL

Beau Lang set three Cougar passing records with the playoffs starting Friday.

### Lang sets 3 records

The Cougars finished 6-0 in the Northwestern District and had all their offensive weapons clicking in a 57-35 season-ending win at Sherando.

Kettle Run senior quarterback Beau Lang passed former Cougar star Gabe Chumley in single season passing yards and touchdown passes in the win. Lang completed 15 of 18 passes for 322 yards and four TDs in the season finale.

Lang's new TD passing mark is 34, topping the 31 by Gabe Chumley in 2018. Lang's new passing yards mark is 2,143, topping Gabe Chumley's 2,110 in 2018.

Also this season, Lang set a single season record for total offense with 2,841 yards and counting. He broke the mark of 2,442 set by Casen Chumley in 2017.

## Mawyer shines as Liberty's MVP

RIVALRY, from page 26

Fauquier made a crucial turnover trying for points right before halftime as Massey's pass bounced off a receiver to Ismael, who returned it a few yards to the FHS 32.

On first down, Mawyer threw a deep fade to Joey Triplett up the right side. Triplett caught it near the goal, then stepped into the end zone for a 32-yard TD with 41 seconds left in the half. After Paratore's kick, Liberty now led 14-10 with 14 points in just 30 seconds.

Buckwalter regrets going for too much when he could have run out the clock and maybe led 10-0.

"Yeah, we let them back in it. Coulda, woulda, shoulda," Buckwalter said.

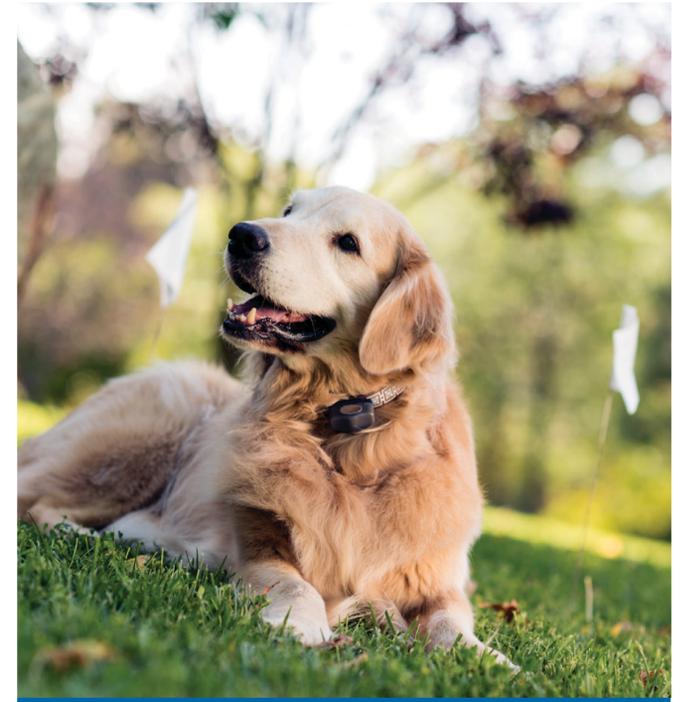
Fauquier lost another fumble with 15 seconds left, setting Liberty up at



TIMES STAFF PHOTO/COY FERRELL

joey Triplett's 38-yard TD catch gave Liberty a 14-10 lead just before halftime.

the FHS 31, but Paratore's 41-yard field goal as time expired in the first half was short.



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