HealthStyles

A guide to healthy living in the Northern Neck and Middle Peninsula 2024

Aerial fitness • Spiritual peace • Detoxify • Therapy animals • Brazilian jiu-jitsu

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BAY HealthStyles

A guide to healthy living in the Northern Neck and Middle Peninsula 2024

Even with all of the work-from-home careers now, it still seems all we do is rush, rush, rush from one place to another. Work commitments, school and athletic events, social gatherings...our lives are filled with to-do lists that often don't include "me time." But relaxation, a good night's sleep and stress reduction is not only critical to our mental well-being but they are essential components to physical health.

In this edition of Bay HealthStyles, our writers focus on all things spiritually and emotionally good for us. Take time to get in touch with your mind, body and soul in an aerial yoga or Pilates class. The new trend offers increased flexibility and relaxation while flying high in a silk hammock.

In that same vein, we talk to folks about their personal journeys with spiritual healing—where they go and what they do to de-stress, find peace and get uplifted.

Animals—big and small—are always a source of love and comfort. Service animals fill an essential role in health facilities and schools for emotional support. We introduce you to some local support animals and the owners.

Our hobbies and passions are not only addictive but they are endorphin-releasing activities that create positive feelings and train our brain to be active, happy and healthy. We encourage you to find your personal outlet.

And lastly, but perhaps most important, good health starts at home, specifically with our home environs and the products we use daily, weekly and monthly. Go organic to rid your surroundings of toxins.

We hope our articles inspire you to find joy, peace and continued good health.

Susan & Lisa

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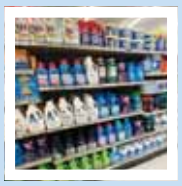

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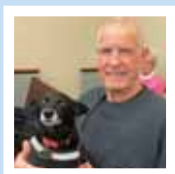

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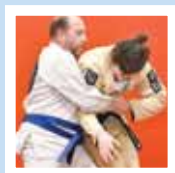

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Community Health

The following is a list of ongoing health related events in our area. The area code for all listings is 804 unless otherwise noted.

To avoid disappointment, call the numbers where indicated to verify dates and times of events.

Ongoing

Mondays

Fit To Move Exercise Class, 11 a.m. Rappahannock Westminster-Canterbury, 132 Lancaster Drive, Irvington.
AA, noon, DeSales Hall, Kilmarnock.
LCL In Stitches, 5 p.m. most Mondays. Lancaster Community Library, 16 Town Centre Drive, Kilmarnock. Knitting, crocheting.
Yoga with Anna Pomaska, 5-6:15 p.m., Middlesex County Woman's Club, 210 Virginia St., Urbanna. 831-233-1787.
Ages 4-7 karate, 6-6:30 p.m., 6099 T C Walker Road, Gloucester. 693-2355.
Ages 8-12 karate, 6:40-7:20 p.m., 6099 T C Walker Road, Gloucester. 693-2355.
Zumba, 6:45-7:45 p.m., Abingdon Park, 7087 Powhatan Drive, Hayes. 696-2355.
Family karate, 7:30-8:20 p.m., 6099 T C Walker Road, Gloucester. 693-2355.
AA, 8 p.m. Wicomico Methodist Church, Wicomico Church.
Ages 13 and older karate, 8:20-9 p.m., 6099 T C Walker Road, Gloucester. 693-2355.

Tuesdays

Free Blood Pressure Screenings, 9-11 a.m. first Tuesdays. Northern Neck Family YMCA, 39 William B. Graham Court, Kilmarnock. Sponsors: Bon Secours Rappahannock General Hospital and the Northern Neck Family YMCA.
Indoor pickleball, 9 a.m.-noon, Tom Carter Memorial Gymnasium, 2911 General Puller Highway, Cooks Corner. 758-0057.
Floor yoga classes, 10-11 a.m., Stewart Building, 6099 T C Walker Road, Gloucester. 693-2355.
Northern Neck Duplicate Bridge, 1 p.m. Grace Episcopal Church, 303 South Main Street, Kilmarnock.
Yoga, 5:45 p.m., Urbanna United Methodist Church, 221 Marston Ave., Urbanna. 758-5308.
AA, 7 p.m. De Sales Hall, Kilmarnock. Beginners and young people welcome.

Wednesdays

Fit To Move Exercise Class, 11 a.m. Rappahannock Westminster-Canterbury, 132 Lancaster Drive, Irvington.
AA, noon. Women's meeting, Irvington UMC.
AA 12-&-12 open meeting, noon, Zoar Baptist Church, 17097 General Puller Highway, Deltaville. 654-9858.
Cancer Support Group, 12:30 p.m. first and third Wednesdays. Grace Episcopal Church, 303 South Main Street, Kilmarnock. Soup and bread provided for lunch. 435-1285.
Chair Yoga with Anna Pomaska, 2:15-3:30 p.m., Middlesex County Woman's Club, 210 Virginia St., Urbanna. 831-233-1787.
Small breeds (fewer than 50 pounds) puppy training classes, 4:30-5:30 p.m., Beaverdam Park, 8687 Roaring Springs Road, Gloucester. 693-2355.
Large breeds (more than 50 pounds) puppy training classes, 5:30-6:30 p.m., Beaverdam Park, 8687 Roaring Springs Road, Gloucester. 693-2355.
Serenity Al-Anon, 5:30 p.m., Trinity Episcopal Church, Lancaster.
Zumba, 6:45-7:45 p.m., Abingdon Park, 7087 Powhatan Drive, Hayes. 696-2355.
Line dancing, 7-9 p.m., Middlesex County Woman's Club, 210 Virginia St., Urbanna. 695-4299.
AA 12 & 12 Study Group, 7 p.m., Shachah World Ministries, Kilmarnock.

Thursdays

Indoor pickleball, 9 a.m.-noon., Tom Carter Memorial Gymnasium, 2911 General Puller Highway, Cooks Corner. 758-0057.
Walk on the Wild Side, 9-11 a.m. second Thursdays. Belle Isle State Park, 1632 Belle Isle Road, Lancaster. Guided nature walk. Registration requested, 462-5030.
Diabetic Support Group, 3-4 p.m., Middlesex Family YMCA, 11487 General Puller Highway, Hartfield. On the third Thursday of each month. This group provides support, planning and education tools, blood sugar monitoring and goal setting for everyday life with diabetes.693-8825.
Ages 4-7 karate, 6-6:30 p.m., 6099 T C Walker Road, Gloucester. 693-2355.
Cancer Support Group, 6:30 p.m., meets the third Thursday of every month in the Riverside Middle Peninsula Cancer Center, 7544 Medical Drive, Gloucester (behind the hospital). 757-534-5555, ext. 300, or 757-596-4457.
Celebrate Recovery, 6:30 p.m. White Stone Church of the Nazarene, White Stone.
Ages 8-12 karate, 6:40-7:20 p.m., 6099 T C Walker Road, Gloucester. 693-2355.
Line dancing, 7-9 p.m., Middlesex County Woman's Club, 210 Virginia St., Urbanna. 758-0056.
Family karate, 7:30-8:20 p.m., 6099 T C Walker Road, Gloucester. 693-2355.
AA, 8 p.m. De Sales Hall, Kilmarnock.
Ages 13 and older karate, 8:20-9 p.m., 6099 T C Walker Road, Gloucester. 693-2355.

Fridays

Indoor pickleball, 9 a.m.-noon., Tom Carter Memorial Gymnasium, 2911 General Puller Highway, Cooks Corner. 758-0057.
Tai Chi, 9-10 a.m. Fridays, Middlesex Woman's Club, 210 Virginia St., Urbanna. 831-233-1786.
Yoga with Anna Pomaska, 10:30-11:45 a.m., Middlesex County Woman's Club, 210 Virginia St., Urbanna. 831-233-1787.
Lunch Bunch Al-Anon, noon. Grace Episcopal Church, Kilmarnock. For phone-in meetings, email fridaylunchbunchafg@gmail.com.
AA, noon. Trinity Episcopal, Lancaster.
Mahjong, 1 p.m. most Fridays. Lancaster Community Library, 16 Town Centre Drive, Kilmarnock.

Saturdays

Indoor pickleball, 9 a.m.-noon, Tom Carter Memorial Gymnasium, 2911 General Puller Highway (Route 33), Cooks Corner. 804-758-0057.
AA, 7:30 p.m. Irvington Baptist.
AA, 8 p.m. Heathsville UMC.

MARCH

Monday, March 4

Blood Drive, noon-6 p.m. Kilmarnock Baptist Church, 65 East Church Street, Kilmarnock. Schedule an appointment at redcrossblood.org, Red Cross Blood Donor App, or 1 800-733-2767.

Thursday, March 7

Meditation Workshop, 6 p.m. River Counties Community Foundation, 834 Rappahannock Drive, White Stone. Sponsor:The Bay Center. Instructor: David Scarbrough PhD, RYT. Free. Registration required: thebaycenter.org/mediation.

Friday, March 8

Coffee-time Sip & Paint "March into Spring," 10 a.m.-12:30 p.m. March 8. Rice's Hotel/Hughlett's Tavern, 73 Monument Place, Heathsville. Instructor: Celeste Johnston. Project: A botanically-correct a shamrock or favorite spring flower and transfer to watercolor paper for painting. $35, plus a $5 material fee. All equipment will be provided. Register at ww.RHHTFoundationInc.org, or 580-3377.

Saturday, March 9

Become Kidney Aware, 11:30 a.m.-2 p.m. Beulah Baptist Church, 4448 Mary Ball Road, Lively. Sponsor: The Health & Wellness Ministry

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Community Health

of Beulah Baptist Church. Learn current information about preventing, managing and treating kidney disease from an American Kidney Health Coach. To register, call Rev. Jackie Veney, 925-7073.

Tuesday, March 19

Livestrong, 1:30-3 p.m. Northumberland Family YMCA, 6348 Northumberland Highway, Heathsville. Free exercise program for cancer survivors. Continues Tuesdays and Thursdays through June 6. To register, contact Brandon Jones at 580-8901, or brandon.jones@ymcavp.org.

Monday, March 25

Walk With Ease, 5:30 p.m. Beulah Baptist Church, 4448 Mary Ball Road, Lively. Sponsor: The Health & Wellness Ministry of Beulah Baptist Church. Six-week, 18-session program with a Certified Walking Leader & Walking Guidebook. Registration will end March 20. To register, call Rev. Jackie Veney, 925-7073.

Thursday, March 28

Blood Drive, 10 a.m.-3 p.m. Northern Neck Family YMCA, 39 William B. Graham Court, Kilmarnock. Schedule an appointment at redcrossblood.org, Red Cross Blood Donor App, or 1 800-733-2767.

APRIL

Thursday, April 11

Christchurch School 31st annual Golf Classic, 11:30 a.m. registration, 1 p.m. shotgun start, Piankatank River Golf Club, 6198 Stormont Road, Hartfield. 776-6516.

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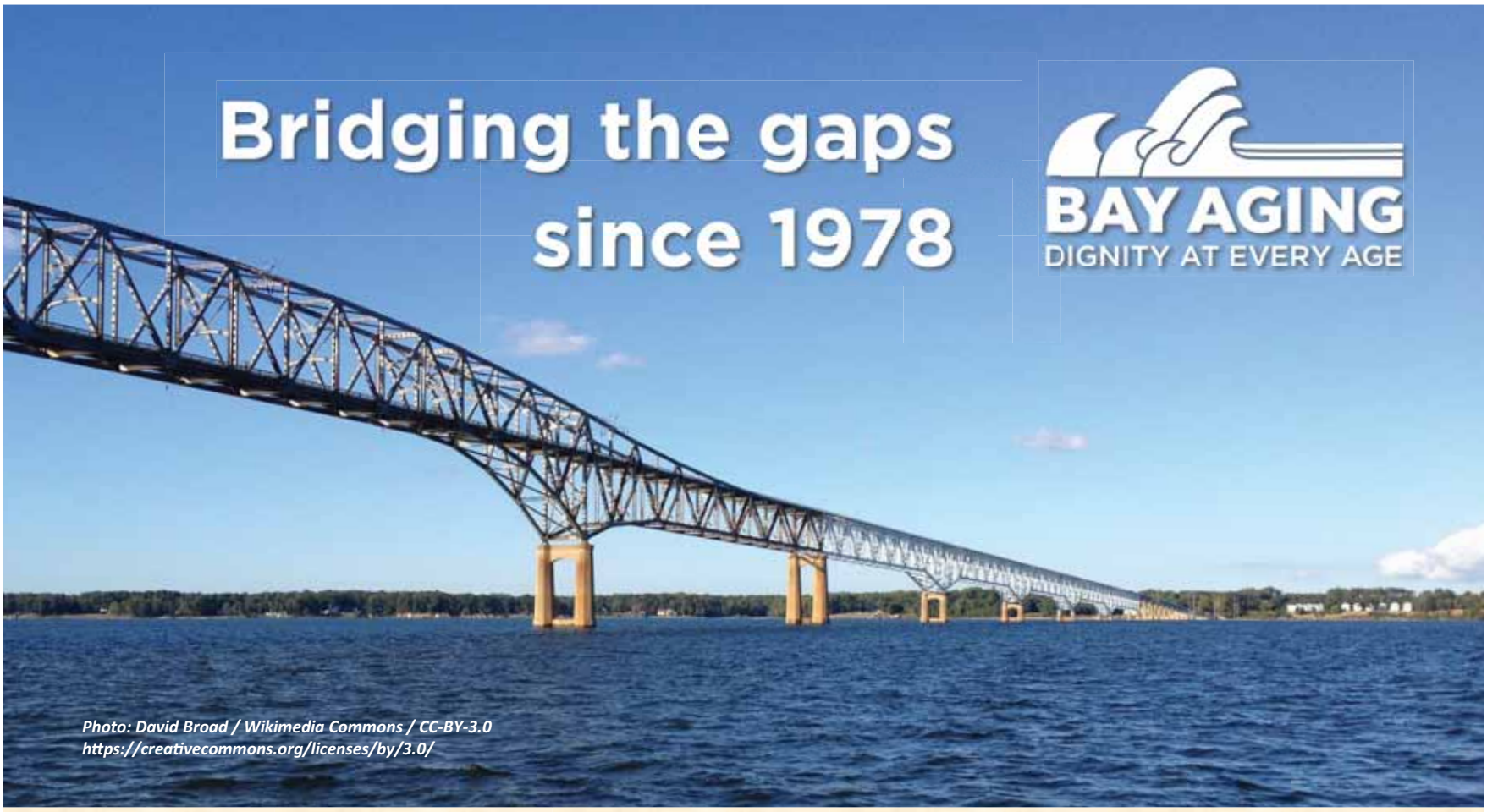

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HANGING around for fitness and flexibility

story and photos by
Lisa Hinton-Valdrighi

There's hot yoga—practiced as the name implies under hot and humid conditions. There's goat yoga— practiced with friendly, little companions joining the class. And now the growing yoga trend is aerial yoga, which, also as the name implies, is practiced while suspended from a silk rope, yoga swing or aerial hammock.

Yoga is an ancient practice, aligning the mind with the body for both physical and emotional benefits. Instructors and practitioners claim a multitude of advantages from more flexibility and weight loss to inner peace and stress relief.

"Yoga is much more than the perfect pose," said Ola Jackson, who along with founder and studio director Neelam Kataria, co-owns Shakti Aerial Yoga in Kilmarnock. "We focus on mind, body and soul."

Aerial yoga uses hammocks to support the body in various poses. The hammocks allow users to sink into poses while being supported and without unnecessary strain on other joints and muscles.

"We can truly focus on what our body is feeling and what it needs," said Jackson. "And it's fun. We all need a little fun in our lives."

Aerial yoga, like traditional yoga practices, improves circulation, lymphatic drainage, spinal decompression, core strength and improved balance.

"With me personally, I have rheumatoid arthritis and I've noticed a decrease in my joint pain and it's made me more flexible. It's also helped with my posture," said Latricia Hudnall, who attends aerial yoga classes regularly. "It's helped me get more in tune with my body, mentally and emotionally."

Hudnall and her sister, Barbara Croxton, started taking the classes at Shakti in June, just a month after the yoga and dance studio held a grand opening in Kilmarnock. They had never even taken a traditional yoga class but Croxton met Jackson and Kataria when Croxton invited the two to have a vendor booth at one of her marketing/networking events. The two have been attending class for the last eight months and love it.

"It's so relaxing. The environment is so peaceful and uplifting," said Croxton. "Before yoga, my strength wasn't what it is now. My posture has improved. I'm standing up straight. Plus, it's strengthened my core, my stomach, and my legs are so much stronger."

Although the hammocks look daunting to the uncoordinated among us, according

From left, Cristiane Cockrell and Dyan Warren practice differing degrees of difficulty during an aerial yoga class.

to Jackson the silk swings help with balance. And all beginners receive one-on-one instruction in the early stages.

"We require you take a four-week beginner class where we walk right beside you and stand right beside you," she said.

The silks can support people up to 350 pounds at Shakti, where participants hang upside down and even lie down entirely, fully enclosed in a hammock. Hanging fully or suspending specific body parts is believed to create traction and allow the body to open more gently than with traditional floor yoga poses. For people with knee or hip issues getting on the floor can be a challenge, said Jackson.

The growing popularity of aerial yoga and aerial arts in general is probably "because it's intriguing. First of all, it's different and it offers benefits for people who can't hold poses on the floor. We can put them in positions they otherwise wouldn't be able to get into," she said.

Originally called antigravity yoga, aerial yoga started to gain attention in the late 1990s. The current style of the yoga hammock and name aerial yoga started appearing around 2011. Today, aerial yoga studios and aerial yoga instructors are popping up everywhere.

"It's so beneficial because we can really concentrate on the muscles you want to work on," said Jackson.

"But more than that, our main goal is to have you connect with your body. If a pose terrorizes you, say a sacrum hang, and you hate it, don't do it. When you come here, this is your class and your time and we want you more than anything to relax."

Jackson and Kataria offer classes in Lancaster County at the Kilmarnock studio and in Northumberland County at Three Little Birds in Burgess. They have about 25 regular attendees.

"We welcome everyone, all shapes and sizes. We also welcome all ages from young to old. This is a safe place where we want you to focus on getting in touch with your breath and your body."

Croxton said she was intimidated by the hammocks at first "but I kept practicing and practicing. And now I'm doing moves and

From left, Paislee Kirby of Callao and Charlotte Austin of Reedville practice during a kids aerial circus class.

All aerial yoga classes begin with breathing and stretching exercises.

The Hanger Vertical Arts co-owner and instructor Patrick Sullivan assists attendees at an aerial Pilates class.

"The environment is so peaceful. I can focus on my mind, body and soul." — Barbara Croxton

A hammock allows more intense core work.

Dyan Warren does a sacrum hang during an aerial yoga class in Kilmarnock.

Shakti Aerial Yoga co-owner and instructor Ola Jackson assists Barbara Croxton as she gets into a pose.

positions I've never been in before. The growth I can see from six to eight months is crazy. I'm fearless now. I love it."

In Tappahannock, former Cirque du Soleil artists Hannah Spiegler and Patrick Sullivan founded The Hanger Vertical Arts in November 2020. The facility's circus arts and aerial Pilates classes are for all skill levels and both kids and adults.

Sullivan was instructing an aerial Pilates class in one half of the room a few weeks ago while Spiegler had her competitive aerial circus class for ages 7-10 working hard in the other half. Everybody was flying high, improving flexibility and having fun.

"The idea behind using the hammocks [for pilates and yoga] is to have significantly less impact with the ground, allowing for more flexibility. It allows for greater muscle work because you have to find your balance and it forces a lot more core work," she said.

According to Spiegler, aerial Pilates is good for people of any age and skill level. "We have students in their 80s coming to the Pilates classes and even have a few adults in their 70s doing our aerial [circus] classes."

The aerial Pilates classes combine free swinging with traditional Pilates exercises, body conditioning and acrobatic aerial arts. The classes are a great way to improve balance by challenging the core, aligning the spinal bones and decompressing joints.

"A lot of this helps people realize why they are having pains and balancing issues. It's about where your hand placement is and the way you're standing," said Spiegler. "People learn, oh wow, I was standing with my foot twisted sideways, no wonder I wasn't able to balance myself."

After graduating from the University of Georgia and taking her talents internationally to perform Cirque du Soleil with Club Med, Spiegler returned to her hometown with Sullivan to open the vertical arts studio and offer performances for businesses, schools and other organizations.

Hannah Spiegler, co-owner of The Hanger Vertical Arts in Tappahannock, assists a student with an aerial circus exercise.

Although the school of acrobatics and circus arts offers classes for people of all ages and skill levels, Spiegler is especially proud of her aerial competition team, which includes Charlotte Austin of Reedville, Paislee Kirby of Callao and Essex and King William students Caroline Bacon and Cassidy Kite.

"The competition team competes virtually and travels to one in-person competition a year," said Spiegler. "It's a nice way to take an individual sport and give it a team aspect. It allows kids to do a sport but combine it with a creative art. It makes them think very differently and creatively."

Aerial arts is in the process of being approved as an Olympic sport, she said.

"Right now, aerial competitions are a very new thing. They have started popping up more post-COVID. It's a growing sport," she said.

Along with offering weekly aerial arts classes, The Hanger also offers summer camps and private sessions.

The minimum age is 4. In all, the studio has 100 students, ages 4-80.

Along with improving core strength, enhancing flexibility, improving balance and coordination and maybe even losing weight, aerial exercise is a great stress reducer. If that's not motivation, what is?

Participants in an aerial Pilates class begin by using the hammocks to perform stretching exercises. The Hanger VA instructor Patrick Sullivan assists.

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Spiritual healing

comes in myriad, different forms

story and photos by Larry Chowning

Spiritual healing comes in many forms and is different for each of us.

We all have different ways of bringing out the inner peace, solace and joy that comes with living a meaningful life. It is often a moment in time during the week when one forgets the world around them and their thoughts are inspired by their setting — sometimes a reflection from the past.

It might be a Sunday afternoon drive on the rural backroads of King & Queen County; hanging on to a fishing line on the banks of Dragon Run; a walk along a path where ones own footprints through time had earlier passed, or sitting in that same seat in church every Sunday.

Rev. Mike Cook

Pastor of Philippi Christian Church in Deltaville, the Rev. Mike Cook said that humans have always needed a place to go that gives them peace of mind. There was an ancient practice by early man of going out into the wilderness for meditation and soul searching, said Rev. Cook.

The Desert Fathers, also called the Desert Monks, of the 3rd century AD were early Christian hermits who went out into the desert to cleanse their minds and souls, he said.

The monastery concept of monks living in a community alone and away from others was in part a concept that we can compare to our own individual place, a place we go for meditation and comfort, he said.

"Most people do have a a place to go for spiritual moments that I think is associated with good overall health," said Rev. Cook. "I have one man in my church that goes alone into the Dragon Run to think and ponder life.

"When you think about it, the Dragon Run is much like the wilderness of old," he said. "It is a great place surrounded by wilderness which makes it easy to experience uninterrupted thoughts."

"My special place is aboard my boat alone sailing on Chesapeake Bay," said Rev. Cook. "When sailing a boat all I think about is sailing. I forget all the things that had bothered me earlier in that day. The sounds of wind against the sails and water against the side of the boat and being alone with my thoughts are my solace.

"You may find this interesting but another place I often have a spiritual moment is when I'm alone and sanding on my boat," he said. "I love to sand the wood on my boat. My friends laugh when I say that sanding is the kind of work for me that clears my soul."

Four years ago, Cook had a calling to build a boat. As a start, he restored a 20-foot sailing skipjack that is now in the lobby of the Deltaville Maritime Museum. He has rented a boat shop and plans to build a Polynesian double hull canoe. He plans to be doing a whole lot of sanding, he said.

Earl Simpson

Earl Simpson is a retired Rappahannock Community College English professor who lives in Wake. Simpson has alway been interested in writing, but during his retirement he gets his spiritual insight from art.

Simpson is a member of Philippi Christian Church and Rev. Cook calls him the prophet of Wake. "When I was young I wanted to write the great American novel," said Simpson at his home. "I have always written poetry as a way of relaxing and as a form of expression. My recent love is to create art as

Rev. Mike Cook • Deltaville

Finds his peace sailing on the Chesapeake Bay and sanding his boat.

an extension of my poetry."

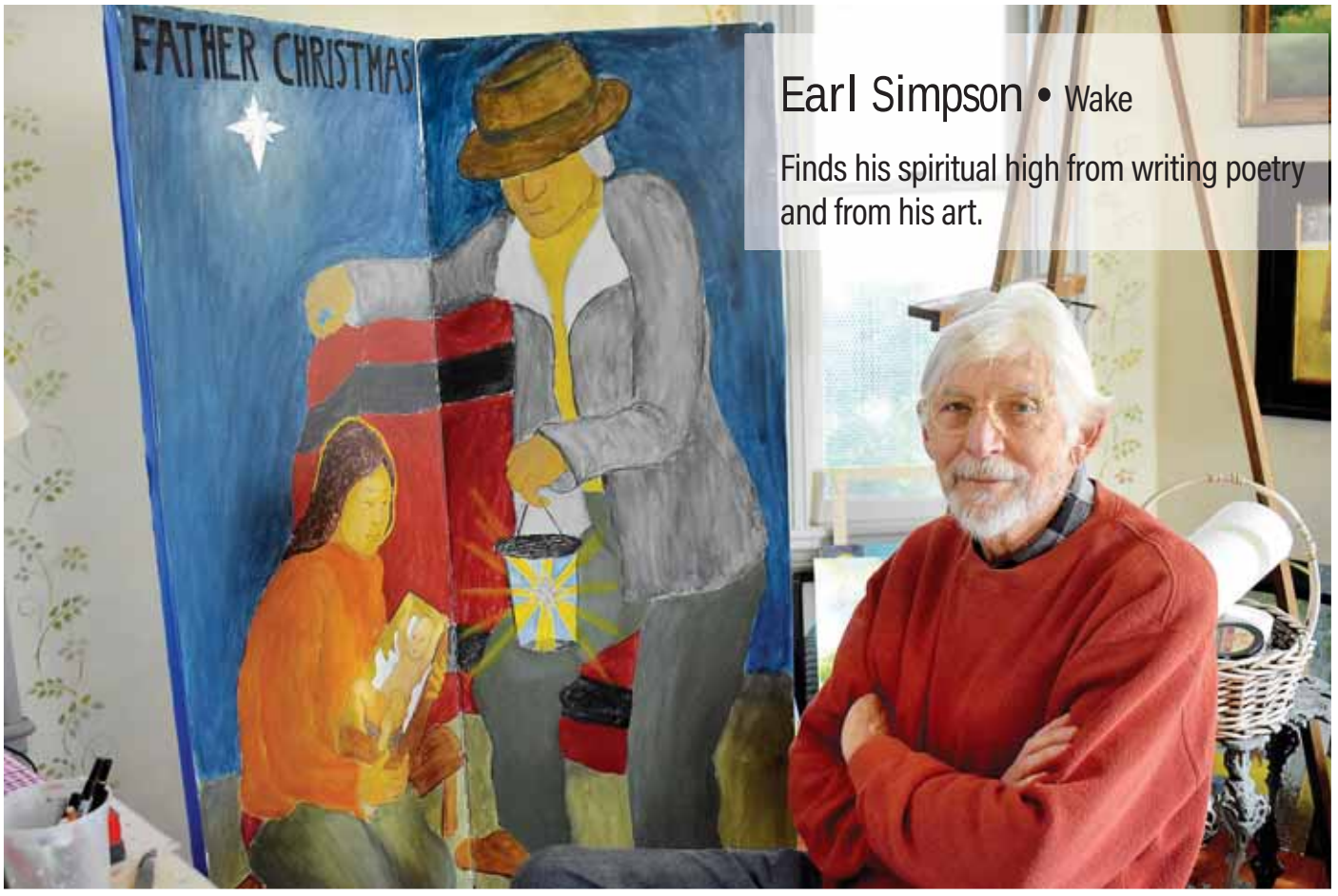
Simpson paints mostly biblical scenes and his painting of "Father Christmas" was displayed during the holiday at Philippi. "The art and poetry are both very personnal to me," he said.

"I think we are all grasping for something higher and part of my paintings are to make the spirit more visible to me," he said. "I think everyone has something that makes them stop and consider something with a deeper meaning."

Simpson wrote a poem and painted a painting entitled "Tell Him to Pour It Out." The wine in the cup is symbolic of the blood of Christ and of God's Son having to deal with his own humanity and the knowledge his own life on earth would soon be coming to an end.

"It does not have to be a pen or a paint brush, it might just be a place that whenever you go there, it brings back fond memories that remind you that life was good and that life can be good and that life is good," said Simpson.

"I think having these spiritual moments are healthy and bring substance to life," he said. "They can also be a part of the healing process for whatever issues we as individuals have. They are extensions of our spiritual faith."



Earl Simpson • Wake

Finds his spiritual high from writing poetry and from his art.

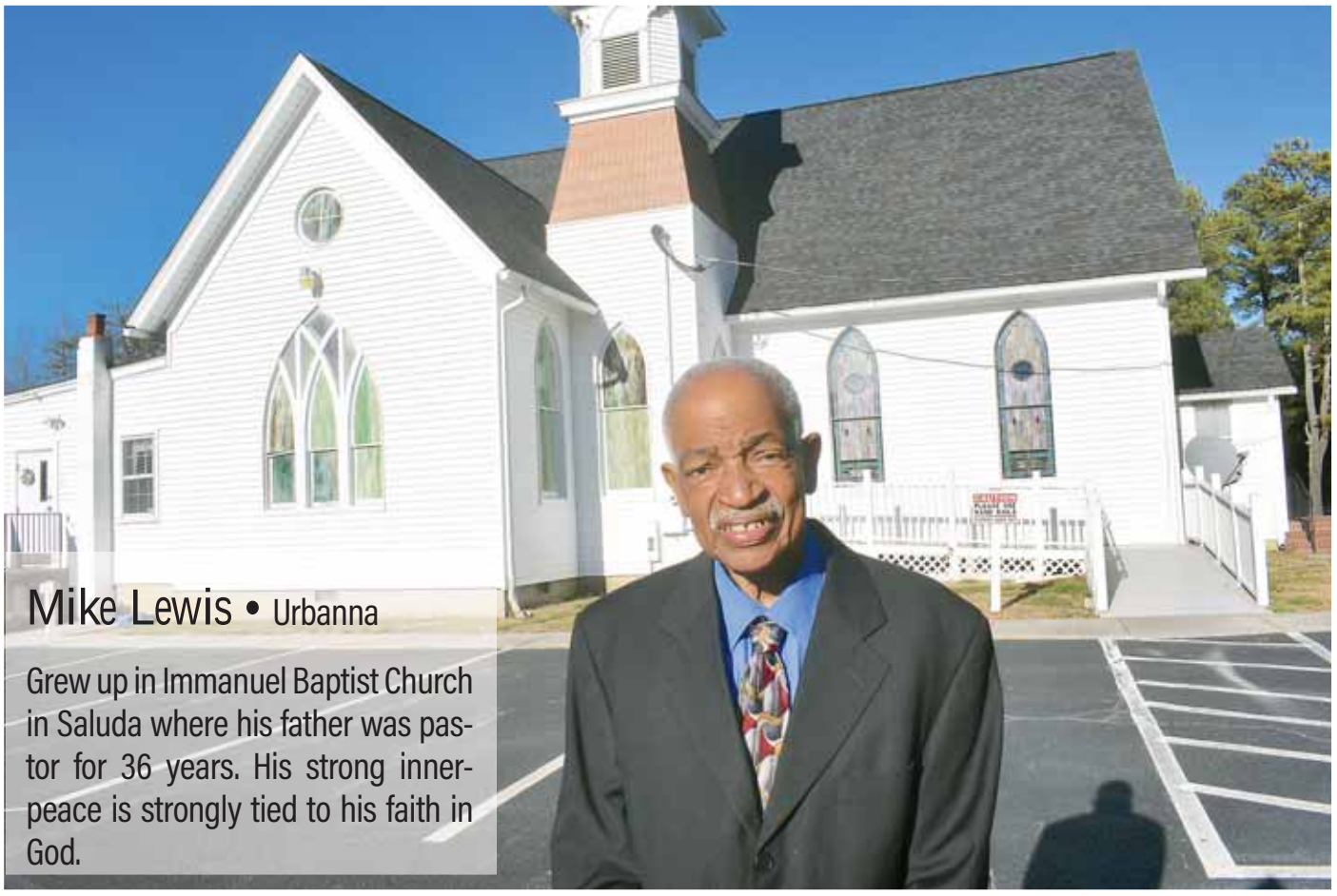
Mike Lewis

Mike Lewis of Urbanna is the son of a renowned Middlesex County African-American minister, the late Rev. John J. Lewis, who was minister of Immanuel Baptist Church in Saluda for 36 years.

"My inner-peace comes from knowing Christ," said Lewis. "There is no special place that I go to. When I wake up I know of the gift that Christ has given me and all of us and that's enough. He gave his life for all of us.

"God in heaven gives me that joy and peace that comes with a good life," said Lewis. "I know that Christ is enough and in spite of all the wars and evils that goes on in this world, I feel safe in my own heart and soul."

"I will say that I get a spiritual high when I hear the



Mike Lewis • Urbanna

Grew up in Immanuel Baptist Church in Saluda where his father was pastor for 36 years. His strong inner-peace is strongly tied to his faith in God.

hymns "Blessed Assurance" praising my Savior all the day long and "Great Is Thy Faithfulness" Great is Thy Faithfulness, Lord unto me, he said.

Lewis' family has been a part of Middlesex life for generations. His sister, the late Faye Lewis, was one of the 13 African-American children who in 1963 integrated Middlesex County schools under what was then called the federal "Freedom of Choice Policy." The parents of Black school-age children could decide for themselves which school their children would be attending — the all-white schools or to remain in the all-Black schools. Middlesex County schools were totally integrated in 1969.

"I was taught from a young age by my father and mother that Jesus would make this world a better place for us all," he said. "Knowing that, has made my life better."

Bill Hight

Bill Hight of Urbanna finds peace each day sitting on his porch watching the boats go by on the Rappahannock River. His family goes back generations in Middlesex and the river home where he now lives was a log cabin when he was a boy. The cabin was a summer sanctuary for Hight and his family, which would come from North Carolina to Urbanna to spend time at the river.

"I have always had a love for wooden boats," said Hight. "I also have strong feelings about family too and watching the boats go down river and thinking about my family gives me some peace each day."

Hight's family is connected to colonial Hewick Plantation just outside of Urbanna and as the last living trustee of the cemetery alive he has become the keeper of Hewick Cemetery. "I think the cemetery is that place that brings me the most peace of mind," he said. "I enjoy being on the grounds of Hewick and thinking about the people buried there who I knew when I was young. It also gives me pleasure and meaning in that I'm associated with looking after the cemetery."

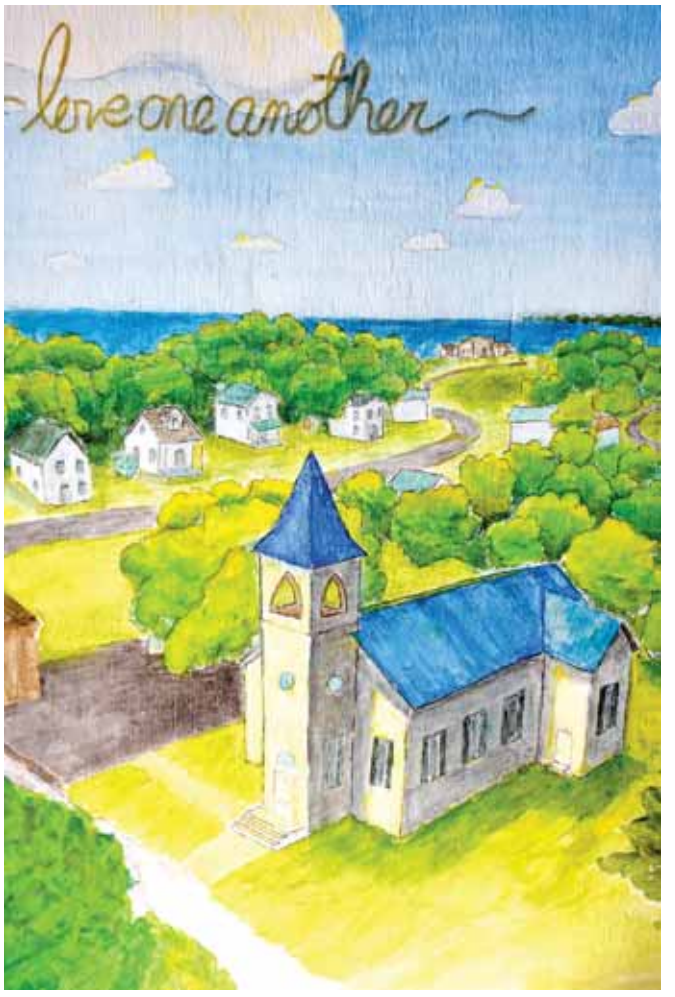
"I think back to my growing up days as something very special and things that remind me of those days make my days go better," he said.

Hight also has a love of wooden boats and owns the "55th Virginia," a Chesapeake Bay buyboat. "That's another place I can find peace," he said. Each year, Hight participates in the annual Chesapeake Bay Buyboat Rendezvous, which is conducted at different ports on the bay. "I really enjoy that event," he said. "I am amongst people who have a common love and commitment to the buyboats and during the days I'm at the rendezvous, I forget my troubles and just focus on the fun and fellowship that we have."

Spiritual peace comes in many forms, said Hight. "I think it is important that all of us find that peace in life and the older you get the more you look for it!"

Bill Hight • Urbanna

Is the last living trustee of Hewick Cemetary at the ancient Hewick Plantation just outside of Urbanna. He finds peace and solace spending time amongst the gravestones of his decendants.



Earl Simpson finds spiritual peace when painting religious settings. He recently completed this painting of Philippi Christian Church and used artistic license to create his vision of the village of Deltaville.

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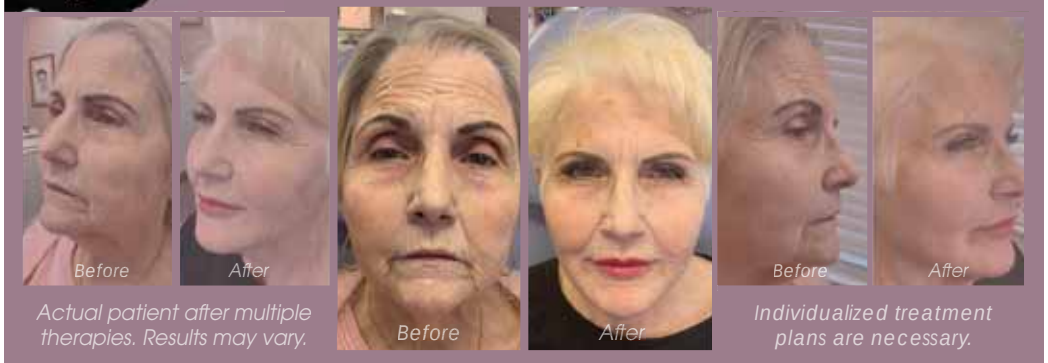

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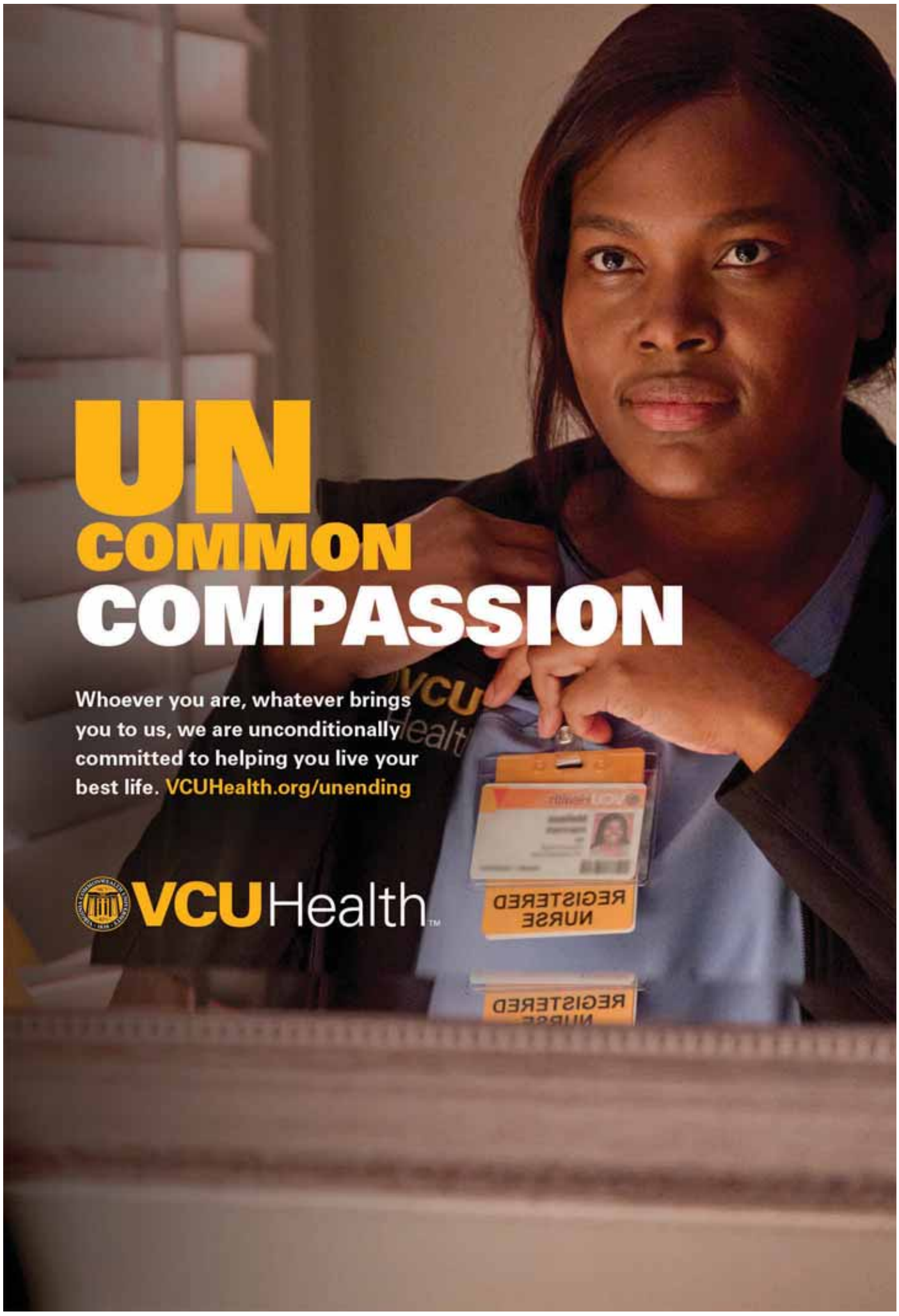

Indoor pickle-ball action offered in Cooks Corner

by Larry Chowning

The Middlesex County Parks and Recreation (MCPR) Department is sponsoring indoor pickleball play and instruction for the public at Tom Carter Memorial Gymnasium at the Cooks Corner Office Complex, 2911 General Puller Highway, Cooks Corner.

The gym is open weekly for pickleball on Tuesday, 9 a.m.-noon; Thursday, 9 a.m.-noon;, and Saturday, 9 a.m.-noon, with beginner instruction 9-10:30 a.m.

Equipment is provided by MCPR.

MCPR coordinator Karen Reed said the pickleball program has been very popular since it was recently introduced. The Tom Carter Memorial Gymnasium received an $800,000 2022 refurbishment, which was approved by the Middlesex County Board of Supervisors.

For information call Reed at 758-0057 or email her at Karen@co.middlesex.va.us.

Meditation Workshop set March 7

The Bay Center will host a Meditation Workshop at 6 p.m. Thursday, March 7, at River Counties Community Foundation, 834 Rappahannock Drive, White Stone. The one hour workshop will be led by David Scarbrough PhD, RYT.

"The regular practice of meditating can give you an abundant sense of peacefulness and purpose. This workshop will give you the tools to do whatever you truly care about with more focus and depth - whether it's a personal relationship, a religious or spiritual avocation, or any goal meaningful to you," said Scarbrough.

"We will learn the basics of meditation, receive tips to deal with our distracted and wandering mind and practice short meditations using various techniques," he said. "Beginners are welcome!"

There is no cost to participate; however, registration is required. Register at thebaycenter.org/mediation.

Detoxifying *the home*

by AnnGardner Eubank

In the wake of a massive global pandemic, people are seemingly more aware than ever of their surroundings in terms of germ and bacteria transmissions, super-spreading scenarios and the crucial need for cleanliness and sanitation as means to stay healthy and prevent contracting viruses and other bugs.

While staying on top of routine flu shots, proper hand washing and correct disinfecting techniques can undeniably aid in the prevention of contracting and spreading viruses and bacterias, it's crucial to consider what methods of cleaning as well as lifestyle habits are contributing to the overall health and wellness of you and your family.

Potent and aggressive germ-fighting chemical solutions seem like the safest means of keeping the home healthy and clean, right? Well, not always.

Grocery stores offer a variety of cleaning products, detergents and solutions. Knowing how to read ingredient labels and understanding what chemicals can be harmful is key to making informed and sustainable decisions. Photo by AnnGardner Eubank

As it turns out, many popular cleaning products, toiletries, and even particular types of clothing and furniture are produced with ingredients that are filled with toxins, carcinogens and other dangerous health-compromising compounds. In many ways, these common household items are slowly causing detriment to our overall health and wellness.

The American Lung Association warns against many harmful chemicals and volatile organic compounds (VOCs) such as benzene, ethylene glycol, formaldehyde, methylene chloride and tetrachloroethylene, that can be found in products used in our daily lives.

According to the American Lung Association, VOCs are described as gases that are emitted into the air from products or processes that can be harmful by themselves with a number of them being linked to causing various types of cancer.

Building materials like paint, caulks and sealants, numerous cleaners, disinfectants and pesticides, and even things like gas and wood burning stoves, office printers and copiers have been found to be major culprits of containing harmful VOCs.

When the VOC chemicals vaporize at room temperature and are released while using cleaning supplies and other household items, they have been linked to contributing to chronic respiratory issues, allergic reactions and headaches.

Even products listed as "natural" can be misleading and can contain harmful chemicals. It's as if the average shopping trip to re-stock the home is killing us. How is a person supposed to protect their home from harsh chemicals while maintaining a safe and sanitary living space to promote health and longevity if everyday products are major enablers to health issues?

Numerous holistic and natural measures to detoxify the standard home are becoming available through studies and education as well as more natural alternatives being offered for purchase. While some alternatives are more drastic than others, it's important to note that conscientious decision making, product choice and making strides to be better and not perfect are the most imperative steps to leading a clean and safe life.

As with nearly everything, slow lifestyle changes and healthy swaps lead to more long-term and sustainable changes for a healthier home and life.

Going room-to-room through your house to see where you can take steps and swaps may be the most sustainable method to curating a more safe and healthy environment.

Kitchen

Picture this: You went to the farmers market and purchased the most organic and locally sourced produce you could find. You're preparing to make a nutritious home cooked meal with organically pressed olive oil, fresh veggies, grass-fed meat, and some responsibly grown starches. You're totally safe, right? Not quite.

Turns out if you're not using stainless steel pots and pans, you're going to be fueling your body with toxins.

Use of aluminum, non-stick cookware and Teflon pots and pans, which were even banned in the U.S. in 2008, leads to releases of harmful toxic fumes. Stainless steel alternatives are full of polyfluorinated substances (PFAs). According to

Centers for Disease Control (CDC), PFAs are a group of chemicals that are used to create coatings and products that resist heat, oil, stains, grease and water.

PFAs are known as "forever chemicals," as they take a very long time to break down.

The U.S. Environmental Protection Agency (EPA) determined that increased exposure to PFAs can decrease fertility in women, create developmental effects or delays in children, including low birth weight and bone variations, increased risk of cancers like prostate, kidney and testicular cancers, and overall reduce the body's ability to fight infections.

Ultimately, stainless steel has high resistance to corrosion and is overall non-toxic. It negates exposure to multitudes of toxic fumes and chemicals, which ultimately leads to a cleaner and safer environment.

In terms of cleaning, ingredients like ammonia, phthalates and sulphates are extremely popular among common cleaning items. While they promise to kill 99.9% of bacteria, they may slowly be killing you, too.

Of course, in order to eliminate some bacteria, chemicals make sense and can be used in moderate ways to clean a home while also keeping you safe. Not all sulphates are inherently "bad" for you, either. However, when they are mixed with other ingredients links to issues like hormone disruption, cancers and respiratory issues can be found.

A strong first step when shopping for products to clean the home is to go for fragrance-free options. Ingredients that create fragrances in cleaning products are notorious for causing health issues.

An easy alternative to harsh products when cleaning in the kitchen is simply combining lemon juice and baking soda to remove grime from stove tops. Plus, lemon naturally has a simple and fresh scent without all of the toxic gunk.

Vinegar is also a common deodorizer and cleanser for surface cleansing that works as well as most all-purpose cleaners. Mixing equal parts water and vinegar is a very clean and safe recipe. The smell of vinegar disappears when dry, too.

Bathroom

Similar to the kitchen, bacteria on surfaces like the sink, floor and tub can quickly run rampant. While cleaning alternatives and techniques can be used from room to room to limit harsh chemical exposure, other products we use to keep ourselves clean are doing some damage, too.

The discussion of microplastics and their harmful effects are becoming more and more prevalent. Some research suggests the average person will consume around 200 grams of plastic every year. That's nearly the same as eating a plastic credit card each week.

Plastics were first developed in the early 1900s and became more widely used after 1945. The National Center for Biotechnology Information (NCBI) produced a report in the summer of 2023 titled "Could Microplastics Be a Driver for Early Onset Colorectal Cancer" linking the massive uptick in plastic consumption to serving as a driver for an increase in early onset colorectal cancer.

"As microplastics pass through the gastrointestinal tract they interact with the normal physiological mechanism of the body, particularly in the colon and rectum, where they may interact with the protective colonic mucus layer," Jacqueline Keenan wrote in the study.

With items like plastic water bottles, food containers, liquid soaps, lotions, mouthwash bottles and toothpastes utilizing plastic packaging that finds its way into the body, it's easy for the amount of microplastics consumed to stack up.

Not only is it the plastic integrating its way into the body, it's all the chemicals that were used to create those plastics, too.

While it would be practically impossible to completely eradicate plastic consumption from the average person's life, a number of companies have begun engineering safer alternatives for everyday products and services.

Wellness company "Bite" has curated a line of oral care solutions that eliminate plastics from your daily mouth-care routine. Packaged in glass containers and created with gluten-free and vegan ingredients, Bite offers toothpaste "bits" as an alternative to what comes out of the standard toothpaste tube.

The process is simple- just chew one toothpaste bit until it turns into a powder, brush normally with a wet toothbrush, and voila, you've eliminated one repetitive ingestion of microplastics from your daily routine. The company also has plastic-free alternatives to mouthwash and deodorant, too.

Bar soaps and shampoo and conditioner in bar form are making a comeback. Gaining rapid popularity in Europe, it likely won't take long for the trend to make its way to North America, too.

Brands like The Earthling Co., Church California, LUSH, and Ethique are producing organic alternatives to liquid haircare products to help aid against plastic consumption as well as provide solutions for individual various haircare needs.

Laundry room

A University of Washington study from 2011 found that many laundry detergents are filled with toxic ingredients, particularly scented kinds. The ingredients used to create the scents are often considered carcinogens.

Surfactants like petroleum distillate and naphtha are popular in detergents with promises of boosting cleaning potency. They also increase inflammation in the lungs and the risk of asthma as they are known to damage mucus membranes and lung health overall.

Because these chemicals permeate through clothes, which ultimately permeate through our skin, it's important to recognize how they effect the body.

Laundry brands like ECOS offer liquid detergents that have clean ingredients. Water, cocamidopropyl Betaine (a plant derived surfactant), caprylyl glycol (plant-derived preservative) and sodium formate (enzyme stabilizer) are main ingredients found in the natural alternative.

Do-it-yourself solutions are safe and effective, too. Shaving natural bar soap, combining it with borax and washing soda, makes for a sustainable and cost effective alternative to laundry soap. Adding lavender essential oils adds a nice toxic-free scent, too.

Moving forward

While it's near impossible in today's world to completely eradicate all plastics, chemicals, sulfates, and harsh fragrances from daily life, simply knowing the dangers of prominent ingredients can help lead to promoting a safer and more sustainable life.

Instead of purchasing a new candle, maybe opt for creating your own fruit and herb infused simmer pot for a fresh and clean scent throughout the house. Look for "fragrance free" on bottles when shopping for cleansers in the store, and start utilizing reusable glass food storage containers instead of plastic ones.

Understanding ingredients on labels and how they effect our bodies in the long run is the first step in improving the health and wellness of our lives.

Strive not to be perfect, but to be better through consciousness, effort and knowledge.

An air freshener ingredient label lists several toxic and harmful chemicals in the product. Isobutane can cause respiratory irritation and can contain low amounts of 1,3-butadiene, a known carcinogen which is produced through the refining process. Natural alternatives like simmer pots are safe ways to freshen household aromas. Photo by AnnGardner Eubank

Power and passion of volunteers grow produce at Healthy Harvest Fresh

While only snippets of Healthy Harvest Fresh have appeared on social media, rest assured the staff and volunteers have been busy at the operation putting its best fin forward as the official launch of the Aquaponics Production Facility and Education Center approaches.

Healthy Harvest Fresh at the Healthy Harvest Food Bank in Warsaw is an educational center and aquaponics production facility for growing vegetables, raising fish and educating individuals on the importance of fresh food and sustainable agriculture.

Healthy Harvest Fresh will provide vegetables, including micro greens, and fish year round.

Director of operations Tammy Cole and volunteers have been busy conducting systems testing and start-up, stocking tilapia fingerlings in the nursery at one-month intervals and slowly building a nutrient base to support the plant growth in the system.

Volunteers are managing and monitoring the health, growth and production rate of fish in the nursery and large commercial production systems. They are instrumental in seeding and transplanting seedlings into the grow systems and they assist in monitoring the growth and performance of the varieties selected for production. Results of those performance tests will determine crop selection and cultural practices implemented as Healthy Harvest Fresh moves toward full production.

Mason Gilbert admires fish at Healthy Harvest Fresh.

Over 34 different plant varieties have been tested in the greenhouse with performance results recorded. Four batches—approximately 250 each—of fish have been stocked into the fish production systems, loading the system with nutrients and allowing for testing of plant growth and development.

Interns and volunteers are studying, as a part of an educational program, how to improve the efficiency of aquaponics systems in their flow and productivity. The interns and volunteers include Taylor Logan, a Chesapeake Bay Governor's School student from Essex, Ben Lewis, a horticulture major at J. Sergeant Reynolds Community College, Ethan O'Brien, an engineering freshman at William & Mary, and Chef Gary Whitecotton, culinary arts instructor at Northern Neck Technical Center.

As part of an educational outreach program, fry, or juvenile fish, born at Healthy Harvest Fresh will be reared in school classrooms across the Northern Neck. The program will allow students to learn valuable concepts in water quality management, the life cycle, feed conversion and will integrate STEM concepts into existing curricula. As the fry mature, students can return the fish to Healthy Harvest Fresh, stock them into the system and engage in some experiential, on-site learning in the full-scale aquaponics production facility. There they can develop an understanding of the aquaponics process from start to finish.

The significant contributions of our interns and volunteers are invaluable to the start-up and on-going success of Healthy Harvest Fresh. To volunteer, call (804) 250-2287 or email grow@hhfresh.org.

Submitted by Cynthia L. Balderson, Interim President & CEO Healthy Harvest Food Bank

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Harnessing the power of connection with therapy animals

by Jackie Nunnery

At a recent Northumberland board of supervisors meeting, all eyes were on the discussion happening at the front of the room. Except for Rambo. He instead was relaxed, but paying close attention to owner Mike Bryson of Callao, watching for any signs of changes to his breathing. If Rambo sensed anything amiss, he would alert Bryson with a bark or a touch.

"It's not anything I trained him to do," Bryson said of the now 13-year-old dog originally adopted as a family pet. "It just happened." Rambo's particular skill became evident one day when Bryson was working in the yard. His heart condition can cause breathing irregularity when he overexerts himself, and on this particular day, Rambo came over, persistent to get him to stop what he was doing and sit down. Now a decade later, the connection has only deepened and Bryson has become reliant on the dog's faithful vigilance.

Rambo keeps an eye on his owner Mike Bryson. Photo by Jackie Nunnery

Man (and woman's) best friend

Much has been studied and written about the bond between humans and dogs. Our histories have been inextricably linked since the first wolf approached a fire some 30,000 years ago, begging for food scraps and guarding and hunting in return. Through time, it seems both people and dogs have adapted their communication to one other.

Judy Craun and Gracie make quite a team when they visit nursing homes or hospitals. Though Gracie, an 11-year-old labradoodle, wears a red vest that says "therapy dog, please pet me," they hardly need an invitation. "While you're there everyone wants to see the dog," Craun said, "including staff."

While Rambo's skills were a wonderful surprise, Gracie's work as a therapy animal is a mix of nature and nurture. She was chosen because of her breed's gentle temperament, but she also received specialized training in order for her to move comfortably and safely in healthcare environments. "She was desensitized to walkers and wheelchairs and taught not to pick anything up off the floor since it could be something like a pill," Craun said. Other skills, like walking alongside someone in a walker and matching their pace, came naturally to Gracie, an example of her intuition in knowing what someone needs. "If you give

Sparkles has a snack in the office she shares with Breniah Hart at Commonwealth Senior Living in Kilmarnock. Photo by Breniah Hart, Commonwealth Senior Living

them a purpose they will amaze you," she said.

The duo visited with Fiber Friends during a weekly meet up at Kilmarnock United Methodist Church. As the women settled in with their knitting, Gracie came in and began "working the room," as Craun put it, greeting each person, sometimes with subtle differences. For some, she sat next to them and waited to be petted, for others she moved in a little closer for more direct contact, especially with her eyes. Craun said that quite often during visits someone will say "How did she know I needed that? It's hard to be sad or angry when you're petting a dog." All the while, the conversation opened up about dogs or other pets, and that is the real gift of therapy animals: the gift of connection; to both the animal and each other.

Lyn Conley and Gracie share a tender moment. "She immediately opens doors," said owner Judy Craun. Photo by Jackie Nunnery

Some bunnies to hold

Not all four-legged therapy animals are dogs. At Commonwealth Senior Living in Kilmarnock, Breniah Hart shares her office with Sparkles, the resident Angora rabbit. While they have had cats, dogs, even a mini horse visit the community, it was at Hart's urging they actually got their own pet. Hart frequently takes Sparkles around to visit residents, each enjoying the other's company while the rabbit sits quietly in their lap.

"They love her, holding her, petting her," Hart said, "it makes them happy." Some residents do not wait for Hart to bring Sparkles around either. "They come to my office and bring her carrots."

Gloucester-based The Fuzzy EAR (English Angora Rabbitry), run by husband and wife team Peter and Lorraine Hanson, uses its colony of therapy rabbits not just during nursing home visits, but other places where people need a little brightness and stress relief in their day. P. Hanson in particular enjoys providing what he calls "street therapy." You may find yourself walking down Gloucester's Main Street and run into him and BeBe in the specially designed English pram. It provides an opportunity to socialize

Claude, a French lop, is literally and figuratively a huge crowd favorite. Photo by Lorraine Hanson

Mildred Sparks stops by to visit Sparkles and give her a treat of rose petals. Photo by Breniah Hart, Commonwealth Senior Living

the rabbits, educate the public—“people always ask a lot of questions”—and listen as people share experiences about their own pets. And of course, it is an opportunity to pet their luxurious fur.

It was the fur that got the Hansons interested in raising Angoras for their fiber to make into yarns, but the bonus was that ‘they have a reputation for having sweet personalities” making them great for therapy. The idea of rabbit therapy came about when “our dear friend Edie became ill and was in a nursing home, recuperating. I took Honeysuckle in a canvas bag and Edie smiled because she knew what I had.”

That feeling motivates them to keep going. “To see the looks on their faces and hear the stories after we’ve been there—we’ve heard comments like ‘that’s the first time we’ve seen them smile’—it warms our heart because we’ve made people smile and made people happy,” L. Hanson said.

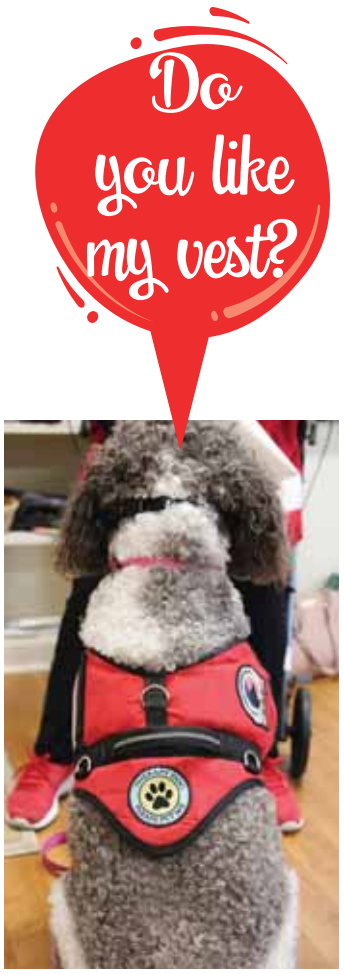
Pattie Gaudio, dementia services educator at Williamsburg Landing, echoed those comments. When the rabbits visit “we see even the weakest of residents start to smile and engage with them. One resident who is unable to always focus her vision will rub and pet the bunny and break out into laughter. They reach into the spirit and bring such genuine joy and connection to the residents. This will often last after they leave. They are truly a gift to the heart that transcends all levels of physical and mental compromises.”

A “gift to the heart.” Truer words were never spoken about the connection between animals and people.

The Hansons and their rabbits helped students at William & Mary de-stress during exams this past December. Photo by Lorraine Hanson

Gracie naturally works the room, making sure to greet everyone while owner Judy Craun looks on. Photo by Jackie Nunnery

BeBe, in the bunny pram, is on the move, ready to greet people at the many farmers markets and events they attend. Photo by Lorraine Hanson



When out and about, Gracie wears her pet therapy vest that encourages interaction wherever she goes. Photo by Jackie Nunnery

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Kidney awareness program set March 9

The Health & Wellness Ministry of Beulah Baptist Church will present Become Kidney Aware from 11:30 a.m.-2 p.m. March 9 at Beulah Baptist Church, 4448 Mary Ball Road, Lively. To register, call Rev. Jackie Veney, 925-7073.

Kidney disease is a silent epidemic and is a top 10 leading cause of death in the U.S. It's an illness with no warning signs and low awareness. Learn current information about preventing, managing and treating kidney disease from an American Kidney Health Coach.

CCS Golf Classic set for April 11

Christchurch School will host its 31st annual Golf Classic on Thursday, April 11, at the Piankatank River Golf Club in Hartfield. Registration starts at 11:30 a.m., with a putting contest at 12:30 p.m., and a Captain's Choice shotgun start at 1 p.m.

Registration includes 18 holes of golf with cart, dinner, and awards banquet following play.

Register by March 1 for the early bird rate of $125.

Sponsorship opportunities are available. To learn more, contact Huntley Galleher at hgalleher@christchurchschool.org.

For information about the Christchurch Golf Classic, go to https://www.christchurchschool.org/alumni/golf-classic.

If you are uninsured, under-insured, on Medicaid, or having trouble affording medications, you have a health-care home at the

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Walk With Ease to get back on track

The Health & Wellness Ministry of Beulah Baptist Church will offer Walk With Ease beginning at 5:30 p.m. March 25 at Beulah Baptist Church, 4448 Mary Ball Road, Lively. Registration will end March 20. To register, call Rev. Jackie Veney, 925-7073.

The six-week, 18-session program with a Certified Walking Leader & Walking Guidebook includes discussion/education, walking warm-up and stretches, FITT walking activity, walking cool down and stretches.

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Brazilian jiu-jitsu an addictive, positive passion for some

BY TOM CHILLEMI

When Joe Souders of Kilmarnock turned 50, he realized he really needed to get stronger. "I always knew that but just could not motivate myself to go to the gym — too boring."

After two years learning Brazilian jiu-jitsu, Souders has lost weight, gotten into shape, and really has gotten a better calmness in his life. "I enjoy everything Brazilian jiu-jitsu does for me!"

His journey started when he saw a Facebook post asking, "who in the Northern Neck would be interested in Brazilian jiu-jitsu?"

He knew of Brazilian jiu-jitsu, BJJ for short, and had always wanted to learn it. "So I reached out to Professor Rob Shermer and explained to him my age and health and my concern," Souders said. "I do believe one minute talking to him I was hooked."

What is BJJ?

BJJ is a form of martial art that uses grappling techniques to control the opponent, Souders explained. The objective is to get the opponent to the ground, control the opponent's options, using spacing, mental focus and with proper execution of technique one will hopefully get the opponent to submit and give up.

BJJ is a defensive art. It allows one to learn how to survive a very stressful and pressure filled situation by teaching you how to remain calm in adverse situations and work through the situation not to just react to the situation.

"In BJJ if you just react to the situation it can get you submitted very quickly. But if you breathe and work through the situation you can get through it with the least amount of damage," said Souders.

Shermer, a black belt in Brazilian jiu-jitsu, opened Northern Neck Mixed Martial Arts in 2022 in Harmony Village near the intersection of General Puller Highway and Grey's Point Road in Middlesex. Souders started his transformation the day the gym opened. "I was 53 years old, overweight, and coming off of major shoulder surgery with bad knees but I gave it a shot," said Souders.

Friends and family

The first thing training did was help Souders create a bond with new friends at the gym who became like family. "Professor Rob (Shermer) and the original guys and gals that started on day one have become very close," said Souders. "Over time new people joined and to watch them learn and become part of the BJJ family has been a wonderful sight.

"I would not still be doing it if it was not for my BJJ family," Souders said. "They are so supportive, they motivate me, push me to be better, and for the most part, they work me to death. But every now and then I do prevail."

But his hard work has paid off. He even learned how to

> "As a woman, I feel more comfortable knowing I can protect myself."
>
> **Jordan Yocum**
> *Brazilian jiu-jitsu white belt recipient*

Through Brazilian jiu-jitsu, Joe Souders, left, has become stronger, more flexible, and found more calmness. At the age of 55, he earned his blue belt, the second step in this form of martial arts. Souders works out against black belt Rob Shermer, founder of Northern Neck Mixed Martial Arts. Photo by Tom Chillemi

Kavan Middleton, 14, of Reedville, wearing blue, engages an opponent in Brazilian jiu-jitsu. "It helps you stay fit and strong," he said. "I feel like I can defend myself and I'm not afraid of being attacked." Photo by Tom Chillemi

"My son's fight began with not quitting. The more he trained, the more change I saw in his personality, confidence, and grades."

Raising adults and the importance of structure.
by Jen Campbell

Children develop Brazilian jiu-jitsu techniques in a supportive atmosphere. Photo by Tom Chillemi

protect himself if he trips and falls, by rolling and not trying to catch himself with his hands. "I have lost weight, gotten into shape, and really have gotten a better calmness in my life. I enjoy everything BJJ does for me!"

Souder explained that right after the workout he's sweaty, super tired, but energized. "We usually hang out for 10 or 15 minutes talking about what we had done, where we were successful and not successful. It is a new version of my high school sporting days. It is nice to be able to have locker room friends again."

Try it

Souders is now 55 years old and a few months ago received his blue belt, the second step in BJJ. "Never in my life did I think I would be doing this or doing it long enough to advance in belt color," said Souders. "Don't be afraid to try something new that will make you mentally stronger, physically stronger, and defensively stronger. Escape from the dog-eat-dog world for one hour a couple of times a week and you will be amazed at the changes in your life.

"There are many of us doing this that work 60 hours a week, have injuries, are very out of shape, but we each train at our own pace and we respect each other's handicaps and work to train with them. Our goal is to make each other better without making each other worse. I heard something once that said the hardest belt to achieve is your white belt. That's the belt you get on your very first night. So, come get a white belt, give it a try. You may like it."

Obstacles overcome

Asked what obstacles he overcame, Souders simply replied. "Age! I can't really overcome that, but I can push my body that meets my age. The biggest issue really is I am not as strong as the younger guy, nor am I very tall, however, age does give me a slight mental advantage. I move slow so it will allow me to process what is about to happen so I am defensively ready to respond."

Before he started training, Souders broke an arm and a rod was screwed into his shoulder limiting mobility. "I have figured out what I can and cannot do. But with all of this said I am stronger and more flexible now than two years ago."

So, has BJJ helped with his confidence? Well, at 55 years of age, after working in the kitchen at Christchurch School for 11 years and then in the kitchen at Chesapeake Academy, Souders is trying something new. In August 2023 he bought Terrie's Place, a hamburger stand in Kilmarnock.

Building strength and confidence

Kavan Middleton, 14, of Reedville, wanted to join Northern Neck Mixed Martial Arts (NNMMA) and a membership was his Christmas present in 2022. He's still learning Brazilian jiu-jitsu (BJJ).

"When he started as a kid his self confidence wasn't there," said NNMMA founder Rob Shermer a BJJ black belt. "Now he's bully proof."

Middleton said the gym near the intersection of General Puller Highway and Grey's Point Road in Harmony Village is "an engaging community" to learn martial arts. "It helps you stay fit and strong. I feel like I can defend myself and I'm not afraid of being attacked."

James Karber, a deputy with the Middlesex County Sheriff's Office, likes the camaraderie of the NNMMA. "It's a fun way to exercise."

It also builds confidence, said Karber. "If I had a child, especially a daughter, I would have her in this so she could learn to protect herself."

Jordan Yocum comes all the way from Tappahannock to workout and learn BJJ at NNMMA. "It builds confidence," she said. "It's a way to get to know your body better. As a woman, I feel more comfortable knowing I can protect myself."

Something positive

Rob Shermer said he started NNMMA because he wanted to bring something positive to the rural areas that he grew up in. "With recreational sports becoming less popular and combat sports growing I wanted to bring world class training programs to our area," said Shermer.

Jiu jitsu is the best art for self defense, explained Shermer. "It gives the practitioner an advantage over other people no matter how big they are. It utilizes bone structure and angles to counter strength.

"When you take jiu jitsu you find a community full of people who want to help each other grow. It's not about beating up one another rather, it's about building up one another.

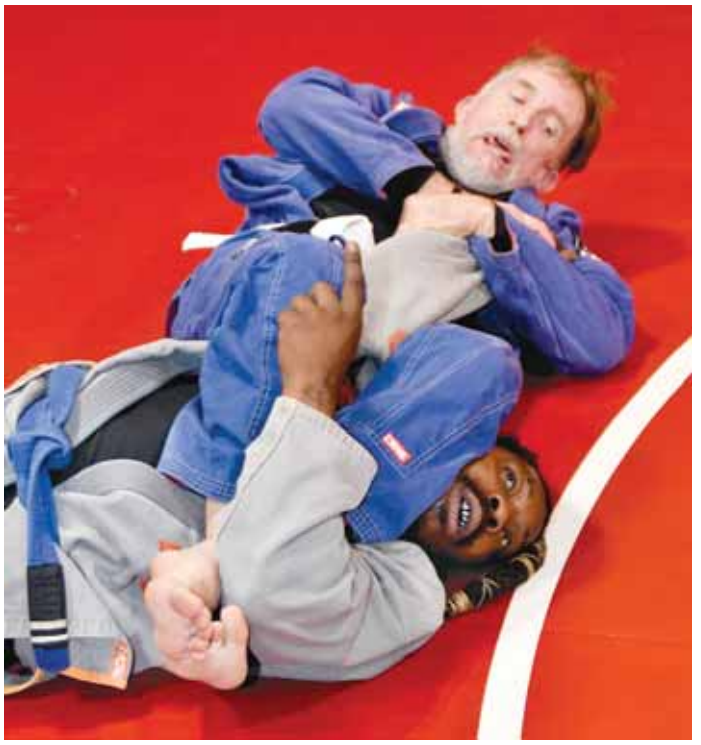
"It's a way to get into great shape without having to focus on working out. You just focus on your technique the rest just falls into place."

There also are children's classes at NNMMA.

"Don't be afraid to try something new that will make you mentally stronger, physically stronger, and defensively stronger."

Joe Souders
Brazilian jiu-jitsu blue belt recipient

The intensity is evident on the face of Middlesex Deputy James Karber, who is on top of his opponent. Opponents "roll" for five minutes with only one minute rest in between. Photo by Tom Chillemi



A goal of Brazilian jiu-jitsu is to control your opponent. A student, wearing blue, is actually being directed by the instructor, wearing gray. Photo by Tom Chillemi

Raising adults and the importance of structure

by Jen Campbell

As parents, we all want what is best for our children. We want them to grow and thrive on a personal and social level. They all face real life challenges, and the tools they have will determine how they react.

My son Tuck is on the brink of turning 18. There were numerous bullying incidents that happened earlier in his life that had an enormous impact on his trust in others and his own self confidence. It wasn't until he was introduced to the art of jiu-jitsu that he began his own journey into understanding the importance of physically and mentally standing up for himself.

Brazilian jiu-jitsu is not just an art, it is a way of living. There are so many elements that people of all ages learn about themselves while training. While everyone's journey is different, I have witnessed how Brazilian jiu jitsu provides people of all ages with priceless tools that are applied to their everyday lives.

One of the most prevalent lessons that my son learned early on was walking through his fear. Entering a gym with dozens of others is a feat in itself, as it was incredibly intimidating. Fear is a normal feeling, but his commitment to his class and his professor (instructor) directly impacted his confidence level and how he responded to that feeling when it arose while off the mat.

In the fight-or-flight perspective, fight does not have to be interpreted as a physical action. My son's fight began with not quitting. The more he trained, the more change I saw in his personality, confidence, and grades.

Through training, he has continued to face obstacles that test his ability to adapt to situations. Most importantly, it's not about winning or losing, nor the color of his belt. Losing to his opponent has blessed him with embracing humility.

Most would agree that it doesn't feel good to lose. However, Brazilian jiu-jitsu has taught him that you either win or learn. Embracing that perspective is so very important through all transitions in life. It has taught him to stay in control under pressure.

As a parent I believe that approaching everything with a humble perspective is imperative to his personal growth because he will face so many more challenges during his lifetime. How he responds to those challenges, whether social, mental, or physical, will continue to reinforce his will to fight through each one.

Jordan Yocum, foreground, and her opponent practice a technique of Brazilian jiu-jitsu. "It's a way to get to know your body," she said. Photo by Tom Chillemi

Bay HealthStyles Health Services Directory

Bay HealthStyles is an annual publication. Please call the Rappahannock Record at 804-435-1701 or the Southside Sentinel at 804-758-2328 to be included in this local directory or to make updates or changes. Listings are free to businesses in the Northern Neck and Middle Peninsula. Highlighted listings showcase an advertiser. ***The area code for all listings is 804 unless otherwise noted.***

Emergency Numbers

- COPE Crisis Hotline
  (800) 542-2673
- National Suicide Crisis Hotline
  (800) 784-2433
- Poison Control Center
  (800) 222-1222
- The Haven
  24 hour hotline
  (800) 22HAVEN

Allergists & ENT

Tappahannock

- Virginia Allergy & Asthma
  1396 B Tappahannock Blvd.
  527-1190

Anesthesiology

Gloucester

- Riverside Walter Reed Hospital
  7547 Medical Dr.,
  693-8800

Kilmarnock

- Bon Secours Rappahannock General Hospital
  101 Harris Rd.
  435-8000

Tappahannock

- Tappahannock VCU Health
  618 Hospital Rd.
  443-6030

Ask a Nurse

- Riverside Nurse Line
  1-800-675-6368

Assisted Care & Senior Living Facilities

Farnham

- Commonwealth Senior Living at Farnham
  511 Cedar Grove Rd.
  394-2102

Gloucester

- Commonwealth Assisted Living Gloucester House
  7657 Meredith Dr.
  445-2426
- Sanders
  7385 Walker Ave.
  693-2000
- Walter Reed Convalescent Center
  7602 Meredith Dr.
  693-6503

Irvington

- Rappahannock Westminster-Canterbury
  132 Lancaster Dr.
  438-4000
  www.RW-C.org

Kilmarnock

- Commonwealth Senior Living at Kilmarnock
  460 South Main St.
  435-9896
- The Lancashire
  287 School St.
  435-1684

Locust Hill

- Dockside Health and Rehabilitation Center
  74 Mizpah Rd.
  758-5260

Mathews

- The Brambles
  286 Bellaterra Rd.
  725-3800
- Riverside Lifelong Health and Rehabilitation Mathews
  603 Main St.
  725-9443

Saluda

- Riverside Lifelong Health and Rehabilitation – Saluda
  672 Gloucester Rd.
  758-2363

Tappahannock

- Essex House
  17976 Tidewater Trail
  443-5921
- Carrington Place of Tappahannock
  1150 Marsh St.
  443-4308

Urbanna

- Bay Aging
  5306 Old Virginia St.
  758-2386
  www.bayaging.org

Warsaw

- Northern Neck Senior Care Community, Magnolia Manor Assisted Living, The Garden Memory Care & Rehab
  20 Delfae Dr.
  313-2400

Aesthetics & Rejuvenation

Gloucester

- Mariposa Medical Spa
  6651 Main St. Unit B
  577-0133
- MedSpa on Main
  6609 Main St.
  824-9153

Kilmarnock

- Eden Aesthetic
  72 N. Main St.
  505-0150
  www.edenaesthetic.com
- Revive Infusion Bar
  2 locations
  266-D North Main St
  Kilmarnock
  7272 Hanover Green Dr., 2nd Floor
  Mechanicsville
  277-9992
  www.reviveinfusionbar.com

Warsaw

- Estetista
  177 Harris Ave.
  540-676-0614

Cardiology

Gloucester

- Riverside Cardiac Rehabilitation
  7544 Hospital Dr.
  Building A Suite 202
  693-8884
- Riverside Cardiology Specialists
  7544 Hospital Dr.
  Building A Suite 202
  694-5553

Kilmarnock

- Bon Secours RGH
  43 William B. Graham Ct.
  435-7735

Tappahannock

- Virginia Cardiovascular Specialists
  1396 Tappahannock Blvd. B
  288-4827
- VCU Health Pauley Heart Center at Tappahannock
  658 Hospital Rd.
  Pavilion B, Suite 302
  466-3320

Chiropractic & Acupuncture

Gloucester

- Family Chiropractic
  3438 G. Washington Mem. Hwy.
  824-7303
- Towne and Country Chiropractic
  6091 G. Washington Mem. Hwy.
  693-0093

Kilmarnock

- Northern Neck Chiropractic
  351 South Main St.
  435-3333
- Pure n' Simple Family Chiropractic
  279 N. Main St.
  435-2273

Lively

- Living Lively
  5266 Mary Ball Rd.
  462-8888, 295-4200

Mathews

- Towne and Country Chiropractic
  12 Court St.
  693-0093

Saluda

- Family Chiropractic
  498 Gloucester Rd.
  758-1800

Tappahannock

- Atlas Family Chiropractic
  281 Hospital Rd.
  443-6967
- Richard Banker Chiropractor
  215 Queen St.
  443-5099

Warsaw

- Knight Chiropractic
  6171 Richmond Rd.
  333-3269

West Point

- West Point Chiropractic Clinic
  712 Main St.
  843-2093

Community Services

Gloucester

- Middle Peninsula Northern Neck Community Services Board
  Central Outpatient Services
  Gloucester Counseling Center
  9228 G. Washington Mem. Hwy.
  693-5057

Dentistry: General

Burgess

- Leslie Fina
  746 Jessie duPont Mem. Hwy.
  453-3101
- Stephen Radcliffe
  216 Jessie duPont Mem. Hwy.
  453-4361

Callao

- Richard Cottrell & Associates
  367 Northumberland Hwy.
  529-7339
  King George
  11060 Smile Way
  (540) 808-1303

Deltaville

- Deltaville Dentistry
  15613 Gen. Puller Hwy.
  455-8263

Gloucester

- Nester Dental
  6423 Canon Way
  642-4893
- Family Dental Care
  6093 G. Washington Mem. Hwy.
  693-9600

Hayes

- Hayes Family Dentistry
  3224 G. Washington Mem. Hwy.
  642-2212

Hudgins

- Smiles of Mathews
  44 Cricket Hill Rd.
  505-1020

Kilmarnock

- Lanigan Family Dentistry
  61 Irvington Rd.
  435-1220
- Kilmarnock Dental Center
  508 Irvington Rd.
  435-3102

Mathews

- Mathews Dentistry
  9979 Buckley Hall Rd.
  607-9348

Montross

- Family & Cosmetic Dentistry
  15587 Kings Hwy.
  493-8993

Saluda

- Christopher Marshall
  655 Gloucester Rd.
  758-2143
- Eric Miller
  1123 General Puller Hwy.
  758-1103

Tappahannock

- Colina Dental Center
  1646 Tappahannock Blvd.
  443-5984
- Dean Leming
  625 Charlotte St.
  443-3820
- Allison B. Robeson
  139 Prince St., Suite 1
  443-4484

Warsaw

- Irina Chandler
  253 Main St.
  333-0226
- Warsaw Family Dentistry
  5671 Richmond Rd.
  333-4054

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  843-3233
- Smiles of West Point
  428 9th St.
  843-3602

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- Virginia Oral and Facial Surgery
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  559-5416
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  695-2575
- Pappas Orthodontics
  3224 G. Washington Mem. Hwy.
  993-7500

Hayes
- Oceans of Smiles
  2674 G.Washington Mem. Hwy. Suite B
  757-874-0660

Kilmarnock
- Beth Faber
  100 DMV Dr.
  435-0686

Tappahannock
- Beth Faber
  1790 Ball St.
  443-6419

Dentistry: Pediatrics
Gloucester
- Courthouse Pediatric Dentistry
  6882 Main St., Suite A
  695-2575

Hayes
- Oceans of Smiles
  2674 G.Washington Mem. Hwy. Suite B
  757-874-0660

Dermatology
Gloucester
- Dermatology Consultants of Gloucester
  6790 Wood Ridge Dr.
  215-1292

Diagnostic Imaging
Gloucester
- Riverside Walter Reed Outpatient Imaging
  7547 Medical Dr., Suite 1500
  693-8865

Kilmarnock
- Bon Secours Rappahannock General Hospital
  101 Harris Rd.,
  435-8561

Tappahannock
- VCU Health Tappahannock Hospital
  618 Hospital Rd.
  443-3311

Family Practice
Aylett
- Bon Secours Aylett Medical Center
  1041 Sharon Rd.
  746-1677
- King William-Dawn Community Doctors
  11814 King William Rd.
  769-3022
- VCU Health Primary Care at King William Square
  4917 Richmond Tappahannock Hwy., #1B
  769-1245

Callao
- VCU Health Primary Care at Callao
  17452 Richmond Rd.
  529-6141

Deltaville
- Fishing Bay Family Practice
  16681 Gen. Puller Hwy.
  776-8000

Gloucester
- Courthouse Family Medicine
  6760 Main St.
  693-3500

Hartfield
- Bon Secours Hartfield Medical Center
  9891 Gen. Puller Hwy.,
  776-9221

Hayes
- Riverside Hayes Medical Center
  2246 G. Washington Mem. Hwy.
  642-6171

Heathsville
- Bon Secours Heathsville Family Practice
  8152 Northumberland Hwy.
  580-7200

Kilmarnock
- Bon Secours Kilmarnock Primary Care
  402 N. Main St.
  435-2651

Lively
- Bon Secours Lively Medical Center
  36 Lively Oaks Rd.
  462-5155

Mathews
- Riverside Mathews Medical Center
  10976 Buckley Hall Rd.
  725-5005
- Town Center Physicians
  10980 Buckley Hall Rd.
  725-9191

Montross
- CVHS Westmoreland Medical Center
  18849 Kings Hwy.
  493-9999

Saluda
- Bay Medical & Wellness Family Practice
  13794 Tidewater Trail
  286-9377

Tappahannock
- Bon Secours Tappahannock Primary Care
  1362 Tappahannock Boulevard
  443-5378
- VCU Health Family Medicine at Tappahannock
  300 Mt. Clement Park, Suite C
  443-6063

Warsaw
- VCU Health at Warsaw
  16 Delfae Dr.
  333-6400

West Point
- TPMG West Point Family Medicine
  408 16th St.
  843-3131

White Marsh
- TPMG White Marsh Family Medicine
  4844 G. Washington Mem. Hwy., Suite 8
  693-0042

White Stone
- Riverside White Stone Family Practice
  30 Shady Ln.
  435-3133

Fitness
Gloucester
- Planet Fitness
  6509 Market Dr.
  606-0451
- Riverside Wellness and Fitness Center
  7516 Hospital Dr.
  693-8888

Hartfield
- Middlesex Family YMCA
  11487 Gen. Puller Hwy.
  316-9191

Heathsville
- Northumberland Family YMCA
  6348 Northumberland Hwy.
  580-8901
- Total Yoga with David
  David Scarbrough
  580-4505
  www.northernneckyoga.com

Irvington
- Blue Honey
  301 Steamboat Rd..
  917-656-5033

Kilmarnock
- Motion Studios
  15 E. Church St.
  202-580-9542
- Northern Neck Family YMCA
  39 William B. Graham Court
  435-0223
- Santosa Studio
  Suzanne Best, E-RYT
  Personal Trainer & Yoga Clinician
  25 Office Park, Suite 1
  436-7428
- Shakti Aerial Yoga
  234 N. Main St.
  580-0630
- Total Yoga with David
  David Scarbrough
  580-4505
  www.northernneckyoga.com

Mathews
- Mathews Family YMCA
  33 Cricket Hill Rd.
  725-1488

Warsaw
- Richmond County Family YMCA
  45 George Brown Ln.
  333-4117

West Point
- Greater West Point Family YMCA
  3135 King William Ave.
  843-3300

White Stone
- BodyFit
  578 Chesapeake Dr.
  436-2214
- Devi Hersche
  387-2333
- Etudes Ballet School
  56 1st St.
  815-2695
  www.etudesballet.com
- Fresh Flex
  Ja'Nae Washington
  Personal Trainer/Nutrition Coach
  578 Chespeake Dr.
  freshflex21@gmail.com
- Inside Out Yoga
  Susan Johnson
  366 James Wharf Rd.
  436-2204
- Rishi Yoga & Wellness
  578 Chesapeake Dr.
  456-8030

Free Health Clinics
Gloucester
- Gloucester – Mathews Free Clinic
  6031 Industrial Dr.
  210-1368

Kilmarnock
- Northern Neck –Middlesex Free Health Clinic
  51 William B. Graham Court
  435-0575
  www.nnmfhc.com

Tappahannock
- Tappahannock Free Clinic
  317 Duke St.
  443-9590

Gastroenterology
Gloucester
- Riverside Gastroenterology Specialists
  7547 Medical Dr., Suite 2300
  210-1703

General Surgery
Gloucester
- Middle Peninsula General and Vascular Surgery
  7547 Medical Dr., Suite 1500
  693-3081
- Riverside Surgical Specialists
  7584 Hospital Dr. Bldg. C, Suite 202
  693-3400

Kilmarnock
- Bon Secours Kilmarnock Surgical Associates
  95 Harris Rd., Building 5
  435-1608

Tappahannock
- VCU Health Surgery at Tappahannock
  659 Hospital Rd., Pavilion A, Suite 203
  443-6232

Health Systems
- Bon Secours Health System
  www.bonsecours.com
- Riverside Health System
  (757) 594-2000
  www.riversideonline.com
- VCU Health
  1-800-762-6161
  vcuhealth.org/tappahannock

Hearing & Audiology
Gloucester
- The Audiology Offices
  6764 Main St.
  695-1199

Kilmarnock
- The Audiology Offices
  875 Irvington Rd
  435-0758
- Beltone-Ledford Audiology and Hearing Aid Center
  25 Office Park Dr., Suite 4
  435-1134

Warsaw
- The Audiology Offices
  4562 Richmond Rd.
  313-8240

Holistic Therapy
Callao
- Abilities Abound
  765 Northumberland Hwy.
  529-5178

Warsaw
- Tracy Winegar
  SonRay Wellness
  2394 Farnham Creek Rd.
  436-7652

Hospice & Home Care

Gloucester

- Hope in Home Care
  6762 Main St.
  824-9232
- Riverside Walter Reed Home Health
  7358 Main St.
  693-8825
- Riverside Walter Reed Hospice
  7358 Main St.
  693-1111

Hayes

- Concordia Home Health Services
  2988 G. Washington Mem. Hwy.
  642-1051
- Home Care Associates
  6834 Colemans Crossing Ave., Suite E.
  210-1333

Irvington

- At Home Care
  4507 Irvington Rd., Suite 100
  438-5010
- At Home with RWC
  132 Lancaster Dr.
  438-4013
  www.athomeRW-C.org

Kilmarnock

- Right at Home
  87 N. Main St.
  480-2151
- Visiting Angels
  68 S. Main St.
  435-2229

Reedville

- Robyn Thilkey
  Northern Neck Concierge Nurses.
  766 Oyster Point Dr.
  221-1458

Tappahannock

- Americare Plus
  1417 Tappahannock Blvd., Suite A
  407-2273
- Hospice of Virginia
  1924 Tappahannock Blvd.
  443-4090
- Mid Atlantic Home Health
  1413 Tappahannock Blvd.
  443-2971

Urbanna

- Bay Aging
  5306 Old Virginia St.
  758-2386
  www.bayaging.org

Warsaw

- Hospice Support Services of the Northern Neck
  28 St. John St.
  333-0084
- Riverside Home Care & Hospice
  4719 Richmond Rd.
  333-8470

White Stone

- Peace of Mind Senior Care
  577-3055

Hospitals

Gloucester

- Riverside Walter Reed Hospital
  7547 Medical Dr.
  693-8800

Kilmarnock

- Bon Secours Rappahannock General Hospital (RGH)
  101 Harris Rd.
  435-8000
  www.bonsecours.com

Mechanicsville

- Bon Secours Memorial Regional Medical Center
  8260 Atlee Rd.
  764-6000

Tappahannock

- VCU Health Tappahannock Hospital
  Rts. 17 and 360,
  618 Hospital Rd.
  443-3311
  vcuhealth.org/tappahannock

Internal Medicine

Gloucester

- Courthouse Pediatrics
  8264 G. Washington Mem. Hwy.
  695-0305
- Direct Access Internal Medicine
  6609 Main St.
  824-9153
- Internal Medicine Associates of Gloucester
  7547 Medical Dr., Suite 2200
  693-2720

Hayes

- Riverside Hayes Medical Center
  2246 G. Washington Mem. Hwy.
  642-6171

Kilmarnock

- Bay Internists
  107 DMV Dr.
  435-3103
- BSRGH
  101 Harris Rd.
  435-8000

Tappahannock

- Bon Secours Tappahannock Primary Care
  1362 Tappahannock Blvd.
  443-5378

White Stone

- Riverside White Stone Family Practice
  30 Shady Ln.
  435-3133

Medical Equipment & Supplies

Mathews

- Hudgins Pharmacy
  256 Main St.
  725-2222

Mental Health: Support

- NAMI Mid-Tidewater
  684-1480
  nami-mid-tidewater.org

Kilmarnock

- The Bay Center
  436-6362
  thebaycenter.org

Mental Health: Psychiatry

Gloucester

- Middle Peninsula Counseling Center
  9228 G. Washington Mem. Hwy.
  693-5057
- Steider & Associates
  6810 Teagle Ln.
  210-1104

Kilmarnock

- Andrew J Billups, PSYD
  48 S. Main St.
  435-6777
- Bon Secours Rappahannock General Hospital Bridges Behavioral Health
  113 DMV Dr.
  435-9237

Saluda

- Middle Peninsula Northern Neck Community Services Board
  530 Gen. Puller Hwy.
  758-5314

Warsaw

- Middle Peninsula Northern Neck Community Services Board
  414 Main St.
  333-3671
- Steider & Associates
  549 Main St.
  313-2030

White Stone

- Steider & Associates
  56 First St.
  313-2030

Mental Health: Licensed Counselors

Gloucester

- Chesapeake Counseling Associates
  7296 York Ave.
  695-2557
- Gloucester Counseling Center
  9228 G. Washington Mem. Hwy.
  693-5057

Kilmarnock

- Lee Archard
  25 Office Park Dr., Suite 2
  356-3008
- Andrea Latell LPC
  25 Office Park Dr., Suite 2
  435-7355
- Bon Secours Rappahannock General Hospital Bridges Behavioral Health-Inpatient Program,
  101 Harris Rd.
  435-8490
- Bon Secours Rappahannock General Hospital Bridges Behavioral Health-Outpatient Program
  113 DMV Dr.
  435-9237
- Serenity Cove Pediatric Mental Health
  585-633-0680
- Susan Brooke
  31 Noblett Ln.
  462-7919
- Janine Snader
  235 N. Main St..
  757-345-8511
  http://janinesnaderlpc.com

Lively

- Susan Brooke
  826 Monaskon Rd.
  462-7919

Tappahannock

- Essex Counseling Center
  330 Hospital Rd.
  333-3671

Warsaw

- The Wellness Place
  622 Main St.
  472-3706

White Stone

- R. Scott Barker Counseling
  44 1st St.
  267-716-8458
  scott@rscottbarkercounseling.com

Neurology/Sleep Disorders

Gloucester

- Riverside Neurology and Sleep Specialists
  7547 Medical Dr., Suite 1300
  695-8550

Kilmarnock

- Neuro Surgical
  95 Harris Rd.
  Building 6 Suite A
  288-8204

Obstetrics & Gynecology

Gloucester

- Riverside Partners in Women's Health
  6750 Main St. Suite 200
  693-2670

Kilmarnock

- Virginia Women's Center
  102 DMV Dr.
  436-8038

Tappahannock

- Bon Secours Tappahannock Dominion Women's Health Tappahannock Towne Center
  1396 B Tappahannock Blvd.
  730-0800

White Marsh

- TPMG Middle Peninsula Women's Care
  4844 Geo. Wash. Mem. Hwy.
  Suite 8
  693-4410

Occupational Therapy

Gloucester

- Riverside Physical Therapy
  7578 Hospital Dr., Suite 106
  693-8867
- Pivot Physical Therapy
  6970 Fox Hunt Ln., Suite 201
  694-8111
- Walter Reed Convalescent Center
  7602 Meredith Dr.
  693-6503

Kilmarnock

- Bon Secours Rappahannock General Hospital Rehabilitation & Sports Medicine Center
  43 William B. Graham Court
  435-8501

King William

- King William Physical Therapy
  694 Sharon Rd., Suite R
  769-7504

Urbanna

- Rural Infant Services Program
  5372B Old Virginia St.
  758-5250

Oncology

Gloucester

- Riverside Peninsula Cancer Institute and Infusion Center
  7544 Medical Dr., Suite B
  693-9037
- Riverside Middle Peninsula Cancer Center Radiation Oncology
  7544 Medical Dr., Suite A
  693-4900

Kilmarnock

- Bon Secours Rappahannock General Hospital Outpatient Infusion Center
  101 Harris Rd.
  435-8583

Tappahannock

- VCU Health Infusion Center & VCU Health Cancer Care Center
  618 Hospital Rd.
  443-6137

Ophthalmology

Gloucester

- Hampton Roads Eye Associates
  7590 Hospital Dr., Suite 204
  693-5560
- Wal-Mart Vision Center
  6819 Walton Ln.
  693-2623

Heathsville

- Robert Jacey
  710 Train Ln.
  580-2454

Kilmarnock
- Old Dominion Eye Care
  101 Technology Park Dr.
  435-0547

Tappahannock
- Old Dominion Eye Care
  618 Hospital Rd.
  443-6180

Opticians
Gloucester
- Martin, Thomas, Walker Prescription Opticians
  7588 Hospital Dr.
  413-6356
- Greens Optical Company
  4756 G. Washington Mem. Hwy.
  695-9595

Hayes
- Wilcox Eye Center
  Tyndall Square, Suite 1
  2652 G. Washington Mem. Hwy.,
  642-9800

Kilmarnock
- Stylish Eyes
  266D N. Main St.
  435-2620

West Point
- West Point Vision Care
  3180 King William Ave.
  843-9030

Optometry
Gloucester
- Eyemax
  6651 Main St.
  694-4999

Hayes
- Eastern Eye Associates
  3449 G. Washington Mem. Hwy.
  642-2290
- Wilcox Eye Center
  Tyndall Square, Suite 1
  2652 G. Washington Mem. Hwy.,
  642-9800

Tappahannock
- The Eyesight of Tappahannock
  402 Airport Rd.
  443-5388
- The Eyesight of Tappahannock
  611 Della St.
  443-3901

Orthopedics & Sports Medicine
Gloucester
- Riverside Orthopedic Specialists
  7560 Hospital Dr., Building B, Suite 101
  693-0529

Kilmarnock
- Kilmarnock Orthopaedics
  95 Harris Rd., Building 4
  577-4224

Tappahannock
- VCU Health Orthopedics at Tappahannock
  300 Mount Clement Park
  443-8670

Pain Management
Tappahannock
- VCU Health Pain Management
  300 Mt. Clement Pk., Suite D
  443-6143

Palliative Care
Gloucester
- Riverside Palliative Care Middle Peninsula
  7358 Main Street
  757-316-5725

Pediatrics
Deltaville
- Fishing Bay Family Practice
  16681 Gen. Puller Hwy.
  776-8000

Gloucester
- Courthouse Pediatrics
  8264 Washington Mem. Hwy.
  695-0305

Hayes
- Children's Clinic Abingdon Square
  3055 G. Washington Mem. Hwy.
  642-9231

Lively
- Bon Secours Lively Medical Center
  36 Lively Oaks Rd.
  287-4569

Warsaw
- VCU Health at Warsaw
  16 Delfae Dr.
  333-1260

White Stone
- Riverside White Stone Family Practice
  30 Shady Ln.
  435-3133

Pharmacies
Aylett
- King William Good Neighbor Pharmacy
  7890 Richmond Tappahannock Hwy.
  769-3885

Callao
- Walgreens
  17422 Richmond Rd.
  529-6230

Gloucester
- Rite Aid
  6908 Main St.
  693-2160
- Walmart Pharmacy
  6819 Walton Ln.
  694-0060

Hartfield
- Medicine Shoppe Pharmacy
  9893 Gen. Puller Hwy.
  776-9990

Kilmarnock
- CVS
  100 James B. Jones Mem. Hwy.
  435-1602
- Main Street Pharmacy
  308 North Main St.
  435-8818
- Walmart Pharmacy
  200 Old Fair Grounds Way
  435-6317
- Walgreens Pharmacy
  573 N Main St.
  435-8890

King William
- King William Pharmacy
  7890 Richmond Tappahannock Hwy.
  769-3885

Mathews
- Hudgins Pharmacy
  256 Main St.
  725-2222

Montross
- Walgreens
  15748 Kings Hwy.
  493-9505

Tappahannock
- Walgreens
  1840 Tappahannock Blvd.
  443-4709
- Walmart Pharmacy
  1660 Tappahannock Blvd.
  443-1988

Urbanna
- Marshall's Drug Store
  50 Cross St.
  758-5344

Warsaw
- Walgreens
  4671 Richmond Rd.
  333-4122

West Point
- Walgreens
  345 14th St.
  843-2880

Physical Therapy & Rehabilitation
Aylett
- King William Physical Therapy
  5988 Richmond Tapp. Hwy.
  769-7504

Burgess
- Belfield Physical Therapy
  15137 Northumberland Hwy.
  220-2009

Callao
- Abilities Abound
  765 Northumberland Hwy.
  529-5178

Gloucester
- Riverside Physical Therapy
  7578 Hospital Dr., Suite 106
  693-8867
- Pivot Physical Therapy
  6970 Fox Hunt Ln., Suite 201
  694-8111
- Walter Reed Convalescent Center
  7602 Meredith Dr.
  693-6503

Hartfield
- Carousel Physical Therapy
  10880 General Puller Hwy., Suite N
  776-8500
  www.carouselpt.com
- Riverside Physical Therapy Middlesex
  11487 General Puller Hwy.
  791-3900

Hayes
- Riverside Physical Therapy
  2656 G. Washington Mem. Hwy. #5
  642-5601
- Pivot Physical Therapy
  7190 Chapman Dr.
  642-3028

Kilmarnock
- Carousel Physical Therapy
  500 Irvington Rd.
  435-3435
  www.carouselpt.com
- Bon Secours Rappahannock General Hospital Rehabilitation and Sports Medicine Center
  43 William B. Graham Court
  435-8501

Lancaster
- Belfield Physical Therapy
  11540 Mary Ball Rd.
  462-9600

Tappahannock
- Carrington Place of Tappahannock
  1150 Marsh St.
  443-4308
- Essex Physical Therapy
  900 S. Church Ln.
  443-4850
- VCU Health Physical Therapy
  300 Mt. Clement Pk.
  443-6090

Urbanna
- Rural Infant Services Program
  5372 B Old Virginia St.
  758-5250

Warsaw
- Belfield Physical Therapy
  4562 Richmond Rd.
  333-8222

West Point
- Pivot Physical Therapy
  100 Winter St., Suite 103
  843-9033

Plastic Surgery
Gloucester
- Plastic Surgery Specialists
  5659 Parkway Dr., Suite 240
  351-8743

Podiatry
Hayes
- The Foot Doctor
  2900 G. Washington Mem. Hwy.
  642-1417

Kilmarnock
- The Foot Center
  720 Irvington Rd.
  435-1644

Tappahannock
- Tappahannock Foot & Ankle
  402 Airport Rd.
  925-6027

Radiology
Gloucester
- Riverside Radiology Services Riverside Walter Reed Hospital
  7547 Medical Dr.
  693-8880

Kilmarnock
- Bon Secours Rappahannock General Hospital
  101 Harris Rd.
  435-8538

Tappahannock
- VCU Health Tappahannock Hospital Sharon Outten
  618 Hospital Rd.
  443-6044

Renal Dialysis
Tappahannock
- Fresenius Kidney Care Dialysis Center
  1922 Tappahannock Blvd.
  443-6542

Warsaw
- U.S. Renal Care
  4709 Richmond Rd.
  333-4444

Social Worker
Gloucester
- Chesapeake Counseling
  7296 York Ave.
  695-2557
- Middle Peninsula Northern Neck Community Services Board Gloucester Counseling
  9228 G. Washington Mem. Hwy.
  693-5057

Mathews
- Brad Skelding
  2nd Floor, 40 Court St.
  854-1961

Warsaw
- Warsaw Counseling Center
  414 Main St.
  333-3671

Spas & Massage
Callao
- Abilities Abound
  765 Northumberland Hwy.
  529-5178

Deltaville
- Progressive Healing
  211 Porpoise Ln.
  776-0919

Gloucester
- Heart Felt Touch Massage Therapy
  7282 York Ave.
  693-9000
- Riverside Wellness and Fitness Center

7516 Hospital Dr.
693-8888

Hayes

- Gloucester Chiropractic & Massage Therapy, LLC
  2654 G. Washington Mem. Hwy.
  642-6106
- Gerlinda's Health Spa
  2961 G. Washington Mem. Hwy.
  642-2100

Irvington

- Journey Spa
  The Tides Inn
  480 King Carter Dr.
  438-4430

Kilmarnock

- La Source
  211 S. Main St.
  436-2985
- Results Oriented Massage
  25 Augusta St.
  815-5836
- Spa 2 U
  Mobile Therapeutic Massage
  453-5367
- Stephanie Reeves Reed, LMT
  436-6555

Mathews

- Heavenly Hands Massage by Pearl
  6253 Buckley Hall Rd.
  413-1956
- Massage by the Bay
  1117 Buckley Hall Rd.
  971-678-7176

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Web: www.SerenityCovePediatrics.com

Tappahannock

- The Glamper
  306 Church Ln..
  757-746-6557

Urbanna

- Urbanna Therapeutic Massage
  51 Cross St.
  654-0271

Warsaw

- Holly's Massage
  209 St. John's St.
  761-2851
- The Wellness Place
  622 Main St.
  472-3706

White Marsh

- Results Oriented Massage
  4856 Geo. Washington Mem. Hwy.
  815-5836

Speech Pathology

Gloucester

- Riverside Speech Therapy
  7578 Hospital Dr., Suite 106
  693-8867
- Virginia Health Rehabilitation Agency
  7602 Meredith Dr.
  693-6503

Kilmarnock

- Bon Secours Rappahannock General Hospital Rehabilitation and Sports Medicine Center
  43 William B. Graham Court
  435-8501

Urbanna

- Rural Infant Services Program
  5372 B Old Virginia St.
  758-5250 or
  (800) 305-BABY (2229)

Testing Services

Saluda

- Secure Testing Services
  904 Gen. Puller Hwy.
  286-9020

Urgent Care

Gloucester

- MD Express
  6567 G. Washington Mem. Hwy.
  824-9962
- Velocity Urgent Care
  5659 Parkway Dr.
  381-4361

Tappahannock

- VCU Health Urgent Care at Tappahannock
  300 Mt. Clement Pk., Suite A
  443-8610

Urology

Gloucester

- Riverside Urology Specialists
  7552 Hospital Dr., Suite 302
  693-9062

Tappahannock

- Virginia Urology
  Bon Secours Tappahannock Medical Center
  Tappahannock Towne Center
  1396 B Tappahannock Blvd.
  330-9105
  www.uro.com/world-class

Vascular Surgery

Gloucester

- Riverside Vascular Specialists
  7544 Hospital Dr., Building A, Suite 202
  757-534-5340

Tappahannock

- Vascular Surgery Associates
  Bon Secours Tappahannock Medical Center
  1396 B Tappahannock Blvd.
  288-1953

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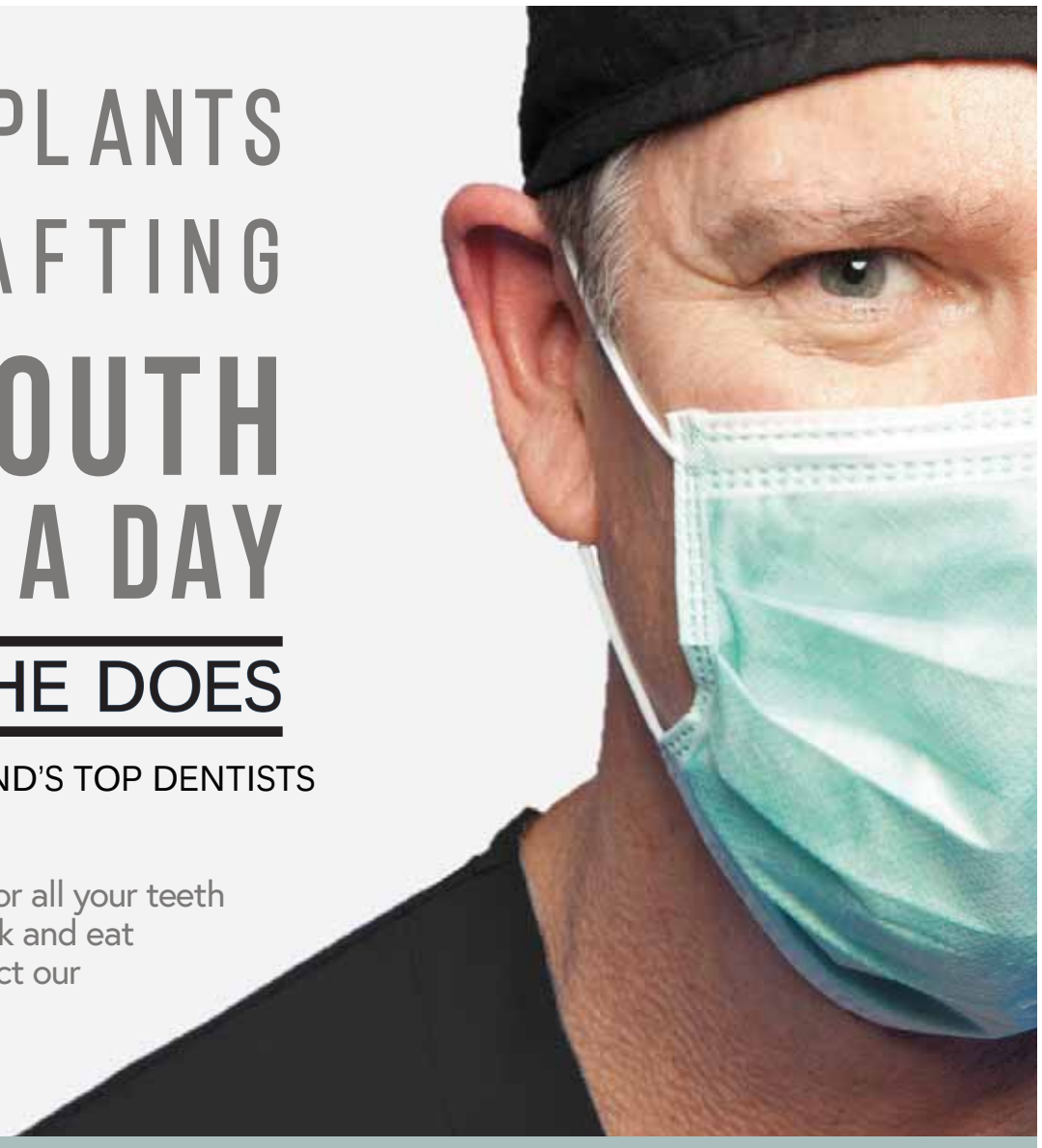

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