

BAY Healthstyles

A guide to healthy living in the Northern Neck and Middle Peninsula 2026



Race Walking • Happy Hour • Line Dancing • Tea Benefits • Aqua Fitness

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BAY Healthstyles

A guide to healthy living in the Northern Neck and Middle Peninsula 2026

It seems every year when we're putting this special section together, we're battling a bad respiratory virus and flu season. The weather is cold and dreary and lots of folks have a case of the winter blues. So let's counter that by finding holistic remedies and making exercise fun.

Turn to the centuries-old healing of tea for many of life's ailments from insomnia to high blood pressure and digestive issues.

We all know exercise is good for both the body and mind, so why not make it fun. Water aerobics, line dancing and chair aerobics offer both cardio and muscle toning workouts while having a good time. Find a class near you.

Or maybe start a new competitive exercise by joining longtime race walker Ray Funkhouser.

And as many people come off of "dry January," they're realizing the mental and health benefits of abstaining. One of our reporters recounts his personal story of giving up alcohol.

We hope that you also find our extensive health calendar and directory of health-related businesses and physicians offices a useful tool that you will refer to throughout the year.

Let's hope for warmer weather and healthier days ahead.

Susan & Lisa

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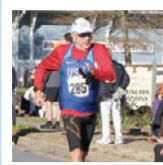
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Race Walking
A lifelong exercise 8



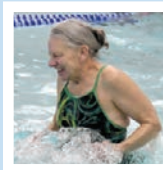
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Community Health

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

ONGOING

Mondays

Indoor Group Cycling with Sarah Rae, 8-8:45 a.m., Middlesex Family YMCA, 11487 General Puller Highway (Route 33), Hartfield. 532-1300.

Shallow Water Aerobics, 9-10 a.m. Northern Neck Family YMCA, 39 William B. Graham Court, Kilmarnock. 435-0223.

Pickleball, 9 a.m.-noon. Northumberland Family YMCA, 6348 Northumberland Highway, Heathsville. 580-8901.

Pickleball, 9 a.m.-noon. Middlesex Family YMCA, 11487 General Puller Highway, Hartfield. 316-9191

Pickleball, 9 a.m.-1 p.m. Northern Neck Family YMCA, 39 William B. Graham Court, Kilmarnock. 435-0223.

Women on Weights, 9:30-10:30 a.m. Northern Neck Family YMCA, 39 William B. Graham Court, Kilmarnock. 435-0223.

Photo Group, 10 a.m. third Mondays, except holidays. Lancaster Community Library, 16 Town Centre Drive, Kilmarnock. Contact: Marty Hill at isnap0824@gmail.com or 450-8792.

Brains & Balance, 10:30-11:30 a.m. Northumberland Family YMCA, 6348 Northumberland Highway, Heathsville. 580-8901.

Women on Weights, 10:30-11:30 a.m. Northumberland Family YMCA, 6348 Northumberland Highway, Heathsville. 580-8901.

Young Energetic Seniors, 11 a.m.-noon. Northern Neck Family YMCA, 39 William B. Graham Court, Kilmarnock. 435-0223.

Women on Weights, 11 a.m.-noon. Middlesex Family YMCA, 11487 General Puller Highway, Hartfield. 316-9191.

Young Energetic Seniors, 11:30 a.m.-12:30 p.m. Middlesex Family YMCA, 11487 General Puller Highway, Hartfield. 316-9191

AA, noon. DeSales Hall, Kilmarnock.

Gentle Yoga, 1-2 p.m. Northern Neck Family YMCA, 39 William B. Graham Court, Kilmarnock. 435-0223.

Mahjong, 1-4 p.m. Woman's Club of White Stone, 560 Chesapeake Drive,

White Stone. \$5. Reservations: text 436-7144.

LCL In Stitches, 5 p.m. most Mondays. Lancaster Community Library, 16 Town Centre Drive, Kilmarnock. Knitting, crocheting.

Yoga, 5-6:15 p.m. Northumberland Family YMCA, 6348 Northumberland Highway, Heathsville. 580-8901.

Middlesex County Parks and Recreation line dancing class, 6-7 p.m., Tom Carter Memorial Gymnasium, 2911 General Puller Highway (Route 33), Cooks Corner. Cost: \$5 per person, per class. 758-0057.

Bingo, 7 p.m. Middlesex County Volunteer Rescue Squad building, 17684 General Puller Highway, Deltaville. 815-9507.

AA, 8 p.m. Wicomico Methodist Church, Wicomico Church.

Tuesdays

Total Body Conditioning with Jay McConville, 8-8:45 a.m., Middlesex Family YMCA, 11487 General Puller Highway (Route 33), Hartfield. 532-1300.

Barre, 8-9 a.m. Etudes Ballet School, 56 First Street, White Stone. Details, sign up, etudesballet.com.

Stretch & Balance, 8-9 a.m. Northern Neck Family YMCA, 39 William B. Graham Court, Kilmarnock. 435-0223.

Pickleball, 9-11:30 a.m. Northern Neck Family YMCA, 39 William B. Graham Court, Kilmarnock. 435-0223.

Pickleball, 9 a.m.-noon. Northumberland Family YMCA, 6348 Northumberland Highway, Heathsville. 580-8901.

Indoor pickleball, 9 a.m.-noon. Tom Carter Memorial Gymnasium, 2911 General Puller Highway (Route 33), Cooks Corner. 758-0057.

Pickleball, 10-11:30 a.m. Middlesex Family YMCA, 11487 General Puller Highway, Hartfield. 316-9191

Qi Gong, 10:15-11:15 a.m. Middlesex Family YMCA, 11487 General Puller Highway, Hartfield. 316-9191.

Young Energetic Seniors, 10:30-11:30 a.m. Northumberland Family YMCA, 6348 Northumberland Highway, Heathsville. 580-8901.

Aqua Fit, 10:30-11:30 a.m.

Northumberland Family YMCA, 6348 Northumberland Highway, Heathsville. 580-8901.

LIVESTRONG, 12:30-2 p.m. through May 28. Middlesex Family YMCA, 11487 General Puller Highway, Hartfield. 316-9191

Northern Neck Duplicate Bridge, 1 p.m. most Tuesdays. Grace Episcopal Church, 303 South Main Street, Kilmarnock.

Grief Support Group, 1-2 p.m. through March 24. The Bay Center, 482 Chesapeake Drive, White Stone. 436-6362.

Yin Yoga with Gretchen Brown, 5:30-6:30 p.m., Middlesex Family YMCA, 11487 General Puller Highway (Route 33), Hartfield. 532-1300.

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

Yoga Therapy, 8-9 a.m. Rishi Yoga & Wellness, 578 Chesapeake Drive, White Stone. 456-8030.

Indoor Group Cycling with Jay McConville, 8-8:45 a.m., Middlesex Family YMCA, 11487 General Puller Highway (Route 33), Hartfield. 532-1300.

Shallow Water Aerobics, 9-10 a.m. Northern Neck Family YMCA, 39 William B. Graham Court, Kilmarnock. 435-0223.

Pickleball, 9 a.m.-noon. Northumberland Family YMCA, 6348 Northumberland Highway, Heathsville. 580-8901.

Pickleball, 9 a.m.-noon. Middlesex Family YMCA, 11487 General Puller Highway, Hartfield. 316-9191

Pickleball, 9 a.m.-1 p.m. Northern Neck Family YMCA, 39 William B. Graham Court, Kilmarnock. 435-0223.

Women on Weights, 9:30-10:30 a.m. Northern Neck Family YMCA, 39 William B. Graham Court, Kilmarnock. 435-0223.

Yoga with Chelsea Fay, 10:15-11:15 a.m., Middlesex Family YMCA, 11487 General Puller Highway (Route 33), Hartfield. 532-1300

Brains & Balance, 10:30-11:30 a.m. Northumberland Family YMCA,

6348 Northumberland Highway, Heathsville. 580-8901.

Young Energetic Seniors, 11 a.m.-noon. Northern Neck Family YMCA, 39 William B. Graham Court, Kilmarnock. 435-0223.

Women on Weights, 11 a.m.-noon. Middlesex Family YMCA, 11487 General Puller Highway, Hartfield. 316-9191.

Chair Yoga, 11:30 a.m.-12:30 p.m. Middlesex Family YMCA, 11487 General Puller Highway, Hartfield. 316-9191.

Alcoholics Anonymous 12-and-12 open meeting, Zoar Baptist Church, 17097 General Puller Highway (Route 33), Deltaville. 654-9858.

AA, noon. Women's meeting, Irvington UMC.

Cancer Support Group, 12:30 p.m. first and third Wednesdays. Grace Episcopal Church, 303 South Main Street, Kilmarnock. 435-1285.

Memory Cafe, 1:30-3 p.m. third Wednesdays. Lee's Restaurant, 30 South Main Street, Kilmarnock. sponsor: Bay Aging.

Serenity Al-Anon, 5:30 p.m., Trinity Episcopal Church, Lancaster.

Body Design with Tracy Pausic, 5:30-6:15 p.m., Middlesex Family YMCA, 11487 General Puller Highway (Route 33), Hartfield. 532-1300.

Middlesex County Parks and Recreation line dancing class, 6-7 p.m., Tom Carter Memorial Gymnasium, 2911 General Puller Highway (Route 33), Cooks Corner. Cost: \$5 per person, per class. 758-0057.

AA 12 & 12 Study Group, 7 p.m., Shachah World Ministries, Kilmarnock.

Line dancing, 7-9 p.m., Middlesex County Woman's Club, 210 Virginia Street, Urbanna. Wear soft sole shoes. Fee: \$5. 695-4299.

Thursdays

Cardio Dance, 8-9 a.m. Etudes Ballet School, 56 First Street, White Stone. Details, sign up, etudesballet.com.

Yoga, 9-10 a.m. Etudes Ballet School, 56 First Street, White Stone. Details, sign up, etudesballet.com.

Pickleball, 9-11:30 a.m. Northern Neck Family YMCA, 39 William B. Graham Court, Kilmarnock.



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HEALTH CARE FOR THE UNIVERSE OF YOU

Community Health

435-0223.

Pickleball, 9 a.m.-noon. Northumberland Family YMCA, 6348 Northumberland Highway, Heathsville. 580-8901.

Indoor pickleball, 9 a.m.-noon, Tom Carter Memorial Gymnasium, 2911 General Puller Highway (Route 33), 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.

Yoga, 10-11:15 a.m. Northumberland Family YMCA, 6348 Northumberland Highway, Heathsville. 580-8901.

Pickleball, 10-11:30 a.m. Middlesex Family YMCA, 11487 General Puller Highway, Hartfield. 316-9191.

Young Energetic Seniors, 10:15-11:15 a.m. Middlesex Family YMCA, 11487 General Puller Highway, Hartfield. 316-9191.

Aqua Fit, 10:30-11:30 a.m. Northumberland Family YMCA, 6348 Northumberland Highway, Heathsville. 580-8901.

LIVESTRONG, 12:30-2 p.m. through May 28. Middlesex Family YMCA, 11487 General Puller Highway, Hartfield. 316-9191.

Senior Crafting, 10 a.m. first Thursdays. 36 No th Arts and Crafts, 36 North Main Street, Kilmarnock. Register at 577-4204.

Northern Neck Ultimate Frisbee Alliance, 5:30 p.m. Irvington Commons, 98 King Carter Drive, Irvington.

Yoga Therapy, 5:30 p.m. Rishi Yoga & Wellness, 578 Chesapeake Drive, White Stone. 456-8030.

Yin Yoga with Gretchen Brown, 5:30-6:30 p.m., Middlesex Family YMCA, 11487 General Puller Highway (Route 33), Hartfield. 532-1300

Celebrate Recovery, 6:30 p.m. White Stone Church of

the Nazarene, White Stone. **AA**, 8 p.m. De Sales Hall, Kilmarnock.

Fridays

Indoor Group Cycling with Sarah Rae, 8-8:45 a.m., Middlesex Family YMCA, 11487 General Puller Highway (Route 33), Hartfield. 532-1300

Shallow Water Aerobics, 9-10 a.m. Northern Neck Family YMCA, 39 William B. Graham Court, Kilmarnock. 435-0223.

Pickleball, 9 a.m.-noon. Northumberland Family YMCA, 6348 Northumberland Highway, Heathsville. 580-8901.

Pickleball, 9 a.m.-noon, Middlesex Family YMCA, 11487 General Puller Highway, Hartfield. 316-9191.

Pickleball, 9 a.m.-1 p.m. Northern Neck Family YMCA, 39 William B. Graham Court, Kilmarnock. 435-0223.

Body Design with Valerie Morgan, 9-10 a.m., Middlesex Family YMCA, 11487 General Puller Highway (Route 33), Hartfield. 532-1300

Women on Weights, 9:30-10:30 a.m. Northern Neck Family YMCA, 39 William B. Graham Court, Kilmarnock. 435-0223.

Arts & Crafts For Homeschoolers, 10 a.m. first Fridays. 36 No th Arts and Crafts, 36 North Main Street, Kilmarnock. Register at 577-4204.

Yoga with Gretchen Brown, 10:30-11:30 a.m., Middlesex Family YMCA, 11487 General Puller Highway (Route 33), Hartfield. 532-1300

Women on Weights, 10:30-11:30 a.m. Northumberland Family YMCA, 6348 Northumberland Highway, Heathsville. 580-8901.

Young Energetic Seniors, 11 a.m.-noon. Northern Neck Family YMCA, 39 William B. Graham Court, Kilmarnock. 435-0223.

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.

A Space For healing, Widows Support

Group, 1-4 p.m. second Fridays. Northumberland Public Library, 7204 Northumberland Highway, Heathsville. Come for the support and camaraderie of others who may have walked the path, fellowship, games, light snacks, beverages.

Dance Class, 4-5 p.m. second and fourth Fridays. Good Luck Cellars, 1025 Goodluck Road, Kilmarnock. Free instruction: line, circle and hip hop dancing. Instructor: Joy Hendershot. No partner needed. 435-1416.

Saturdays

Barre, 8-9 a.m. Etudes Ballet School, 56 First Street, White Stone. Details, sign up, etudesballet.com.

Indoor pickleball, 9 a.m.-noon, Tom Carter Memorial Gymnasium, 2911 General Puller Highway (Route 33), Cooks Corner. 758-0057.

Yoga with Nathan Martin, 9-10 a.m., Middlesex Family YMCA, 11487 General Puller Highway (Route 33), Hartfield. 532-1300

Aqua Fit, 10-11 a.m. Northumberland Family YMCA, 6348 Northumberland Highway, Heathsville. 580-8901.

AA, 7:30 p.m. Irvington Baptist.

AA, 8 p.m. Heathsville UMC.

Sundays

Sangria Sunday, noon-5 p.m. most Sundays. Good Luck Cellars, 1025 Goodluck Road, Kilmarnock. 435-1416.

FEBRUARY

Saturday, Feb. 28

Heritage Arts Class, 9 a.m.-1 p.m. Northern Neck Heritage Arts Center, 73 Monument Place, Heathsville. Topic: Coiled Pine Needle Basket. \$40. Register at 580-3377, or nnheritageartscenter.org.

Canine Nutrition Seminar, 10 a.m. Northern Neck Partners for Pets, Fricke Pavilion, 790 Devils Bottom Road, Lancaster. Sponsor: Northern Neck Kennel Club. Speaker: Melody Rodarte. Topic: Help Your Dog Thrive with Optimal Nutrition." Free members, \$5 others. Register at chughitt9133@comcast.net.

Art Workshop, 10 a.m.-2 p.m. RAL Art Center, 19 North Main Street, Kilmarnock. Topic: Creating Abstract Miniatures. Instructor: Gloria Clifford. \$100 members, \$110 others. Materials included. Bring a bag lunch or light snack. Register at RAL Art Center, 436-9309, or ralartcenter.com.

Get Crafty: Fused Glass, 1-3 p.m. Good Luck Cellars, 1025 Goodluck Road, Kilmarnock. Create a fused glass "masterpiece." Projects choices: Cardinal on a Holly Branch or Deadrise Boat. \$45 per project, add a name \$5. Sign up at 757-509-2157, or Angel@riverhousecreations.com.

MARCH

Monday, March 2

Vinyasa Flow Yoga, 11:30 a.m.-12:30 p.m. Good Luck Cellars, 1025 Goodluck Road, Kilmarnock. Instructor: Heather Richards. Bring a mat. \$25. Registration recommended: hrichards0727@gmail.com. Walk-ins also welcome.

Sailing Course, 6-8 p.m. Northern Neck Sail & Power Squadron Classroom,

453C North Main Street, Kilmarnock. Basics of sailing, boat designs, terminology, rigging, safety, hull shapes, sail configurations, wind water forces, steering, helmsmanship, sailing upwind, downwind and spinnaker handling. Continues for eight weeks. \$75 members, \$95 others. Register at seo@abcnnk.org, or 339-7218.

Tuesday, March 3

American Red Cross blood donation event, 1-6 p.m., Middlesex County Volunteer Rescue Squad building, 17684 General Puller Highway (Route 33), Deltaville. Appointments are encouraged; only limited walk-ins will be accepted. To make an appointment, visit www.redcrossblood.org and use sponsor code "middlesex." 505-0602.

Art Workshop, 2-4 p.m. RAL Art Center, 19 North Main Street, Kilmarnock. Topic: Gelli Plate Printing 101. Instructor: Gloria Clifford. Continues for four weeks. \$175 members, \$195 others. Get supply list and register at RAL Art Center, 436-9309, or ralartcenter.com.

Friday, March 6

Heritage Arts Class, 10 a.m.-12:30 p.m. Northern Neck Heritage Arts Center, 73 Monument Place, Heathsville. Topic: Handmade Books. \$40. Register at 580-3377, or nnheritageartscenter.org.

Monday, March 9

Vinyasa Flow Yoga, 11:30 a.m.-12:30 p.m. Good Luck Cellars, 1025 Goodluck Road, Kilmarnock. Instructor: Heather Richards. Bring a mat. \$25. Registration recommended: hrichards0727@gmail.com. Walk-ins also welcome.

Tuesday, March 10

Try-It-Tuesday, 10 a.m.-1 p.m. RAL Art Center, 19 North

Community Health

Main Street, Kilmarnock.
Project: Pan Pastels.
Instructor: Celeste Johnson.
\$50 members, \$55 others.
Supplies included. Register at
RAL Art Center, 436-9309, or
ralartcenter.com.

**Saturday, March 14
Heritage Arts Class,**
9 a.m.-3 p.m. Northern
Neck Heritage Arts Center,
73 Monument Place,
Heathsville. Topic: Wood
Burning for Beginners. \$75.
Register at 580-3377, or
nnheritageartscenter.org.
Art Workshop, 10 a.m.-
3 p.m. RAL Art Center,
19 North Main Street,
Kilmarnock. Topic: Collage
Workshop: Creating Art from
Paper and Pure Imagination.
Instructor: Gloria Clifford.
\$150 members, \$175 others.
Get supply list and register at
RAL Art Center, 436-9309, or
ralartcenter.com.

Safe Boating Course, 10
a.m.-3 p.m. Northern Neck
Sail & Power Squadron
Classroom, I453C North Main
Street, Kilmarnock. Continues
March 21. Attend both
sessions to receive Virginia
Boater Certification Card.
\$25, includes use of a Boating
Skills Virtual Trainer and a
free Vessel Safety Check.
Register at seo@abcnkn.org,
or 339-7218.
Tea Paw-ty, 2 p.m.
Grace Episcopal Church,
303 South Main Street,
Kilmarnock. \$40, to benefi
Northern Neck Partners
for Pets (NNPP). Purchase
tickets at Chesapeake
Bank; NNPP, 790 Devils
Bottom Road, Lancaster; or
northernneckpartnersforpets.
org.

**Sunday, March 15
Weather For Boaters
Seminar,** 10 a.m. Northern

Neck Sail & Power Squadron
Classroom, I453C North Main
Street, Kilmarnock. Weather
tips and where to get the
best forecasts. Free. Register
at seo@abcnkn.org, or
339-7218.

**AIS Electronics For Boaters
Seminar,** 1 p.m. Northern
Neck Sail & Power Squadron
Classroom, I453C North
Main Street, Kilmarnock. AIS
navigation: how to integrate
and operate AIS with existing
electronics. Free. Register
at seo@abcnkn.org, or
339-7218.

**Thursday, March 19
Heritage Arts Class,**
12:30-4:30 p.m. Northern
Neck Heritage Arts Center,
73 Monument Place,
Heathsville. Topic: Introduction
to Calligraphy. \$40.
Register at 580-3377, or
nnheritageartscenter.org.

**Saturday, March 21
Laugh your heART out!
Comedy Night,** 7 p.m.
doors open, 7:45 p.m. show
starts. RAL Art Center, 19
North Main Street, Kilmarnock.
Comedians: "Coach" Tom
Holaday and Hatton Jordan.
\$35 members, \$40 others.
Goodies, giggles, cash bar,
beer, wine. Purchase tickets at
RAL Art Center, 436-9309, or
ralartcenter.com.

**Sunday, March 22
Sundays At Two,** 2 p.m.
Lancaster Community
Library, 16 Town Centre
Drive, Kilmarnock. Speaker:
Dr. James Melisi. Topic: "Eat
Dessert First: Reflections on
Career as a Neurosurgeon."

**Monday, March 23
Art Course,** 10 a.m.-12:30
p.m. RAL Art Center, 19 North
Main Street, Kilmarnock.
Topic: Watercolor Painting for

the True Beginner. Instructor:
Doug Mock. \$255 beginners,
\$295 others. Continues on
Mondays through April 27.
Bring supplies, or purchase a
beginner kit including paints,
brushes, palette, color wheel,
paper, \$125 check payable to
Doug Mock at first class
Register at RAL Art Center,
436-9309, or ralartcenter.com.

**Saturday, March 28
Heritage Arts Class,** 9 a.m.-
1 p.m. Northern Neck Heritage
Arts Center, 73 Monument
Place, Heathsville. Topic: Next
Steps in Pine Needle Basketry.
\$40. Register at 580-3377, or
nnheritageartscenter.org.
Purr-fect Game Day, noon-4
p.m. Northern Neck Partners
for Pets, Fricke Pavilion,
790 Devils Bottom Road,
Lancaster. Sponsor: Cats Cove
Inc. Games, silent auction,
lunch. \$20. Purchase tickets at
480-2002.

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Mastering life and the sport of *race walking*

by Jackie Nunnery

If you have entered a local road race you have probably seen a familiar face among the competitors with an uncommon way of racing. Combining the endurance of running with the low impact of walking, race walking is a great way to stay active and competitive. No one would know that better than nationally and internationally competitive race walker Ray Funkhouser. The White Stone resident discovered the sport in the 1970s and has never looked back.

“We had formed a new track club back when the running boom started—the Shenandoah Valley Track Club—and we had a race walker encourage us to put a race walk into our summer series. One night, it was the last event and he had been after me to give it a try and that’s where it started. I didn’t do very well, but I was fascinated by it,” he said. Funkhouser continued to train as a runner and entered some race walks—on New Year’s Day 1980 he made a resolution that he has not broken. “I said if I was going to improve and try this, I have to train as a race walker and that’s when I started and became 100% a race walker.”

A long-time runner, Funkhouser had to change the way he trained. “The muscles are used a little bit differently, particularly in the lower part of the shin. I said, if I’m going to try to be a race walker, I have to train as a race walker and develop those muscles that you use as a race walker. And that made a big difference. It made me faster.”

It took a few years, but Funkhouser began competing at the national level and qualified for the Olympic trials three times. He came “about as close as you can get” to making the team. “In 1992 I was the oldest, highest ranking masters finisher. I finished fourth in the trials.” But it was the top three finishers who went on to represent the U.S. in the Barcelona Summer Games. “I could see that spot, but didn’t quite make it.”

That did not mean Funkhouser was out of competition. Far from it. USA Track and Field (USATF), the national governing body, allows those over 35 to compete as “Masters.” He has successfully competed around the country



Race walking has taken Ray Funkhouser all over the world, including Gothenburg, Sweden for the 2024 World Masters Athletics Championship. Photo courtesy Ray Funkhouser

“I saw the benefit health-wise of staying active, doing the cardio and staying in shape. And it helps motivate me to get out there every day. You know, it’s very easy to say, ‘well, I’ll skip today’ but this motivates me.”



You are likely to see Funkhouser with his training partner, Astro, on the roads or in local races. Photo by Jackie Nunnery

"I enjoy the fact now that I'm able to do races, and even some triathlons with my daughters and my grandkids. I always dreamt of doing things with my daughters, but now, it's like, wow, I get to be in the same races with my grandkids."

and around the world in the USATF National Championships, World Masters Athletics Championships and the National Senior Games, all currently in the 70-74 division. "I never wanted to give up competing. I saw the benefit health-wise of staying active, doing the cardio and staying in shape. And it helps motivate me to get out there every day. You know, it's very easy to say, 'well, I'll skip today' but this motivates me," he said.

There is also a social aspect to competing. "I know a lot of the competitors. I've raced against them for decades. I've made some tremendous, tremendous friendships over the years. I've gone to some of the World Championships, and you get to know each other. You support each other. When the gun goes off, it's everybody for themselves, but as soon as it's done, you get together and have a few laughs."

When he's not competing hard, Funkhouser makes a point to enter local races like the Irvington Turkey Trot. "It's a great community event. I do a lot of my training with my dog, Astro, and he loves getting into those kind of road races. They're fun. There's no pressure on me. It's not like fighting for a podium spot at a National Championship. And it's a social activity. When you're out there most days by yourself, it's good to just to be around people. And runners that are close, I can say, 'all right, I'm going to really push to try to stay with them.'"

In addition to racing, Funkhouser, as president of USATF Virginia, promotes the sport he is so passionate about. One of

those ways is getting kids interested in the sport. "One of my regrets is that I never had the opportunity to try race walking back when I was in high school." Right now, only New York and Maine have race walk competitions in high school, "so it's no surprise that a lot of our Olympic team walkers have come out of those two states." There is a good Junior Olympic Program in USA Track and Field "and I love going to track meets and seeing the efforts of the kids, the ones that you know are not going to win the races, but they're winning their personal race. They're getting something out of it because they're improving, they're working hard, they're getting better and I can relate to those things."

It's not just about involving kids. Funkhouser is enthusiastic about anyone giving race walking a try. He has held coaching clinics through the Osher Lifelong Learning Institute at William & Mary in an effort to "help others be able to experience what I've been able to get out of it in my life."

For Funkhouser, now 75, that is the pursuit of a lifelong passion and a lifetime of fitness. "I enjoy the fact now that I'm able to do races, and even some triathlons with my daughters and my grandkids. I always dreamt of doing things with my daughters, but now, it's like, wow, I get to be in the same races with my grandkids. Now that's changed some, where I used to wait for them at the end, now they're waiting for Pop at the end. That's motivating that I can still do those things with them."

On the road to a walking lifestyle

What's the difference between fitness walking and race walking? "If you tell me the difference between jogging and running, I'll tell you the difference between fitness walking and race walking. It's really the effort that you're putting into it," said Ray Funkhouser.

The beauty of walking as a sport is in its simplicity. No special gear, just put one foot in front of the other. "As I tell people, the hardest part of your workout is the first step each day," he said. If you are having difficulty taking that first step out the door, Funkhouser suggests asking yourself "why."

"Why are you doing this? What

are you trying to accomplish? When you go to the gym there are two kinds of people. Half of them are there because they're healthy and they want to stay active. They are 'pre-habbing.' The other half have crossed the line and they're rehabbing because they're trying to come back from illness, injury, or inactivity. We want to stay on the pre-habbing side."

Funkhouser also suggests keeping logs of your progress, even if it is just an X on a calendar. "Sometimes guilt can be a motivator. Also think about how you felt after you've done it awhile—your mobility, your breathing, your

body is stronger."

The Mayo Clinic agrees. Experts there said regular brisk walking for about 30 minutes per day can help you lose body fat and maintain a healthy weight. It can also help you manage chronic conditions such as heart disease, Type 2 diabetes and high blood pressure while strengthening both bones and muscles. If that was not enough, being active can improve your mood, memory and sleep while reducing stress. The mental benefits are especially true if you choose a walk in the woods rather than a treadmill. A Harvard study showed that "forest therapy" low-

ered stress and reduced rumination or cycles of negative thinking that often lead to sadness and depression.

Those 10,000 steps (five miles) that you have probably heard of? Studies show far fewer steps can still have health benefits. "Many people take about 5,000 steps per day doing everyday activities. If you add another 2,000 to 3,000 steps per day—roughly 30 minutes of exercise—you would reach between 7,000 and 8,000 steps, the step count sweet spot," according to I-Min Lee from the Harvard T.H. Chan School of Public Health.

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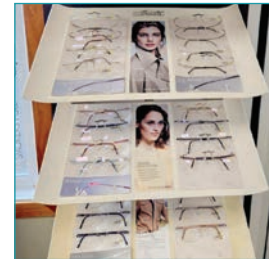
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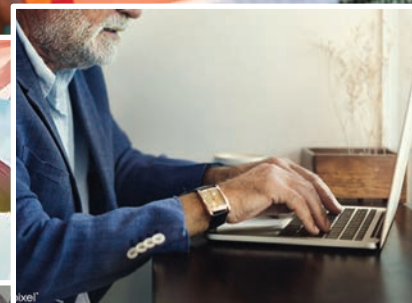
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Day 365: The Life-Changing Start of Menopause

Menopause: a single day in a woman's life. Menopause by definition is the 365th day of having no periods. This occurs naturally around age 51, but there are many reasons why women can have an earlier menopause. The years before that day of menopause is perimenopause—typically four years but can range from two to 10 years.

My favorite name for perimenopause is “The Zone of Chaos” as it reflects the hormonal fluctuation that women experience. Hormone blood levels vary greatly which is why the diagnosis of perimenopause is based upon symptoms rather than bloodwork. And the list of symptoms we now appreciate is much longer than hot flashes.

Every day thereafter of a woman's life, which is likely over a third of her lifespan, is post-menopause, which can offer relief with no more

menstrual cycles, pads, tampons, cramps, risk of pregnancy or migraines, but also is the time where chronic diseases increase. Estrogen is an incredibly protective hormone. Estrogen receptors are found on many cells in the body, for example the breasts, reproductive organs, brain, bones, colon, lining of the blood vessels, heart, fat tissue, skeletal muscle, skin, visceral—deep around the organs— and the pancreas and liver, which are involved in metabolism and insulin resistance. So that loss of estrogen has repercussions such as heart disease, dementia, osteoporosis and pre-diabetes, just to name a few.

I remember in my medical residency learning how menopause offers an opportunity for women to really spend time reflecting on their own health, adapt new habits, and make decisions with real impact on their health span. Now in clinical



practice, I can appreciate how precious time is and how during this transition there is not enough of it.

Besides reflecting on their own health, women are caring for others, possibly children and parents at the same time. Still my hope is women educated with information prioritize time to talk to their trusted doctor or nurse practitioner or physician assistant about their

experience and options for managing both symptoms and for ways to help prevent or delay chronic diseases.

Discussions about lifestyle changes including how the body responds differently to food such as those with higher blood sugars change in visceral fat deposition, to alcohol which may cause poor sleep, worsening hot flashes and anxiety and to exercise and how programs need to be adapted with an absolute need for strength training. Talks should also include how to use FDA-approved prescription menopause hormonal therapy (MHT) which includes bio-identical versions estradiol and prometrium, which are typically covered by insurance and have GoodRx coupons. When a woman starts MHT matters: they call it the timing hypothesis. If started within the first 10 postmenopause years the protective benefits outweigh risks for most women, but that's a physician visit where a woman shares her values and her health history.

For later postmenopause—think 10-plus years—2025 saw published in the Journal of Urology, “Impact of vaginal estrogen on serious adverse outcomes in postmenopausal women with recurrent urinary tract infections: a retrospective study,” which discussed a decrease in the rate of hospitalization, sepsis (serious infection) and even death in women who were using vaginal estrogen compared to women who were not. Jen

Tyson, NP and I were fortunate enough to attend an excellent lecture by Rachel Rubin, MD as part of a VCU Conference—where she presented this data and later, with many others, presented to the FDA which agreed to remove the black box warning on topical estrogen. That removal hopefully also removes a fear barrier to prescribing or using the topical vaginal products to improve quality of life in women with genitourinary syndrome of menopause (GSM). The most common symptoms include vaginal dryness, pain during intercourse, needing to urinate urgently and/or frequently even when a urinary tract infection (UTI) was not present. According to the American Urological Association 50-70% of women are affected by GSM and the majority are not likely to seek help. Hopefully this year will be different after last year's hard work.

Some of my favorite resources are www.menopause.org and www.rachel-rubinmd.com; and books, *The New Menopause* by Mary Claire Haver, MD, and *How to Menopause* by Tamsen Fadal. Both are available also as audiobooks free through the Lancaster Community Library.

Patricia Monge-Meberg, MD is Board Certified in Internal Medicine and has been a part of Bay Internists in Kilmarnock since 2004. She completed a competency examination and became a Menopause Society Certified Practitioner in 2006.

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HAPPY HOUR

can be anytime

by Tom Chillemi

Feeling good is a result of the right brain chemistry that includes dopamine and serotonin, said Susan Hockett, a retired substance abuse therapist who makes her home in Middlesex.

Some people who have lower than average levels of dopamine and/or serotonin try to find ways to “feel normal,” she explained. Low levels of these chemicals can be the result of being born that way; or having grown up in stressful environments that hindered the development of them. “They sense they are not like others because they feel down more often than the average person,” said Hockett. “They see others enjoying simple pleasures and don’t understand why simple pleasures result in enjoyment in others who are boosting their dopamine and serotonin naturally.”

Hijacked

They discover alternative ways to boost their dopamine and serotonin. “Alcohol and marijuana are frequently tried because they are so readily available. However, sex, shoplifting, eating disorders, gambling, risky playing around and dangerous sports, etc. can also initiate a person into behaviors that they discover give them the boost they think others are getting from normal enjoyable behaviors.

“But they are really hijacking their brain chemicals, depleting what low levels of dopamine and/or serotonin they have. When they have done that it takes longer to get back to their former low level of the chemicals and they continue seeking ways to boost them.”

Good news

Hockett said the good news is the brain pathways caused by stressful environments and addictive and risky behaviors do not have to drive a person their entire lives. “Medication that treats low brain chemical levels, and learning new behaviors that create new pathways can be done successfully with dedicated effort and help from those who have succeeded themselves in helping others.”

There is help for those who want it through counselors, Alcoholic Anonymous (AA) or Narcotics Anonymous (NA). Find them online.

Going to an AA meeting is a start, she said. “You don’t have to join or get a sponsor but hearing others’ journeys into sobriety can be very helpful,” she said. It’s a way to learn how to deal with emotions, relationships and boredom.

The dangers of drinking

Drinking alcohol is seductive. Fun at first, it easily becomes a habit, then a need, explained a member of Alcoholics Anonymous (AA).

He got sober in 2012, after he hit bottom with two irregular heart beat episodes called “AFib.”

Alcohol had such a grip on him that after the first AFib event he thought he’d quit drinking. That lasted three days.

Three months later, he woke up with the same AFib symptoms. This time he accepted the message. “There is a really good chance alcohol accelerated an underlying condition,” his cardiac doctor told him.

Enough

He checked himself in to a 26-day program. And today he continues going to AA meetings where he finds support and helps others overcome addiction. “The first step is

wanting to quit,” he said. “We can’t help someone unless they want to be helped.

“If you’ve hit bottom we’re here for you. Until then we’re praying for you.”

Figure it out

There is no single way to stop drinking, he said. “We can tell you how we did it, but you have to figure it out for yourself. Happiness is an inside job. It can’t be found with a pill or psychiatrist. It has to grow inside of you.”

AA has proven to be an effective way to change your life. “AA is so successful because you always have a friend to call or a meeting with like minded people, whose only desire it to stop drinking.”

There is satisfaction in helping others. “The therapy of helping others reinforces your desire to stay sober.”

There is life after beer

I quit drinking by accident. I had been in a four-hour meeting and was hurrying to the nearest store for a six pack.

When I arrived, it was four minutes after midnight . . . no alcohol sales until 6 a.m.

So I bought O'Douls, a non-alcoholic near beer. I turned one up and drained a third of the bottle in one pull. By the time I finished it, I didn't want a beer! Hmm, was I looking for something cold to drink with bubbles?

The year was 1994. Non-alcoholic beers were rare.

By summer, I would drink real beer until I got the desired effect and then switch to near beer.

On vacation, when I'd open the refrigerator door at 4 p.m. for a real beer, I'd see both. My hand went to the near beer.

I never was a big drinker, but I was a daily drinker. After 3 or 4 beers, I was done and my stomach demanded food. I guess I was lucky I had a weak stomach.

One more time

I remember the last time I got "drunk." It's actually on video tape somewhere. I had a great time.

It wasn't long until I realized alcohol wasn't doing me any good. I got tired of waking up feeling bad . . . with my stomach telling me how dumb I was.

I never had a big awakening. Not then. My talk with God happened as I laid under a bush at a party on June 30, 1985. I told Him I'd never do it again. (What drinker hasn't made that promise?) I heard my ride leaving, but couldn't move.

Sunday morning

Well I did stop for a few weeks. Seltzer water was my substitute. I didn't realize yet that drinking beer was my response to being thirsty. Thirst is like sunburn . . . by the time you realize there's a problem, it's too late.

But there were my drinking buddies tempting me. Everyday a few of them would want to get some beer after work. I fell back into my bad habit.

My system was alcoholic.

All aboard

I changed jobs. Things got worse.

I worked on a horse farm for a brief time. There I met drinkers who were in the stage that I had been headed for. Some would have "an eye opener" first thing in the morning.

There were maintenance drinkers, drinking not to feel good, but so they wouldn't feel bad.

Again, my stomach wouldn't let me keep up with them. It got to the point where I couldn't catch a buzz. The effects of Long Island Ice Tea made with 4 shots of liquor would last a half hour.

I worked to lengthen the time between drinks. I'd entered the maintenance stage.

I quit again, and became the designated driver.

The best part

I left them behind but still looked forward to 5 o'clock. A vice had become a habit. I had to monitor my beer. Do I have enough for tonight? I better stop and get more on the way home. Don't drink the last beer.

That went on until August 24, 1994 — my final good time drinking. I don't recall thinking "That's enough." I just never had another beer.

When I got in my head I was going to remain sober, I had two similar dreams—in the first I was at a bar looking at all the pretty shiny bottles stacked up and felt sad because I couldn't have any. A short time later I dreamt I was at a bar looking at the bottles but this time I thought "I don't even like this stuff." Saved by a weak stomach.

I soon realized I didn't have to count beers anymore or look for it. The anticipation was gone.

I was free at last.



Non-alcoholic brews deliver the cold and bubbly flavor of real beer. Above, an American original and a German import have all the taste without the hangover.

Photo by Tom Chillemi

Bay Aging offers virtual caregiver support groups

Bay Aging hosts virtual caregiver support meetings at 4:30 p.m. on first Mondays and 2 p.m. on fourth Thursdays. First-time participants are asked to call Bay Aging at least two hours prior to the meeting to register and receive the Zoom link or toll-free number.

Caregivers who find it difficult to leave home are invited to participate. The virtual support group provides a safe, welcoming space for caregivers to connect, share experiences and find encouragement—all from the comfort of home. Participants may join by computer, tablet, or telephone, said Bay Aging marketing and communications specialist Jennifer White.

To sign up, contact Bay Aging at 800-493-0238.

Memory Café welcomes new community members

The Kilmarnock Memory Café meets from 1:30-3 p.m. Wednesdays at Lee's Restaurant, 30 South Main Street, Kilmarnock.

The gathering will offer a friendly, supportive environment for individuals experiencing memory loss and the partners who help care for them, said Bay Aging market-

ing and communications specialist Jennifer White.

The Memory Café is a social event designed to encourage connection, conversation and engagement in a relaxed setting, said White. Trained facilitators organize and host the program, which is free to attend and does not require an RSVP.



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Line dancing



offers health benefits, plus
is 'heck of a lot of fun'

by Larry Chowning

It's good for the heart!

It's good for the soul!

It's a heck of a lot of fun!

Let's all go foot stomping line dancing!

Wanda Henderson of Laneview had always loved to dance and about 20 years ago she saw a "60 Minutes" television special on the value of line dancing for Parkinson's disease patients.

Henderson was a Zumba dance instructor and saw line dancing as another dance that she could enjoy doing and to teach. Today, she is the line dance instructor and chair aerobics teacher for the Middlesex County Parks and Recreation Department (MCPRD).

The "60 Minutes" television spot revealed to Henderson that when Parkinson's patients danced the uncontrolled shaking associated with the disease decreased. "Line dancing can be a therapy for Parkinson's patients, but it also improves quality of life for all ages," she said. "It is a form of exercise, that enhances coordination, endurance and quality of life. Studies also suggest the dancing

improves both physical and cognitive health."

Line dancing involves repeating sequences of steps to music while facing different directions, which challenges and enhances those physical and cognitive skills and acts as a form of "exercise medicine," reports a medical journal on the benefits of line dancing for Parkinson's patients.

Henderson also said line dancing is good for young people. She recently taught a class through the Rappahannock Community College Warsaw and Glens summer Upward Bound program .

Upward Bound is for students in grades nine through 12 to encourage development of academic skills and to motivate students to continue their education beyond high school. It serves 60 students from Essex, Lancaster and Westmoreland high schools.

"The Upward Bound Program is about academics and fitness," said Henderson. "My job was to provide the fitness and the fun that goes along with line dancing. We (herself and students) had a good time and it was a class that everyone seemed

to enjoy."

"There are many young people who are not involved in sports," she said. "Line dancing is not about the best athlete, but rather it is all inclusive and provides fitness and fun without the drama that often goes with being on a sports team," she said.

Chair Aerobics

Henderson also teaches MCPRD chair aerobics which is using arms and legs to dance to the music while sitting in a chair. The dance is a low-impact, seated exercise designed to improve cardiovascular health, strength and flexibility using a chair for support, said Henderson.

Chair aerobics is ideal for all fitness levels, especially seniors, and most of the participants at the MCPRD Tom Carter Memorial Gym where classes are held were seniors.

Chair aerobics includes movements like seated marches, arm punches, leg extension and torso twist to increase heart rate and mobility, said Hen-

derson.

“The classes are fun but they also bring people together in a very healthy and positive type of fellowship,” she said. “Music is the soul to the heart because it serves as a universal, emotional language that connects human feelings,” she said.

Henderson’s M CPRD line dancing classes are on Mondays and Wednesday from 6 to 7 p.m. and chair aerobics classes are Mondays 9 a.m. to 10 a.m. The cost is \$5 a session and all classes are offered in the Tom Carter Memorial Gym at Cooks Corner.

Steppin’ with Shelly N NK

Shelly Richardson of Tappahannock and her Steppin’ with Shelly N NK business, conducts events at Segar’s Legacy Event Center in Tappahannock and classes in Lottsburg at the Holly Graded School.

Richardson likes to teach using Trail Ride dancing with country music; Southern Soul, a type of soul and country music that emerged from the Southern United States; R&B, rooted in gospel and spirituals mixed with blues; and brunch sounds, which blends relaxing, upbeat acoustic classic pop tunes.

At special events, she encourages participants to come with hand fans and to dress up to enhance the experience. Hand fans, specifically large 13-inch plus in size, are used as clack or pop fans often used in dances like “Boots on the Ground.” The fans are a popular accessory in line dancing to produce a loud, rhythmic snap, said Richardson.

“The fans are fun and the nylon fabric with plastic ribs are used to add dramatic flair to the performance with an often synchronized sound,” said Richardson.

Line dancing can be performed to just about any kind of music. It gained popularity in country-western music but has evolved to incorporate a wide variety of genres, including pop, Latin, hip-hop, R&B, rock, soul, disco and Irish music.

It has become extremely popular at weddings, said Richardson. “Cha Cha Slide, Cupid Shuffle, The Twist, Watch Me, Macarena, Electric Boogie, Cotton Eyed Joe and YMCA are all popular at weddings,” she said.

“I love all music and love to dance,” she said. “I know other people do too and line dancing is a type of dance that everyone can do.”

Steppin’ with Shelly N NK has an event scheduled on March 1 from 3-7 p.m. for a “Sunday Brunch” featuring R&B and Southern Soul music at Segar’s Legacy Event Center in Tappahannock. The cost is \$15. Richardson will conduct classes at the Holly Graded School in Lottsburg starting Tuesday March 9 at 6 p.m. The cost is \$5 a lesson.

Holly Graded School in Lottsburg. Courtesy of Steppin’ with Shelly N NK



The Middlesex County Parks and Recreation Department (M CPRD) hosts some foot-stomping, hand-clapping chair aerobics. Many in chair aerobics classes participate in M CPRD’s line dancing program. Photo by Larry Chowning





During some line dancing events, participants come all dressed up and use large hand fans to create synchronized sounds coordinated with the rhythm of the music. Contributed by Steppin' with Shelly NNK



Line dance and chair aerobics teacher Wanda Henderson learned about the benefits of line dancing for Parkinson's patients by watching a "60 Minutes" TV program 20 years ago. Photo by Larry Chowning

Line dancing history

The history of line dancing is deeply rooted in black culture's communal traditions where the origins can be traced back to African/Caribbean ritual dances and the enslaved southern dance.

Modern line dancing was influenced by 18th and 19th century European folk dance, but its origin also goes back to the period of slavery where the enslaved turned to song and dance as a form of feeling a connection between one another.

Song and dance gave the enslaved a sense of freedom by allowing the mind to focus on the fun and rhythm of the dance and less on the challenges of the times.

The dance continued to progress into the 1950s when the song "Madison" was created in 1957 — one of the first songs recognized, specific to line dancing.

With disco, soul, and R&B, line dancing's popularity spread into the 1970s. Such song and dance evolved around "Electric Slide" emerging alongside country-western hits like the "Cowboy Boogie."

As disco music fell out of favor in the '80s, line dancing still surged in popularity thanks to songs like the "Cha Cha Slide" in 2000.

That time period brought massive popularity to line dancing tied to country music and hits like "Achy Breaky Heart." The "Macarena" came along in 1995 that further inspired and encouraged the popularity of line dancing.



Line dance lessons are offered weekly at the Tom Carter Memorial Gym at Cooks Corner through the Middlesex County Parks and Recreation Department. Photo by Larry Chowning



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Positive reinforcement training for dogs and their humans

Connection, by definition, is a relationship in which a person, thing, or idea is linked or associated with something else. The connection I help to build through positive reinforcement is one of the most special bonds that we get to experience—the relationship between human and dog.

After pursuing a psychology degree, I turned my knowledge towards my passion in life which brought me to the world of R+ Dog Training, the main form of dog training that we use at Zoom Room training facility in Williamsburg. R+ training, also known as positive reinforcement, is a science-based training method that rewards desired behaviors with something the animal values rather than using fear, force or punishment.

The “plus” in R+ training means adding a desirable stimulus to increase the likelihood of behavior being repeated. Most dogs respond well to high value food but other tools like play and praise are often used.

Finding just the right stimulus is important in every scenario, whether that be with your couch potato beagle or your high drive shepherd.

I always tell people we don't train dogs, we train the people who love their dogs. At Zoom Room, owners and dogs attend classes together and the owner does the actual training so

that they can continue that instruction at home.

The first thing we do in positive reinforcement training is learn to speak a common language with our fur babies. Dogs read body language. For example, think about a time your dog might have questioned if it was you or not? Perhaps you were bundled up for the snow, or you were wearing a new hat that they've never seen on you. Maybe even add some sunglasses on top of the disguise. Your dog may have to sniff you or hear your voice to determine it's “their human.” Every little shift we make, smile and frown, or simple eye contact helps to communicate something to our animals. When we change our normal look by covering our eyes or manipulating our shadows by wearing hats or sunglasses, this directly impacts their inability to read body language.

Dog owners have to change their mindset and understand that dogs are not speaking “our language.” When owners understand that then they become more conscious of how to communicate with their dogs.

A commonly used tool in positive reinforcement training is a clicker, or a small, hand-held tool that makes a distinct clicking noise. This noise is commonly referred to as a “marker.” Markers are used to communicate to



Rachel Valdrighi with Oakie, one of several rescue dogs she trains at Zoom Room in Williamsburg. Oakie is adoptable through Ring Dog Rescue and is looking for her forever home. Oakie has been attending obedient classes at Zoom Room for over a year with her foster family.

dogs that they did something correct, which is then followed by a reinforcer. Never fear—although it's difficult to hold the leash, clicker and treats all while being expected to accurately mark wanted behaviors, you'll be happy to know a clicker isn't lifelong.

Once your dog starts to understand the behavior, the clicker will be replaced with a simple “yes,” or a

word of your choice that we refer to as a marker word. It's important to always have a marker word so that our dogs know when they did the right thing!

Clickers are a universal tool used among all types of training professionals. For example, whales and dolphins trained to perform at SeaWorld are trained by using a clicker. After the whale makes a lap around the pool, it will then hear the clicker marking that he or she did the correct behavior and a reward would be presented. That concept is the same with dogs.

The lack of a “click” also marks unwanted behaviors. For example, if the dog presents with an unwanted behavior there is no click and no reward is given. The hope is they change behaviors, at which time a reward is click is given.

Although we don't typically associate animal training with cats, I tried an experiment and used a clicker to teach my cat to spin, which he now does on command. It makes for a cute party trick.

The best part of clicker training is when you start to see the animal make a conscious “right decision” on its own and they know that behavior will result in reinforcement. If the behavior results in the animal not getting anything, the behavior won't continue. American psychologist and behaviorist, B.F Skinner, will back me up on this one!

Rachel Valdrighi graduated from Lancaster High School and Christopher Newport University. She is the manager and one of the lead trainers at Zoom Room in Williamsburg and is seeking her postgraduate certification as an animal behavior consultant.



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'Herbal pharmacist' shares knowledge of centuries-old health drink

by AnnGardner Eubank

Tea. For centuries it's been at the heart of culture and tradition. Since the 1840s, it's been at the forefront in English afternoon rituals accompanying finger sandwiches and pastries. It became a historical symbol of defiance and liberty in the U.S. back in 1773 when American colonists dumped more than 300 chests of it into the Boston Harbor.

It became a staple in Southern households after the earliest sweetened recipe appeared in the Housekeeping in Old Virginia cookbook in 1879.

Its earliest known origins, however, date back to 2737 BC when leaves fell into Chinese Emperor Shen Nung's boiling pot of water. What is now a multi-billion-dollar industry, tea originated as a means of herbal medicine in the Eastern world, a natural remedy for an extensive list of ailments. Despite remarkable advancements in modern medicine, today, tea is still used as a means of healing.

Chinese Emperor Shen Nung was a renowned herbalist. Legend has it that leaves from a Camellia Sinesis tree blew into a pot of his boiling water one day, and the leaves turned the water into a refreshing drink. Through experimentation and practice, all kinds of varying leaves, herbs and flowers would become critical components to treating ailments and promoting overall health.

Through practice and deepened understanding of plant compounds, Chinese herbalists began to pair certain leaves and flowers with others, forming impressive blends used to treat sickness and ailments.

With over five billion cups enjoyed daily, tea remains the most widely consumed beverage in the world after water. Although embraced today through ritual and tradition, its ancient medicinal roots continue to resonate with devoted tea drinkers.

Erika Dugo has brought her background and passion of science and herbalism to the Northern Neck at Wellsprings in Kilmarnock.

Wellsprings, which offers sustainable, holistic and healing supplements, teas and other wellness products, is a hub for natural remedies.

When Dugo was earning her doctorate, a major focus of hers was researching different ways of treating cancers. As she began to learn more about the potency of natural herbal remedies, she began to act upon her own health with a natural approach.

Having issues with her blood pressure, Dugo was determined to not turn to manufactured pharmaceuticals.

"I believe that God put everything we would need to survive on this Earth," she said.

Through research, she learned that properties in hibiscus tea could relieve pressure build up within blood vessels, which in turn would lower blood pressure.

After drinking three cups of hibiscus tea for about a month, Dugo said her blood pressure



Wellsprings owner Erika Dugo is passionate about healing from within and using nature's abundance to promote healthy and holistic living. Wellsprings offers teas, tinctures, oils and natural supplements to promote healthy living in a holistic manner. Photo by AnnGardner Eubank

had greatly improved. Once her levels stabilized, she tapered back on the frequency of her hibiscus tea consumption but kept it in a regular rotation.

For those who want to begin incorporating tea for overall health and not necessarily target any specific ailment, Dugo recommends incorporating sencha, which is a green tea. According to Dugo, sencha possesses anti-inflammatory properties which promote joint health, brain health, and can aid in weight management.

Rich in polyphenols, health promoting compounds that function as powerful antioxidants, sencha can also combat oxidative

stress and lower risk of disease.

"I use it as my base tea," she said.

Dugo said she will usually pair cinnamon, burdock root and rose hips (rich in vitamin C) with sencha to curate a personalized tea blend to help in her specific health goals and concerns.

"Tea is comfort. It's cozy, it's healing," she said.

Burdock root is another common herb they utilize, Dugo said. She said it's an ideal plant used to promote skin health as well as being anti-inflammatory. She said as her own son was getting a little older and started seeing first signs of acne, she had him begin drinking a

**"Tea is comfort.
It's cozy,
it's healing,"**

cup of burdock tea a day, and in no time his skin was cleared up.

Dugo said with extensive knowledge of herbal teas, curating her own blends for herself or patrons makes her feel almost like an herbal pharmacist. She'll listen to people's concerns and goals and can pair specific herbs and ingredients to help aid in a natural and comforting remedy.

With so many germs and viruses in the winter air, tea can be used to proactively combat the flu and other bugs, she said.

One of her most popular blends is her immunity tea. Its base is sencha, with cloves added for respiratory health and congestion relief, cayenne to improve circulation and loosen mucus in the airways to clear sinuses and black pepper which aids in enhancing nutrient absorption.

A good "maintenance tea" for someone who doesn't necessarily have a specific ailment they're trying to target but rather wants to promote overall health and wellness, would typically be a green tea.

According to Dugo, green tea promotes healthy digestion and is a strong go to. Jasmine tea is another good tea to incorporate as a beginner.

"Jasmine tea is very floral and doesn't have a harsh taste," she said. It's most notable for its improved heart health qualities and increase in mental alertness. It also acts as a calming agent and reduces stress.

Another solid option for those seeking calm and those who may struggle with anxiety is chamomile tea. Chamomile smells incredible, can help lower blood sugar levels and has been known to improve sleep quality.



Erika Dugo offers an apothecary-like experience at Wellsprings. She listens to health concerns and goals and curates a tea blend specific to treat ailments and concerns. Photo by AnnGardner Eubank



Rose hips are the fruit part of the rose plant. They are rich in vitamin C and antioxidants. They promote cardiovascular health, aid in digestion and can even help relieve joint pain. Photo by AnnGardner Eubank

Chamomile is used to promote relaxation and quality sleep. While it possesses an earthier taste that balances well with raw honey, its smell is divine. Photo by AnnGardner Eubank



Tea's ancient roots have stood the test of time. The closer the herb stays to its most natural and raw form, the more potent and beneficial it can be. Photo by AnnGardner Eubank

Explore healing properties of tea

The Bay Center, 482 Chesapeake Drive, Unit 1, White Stone, will offer **Healing Properties Of Tea: From Leaf to Cup, from 10 a.m.-noon, Saturday, March 7**, with Erika Dugo, Ph.D., chief executive officer of Wellsprings.

"In this mindful workshop, you'll explore the healing properties of herbs, craft your own custom tea blend, and learn simple rituals to bring balance and calm into your daily life. Sip, blend and reconnect—one cup at a time," said Dugo.

Registration is required; donations will be accepted. **Register at thebaycenter.org.**

Other popular herbs used in teas include peppermint, which is notorious for curbing nausea and combatting bloating. Ginger root, too, is beneficial in fighting nausea and an upset stomach.

A tea, Dugo said, is lesser known but recommends people give it a try is oolong tea. It's a cross between green and black tea. It's partially oxidized and nutrient dense to improve cardiovascular health.

To reap the most benefits from tea, Dugo suggests keeping as many additives out of it as possible. The more sugar and creams that are added, the less potent and effective the actual herb will be.

She added that consistency is important in seeing tea's benefits—about three cups of a specific tea a day for a couple weeks to a month is where consumers will feel and see benefits.

It's crucial, however, that when increasing tea consumption, drinkers pair water with it, too.

"Tea can be taxing on kidneys, since it's working to pull toxins and impurities from within. It's important to continue drinking a lot of water to help the kidneys flush out and continue to function without being overstrained," she said.

At Wellsprings, they only offer organic, non-GMO teas, said Dugo. When teas are made for mass production, they often come from farms that are treated with pesticides and growth hormones. These additives bring upon an added risk to the consumer and introduce unnecessary compounds to the drinker.

To help avoid caffeine-induced mid-afternoon crashes, Dugo challenges people to try swapping out their coffee for a cup of tea. The cognitive benefits can be apparent in just a matter of days, she said.

In a world filled with over processed foods and complicated, costly medicines that often miss the root of the problem, perhaps the answer isn't something new at all—but something remembered. Ancient Chinese medicine reminds us that healing can be simple, intentional, and woven into everyday life. What begins as a small, inexpensive ritual may become a quiet act of care for your body—nurturing longevity, bringing balance to your daily life and perhaps even protecting your future health.

Sometimes, the path forward is simply a return to what has always been there.

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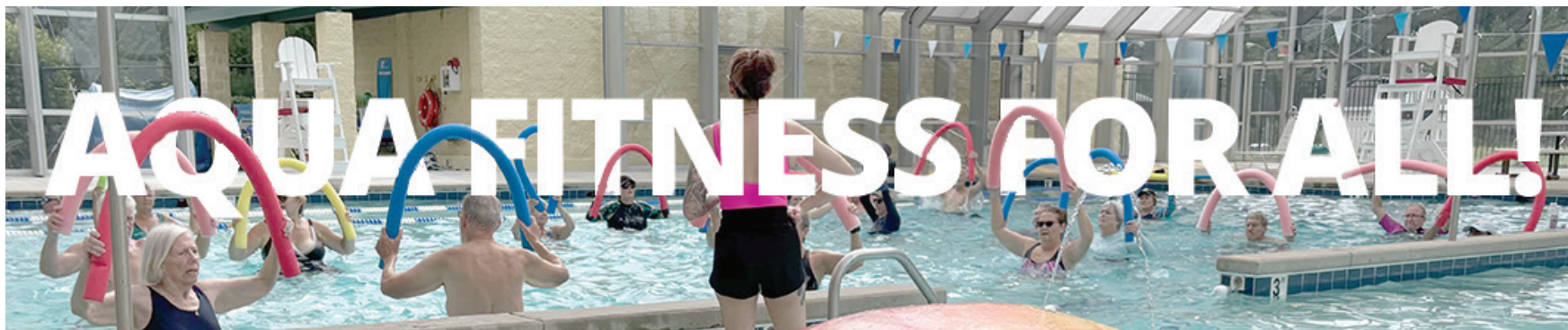
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by Lisa Hinton-Valdrighi

Looking for a whole-body workout that's fun and still gets the heart pumping, then throw on a bathing suit and hit the water. Not for laps but for group exercise class. Aqua fitness, or pool-based exercises, checks all the boxes when it comes to a workout.

"It's the best exercise you can ever do," said Brittany McGeorge, wellness director and water aerobics instructor at the Northumberland Family YMCA. "When you get in the water, your body is weightless. So you can move in ways that you can't on land."

Water aerobics is one of those under-promoted and seldom thought of exercises that is perfect for all ages and fitness levels. And with the year-round pool availability at the Monroe Family Aquatic Center in Kilmarnock and at the Brent Family Aquatic Center—which was recently enclosed with a retractable DynaDome—water aerobics is no longer a seasonal activity.

There's a misconception that water aerobics is only for older adults or people with limited mobility. While it is true that the activity is easy on the joints, aqua fitness is beneficial for anyone—young, old, male or female.

There are a range of ages and people with varying physical ability levels that jump into the pool for a workout.

McGeorge, who's been teaching for over five years, said her morning classes at the Northumberland YMCA include anywhere from 15 to 32 people.

"I admit I was skeptical when I first started, but then I realized my body never felt better.

"You can make it as easy or as hard as you like," she added. "But I can guarantee when you get out you know you've had a workout."

Water aerobics offers a multitude of benefits versus traditional strength training or cardiovascular exercises like cycling, walking, running or rowing.

Water aerobics classes, like most aerobics and fitness classes, are set to music. "Music is life to me, so my playlist gets everybody going," said McGeorge.

The instructors either stand on the deck to demonstrate moves or instruct in the water. Deep water classes, like those offered at the Northern Neck Family YMCA in Kilmarnock, may require special flotation belts or equipment to provide stability and buoyancy.

"I really like the deep water aerobics," said Darlene Nonnemacker, a newbie to



Instructor Brittany McGeorge usually has between 15 and 32 participants in her morning aerobic classes at the Northumberland Family YMCA, where the dome can be opened during the warmer months. Photo courtesy of Northumberland Family YMCA



Participants move across the pool during a class at the Northern Neck Family YMCA in Kilmarnock. Photo by Lisa Hinton-Valdrighi

the exercise. She attends classes at both the Northumberland and Northern Neck YMCAs. “Both [the shallow water and deep water] aerobics give you a good workout and it is easier on the joints in the water. There are people in class who have hip, shoulder and knee replacements and are able to work out.”

Cheryl Holleran, who is a substitute instructor at the Northumberland YMCA, has taught for 20 years. She’s a former swimmer who says she “loves to help people reach their goals in a forgiving format.”

“People who have had knee and hip replacements or joint pain, or any issues really, can do this,” she said. “They may not be able to exercise on land but they can in the water.”

Holleran likes to instruct on the deck, while Michele Faulkner gets into the water to instruct her class. Faulkner has taught water aerobics for 30 years, going back to outdoor classes at Greys Point Camp in Topping and the first indoor pool in the area at Oakwood Fitness Center in Kilmarnock. She’s one of a team of five that teach at the YMCA in Kilmarnock.

“You can do this for the rest of your life. That’s why I love it and really any water activity,” said Faulkner. “Water exercise is not as hard on your joints. Doctors are always telling people, get started in the water if you’re new to exercise. We have people join all the time that say my doctor sent me to this.”

Lisa Raymond has been taking classes for about 18 years and said “people look at it and think, that doesn’t look very hard. But after you do one of the exercises in class for a while, you think, ‘whew, that was a hard one. That really made my heart rate go up.’”

Of course, there are the obvious benefits of water aerobics versus traditional exercise classes. It’s low impact. You get a full body workout instead of singling in on a specific body part like legs with spinning or cycling class. But many don’t realize it’s also a cardiovascular exercise, even though it may not raise the heart rate as much as exercise on land. It still gets the heart pumping and your lungs working.

“You get cardio in some of the moves we do just like some of the moves that we did in [traditional] aerobics,” said Faulkner. “You don’t perceive it as much because you don’t come out of there all sweaty so you don’t think you’re getting your heart rate up. But you are.”

As is the case with other forms of exercise, water aerobics relieves stress by producing endorphins. It builds core strength, helps with mobility, flexibility and balance.

And let’s face it, being in the water also just feels nice.

“I can’t wait for us to open up the dome again so we can get some vitamin D,” said McGeorge.

Nonnemacker feels the same.

“I really enjoy going to the Northumberland YMCA with the new dome. They open it and let fresh air in when it’s warm. You feel like you’re outside and can enjoy the sunshine. After the class you can dry off sitting in the sun around the pool.”

And the good news...“you don’t have to swim to be able to do it,” said Faulkner. “A lot of people say, but I can’t swim. You’re only going into the water up to your chest, unless you’re in the deep water class.”



Instructor Michele Faulkner instructs her classes. Photo by Lisa Hinton-Valdrighi



Water aerobics classes are great for men and women of all ages. Photo by Lisa Hinton-Valdrighi



The water creates resistance but is still easy on joints. Photo by Lisa Hinton-Valdrighi



Styrofoam weights are used in the water for resistance and arm exercises. Photo by Lisa Hinton-Valdrighi



Instructor Cheryl Holleran demonstrates movements from the deck. Water aerobics instructors can teach from the deck or in the water. Photo by Lisa Hinton-Valdrighi

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Northern Neck Family YMCA 39 William B. Graham Court, Kilmarnock

Mondays and Wednesdays:

- Shallow water aerobics, 9-10 a.m.
- Shallow water aerobics, 6-7 p.m.

Tuesdays and Thursdays:

- Deep water aerobics, 9-10 a.m.
- Shallow water aerobics, 11 a.m.-noon

Fridays:

- Shallow water aerobics, 9-10 a.m.

Northumberland Family YMCA 6348 Northumberland Highway, Heathsville

Tuesdays and Thursdays:

- Shallow water aerobics, 10:30-11:30 a.m.
- Shallow water aerobics, 5:30-6:30 p.m.

Saturdays:

- Shallow water aerobics, 10-11 a.m.

You must be a YMCA member to attend classes.

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Kilmarnock

- ▶ Eden Aesthetic 72 N. Main St. 505-0150 www.edenaesthetic.com

- ▶ NN Faces, LLC Skin Care Studio 48 South Main St. 2nd Floor 852-1270

- ▶ Revive Infusion Bar 266-D North Main St. Kilmarnock *also* 7272 Hanover Green Dr., 9102 Rutland Greens Way, Suite E 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 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 www.DrJohnLemon.com

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. 725-9485

Montross

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

Saluda

- ▶ Dragon Run Family and Cosmetic Dentistry 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

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

West Point

- ▶ Sam E. English DDS
Dentistry
628 Main St.
843-3233
- ▶ Smiles of West Point
428 9th St.
843-3602

Dentistry: Oral Surgery Mechanicsville

- ▶ Virginia Oral and Facial
Surgery
Drs. Keeney, Niamtu,
Alexander, Harris,
Metzger, Dymon
7481 Right Flank Rd. Suite
120
559-5416
Offices also in Richmond,
Sandston and Midlothian
www.oralfacialsurgery.com

Dentistry: Orthodontics Gloucester

- ▶ Courthouse Pediatric Dentistry
6750 Main St., Ste. 100A
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
6750 Main St, Ste. 100A
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
443-6063

Warsaw

- ▶ VCU Health Family Medicine
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

- ▶ 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
www.bodyfitva.com

- ▶ Devi Hersche
387-2333
- ▶ Etudes Ballet School
56 1st St.
815-2695
- ▶ Fresh Flex
Ja'Nae Washington
Personal Trainer/Nutrition
Coach
578 Chesapeake Dr.
▶ 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

Tappahannock

- ▶ VCU Health Gastroenterology
at Tappahannock
618 Hospital Rd.
443-6020

General Surgery

Gloucester

- ▶ Middle Peninsula General
and Vascular Surgery
7547 Medical Dr., Suite 1500
693-3081
- ▶ Riverside Surgical Specialists
7547 Medical Dr., Suite 1200
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
- ▶ 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 with RWC
132 Lancaster Dr.
438-4013
www.athomeRW-C.org

Kilmarnock

- ▶ 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
www.americarepluspc.com

- ▶ Hospice of Virginia
1924 Tappahannock Blvd.
443-4090

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

Williamsburg

- ▶ At Home Care
366 McLaw's Circle Suite 2
Williamsburg (serving locally)
438-5010

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
- ▶ Riverside 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
www.bayinternistsva.com

- ▶ BSRGH
101 Harris Rd.
435-8000

Mathews

- ▶ Riverside Mathews Medical Center

10976 Buckley Hall Rd.
725-5005

Tappahannock

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

Medical Equipment Supplies & Solutions

Mathews

- ▶ Hudgins Pharmacy
256 Main St.
725-2222

Tappahannock

- ▶ Northern Neck Medical Supplies
845 Church Ln. Unit D
925-6105

White Stone

- ▶ Home Access Solutions
435-1359

Mental Health: Support

- ▶ NAMI Mid-Tidewater
684-1480

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

- ▶ Andrea Latell LPC
Heather Westbrook M.Ed
Resident in Counseling,
Heidi Lally M.Ed Resident in Counseling
25 Office Park Dr., Suite 2
435-7355
www.andrealatellipc.com

- ▶ 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
- ▶ Michelle Johnson
25 Office Park Dr., Suite 2
824-3817
- ▶ Sarah McCarthy
25 Office Park Dr., Suite 2
577-8082
- ▶ Serenity Cove Pediatric Mental Health
585-633-0680
- ▶ Susan Brooke
31 Noblett Ln.
462-7919
- ▶ Suzanne Souders
25 Office Park Dr., Suite 2
557-0186
- ▶ Janine Snader
235 N. Main St..
757-345-8511

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

Nephrology

Gloucester

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

Tappahannock

- ▶ VCU Health Nephrology at Tappahannock
300 Mount Clement Park
443-6143

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-1
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 Massey Comprehensive Care Center at Tappahannock
618 Hospital Rd.
443-8801

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.
517-5555

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
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 Mt. Clement Park
443-8670

Pain Management

Tappahannock

- ▶ VCU Health Pain Management at Tappahannock
300 Mt. Clement Park
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 Family Medicine at Warsaw
16 Delfae Dr.
333-1260

Pharmacies

Aylett

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

Callao

- ▶ Walgreens
17422 Richmond Rd.
529-6230

Gloucester

- ▶ Walmart Pharmacy
6819 Walton Ln.
694-0060

Hartfiel

- ▶ 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
5983 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

Hartfiel

- ▶ 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

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 200
757-984-9850

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

Pulmonology

Gloucester

- ▶ Riverside Pulmonary
Specialists, 7544 Medical Dr.,
Building A, Suite 202
695-8501

Tappahannock

- ▶ VCU Health Pulmonology at
Tappahannock
618 Hospital Rd.
466-3326

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

- ▶ Keystone Counseling
36 Court St.
725-1202

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
75 Main St.
413-1956
- ▶ Massage by the Bay
1117 Buckley Hall Rd.
971-678-7176

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)

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

- ▶ VCU Health Urology at
Tappahannock
658 Hospital Rd.
Pavilion B
466-3326

▶ 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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