

**FREE ~ Take one and find out what's happening around Marshall**

Help us grow wisely & well  
... become an MBRA member!



# Marshall Minute

**SEPTEMBER 2019**

**Come on out!**

**Tuesday September 10th**

**7:30 PM MBRA's  
Community Meeting**

**You don't want to miss  
this special guest:**

**Mr. Ben Shoemaker  
Executive Director  
Fauquier County Water  
& Sanitation Authority**

**Bring your questions  
about Marshall water!**

**Join us for free  
Refreshments & free door prize  
raffle at the:**

Marshall Community Center  
4133A Rectortown Road  
Marshall, VA 20115

**Nominations for the MBRA Board of  
Directors are accepted 10/1 - 10/31!**

Have someone you'd like to nominate  
for election in January to serve as a  
Director? Nominations can be mailed  
to: P.O. Box 533, Marshall, VA 20115  
or emailed to: mbraeditor@gmail.com

**The Marshall Carnival idea is  
being researched. Thank you to those of  
you who email us your support! We  
look forward to continuing to hear from  
everyone and we will keep you posted:  
Email us at mbraeditor@gmail.com or  
call 540-364-3400**

**Have questions or speaker suggestions?  
Contact Mary Wilkerson, MBRA President**

(540) 364-3400; mbraeditor@gmail.com

Editor: Mary Wilkerson;  
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**Visit our website: [www.MarshallVIRGINIA.ORG](http://www.MarshallVIRGINIA.ORG)**

*For helpful links for residents and businesses; see something missing?  
Email us at [mbraeditor@gmail.com](mailto:mbraeditor@gmail.com) or call 540-364-3400*

Did you know that we also have a local channel for our meetings and  
events on YOUTUBE? Keep up with what's going on via our YouTube  
Channel at: <https://www.youtube.com/channel/UChFkdTdTmWpCP9aTVVti9IKQ>

Have a seat with your favorite beverage in the comfort of your home  
and catch up on all that's been happening! Coming soon will be  
video of an MBRA summer 2019 "Party on Main Street"  
at Joe's Pizza & Subs! Simply follow link above to subscribe.  
Be one of the first to subscribe to our YouTube channel for our local  
Marshall meetings & events around town!

**Don't miss the Marshall Community Center's  
Annual Event: MARSHALL DAY!**

**This Saturday, September 7th from 12 to 4 pm**  
See full page flyer on page 1 of ad pages with details on **FREE** event!

**Join us for our last Summer MBRA Party on Main Street  
as we showcase JOHNNY MONARCH'S BUSTaurant  
FREE Event, Thursday, July 19th, 5-6 pm only!**



**Don't miss sampling the  
free carnivorous and  
vegetarian tastings just  
for you! Free Door Prize  
Raffle Drawing at 6 pm!  
8374 West Main Street**

**Mark your calendars for:**  
**MBRA Candidates Night Oct 8  
7:30 pm Marshall Community Center**  
**MBRA's 2nd Annual Small Business  
Saturday Sidewalk Stroll, Nov 30**  
**Support your local businesses the  
Saturday after Thanksgiving!**

If you are a 2019 MBRA member and  
do not yet have your member sticker,  
<---- just call or email us and we'll  
make sure you get yours!

**Marshall Ruritan Events**  
**To be held at 8400 Salem Avenue**

**Car Show Saturday Sept. 21st**  
FREE ADMISSION 9:30am.  
\$25 registration for cars at 8am.  
Awards at 3pm.

**Marshall Ruritan Club Town  
Hall Meeting Thursday Oct. 3rd**  
Panel Discussion at 6.30pm with  
reception to follow.

July 9th Community Meeting Notes:

**Mary Wilkerson, President**, opened the meeting at 7:30pm and invited the audience to try out the demonstrations of the Bemer machine in the room by Stephanie and Deb, filling in for Becky Verna.

Mary Wilkerson shared announcements. The Board of Supervisors will be hearing the Rural Lands Draft Comprehensive Plan this Thursday and are supposed to take a vote on it. Mary Leigh can speak more about that. For more information, see presentation videos on our website:

[www.MarshallVirginia.org](http://www.MarshallVirginia.org). A transcript of Andrew Hopewell's presentation will be coming soon in the Marshall Minute.

More MBRA Party on Main Street Showcase Mixers are coming up! The first one was in June at Nick's Deli. The second one will be at Joe's Pizza & Subs on July 31st, and BEARS Soft Serve will host an ice cream social for the next one in August! These events are free to the community, so come and support the local business. As a reminder, there is no MBRA Community Meeting in August.

**Marshall District Supervisor Mary Leigh McDaniel** gave an update. 1) The Hume Cell Tower has been built and should be delivered and put up by the end of this month. Equipment should be up on it within 6 months. The tower is located across from Pender's Property and is 145 feet tall, the standard for all the towers now. 2) Mary Leigh is so excited to say that the Orlean Fire Station Open House and Ribbon Cutting is coming up on July 20th! 3) Marshall Main Street Improvement Project: Mary Leigh said they are hoping to go to bid the first week of August. She explained that it takes time because the state and Federal are involved, so they have to cross every 't' and dot every 'i' ten times. 4) Rural Lands Plan: Mary Leigh said the Board of Supervisors will be voting on it this Thursday, July 11th.

Our featured speakers of the evening were **Stephanie and Deb with Bemer Therapy** on behalf of **Dr. Becky Verna** who was suddenly called out of town.

Deb has been with Bemer for 2 years as of next month. She said her back has not bothered her for 10 years since she found Bemer. Earlier this month on July 4th, she was working an event and a very heavy folding table fell on the back of her leg and ripped all the way down. She went home, Beme'd it up, and is totally fine. Two months ago at her daughter's house she fell carrying groceries and cracked her rib; she went to the Bemer and felt very good within a few minutes, and a week and a half later she was totally fine.

The Bemer helps your body do what it does best: heal itself. Bemer helps our blood flow. The Bemer is good for issues of pain, discomfort, and for delivery of nutrition and oxygen delivery to our capillaries. It also enhances cardiac function. The USA takes more prescription drugs than the 13 other large countries combined. There are more than 1 million users of the Bemer, and it is high athletes' secret weapon. Bemer has 5 worldwide patents. The Bemer helps with physical fitness, brain fog, and sleep issues.

The Bemer has to do with bio-energy; electromagnetic energy in the body. The Bemer has lifetime upgrades, and is a one-of-a-kind industry leader that is often imitated but never duplicated.

When we go to the doctor we have the iceberg principle: they only treat us with what is above the water, like an iceberg. They have no idea what's going on below the water, and that's where all of our issues are. Doctors can't tell you what your body is doing underneath; but the Bemer can do that. Our bodies are made up of a lot of capillaries and those are really important; that's the cleansing part of our body.

Stephanie then shared how she started her journey with Bemer 3 years ago when she and her daughter were in New Zealand. Stephanie uses the Bemer for 8 minutes in the morning, and 8 minutes in the evening. She did that for 7 days and felt great. Now she no longer feels poisoned and does not accept the idea that she will have issues due to getting older, because that is not the case for her with Bemer.

Stephanie said that with Bemer, her digestion and waste disposal is impeccable, she could swim longer, an hour everyday. She was more energetic, had a sense of well-being, and things that used to bother her do not bother her anymore. She felt shiny on the inside and the outside. She said all Bemer users are kind of radiating this energy.

Bemer works on the capillaries, the very smallest of the blood vessels. Capillaries are thinner than a hair and make up three quarters of our bodies. Bemer talks to the capillaries; it reminds the body of the earth's energy movements. Our bodies know how to heal; we just have to give it the methods to do that. Bemer sends a signal to blood vessels so our bodies know how to heal. The secret to Bemer is that blood vessels like that signal. Healing of wounds, bites, poison ivy itching, broken bones, all go so much quicker when using the Bemer. Additionally, Bemer is a 20 year old company and the machine is a medical device from Europe.

Don, Stephanie's husband, also shared his Bemer testimonial. Don is an engineer by training, so he wanted to know more about this machine. He shared that both he and his wife are turning 70 this year. Don is also a retired air force pilot. Once he started using the Bemer, suddenly he could sleep better, and now he has not had a single pain medicine in two and a half years. He has not gotten a headache, his knees do not crack anymore, and he attributes it entirely to Bemer. His blood flow is better, and he swims everyday with Stephanie. Don slipped and fell the other day and got a bruise. The bruise is gone now. Don shared examples of successfully using the B light on a baby with diaper rash and a person with poison ivy. For an acute situation, they suggested using it for 16 minutes, for 2 days only. For more information, call **703-395-0795** or email **rebecca.verna@bemermail.com**  
*Congratulations to our Free Door Prize Raffle winner!; Minutes by Mary-Elizabeth Wilkerson, Secretary*  
**The meeting closed with the Pledge of Allegiance at 8:17 pm. MBRA video up soon at [www.marshallvirginia.org](http://www.marshallvirginia.org).**



# Marshall Day 2019

September 7th, 2019 12 to 4 PM

Marshall Community Center

Event will include:

Rock Wall

Obstacle Course

Food

Children's Games

FAMILY FUN

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The Marshall Ruritan Club



A Community Organization Serving the Marshall Area is accepting New Members!!

**Come to our meetings on the second Wednesday of each month at 7pm**

8400 Salem Avenue, Marshall, VA 20115

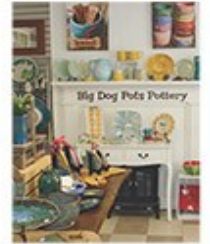
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