

TOPEKA

JANUARY 2020

Health & Wellness

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MAGAZINE

HEALTH & FITNESS TRENDS FOR 2020

**How to make your
fitness resolution
stick**



*See page 3 for
information about
front page photo*

Resolutions that will benefit your mental health
Diabetes prevention program teaches lifestyle changes

Lymphatic Drainage Massage
New Year, New You, New Snacks

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The hottest fitness trends for 2020



Last year's big hitters included HIIT classes, cult spinning sessions and a move towards conscious movement – but what will this year's fitness calendar have in store for us? We asked the experts at ClassPass to predict the hottest fitness trends for 2020 – so you can get a head start and book in some classes. Have a read to see what's going to be popular and to give you some inspiration to mix up your fitness regime.

Workouts for the soul will go mainstream

ClassPass predicts a rise in workouts which put mindfulness and mental health at the forefront – not only thinking about exercise during the class but the before and after as well.



More studios are now prioritizing spiritual wellbeing and ways we can nurture the soul and 2020 will be no different, with studios expanding their offering beyond traditional exercise to therapies like cryotherapy, meditation, breathing, massages and flotation tanks. Here's to more 'wellness washing!'

Variety is king

As boutique studios continue to boom across the UK and are no longer just an exclusive London offering, we will see

more and more consumers seeking variety to keep them motivated in their fitness and wellness regimes. Consumers are looking for a diverse selection of ways to use their precious 'me time' to nurture their bodies and soul, and fitness memberships that offer access to this variety are helping to connect consumers with this quest for choice.



Fitness lovers are going to be looking for ways to put HIIT, cycling, swimming, dance, yoga, wellness, meditation, cryotherapy and floatation tanks all into their regular fitness routine.

Group workouts replacing happy hour

How we exercise will continue to change, and 2020 will bring a surge in group sweat classes. The way we socialize with friends and spend time with work colleagues will change, as we begin to see workouts replacing happy hour and team lunches being replaced with team outings to a spin or trampoline class.

Working out increases team bonding, productivity and improves culture and we're seeing studios embrace this trend – with group sweat classes such as The Foundry and Sweat It, where you collectively train and burn off calories as a group. Going to classes with your friends or colleagues is a great way to develop friendships too and also reduces some of the self-consciousness and anxiety of exercising alone in a room full of strangers.

Hybrid yoga

2020 will see a change in how we practice yoga. Over the years we've had goat yoga, bunny yoga and even alpaca yoga – and while we won't be seeing anymore animals (sad times), we will be seeing more ways you can combine the exercise with other practices.



Yoga HIIT is the perfectly balanced class of hardworking stretches with sharp bursts of intensity, which ensures you're using all of your muscles and leaving the room dripping in sweat and buzzing with endorphins.

Snooze time

Something that we're expecting to see more recognition of in 2020 is needing more shut-eye. We all know that sleep deprivation can impact you at work, your physical appearance and your mental health, and we're seeing a big focus on studios looking at ways to address this as part of a holistic wellness solution. There is a rise in technical equipment that can help combat this lack of sleep, as well as offerings by studios like The Fore – who have a dedicated sleep space for post-workout R&R, and Pop N Rest's sleep pods for you to take time out and say goodnight... on your lunch break.

Work hard, play hard

Increasingly, this year will see people using their gyms and studios as a hub for socializing, chilling out, meditating – or even working. Studios like The Fore offer a co-working space for anyone to use, so you can essentially have your whole life's needs in one place. Take a class in the morning, shower, grab your oat milk lattes or smoothies and crack on with the day's tasks with no minutes lost. Frame and Another Space are both implementing ways they can cater to all needs, with the use of cafes and chill-out zones, which are enjoyable spaces for those to hang out after their workouts.

–Natalie Morris / metro.co.uk



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ON THE COVER:

On our cover this month: A young woman on an exercise bike is getting her workout in! Check out our tips this month on how you can fulfill your resolutions to have a happier and healthier year in 2020!

Thanks to all of our advertisers and contributing experts who helped inform our readers this month!

Let us know how you like what we have to offer, and any suggestions you may have for improvements & additions, by emailing info@TopekaHealthandWellness.com.



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TOTAL DIET APPROACH TO HEALTHY EATING

The foundation of a healthy lifestyle includes physical activity and consuming a balanced variety of nutrient-rich foods and beverages in moderation. The Academy of Nutrition and Dietetics refers to this as the total diet approach to healthy eating.

DIETARY GUIDELINES FOR AMERICANS (DGA)

DGA defines "total diet" as everything a person eats averaged out over time – it's the combination of all foods and beverages that give people energy and nutrients. Most adult Americans do **not** meet the DGA recommendations.

Percentage	Issue
82%	DON'T WANT TO GIVE UP FOODS THEY LIKE in order to eat healthier
68%	DON'T EAT FRUITS OR VEGETABLES at least twice per day
62%	HAVE NO TIME TO TRACK THEIR DIET in order to eat healthier
60%	JUGGLE BOTH WORK & FAMILY; PREFER to prep meals in 15 min.
36%	HAVE NO LEISURE-TIME PHYSICAL ACTIVITY

FACTORS THAT INFLUENCE EATING PRACTICES:

- Taste and food preferences
- Weight concerns
- Physiology
- Time and convenience
- Environment (home, school, workplace)
- Abundance of foods
- Demographic factors (age, socioeconomic status, ethnicity)
- Media and marketing
- Perceived product safety
- Culture (heritage, religion, body image)

SUPPORT FOR THE TOTAL DIET APPROACH

DASH	USDA	LET'S MOVE
<ul style="list-style-type: none"> • Dietary Approaches to Stop Hypertension (DASH) • Eating plan consists of healthier food choices over time. • Endorsed by U.S. Department of Health and Human Services 	<ul style="list-style-type: none"> • The U.S. Department of Agriculture (USDA) • MyPlate Food Guidance System features a SuperTracker that creates a personalized plan with total diet and physical activity 	<ul style="list-style-type: none"> • Campaign launched by the White House • Aims to reduce child obesity by improving the overall quality of children's diets and increasing physical activity

These programs encourage Americans to choose nutrient-dense foods and beverages, and reduce intake of saturated and trans fats, added sugars, sodium and alcohol.

It boils down to making wise food choices in the context of the total diet. Registered dietitian nutritionists can help establish a healthy lifestyle by teaching people to focus on variety, moderation and portion sizes.

eat right. Academy of Nutrition and Dietetics

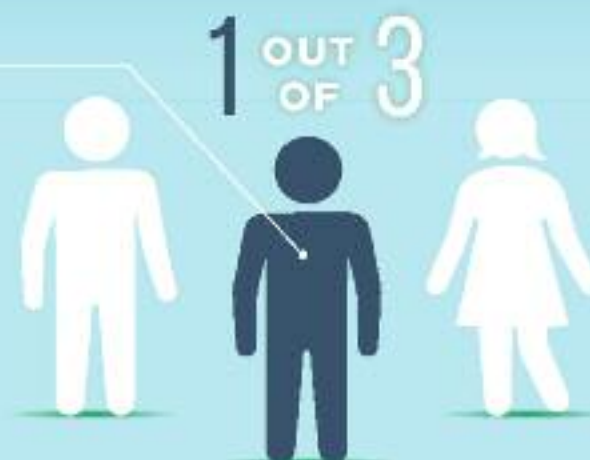
Position of the Academy of Nutrition and Dietetics: "Total Diet Approach to Healthy Eating" (February 2012)

PREDIABETES

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84.1 million
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1 out of 3 — have
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24 for Life Diabetes Prevention Program Teaches Lifestyle Changes

As we transition into the New Year, many people begin thinking about their health goals for the year. If that's you, consider joining 24 for Life, a diabetes prevention program that has had proven success in the local community.

"I joined 24 for life to lose weight and learn how to lower my A1C," said Cyndie, a 24 for Life participant.

24 for Life is aimed at helping participants make lifestyle changes and learn healthy habits to prevent type 2 diabetes. Groups meet for one year – weekly for the first three months, then once or twice a month for the second six months – to help participants maintain their lifestyle changes. During the sessions, a lifestyle coach teaches a lesson and leads a group discussion.

"I enjoyed the class discussions and the support of others. One of the things I learned was to pay attention to my calorie intake," said Cyndie.

Some of the topics that participants cover include nutrition, adding physical activity to your life, stress management, staying on track when eating out, understanding your responses to food and how to stay motivated.



"By participating in 24 for life, I have successfully lost 24 pounds. I'm wearing clothes I haven't worn in years and I feel better. I have more energy and have even been able to begin running again," said Cyndie.

To learn more about 24 for Life, visit www.midlandcare.org/24forlife and take the prediabetes risk test or contact Donna Doel at 785-250-5210 or ddoel@midlandcc.org.

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You May Have Prediabetes and Be at Risk for Type 2 Diabetes if You:

- Are 45 years of age or older
- Are overweight
- Have a family history of Type 2 diabetes
- Are physically active fewer than 3 times per week
- Ever had diabetes while pregnant (gestational diabetes) or gave birth to a baby that weighed more than 9 pounds



Donna Doel

785-250-5210

ddoel@midlandcc.org

24forlife@midlandcc.org

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What Does Hospice Care Really Mean?

If you currently live with a terminal illness, hospice care may have been recommended to you. If you're confused about the term hospice care and wonder if it may be the right fit for you and your health needs, Phoenix Home Health Care & Hospice can explain.

What Is Hospice Care?

While many consider hospice care "end of life care," it can qualify as many things. Patients are recommended hospice care when they are diagnosed with terminal illnesses, chronic illnesses, or nearing the end of life. No matter the case, our staff always focuses on quality of life. A sense of comfort for you or your loved one matters. That's why our hospice program centers around the patient's home, so they can live peacefully in a place that's familiar to them.

What Can Hospice Care Provide?

Hospice care can provide many amenities that other care facilities simply can't match. Our patients can access services such as:

- On-call nursing available 24/7



- Routine visits made by nurses who make individualized care plans for every patient
- Medical Social Workers provide emotional support and care for those who need it
- Medications and supplies available anytime to make the patient more comfortable
- Companionship and support provided by volunteers
- Physical therapy, occupational therapy, speech therapy, and more

Many of these services aren't available in traditional care facilities, which makes Phoenix Home Care & Hospice a facility that can do it all.

Am I Ready for Hospice Care?

Hospice care doesn't necessarily mean you're near the end of your life. It may be that you are unable to care for yourself due to a specific condition or other incurable illness. Whatever the case, hospice helps to provide the quality of

life you deserve — on your terms. You get to decide how you're cared for and what kind of treatment you'd like to receive. Hospice doesn't mean the end — it can mean a whole new beginning for your treatment. If you're ready to receive quality health care in your home and alleviate pain or discomfort, hospice may be right for you.

Start Your New Beginning with Phoenix Home Care & Hospice

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Four New Year's Resolutions That Will Benefit Your Mental Health



By Laura Greenstein

Every New Year, we think about what we can do to better our lives and ourselves as we start our new calendar. This year, think about what you can do on a regular basis to better your mental health.

Here are a few options to get started:

1. Stand Up to Stigma

Feeling ashamed and at fault for something that is out of your control is a weight that no one should have to carry.

Stigma can be incredibly challenging to bear. A few people who responded to a Facebook survey feel that living with mental health stigma is worse than living with a mental health condition. It shouldn't be this way, and you can help to change society's way of thinking about mental health. We all need to see the person, not the illness.

2. Take Care of Your Physical Health Too

We've all heard this time and time again and there are plenty of studies that prove how beneficial exercise, getting enough sleep, eating well, etc. reduce symptoms and improve over all well-being.

The challenging part is finding the motivation, time and effort to do these things. Start by creating a simple routine and stick with it. Have set times during the week for working out or any type of physical activity. Having this kind of structure is hard to start, but makes staying healthy so much easier once you get used to the routine.



3. Make a Commitment to Stay Informed

Knowing what's going on in the world of research can help you find out whether there are new ideas out there that might help improve your quality of life. For example, research shows that getting outside during the winter—even though it can be very cold—is important; getting enough vitamin D is essential to your mood and overall well-being.

Here is a list of credible websites compiled by Karen Moeller, Pharm D, DCP, and Brantley Underwood, Pharm D, MBA, that can help people find information online:

- MEDLINE Plus
- WebMd Health

- PubMed Health
- FDA
- CDC
- Healthfinder
- NAMI
- Drugs.com

4. Do Something That You Love Every Day

Even if it's just 30 minutes each day, read, color, go for a walk or have a conversation with someone that you care about. These are the activities that can bring you a sense of peace. It is so important to feel relaxed for at least part of every day. Our busy schedules frequently take over and stop us from making time for ourselves. But leaving a little bit of time to do something that you love is something that is essential to fit into our hectic lives.

For more information on this and other similar topics, visit the website for Valeo Behavioral Health Care at: www.valeotopeka.org.

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Lymphatic Drainage: A Massage Technique

Lymphatic drainage is a therapeutic massage treatment. The massage uses light pressure and long, gentle, rhythmic strokes to increase the flow of lymph and reduce toxins in your body.

The lymph system is part of your body's immune system that helps fight infection. The system transports nutrients and oxygen to cells, collecting toxins on the way and flushing them out through the lymph nodes. You have around twice as many lymph vessels as blood vessels in your body.

What is lymphatic drainage good for?

Lymphatic drainage massage can have a beneficial effect on your general health. Because lymph is key to keeping your immune system working properly, improving the flow and drainage of lymph around the body is good for you in lots of ways.

Lymphatic drainage can:

- reduce the chance of you suffering from minor colds, sinus congestion and viruses; it helps your body fight off infection, and speeds up healing and recovery from illness
- help reduce water retention; for instance, because the lymph system has no pump, if you sit for a long time without moving, the lymph can't flow easily — this is why you may experience swollen feet or fingers
- boost weight loss, as improving the lymphatic system will improve your metabolic rate, which helps you burn calories more efficiently.

"I am not sure why every massage client does not do this treatment every session," said Tammi Zimmerman, owner of Serenity Thyme Massage, "it's more important than the massage itself!"

Lymphatic drainage massage can improve your skin texture by:

- reducing swelling, puffiness and blotches, giving you clean, healthy pores
- speeds up healing in scar tissue, so it may, for example, improve the appearance of stretch marks
- helping to reduce cellulite; the massage increases blood flow and circulation to the affected areas, which helps the body break down the toxins which cause dimply skin.



What to expect from lymphatic drainage massage

As with any spa treatment, you will get most benefit if you give yourself enough time to relax and enjoy your massage. Arrive soon enough to get ready and settle; try to avoid rushing off straight afterwards.

Lymphatic drainage massage usually takes place in a heated room; warmth is an important factor in increasing lymphatic flow. You are also likely to be more relaxed if you're not cold. Your Serenity Thyme Massage therapist will usually carry out lymphatic drainage massage with you on a massage table using light pressure, as well as long, gentle, rhythmic strokes and soft pumping movements in the direction of the lymph nodes.

Lymphatic drainage can leave you feeling exhausted. You may want to have a lie down, or at the very least, a very undemanding schedule for the rest of the day. Give your body time to ease back into activity.

Lymphatic drainage massage may also leave you really thirsty. It is about flushing out your system; you can help your system every day by drinking plenty of water.

One of the best things you can do for your lymphatic

system is to be more active. Even gentle activity will help encourage a healthy lymph flow, as movement of the muscles exerts pressure on the lymphatic vessels and keeps them moving.

From now until March 1st, Serenity Thyme Massage is offering all new clients \$10.00 off any treatment 60 minutes or longer. Give Tammi a call today at (785) 231-7715 and start feeling better right away.



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FINANCIAL HEALTH & WELLNESS

Get ready for taxes: Important things to know about refunds

As tax filing season approaches, the Internal Revenue Service cautions taxpayers not to rely on receiving their refund by a certain date, especially when making major purchases or paying bills. Some tax returns may require additional review and those refunds may take longer.

Many factors affect refund timing

Just as each tax return is unique and individual, so is each taxpayer's refund. Here are a few things taxpayers should keep in mind if they are waiting on their refund but hear or see on social media that other taxpayers have already received theirs.

Different factors can affect the timing of a refund. The IRS, along with its partners in the tax industry, continue to strengthen security reviews to help protect against identity theft and refund fraud.

Even though the IRS issues most refunds in less than 21 days, it's possible a particular taxpayer's refund may take longer. Some tax returns require additional review and take longer to process than others. It may be necessary when a return has errors, is incomplete or is affected by identity theft or fraud. The IRS will contact taxpayers by mail when more information is needed to process a return.

By law, the IRS cannot issue refunds to people claiming the Earned Income Tax Credit (EITC) or Additional Child Tax Credit (ACTC) before mid-February. The law requires the IRS to hold the entire refund, including the portion



not associated with the credits. This helps ensure taxpayers receive the refund they're due by giving the IRS more time to detect and prevent fraud.

Using Where's My Refund?, taxpayers can check the status of their refund within 24 hours after the IRS has received their electronically filed tax return or four weeks after mailing a paper return. It provides a personalized date the taxpayer can expect a refund after the IRS processes the return. Taxpayers should also take into consideration the time it takes to receive a check by mail, or for financial institutions to post the refund to their account.

File electronically and use direct deposit

The vast majority of taxpayers get their refunds faster by

filing electronically and using direct deposit. It is simple, safe and secure. This is the same electronic transfer system used to deposit nearly 98% of all Social Security and Veterans Affairs benefits into millions of accounts.

Taxpayers select it as their refund method through their tax software and by typing in their bank account number and routing number. Taxpayers can also let their tax preparer know they want direct deposit. It is even also available to the small number of taxpayers still filing by paper.

Refunds should only be deposited directly into accounts that are in the taxpayer's name, their spouse's name or both if it's a joint account. No more than three electronic refunds can be deposited into a single financial account or pre-paid debit card. Taxpayers who exceed the limit will receive an IRS notice and will be mailed a paper refund check. Whether a taxpayer files electronically or on paper, direct deposit gives them access to their refund faster than a paper check.

—Peggy Beasterfeld, EA



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Now, You Can Repair, Not Reconstruct a Torn ACL!



(Ivanhoe Newswire) —

It's a common sports injury. A torn anterior cruciate ligament—or ACL—holds the knee in place. Now, some surgeons are testing a minimally invasive repair using polymers that are as durable as Kevlar: the material used in bullet-proof vests.

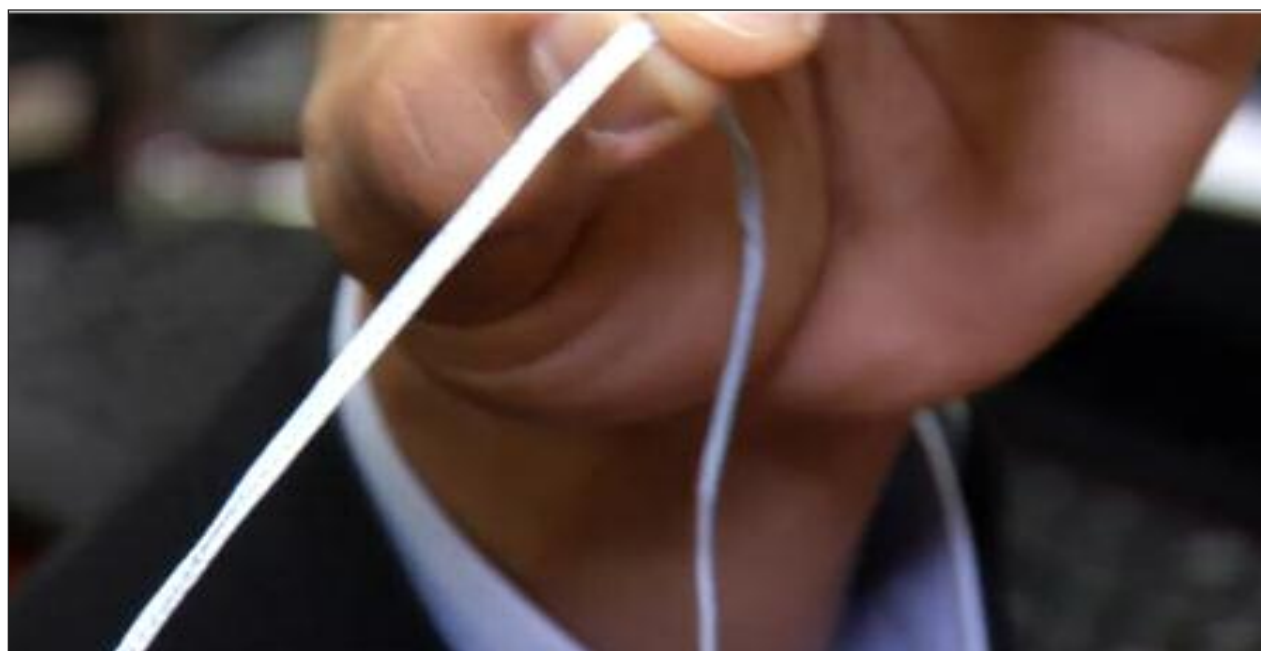
Friends told Brian Radecki he'd never do this ever again. In April 2018, the 48-year-old was hiking in Joshua Tree National Park with his family. His foot stopped, but the rest of his leg kept moving.

Radecki said, "My ACL popped, and basically ripped right off the bone."

Instead of conventional ACL surgery, which would have required a grafted tendon from another part of his body, Radecki wanted something better. As the founder of a biotech company, he was comfortable trying someone else's new medical technique. Wiemi Douoguih, MD, an Orthopedic Surgeon at MedStar Orthopaedic Institute at MedStar Washington Hospital Center is among a handful of orthopedic surgeons using a new procedure to repair the torn ACL.

During a 30-minute procedure, Dr. Douoguih then creates a bracing system inside the knee.

Douoguih said, "You put stitches into the native ligament, and you pass the rope through the center of the ligament or around the ligament, and



it acts like a check rain or a strut."

Ten months after surgery, Radecki was back on the slopes, the ice, and the streets.

"I have zero restrictions," said Radecki.

With a knee that is as good or better than new.

Dr. Douoguih says this new procedure is not for every patient who has a torn ACL. He says it seems to work best on patients who have a ligament that has a clean tear from the bone, like Radecki. Also, he says having the new procedure does not preclude patients from having conventional ACL surgery in the future, if needed.

An ACL injury is a tear or sprain of the anterior cruciate ligament (ACL), one of the major ligaments in your knee. ACL injuries most commonly occur during sports that involve sudden stops or changes in direction, jumping and landing, such as soccer, basketball, football and downhill skiing. Many people hear or feel a "pop" in the knee when an ACL injury occurs. People who experience an ACL injury are at higher risk of developing osteoarthritis in the knee. Arthritis may occur even if you have surgery to reconstruct the ligament. Multiple factors likely influence the risk

of arthritis, such as the severity of the original injury, the presence of related injuries in the knee joint or the level of activity after treatment.

TREATMENT: During ACL reconstruction, the surgeon removes the damaged ligament and replaces it with a segment of tendon, tissue similar to a ligament that connects muscle to bone. This replacement tissue is called a graft.

Wiemi Douoguih, MD, an Orthopedic Surgeon at MedStar Orthopaedic Institute at MedStar Washington Hospital Center said, "The traditional way or conventional way of fixing an ACL is by replacing it. So, you take a tendon from somewhere else in the body. And that tendon acts like a rope and hopefully will keep the knee stable. And in most cases, it does. It actually does a very good job of keeping the knee stable. In fact, when I finished my fellowship training back in 2003, I thought we were essentially perfect at it. You know, you're almost brainwashed into thinking it's perfect. But now we're in the era of big data. And so we see that some of the earlier studies had biases."

Contributors to this news report include: Cyndy McGrath, Field Producer; Kirk Manson, Videographer; Roque Correa, Editor.

New Year, New You, New Snacks!



Each new year brings a sense of new beginnings and the opportunity for a fresh start. Many people take this opportunity to set health and wellness goals. Studies show that snacking the right way may help you avoid overeating later on. Snacks are a great pick-me-up that provide an opportunity to include all the important food groups into your diet to fill your body full of quality nutrients.

Try to keep your snacks under 200 calories each for an average adult, or between 200 and 300 calories for athletes. Think of snacks as mini-meals that contribute nutrient-rich foods.

The key to healthy snacking is moderation and being aware of appropriate portion sizes. Here are five delicious snacks that have fiber, protein and/or healthy fats to keep you full and energized until your next meal!

Citrus – Snacks such as Cuties® clementines and Mighties™ kiwis contain fiber, potassium and vitamin C, along with many other nutrients. Grapefruit is also a delicious and healthy citrus option. **Tip: Don't have a knife to cut and segment?** Simply peel like an orange and eat!

Baked Chickpeas – Looking to satisfy that salty, crunchy craving? Chickpeas are a well-balanced snack that have protein and fiber to help keep us full and energized. **Tip: Make your own!** Simply drain and rinse a can of chickpeas, pat dry, and toss with olive oil, salt and pepper. Spread the chickpeas in an even layer on a rimmed baking sheet and bake at 400°F until crisp, about 30 minutes.

String Cheese Quesadilla (to-go style!) – This snack is incredibly easy and filling. Place 1 unwrapped string cheese stick in the middle of a whole-grain tortilla. Microwave for 30 seconds, or until cheese is soft. Fold the tortilla over, top with salsa, if desired, and enjoy!



Homemade Chia "Pod" – These seeds are a powerhouse of nutrition. Four grams of fiber are found in every tablespoon of chia seeds. But the common question seems to be what to do with them? Try chia pudding! Simply combine chia seeds, some sort of liquid, such as your favorite milk, and fruit.

Healthier Sweet Treat – Sometimes the craving for something sweet strikes! Instead of denying the craving, try a healthier option. For example, puppy chow is known for its chocolatey, powdered sugar coating. Try using part vanilla protein powder along with powdered sugar for a protein boost. Switch out your usual cereal for shredded wheat to increase the fiber. You can also cut back on the amount of chocolate by adding a little natural peanut butter to increase the protein. Yum!



Citrus Crunch
Serves 2

All you need:

- 1 medium grapefruit, halved
- 1/4 c. Hy-Vee fat-free lemon yogurt
- 2 tbsp Hy-Vee Fiber Nuts cereal

All you do:

Section grapefruit. Top each grapefruit half with 2 tablespoons yogurt and 1 tablespoon cereal.

Nutrition Facts per serving: 90 calories, 0g fat, 0mg cholesterol, 65 mg sodium, 31g carbohydrate, 2g fiber, 14g sugar, 3g protein.

Source: Hy-Vee Test Kitchen

The information is not intended as medical advice. Please consult a medical professional for individual advice.

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4-5 SERVINGS
of fruits and vegetables
each per day.

Don't wash, cut or peel
until you're ready to eat
(except lettuce and greens).



Fridge temperature should
be at 40° F or below.



Always refrigerate cut
or peeled produce.

1 PANTRY

Pack away in a cool, dark place like your pantry or cellar:

ONIONS, GARLIC & SHALLOTS
HARD SQUASH

(Winter, Acorn, Spaghetti, Butternut)

SWEET POTATOES, POTATOES, & YAMS
WATERMELON

2 COUNTERTOP

Store loose and away from sunlight, heat and moisture:

BANANAS
CITRUS FRUIT

Store lemons, limes, oranges and
grapefruit loose or in a mesh bag.
Refrigerate for longer storage.

STONE FRUIT

Ripen avocados, apricots, nectarines, peaches
and plums in a paper bag, then move to the
fridge where they'll last a few more days.

TOMATOES

KEEP THEM APART:

- Fruits like apples, bananas and pears give off ethylene gas, which can make other produce ripen and rot faster.
- Store vegetables and fruits separately.
- Keep apples, bananas, broccoli, cauliflower, cucumbers, onions, pears, potatoes and watermelon away from other produce.

3 REFRIGERATOR

Store in plastic bags with holes, in your produce
drawer, unless noted:

APPLES & PEARS

BEETS & TURNIPS

Remove greens and keep
loose in the crisper drawer.

**BERRIES, CHERRIES &
GRAPES**

Keep dry in covered
containers or plastic bags.

BROCCOLI & CAULIFLOWER

CARROTS & PARSNIPS
Remove greens.

CELERY

CORN

Store inside their husks.

**CUCUMBERS, EGGPLANT
& PEPPERS**

Store on the upper shelf,
which is the warmer part of
the fridge.

FRESH HERBS

Except basil. Keep stems
moist and wrap loosely in
plastic.

GREEN BEANS

LETTUCE & LEAFY GREENS
Wash, spin or pat dry, wrap
loosely in a dishtowel or
paper towels and place in a
plastic bag in vegetable
drawer. Keep stems moist.

MELONS

MUSHROOMS

Keep dry and unwashed in
store container or paper bag.

PEARS

**ZUCCHINI & SUMMER/
YELLOW SQUASH**

How to make your fitness resolution stick



In theory, a New Year's resolution is a great idea. January is as good a time as any to re-evaluate and prioritize and make changes.

In practice, many ambitious fitness goals made on January 1 dissolve into self-defeating thinking and disappointment. But that doesn't mean that all New Year's resolutions (or, really, resolving to make changes at any point in time throughout the year) need to end in frustration and failure. The trick is making the right one.

Before you can even get that far, says Jessica Matthews, senior health and fitness expert for the American Council on Exercise and assistant professor of health and exercise science at Miramar College in San Diego, Calif., you need to take a long, hard look at where you currently stand on the fitness spectrum.

"Honestly acknowledge where you are currently in terms of your health and fitness level," she says. "While that spirit behind setting a New Year's resolution is to make positive change to one's health and fitness, so often people establish goals without being realistic about where they are starting from. Even if perhaps your current level of fitness is not where you want it to be, being honest with yourself about where you are presently — and using that information as a baseline from which to work — will help you to establish realistic, attainable goals for the new year."

Here are some realistic resolutions you could try from fitness experts around the country:

• 1. Hold A Plank

"A very manageable fitness resolution that most people



can stick to is holding a plank every morning, first thing out of bed. If you can spend one minute brushing your teeth, you can definitely find one minute to hold a plank. Planks are truly one of the best exercises I know of. They work your core and your entire body. Start with 30 seconds and build up to one minute. By doing this first thing in the a.m., you remind yourself to stay active all day."

—Kristin McGee, celebrity yoga and Pilates instructor

• 2. Make It SMART



"Set a SMART goal — specific, measurable, attainable, realistic and timely. For instance, 'I would like to take three CrossFit classes a week for 60 days.' If at the end of that 60 days, you achieved your goal, reward yourself with something worthwhile, such as a vacation or massage. Just as you set your resolution in the beginning of the year, also plan your reward. That way, when you're on week five and you want to throw in the towel, you can remember that sweet reward that is oh-so-close!"

—Collette Stohler, fitness expert, author of *The Intuitive Athlete* and HuffPost blogger

• 3. Touch Your Toes

"Setting a performance goal may help you stay more motivated compared to a weight-loss goal. For example, a goal of 10 pull-ups, or touching your toes, can create a healthy shift from focusing

purely on aesthetics to performance. Keep in mind that in order for your body to move fluidly and efficiently, your joints need sufficient range of motion, which is why flexibility is so important. As the body performs better, the aesthetics typically follow. Think of a performance goal that really motivates you, and a goal that you can enjoy the process as you strive for it."

—Marc Perry, CSCS, ACE-CPT, CEO of BuiltLean

• 4. Find A Buddy

"Working out with a friend allows for a little friendly competition and increased accountability. Choose goals together and get to work! It's always a little easier when you know someone is rooting for you and waiting for you at the gym."

—Rebecca Mahoney, certified personal trainer

• 5. Don't Stress About It



"Move how it feels good for you to move every day. Don't stress about it being an hour workout, but keep consistent. Five to 10 minutes of morning practice can set you up for feeling great so you make great choices all day long that [help you] continue cultivating a radiant you."

—Tara Stiles, founder and owner of Strala Yoga



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10 Food Trends To Look For In 2020

Get ready to say yes, way to zero-proof aperitifs, see West African cuisine rise to prominence and say goodbye to tired and staid kids' menus. Whole Foods Market just released its list of 2020 food trends to watch for and topping the list of predictions is a continued focus on eco-conscious eats.



More than 50 Whole Foods Market staff members including local foragers, regional and global buyers and culinary experts put together the list of 10 food trends based on consumer preferences data, their own product sourcing experiences and what's been popular at food and wellness industry exhibitions. Here's a look at the food that will be popping up on plates in the year to come.

Regenerative Agriculture

Regenerative Agriculture was the buzzword of 2019, and it's likely you'll continue to hear talk about this



farming concept as farmers, scientists and consumers continue to pay attention to land use and how farming systems such as regenerative agriculture could improve soil health and help fight climate change. Expect to see more brands using regenerative practices the way White Oak Pastures and Cowgirl Creamery have for years.

West African Cuisine

Eats from the West African region, made up of 16 nations, might just be the new "it" cuisine. You'll likely see ancient grains like fonio, teff and millet as well as superfoods like moringa and tamarind in more dishes and on grocery shelves.



Rethinking the Kids' Menu

Millennial parents are raising a generation of little foodies. Whole Foods Market staff members report they frequently see kids reaching for California Rolls alongside their parents at the sushi bar and they're not the only ones taking note of the young adventurous eats. Restaurants and food brands are upgrading old-school kids' menus to include things like non-breaded salmon fish sticks, organic chicken nuggets, pastas made from alternative flours and more.

The Non-Alcoholic Happy Hour Goes Mainstream

Whether you call them mocktails, zero-proof or



spirit-free drinks, non-alcoholic beverages are becoming a staple at happy hours around the country. Expect to see even more zero-proof drinks as hops-infused sparkling waters and alternatives to liquors meant to be used with a mixer such as botanical-infused faux gin continue to pop up everywhere from bar menus to specialty stores.

Everything Butters and Spreads

From chickpea butter to macadamia butter to watermelon seed butter, Whole Foods Market staff is seeing more creamy vegan spreads made from nuts and seeds as brands look to create plant-based butters and also eliminate the use of palm oil, the harvesting of which, is a leading cause of deforestation and a threat to the existence of orangutans, Borneo elephants and Sumatran tigers, in their products.



Flour Power

You've tried almond flour and coconut flour and even flour made from spent grain but what about banana flour? Alternative flours made from fruits and vegetables will continue to show up in the baking aisle but also look for them in the packaged food aisles as companies market tortilla chips, doughnuts and other goods made from alternative flours.

Find Your Snacks In The Refridgeable Aisle

Snacks will move out of your pantry and into your fridge thanks to the addition of fresh fruits and vegetables to nutrition bars, even hard-boiled eggs with savory toppings, pickled vegetables, and more.

Move Over Soy

Soy has long been a plant-based protein but as more consumers adopt flexitarian diets, brands are experimenting with swapping soy (a top al-

lergen) for mung bean, hempseed, avocado and other plant-based alternatives.



Meat-Plant Blends

And as consumers continue to seek out plant-

based alternatives, meat companies are seeing if consumers will opt for burgers made of meat but less of it. The Blended Burger Project, a movement started by the James Beard Foundation takes classic burgers and blends them with at least 25 percent of a plant-based foods such as fresh mushrooms. Whole Foods Market staff believes they'll be selling more burgers composed of a mix of beef and plant-based ingredients from brands like Applegate and Lika, in the year to come.

Not-So-Simple Sugars

Instead of reaching for honey to sweeten your baking project why not try a sweet syrupy reduction from a starch or fruit source? Syrups from monk fruit, pomegranate, coconut, sweet potato, sorghum, and dates will pop up as ways to add a touch of sweetness to dessert recipes and even meat glazes and marinades.

—Bridget Shirvell | forbes.com

Combating COLD and FLU Season

When temperatures drop, the risk for illness, such as colds and the flu, rises. Each year, millions of Americans suffer from symptoms ranging from coughing, sneezing and congestion to aches, fevers and vomiting that can leave them feeling blue.

While you may not be able to avoid illness entirely, you can take steps to protect yourself from the common cold and more serious bugs like the flu. This cold and flu season, keep essentials on-hand from thermometers that can help you diagnose a fever quickly to humidifiers and heated blankets that can potentially help shorten your recovery time.

If cold or flu viruses happen to strike you or a family member this winter, it's important to consult a medical professional with any health-related questions. Find more tips for fighting illness at eLivingToday.com.

Easy, Accurate Temperature Readings

Many parents place speed, accuracy and ease-of-use at the top of their list when choosing the ideal thermometer. Consider the Vicks RapidRead Digital Thermometer, which consistently delivers a professionally accurate temperature reading in Fahrenheit or Celsius in only two seconds. To help interpret fever, the Precision InSight feature provides site-specific, color-coded guidance, since temperatures register differently between oral, rectal or underarm readings.

Find more information at VicksThermometers.com.

A Warm, Comfortable Night's Sleep

Sleep is essential for letting your body recover, especially when you're feeling under the weather. A heated blanket or mattress pad can provide natural pain relief and help to relax sore muscles, ease tension, promote blood flow and increase body temperature to help fight fevers that often accompany colds and the flu. Often washer- and dryer-safe, featuring variable temperature settings and available in a variety of sizes to fit nearly any bed, a heated blanket can help you get a good night's sleep and wake up feeling refreshed.

Combat Dry Winter Air

The cold, dry winter air is an ideal breeding ground for the flu virus. However, using a humidifier can add moisture to the air, help fight cold and flu symptoms and aid in preventing dryness and irritation in many body parts, such as skin, nose, throats and lips. Available with a multitude of tank sizes and features to fit nearly any room in your home, some humidifiers even offer smart functions, rotating mist nozzles, programmable timers and automatic shut-off when they run out of water.

Reduce Airborne Germs

As the flu virus can survive for up to 48 hours outside of the body, good personal hygiene can play an important role



in preventing the spread of germs. One way to do so is by coughing or sneezing into facial tissues, which can help reduce the amount of germs released back into the air. There are even antibacterial, aloe vera and eucalyptus varieties available, which offer added cold and flu fighting benefits while helping prevent dry skin from the excess nose blowing that often accompanies illnesses.

Warm Up with a Hydrating Beverage

Hydration is a key part of recovering from nearly any illness, and warm drinks like tea can help relieve a cough or sore throat by simulating salivation and secretions, which can help soothe and lubricate your throat. Having a high-quality tea pot on-hand that alerts you when your hot water is ready can ensure relief from a warm beverage is never more than a few minutes away.

Family Features

Trail Running for Beginners

Bored with running the same old roads? Trail running opens up a whole new world for you beyond paved surfaces. As with road running, it's a healthy, simple activity with few gear requirements.

Follow these steps to get started trail running:

1. Find the right shoes
2. Gear up
3. Decide where to go
4. Work on your technique

Step One: Find the Right Shoes

Shoes are the main gear consideration for trail runners. If your first trail run will be on a mellow gravel road you can get by with your road-running shoes but as soon as you encounter roots, rocks and slippery mud you'll realize the importance of having trail-running shoes.

How are trail-running shoes different? Trail-running shoes are generally beefier than road-running shoes and emphasize traction, foot protection and stability. For a good analogy, think of the difference between tires on a mountain bike and a road bike. Within the trail-running category, you'll find a range of shoes that are suited for everything from easy, groomed trails up to highly technical, variable terrain.

You can also choose from stripped-down minimalist shoes that give you an enhanced feel for the trail and your own biomechanics or maximalist shoes that have lots of cushioning to reduce impact on joints and fatigue on high-mile days.

Both traditional, minimalist and maximalist styles are designed to offer better traction than road-running shoes.

Step Two: Gear Up to Run

The beauty of trail running is that you don't need a bunch of gear to do it. Going for a quick, short trail run can be as simple as pulling on shorts and a T-shirt, lacing up a pair of running shoes and heading out the door. With that said, there are several gear considerations that can make your run more enjoyable and comfortable, especially as you begin taking on higher mileage and more challenging terrain.

Carrying Water

Water is a must for all but the shortest runs. Your water-carrying options include hydration packs, hydration vests, handheld water bottles or waist packs with water bottles.

If you're going for a shorter run, you'll likely be fine with a



handheld water bottle or a small waist pack. You'll be able to carry enough water for the run while also having room to store your house key, some cash, and an energy bar or gel.

For longer runs, consider a larger waist pack, a running hydration vest or a running hydration pack. These offer more storage for larger amounts of water, extra clothing, food, first-aid supplies, navigation tools and other items you may need on a half-day or full-day adventure. If choosing a hydration pack, look for a running-specific style with a narrow design that allows you to swing your arms freely.

Clothing

Your running wear should be made of moisture-wicking merino wool or synthetics rather than cotton, which is very slow to dry. Socks, too, should be merino wool or synthetic. For cool or wet weather, a lightweight rain shell or wind-breaker is advisable.

Dressing in layers is a smart approach, especially on longer runs. This technique helps you manage your comfort throughout the day. You might start out cold but as you warm up on a long hill climb you can shed layers and when you cool off during a break or if bad weather moves in, you can pull them back on.

Also consider the breathability of the clothing you're wearing. Trail running generates lots of heat and perspiration, so avoid clothing that creates an impenetrable barrier. Lightweight knit fabrics work well and shirts with zippered necks give you a way to vent. Although most waterproof rain jackets are breathable, they can still get wet and clammy inside when you're really working hard. Unless the rain is really

coming down, you'll likely be more comfortable wearing quick-drying, breathable synthetic or wool layers or a soft-shell jacket rather than a fully waterproof one.

Food

For runs lasting less than an hour you may not need to carry more than an energy gel or two, but if you'll be out for a couple hours or more you'll want to have a selection of energy food such as bars, gels and chews.

Finding what foods sit well in your tummy during a run takes some experimenting. Generally, for shorter, high-intensity runs you'll want to stick with simple energy foods like gels or chews. If you get into running longer distances, such as ultramarathons, you may find that heartier foods like bars, nuts, peanut butter and jelly sandwiches, and other "real" foods sit OK because you're typically moving at a slower pace.

Watch

There are many options among watches, from basic sport watches that tell the time and include a stopwatch to activity trackers that monitor your steps to high-end GPS watches that track distance and speed and can be used to help navigate. Some of these devices include a heart rate monitor that can help maximize the effectiveness of your workout.

Navigation Tools

If you're running trails in an unfamiliar area, don't forget navigational tools such as a map and compass or, additionally, a GPS unit.

Lights

Like to run at night? A headlamp is a must. Your headlamp that you take backpacking may be sufficient but if you plan to do a lot of nighttime running you'll want a light with a minimum output of about 200 lumens. Some trail runners like to carry a handheld flashlight in addition to a headlamp to really light up the night and be able to look around while always keeping the flashlight aimed at the trail.

Choosing a headlamp that allows you to adjust the beam shape can be helpful. You can set the beam on the wide flood setting for good peripheral illumination or change it to the spot setting when you need to see farther down the trail.

Sun Protection

Sun protection can include a combination of sunscreen (SPF 30 or higher is recommended), lip balm, hat and sun-protective clothing. Keep in mind that fair-skinned folks can get skin damage in as little as 15 minutes of midday sun.

If you spend all your time running under the protective cover of trees, you can likely use less sun protection or perhaps none at all. But if the trail will take you to an open ridgeline or the top of a mountain, be sure you're prepared.

First-Aid Kit

The size of your first-aid kit depends a lot on the location and duration of your trail run. For runs lasting an hour or less and that aren't too far from civilization, many people don't carry much at all. But, if you're setting out on a rugged trail or an adventure that will last several hours or more, a simple first-aid kit can be invaluable if you have a fall. The essentials such as bandages and antibacterial ointment for treating minor wounds and medications for treating pain are recommended.

For trail runs in remote locations consider also bringing an emergency shelter, emergency splint, elastic wrap, water treatment tablets and medical supplies for more serious injuries.

Also, be sure your kit has items specific to treating foot issues, such as moleskin, athletic tape and blister bandages.

Step Three: Decide Where to Trail Run

When planning your first outing, it's important to remember that trail running typically takes longer than road running does for a similar distance. The rougher terrain and undulating trails will slow your pace and engage muscles that you may not be used to using, so start slow and don't commit to a distance that you're not prepared for.

Local roads and trails: A great introduction to trail running can be found on the local network of gravel roads and dirt trails that many towns and cities have. Look for city or state parks in your area or head out on a quiet gravel road. These low-commitment outings are a great way to get used to the



terrain and try out your new gear.

Guidebooks and websites: When you're ready for more challenge or to look farther afield than your local trails, guidebooks and online resources are especially helpful. They give you all that you're likely to need: trail difficulty, distance, elevation gain, directions, trail features and details such as whether dogs are allowed. Websites may also include recent trip reports that may give you a sense of what the trip will really be like at the time you plan to run it. Don't limit yourself to only trail-running-specific resources. Many hiking or backpacking guidebooks and websites offer information that can be useful when planning a trail run.

Running clubs: Another way to discover trails is to join a local trail-running club. Many communities have these and they're an excellent way to find new places to run as well as meet experienced trail runners who can share tips.

Topo maps: If you know the region you want to visit and you're comfortable reading a topo map, you may be able to choose a route based on the map details. It's still probably a good idea to cross-reference your choice with a guidebook or website that might have more current information about the trail — maps can become out of date quickly.

Local trails include: Cedar Crest Trail, MacLennan Park Trail, George Lathan Hiking Trail, Clinton Lake North Shore Trails, Kansas River Trail, Perry State Park Trails, Lawrence Nature Park Loop Trail and Prairie Spirit Rail Trail

Step Four: Work on Your Technique

The uneven terrain of trails presents you with different challenges than paved surfaces. Common obstacles include rocks, logs and roots. Working on your trail-running-specific technique can help you negotiate this type of terrain.

Basic Trail-Running Technique

- Use a short stride, especially as compared with road running. Keep your feet underneath you at all times to maintain your balance on variable terrain. Don't overstride.
- Keep your eyes down and scan the trail 10 to 15 feet in front of you for obstacles. Try not to stare at your feet.
- Swing your arms. This helps you to relax your core and keep your balance.
- Lots of obstacles ahead? Be like a goat and pick the most sure-footed route.

Hills

- When terrain steepens, further shorten your stride. Maintain your cadence by taking small, frequent steps.
- Keep your back straight. On uphill, avoid the temptation to lean forward as this can reduce your ability to breathe effectively. On downhill, avoid leaning back as this can strain your body and lead to injury.
- Super steep? There's no shame in walking. Bonus: You minimize erosion by not bombing down steep trails.



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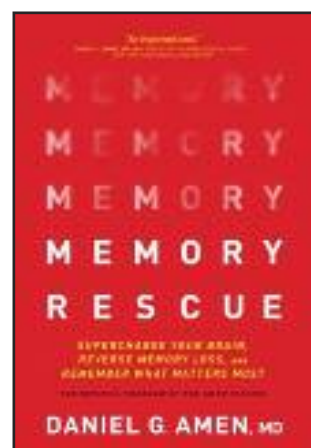
The Great Pretender: The Undercover Mission that Changed our Understanding of Madness by *Susannah Cahalan*, New Health Books Media Center 616.89 CAH

In the 1970s, Stanford psychologist, David Rosenhan, and seven other sane, healthy people-- went undercover into asylums around America to test the legitimacy of psychiatry's labels. All eight emerged with alarming diagnoses. But, as Cahalan's explosive new research shows in this real-life detective story, very little in this saga is exactly as it seems.



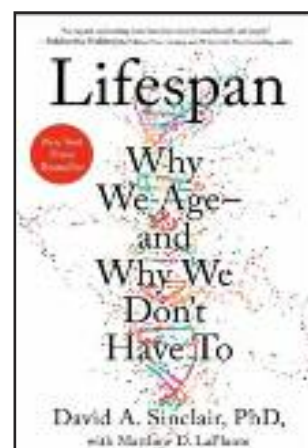
Memory Rescue: Supercharge your Brain, Reverse Memory Loss, and Remember what Matters Most by *Daniel G. Amen, MD*, New Health Books Media Center 616.83 AME

Brain imaging research demonstrates that memory loss actually starts in the brain decades before you have any symptoms. Learn the actions you can take to help not just prevent memory loss later in life ... but to begin restoring the memory you may have already lost. Expert physician, Dr. Amen reveals how a multipronged strategy--including dietary changes, physical and mental exercises, and spiritual practices--can improve your brain health, enhance your memory.



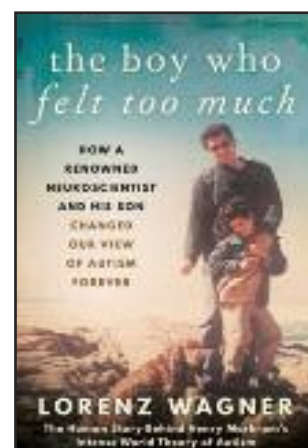
Lifespan: Why We Age--and Why We Don't Have to by *David A. Sinclair*, New Health Books Media Center 613.0438 SIN

It's a seemingly undeniable truth that aging is inevitable. But what if everything we've been taught to believe about aging is wrong? In this groundbreaking book, Dr. David Sinclair, leading world authority on genetics and longevity, reveals a bold new theory for why we age.



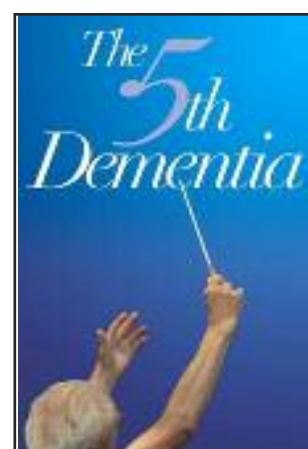
The Boy Who Felt Too Much: How a Renowned Neuroscientist and His Son Changed our Image of Autism Forever by *Lorenz Wagner*, New Health Books Media Center 616.85882 WAG

When Kai was first diagnosed, his father consulted studies and experts. He knew as much about the human brain as almost anyone, but still felt as helpless as any parent confronted with this condition in his child. Bringing his world-class research to bear on the problem, he devised a radical new theory of the disorder: People like Kai don't feel too little; they feel too much.



The 5th Dementia directed by Serene Meshel-Dillman, and published by Gravitas Ventures, New Health Non-fiction DVD Media Center, 616.831 5TH

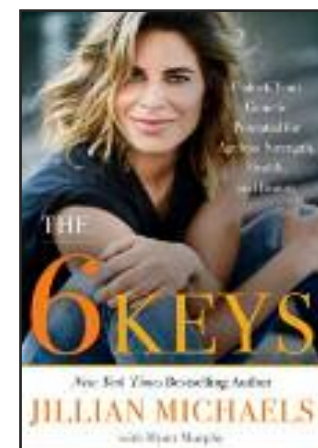
This documentary



shows the transformative power music has on members of The 5th Dementia band, who live with Alzheimer's, Dementia, or Parkinson's.

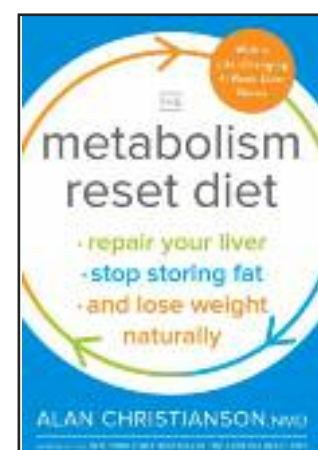
The 6 Keys: Unlock your Genetic Potential for Ageless Strength, Health, and Beauty by *Jillian Michaels* with Myatt Murphy, Health Information Neighborhood, 613.0438 MIC

Reverse the effects of aging and maintain optimal health for life through the revolutionary 6 Keys program. Empowering and rigorously researched, The 6 Keys outlines powerful lifestyle interventions, dietary guidelines, exercise plans, and vanguard strategies for cultivating mindfulness that restore and protect human performance, keeping you fit, healthy, and beautiful for life.



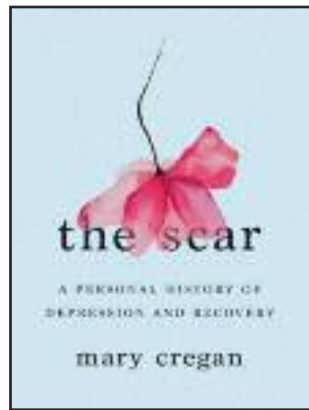
The Metabolism Reset Diet by *Alan Christianson*, New Books Media 613.25 CHR

In The Metabolism Reset Diet, you'll learn that your liver is actually the key to a healthy metabolism. When your liver isn't functioning properly, it loses the ability to burn fuel. Complete with comprehensive guidelines, meal plans, recipes, and advice on maintenance, The Metabolism Reset Diet will help readers achieve optimal liver function to lose weight and get healthy fast.



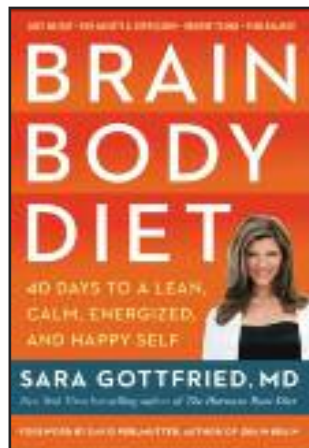
The Scar: A Personal History of Depression and Recovery by *Mary Cregan*, New Health Books Media 616.8527 CRE

Perceptive, intimate, and elegantly written, *The Scar* vividly depicts the pain and ongoing stigma of clinical depression, giving greater insight into its management and offering hope for those who are suffering.



Brain Body Diet: 40 Days to a Lean, Calm, Energized, and Happy Self by *Sara Gottfried*, New Health Books Media 613.0424 GOT

Designed for the female brain--which is different from the male brain--Gottfried's breakthrough protocol will help you lose weight, get off harmful prescription medications, boost energy and mental functioning, and alleviate depression and anxiety in less than six weeks.



Clean & Lean: 30 Days, 30 Foods, A New You! by *Ian Smith*, New Health Books Media Center 613.25 SMI

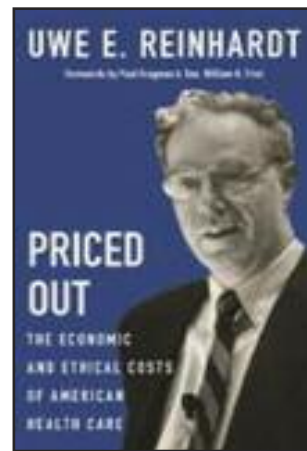
Eat clean, get lean! The bestselling author of *Shred* and *The Clean 20* cracks the code for all of us who live in the modern world where we've lost touch with what real food is--and how good it tastes--and what our bodies are designed to do.



Priced Out: The Economic and Ethical Costs of American Health Care by *Uwe E. Reinhardt*, New Health Books Media Center 610.8 REI

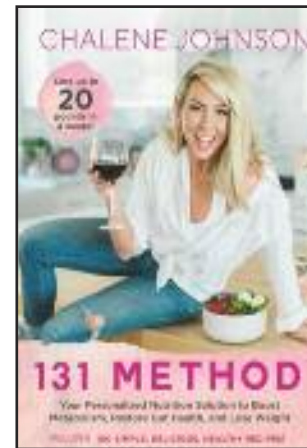
In *Priced Out*, author Uwe Reinhardt offers an en-

gaging and enlightening account of today's U.S. health care system, explaining why it costs so much more and delivers so much less than the systems of every other advanced country. *Priced Out* dispels the confusion, ignorance, myths,



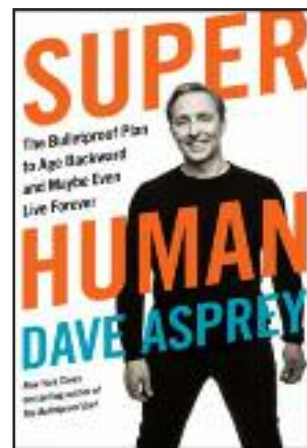
The 131 Method: Your Personalized Nutrition Solution to Boost Metabolism, Restore Gut Health, and Lose Weight by *Chalene Johnson*, New Health Books Media Center 613.22 JOH

If you're sick of gimmicks and trendy diets that leave you with frustration and a slower metabolism then *The 131 Method* is the book for you. It gets to the root of the problem--gut health--and delivers a personalized solution to wellness, hormone balance, and permanent weight loss based on the Nobel Prize-winning science of autophagy and diet phasing.



Super Human: The Bulletproof Plan to Age Backward and Maybe Even Live Forever by *Dave Asprey*, New Health Books Media Center 613.0438 ASP

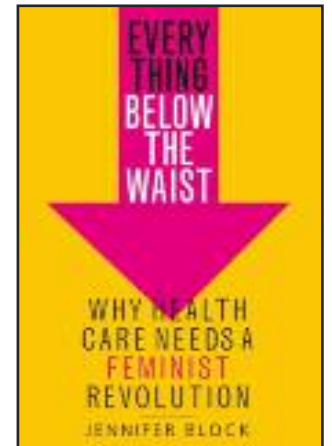
Getting older no longer has to mean decline. A self-proclaimed human guinea pig, Asprey arms readers with practical advice to maximize their lives at every age with his signature mix of science-geek wonder, candor, and enthusiasm. Now it's an op-



portunity to become Super Human.

Everything Below the Waist: Why Health Care Needs a Feminist Revolution by *Jennifer Block*, New Health Books Media Center 613.0424 BLO

American women visit more doctors, have more surgery, and fill more prescriptions than men. Yet, the life expectancy of women today is declining relative to women in other high-income countries. In *Everything Below the Waist*, the author provides information that could revolutionize the standard of care and change the way women think about their health.



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Healthy and Fun Recipes for the New Year

Healthy and tasty recipes are key to sticking with a healthy nutrition plan. Here are some good ones!

Health Nut Blueberry Muffins



An awesome healthy alternative to the usual blueberry muffin.

Ingredients

- 3/4 cup all-purpose flour
- 3/4 cup whole wheat flour
- 3/4 cup white sugar
- 1/4 cup oat bran
- 1/4 cup quick cooking oats
- 1/4 cup wheat germ
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup blueberries
- 1/2 cup chopped walnuts
- 1 banana, mashed
- 1 cup buttermilk
- 1 egg
- 1 tablespoon vegetable oil
- 1 teaspoon vanilla extract

Directions

Preheat the oven to 350 degrees F (175 degrees C). Grease a 12 cup muffin pan, or line with paper muffin cups.

In a large bowl, stir together the all-purpose flour, whole wheat flour, sugar, oat bran, quick-cooking oats, wheat germ, baking powder, baking soda and salt. Gently stir in the blueberries and walnuts. In a separate bowl, mix together the mashed banana, buttermilk, egg, oil and vanilla. Pour the wet ingredients into the dry, and mix just until blended. Spoon into muffin cups, filling all the way to the top.

Bake for 15 to 18 minutes in the preheated oven, or until the tops of the muffins spring back when lightly touched.

Nutrition Information (Servings: 12)

Per serving: Calories: 196 kcal; Total Fat: 5.8 g; Carbohydrates: 33.4 g; Protein: 5.1 g; Cholesterol: 16 mg; Sodium: 223 mg

Country Fried Squash



This recipe is great with butternut but other squash would also be good.

Ingredients

- 6 pounds butternut squash - peeled, seeded and sliced
- 1 egg, beaten
- 1/2 cup milk
- 1/2 cup all-purpose flour
- 1/2 cup cornmeal
- 1 pinch salt
- 1 pinch ground black pepper
- 1 pinch garlic salt
- 1 cup oil for frying

Directions

Combine egg and milk together in a small bowl, mix well.

In a second bowl, combine flour, cornmeal, salt, pepper and garlic salt. Dip squash slices first in the egg mixture, then dredge the squash in the dry mixture.

Heat 1/2 inch of oil in a deep skillet over medium heat. Fry squash until golden brown.

Nutrition Information (Servings: 4)

Per serving: Calories: 501 cal; Total Fat: 8.7 g; Carbohydrates: 105 g; Protein: 12.3 g; Cholesterol: 49 mg; Sodium: 145 mg

Baked Asiago Chicken Breasts



Creamy, delicious, and cheesy chicken breasts--with plenty of Asiago flavor! Add a touch of black pepper, balsamic vinegar, and additional Asiago cheese just before serving for the best results.

Ingredients

- 4 boneless, skinless chicken breasts
- 1/2 cup grated Asiago cheese
- 1/2 cup light mayonnaise
- 1/4 cup low-fat plain Greek yogurt
- 1/4 cup dry white wine
- 1 1/2 teaspoons dried oregano
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 pinch ground nutmeg
- freshly ground black pepper to taste
- 1 tablespoon aged balsamic vinegar
- 2 tablespoons grated Asiago cheese

Directions

Preheat the oven to 375 degrees F (190 degrees C). Grease a 9x13-inch baking dish.

Place chicken breasts in the prepared baking dish. Whisk together Asiago cheese, mayonnaise, Greek yogurt, wine, oregano, garlic powder, onion powder, and nutmeg in a small bowl. Pour evenly over chicken breasts.

Bake, uncovered, in the preheated oven until chicken is no longer pink in the center and the juices run clear, 40 to 50 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Top with black pepper, balsamic vinegar, and additional Asiago cheese just before serving.

Nutrition Information (Servings: 4)

Per serving: 322 calories; 17.9 g total fat; 93 mg cholesterol; 508 mg sodium. 5.7 g carbohydrates; 30.4 g protein

Source: allrecipes.com

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HEALTH INFORMATION

HEALTH INFORMATION - Topeka & Shawnee County Public Library, 1515 SW 10th Ave. A variety of health and wellness information in various formats. 785-580-4400. www.tscpl.org

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Healthy Event Calendar for Greater Topeka

To list an event in this calendar, email it to info@TopekaHealthandWellness.com

JAN. CYCLING EVENTS – Various cycle rides are offered by Kansas Cyclist. www.kansascyclist.com/

JAN. OUTDOOR ACTIVITIES – Outdoor events and activities. www.getoutdoorskansas.org/calendar

LIVE MUSIC FRIDAYS – Jan. 3, 10, 17, 24, 31, The Weather Room at Cyrus Hotel, 920 S. Kansas Ave. 866-266-3500

CREATIONS OF HOPE GALLERY - Opening reception Jan 3 from 5 pm - 8 pm as part of the First Friday Art walk, for the featured artist for the month: Irene Haws.

JOURNEY STARTS HERE BABY EXPO – Jan. 4, 10-12pm, Fellowship Bible Church, 6800 SW 10th Ave. Free. Connect with other parents and resources within Shawnee County as they partner with you all through pregnancy and into early parenting years. Speakers, vendors, cake and each expectant mom will receive a goody bag while supplies last. This will be at both church locations.

TRUTH IN COMEDY – Jan. 4, 7-9pm, Jayhawk Theatre, 720 SW Jackson St. Three individuals will tell a very personal story from their life, aka their truth, where they will be very open, honest, and vulnerable. Afterwards, a comedian will perform a set inspired by the story. At the end of the night, an artist will present a triptych they created in-

spired by the stories as well. For info: truthincomedy.com

TOPEKA FARM SHOW – Jan. 7-9, Exhibition Hall, Landon Arena. For info: tradexp.com/topeka-farm-show

PRAYER ON THE HILL – Jan. 13, 10am, Kansas State Capitol. Come and pray for the first day of the Legislative Session and legislators and their families, attend hearings, pray in the gallery and speak truth to the ones who are representing us. For info: www.cultureshield.com, 316-516-0777 or donna@cultureshield.com.

C5Alive "POWER" LUNCHEON – Jan. 9, 11:30-1, at Harley Town/Evel Kneival Museum. Photos and updates on Israel and travel opportunities. • Cost: \$10 for C5 members & first-time guests who RSVP, \$12 at the door • \$15 for non-members & repeat guests. • Please RSVP to info@C5Alive.org, so we know how much food is needed! Open to the public – Put POWER in your life with great food, great speakers and great company! Invite a friend to join you! SAVE THE DATE: Feb. 13, 11:30-1, C5Alive POWER Luncheon and Speed Networking at Fairlawn Plaza Mall.

LIFTING SEMINAR - Jan. 11, 11am-3pm. Resilience Training, 301 SE 53rd St. Lifting seminar with Rae Stewart! \$30 fee, must sign up and pay by Jan. 4. For ages 13+. Proper form for 4 main lifts, Best way to reach your PR, Attempt to PR on your lifts with coaching. Local gym owner Holly Torrez will host.

8:30pm, Dirty Girl Adventures: Compass Point, 800 N. Kansas Ave. Join us for an epic tale from the Missouri River from adventurer Ted Decker! Ted has kayaked the Missouri River from Atchison to St. Louis SOLO numerous times. Ted will bring photos and his gear and some surprises with him. Doors open at 5:30pm for drinks and shopping.

JAM4DAN13 – Jan. 17-19, The Celtic Fox, 118 SW 8th. 3-day music benefit honors Dan Falley & raises scholarship funds to give youth an opportunity to further their musical studies. For info: Facebook @Jam4Dan13

LOCAL LIVE! OCEANSIDE HOTELS – Jan. 18, 8pm, TPAC. Tickets available at the box office

FRIENDS BOOK & MEDIA SALE – Jan. 18, 9-3pm & Jan. 19, 12-3pm, Topeka/Shawnee Co. Library, 1515 SW 10th Ave. Bring your tote and shop for books, DVDs, CDs, audiobooks and records. For info: 785-580-4400

RALLY AND MARCH FOR LIFE – Jan. 22, 12:30 pm (March for Life from TPAC to Capitol). 12:45 pm (Rally for Life at Capitol south steps). Workshops, displays, etc. from 8:30 am to 3:30pm. For info: www.kfl.org, 785-383-8636

MONSTER BUCK CLASSIC – Jan. 24-26, Stormont Vail Events Center.

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'FREE AT LAST' Emotional Wellness Expo – Jan. 11, 10am-5pm, The Four Points by Sheraton, 530 Richards Dr, Manhattan. A day filled with connection, support, peer-to-peer insights, awe inspiring recovery stories, proven tools & strategies, kindness, understanding and joyful possibility. Doors open at 9. The only goal in mind..... To help you end your own suffering. Keynote Speakers, Break-out workshops, 40 Wellness Vendors. Tickets and info: 795-670-6200 or eventcoordinator@dream-makers.net. Lunch is Included.

RIVER STORIES WITH TED DECKER – Jan. 15, 6:30-

FREE Vision Screening Service



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Any Daycare, Pre-school or School with children 6 months to 6 years old

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Who does the screening?

The screener is used by all of the Lions Clubs in Northeast Kansas and the Lions members assist in the screening.

How do I get the Screener scheduled?

Contact the Topeka Lions Club, Spot Screening Coordinator, Spencer Smith, e-mail: slsmithks@att.net or call (785) 633-8321

WINTER JAM 2020 - Jan. 24, Sprint Center. \$15. Crowder, Andy Mineo, Hillsong Young and Free, Red, Building 429, Austin French and Newsong. PreJam artists will include Riley Clemmons, Zauntree, and speakers Zane Black and Billy Ballenger. For info: jamtour.com

REVIVE Topeka - Jan. 24, 7-9pm, Big Gage Shelter House. An initiative to bring all the churches in Topeka together in one accord to pray for the peace and prosperity of Topeka. revivetopeka@gmail.com or 785-215-5664.

BLEEDING KANSAS 2019 - Sundays from Jan. 26-Mar. 1, 2pm, Constitution Hall Historic Site, 319 Elmore, Lecompton. A series of talks and dramatic interpretations on the violent territorial and civil war history of Kansas 1854-1865. Actors will portray Kansans from this turbulent era. Adm: \$3 adults, \$1 students. Children five & younger free.

KANSAS DAY AT THE MUSEUM - Jan. 29, Kansas Museum of History, 6425 SW Sixth Ave. Dennis Rogers, American Indian performer and educator, shares his culture in music and dance. STEM Activities, old time craft demonstrations, and standards-based activities. Free. Registration required for groups of ten or more. 785-272-8681

TOPEKA BOAT & OUTDOOR SHOW - Jan. 31 and

Feb. 1-2, Stormont Vail Events Center.

PASTOR'S DAY AT THE CAPITOL - Feb. 6, 9-2:30pm, Kansas State Capitol. Join with fellow pastors to pray for our Kansas Government. Come early or stay after for more enriching opportunities

NIGHT TO SHINE PROM - Feb. 7, University Christian Church, Manhattan, KS. Night to Shine, sponsored by Tim Tebow Foundation, is an unforgettable prom night experience, centered on God's love, for people with special needs ages 14 and older. For info visit www.mhkprd.com/, or call 785-776-5440.

BEGINNER DANCE LESSONS - Feb. 10, 7:15pm, Trinity Presbyterian Church, 4746 SW 21st St. Teaching square dancing and line dance. Free. For info: 785-554-7221

HARLEM GLOBETROTTERS - Feb. 10, Stormont Vail Events Center.

KFL VALENTINE BANQUET WITH TIM TEBOW - Feb. 11, 5pm - Silent Auction. 7pm - Dinner & program. Overland Park Convention Center, 6000 College Blvd, OPKS. Come huddle

with Tim and Kansans For Life as we take the field to protect unborn lives in Kansas.

NAMI KANSAS MEET & GREET - Feb. 14, 10am-9pm, second level at West Ridge Mall near Furniture Mall. Get to know the NAMI Kansas staff and learn about its mission of self-help education, support, and advocacy for people with a mental health diagnosis and those who love and support them. Also, learn more about volunteer opportunities. Open House from 10am to 9pm; Movie at 5:30pm: "Bipolar Rock N' Roller" - A raw and revealing SHOWTIME documentary chronicling the prolific combat-sports broadcaster Mauro Ranallo and his lifelong battle with mental illness. (viewer discretion is advised) Bring a comfy chair, pillows, blankets.

ANNUAL ARAB SHRINE CIRCUS - Feb. 28-29 and Mar. 1, 7pm, Stormont Vail Events Center. For info: arab-



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Winter School Restoration by project director Dan Rockhill, Rockhill and Associates and J.L. Constante Distinguished Professor of Architecture at the University of Kansas School of Architecture, and former state Senator Winton A. Winter, Jr. and Katie Winter M.A., education interpretive specialist.

FEBRUARY 2 The Most Famous Unknown Room in America
by T. Kevin Griffin, Major (Retired) & MA

FEBRUARY 9 They Put Up More Than Figs: Joel and Emily Grover, Their Farm, and the Underground Railroad
by Judy Sweets, historical researcher and genealogist [Porial2history] and Kerry Allenbernd, historian and John Brown interpreter.

FEBRUARY 16 Rahr, Rambles and Father to a U.S. Vice President: O. A. "Captain Jack" Curtis
by Deb Goodrich, Host of "Around Kansas" TV Show and Garvey Foundation Housewife in Residence, Fort Wallace Museum

FEBRUARY 23 The Hidden History That Is Quindaro (And Why It Should Be Hidden No More!)
by Jim Ogle, Executive Director, Freedom's Frontier National Heritage Area.

MARCH 1 A Shield Against the World: Opothleyahola and the Civil War in Indian Territory and Kansas
by Michelle M. Martin, Doctoral Candidate- Department of History, University of New Mexico

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TOPEKA LIONS JOURNEY FOR SIGHT 10K/5K RUN/WALK – Apr. 4. Info and registration: topekalions.org

ONGOING EVENTS:

SENIORS NUTRITIONAL LUNCH – Weekdays, except holidays, noon at Auburn Civic Center, 1020 N. Washington St. Minimal cost per person. Reservations/cancellations are required 24 hours in advance by calling 295-3980. Each meal includes 1% milk and sugar-free items are included for diabetics. 785-215-0064.

MEDICARE MONDAYS – First Mon. of ea. month, 1-3pm. Topeka/Sh. Co. Public Library (Menninger Room 206), 1515 SW 10th. Senior health insurance counseling. For info: 580-4545 or nhonl@tscpl.org

TOPEKA MANKIND PROJECT – Mondays, 6:30pm, 2112 SW Morningside Rd. Supports men in becoming their best selves, including physical, mental & emotional health & wellness. Open to any man. Brian Thomas: brian.thomas01@gmail.com or 785-727-9439

SENIOR FIT & FUN PROGRAM – every Mon., Wed., & Fri., 1:30pm, Rolling Hills Christian Church, 4530 NW Hiawatha Place (US Hwy 75 & NW 46th St.) 785-286-0601 or office@rhctoepka.org

SENIOR STRETCHING EXERCISES – each Mon. – Wed. – Fri., 9:30-10:15am, Seaman Community Church, 2036 NW Taylor St. Enter on east side of the Fellowship Hall. No Charge. 785-354-8777 or 785-213-6016

TRAIL LIFE & AMERICAN HERITAGE GIRLS TROUPS – Every Mon. 6pm, Cornerstone Comm. Church, 7620 SW 21st. Faith-based scouting programs for kids age 5-18. Reg: cornerstonetoepka.com. 478-2929

GRIEF SUPPORT GROUP – First Mon. each month, 3:30-4:30pm, 400 SW Oakley. For info: Donna Park 783-7527 or valeotoepka.org. Free.

TOPEKA SWING DANCE – Tuesdays, 7-8pm, Swing Dance Lessons, no partner required, Jayhawk Theatre, 720 SW Jackson. www.topekasingdance.com.

BADMINTON – Mon. & Fri. 6-8pm, First Baptist Church, 30th and MacVicar. Topeka Badminton Club invites players of all ages and skill levels to come for informal games. The fee is \$3 per night. Free instruction. 267-4906.

HEARTLAND HEALTHY NEIGHBORHOODS – 2nd Mon., 11:45am-1pm. Promoting neighborhood well-being by mobilizing people, ideas & resources. 233-1365

OSTOMY SUPPORT GROUP – First Tuesday of each month at St. Francis Health, 1700 SW 7th St, Meeting Room, 2nd floor, 6:00 – 7:30 PM. Anyone with an ostomy may attend. The goal is to provide education and ongoing support. Call 295-5555

FIBROMYALGIA & CHRONIC FATIGUE SYNDROME SUPPORT GROUP – 2nd Tue., 7-9pm. First Congregational Church, 17th and Collins. For info: Randy at 785-969-4038 or TopekaCFS@outlook.com.

EMOTIONS ANONYMOUS: 12-step program for those suffering with emotional instability such as depression, anxiety, grief, etc. Meets every Tues. at Grace Episcopal Cathedral, Noon-1pm. N/C. 785-633-7764

LADIES' EXERCISE – Tue 7-8 pm & Fri. 8-9 am, First Baptist, 129 W 15th St., Lyndon. free active support: fat burning, strength, fitness. 207-0380

GRANDPARENT/RELATIVE CAREGIVER SUPPORT GROUP – 3rd Tue., 6:30-8pm, 2nd floor meeting room, St. Francis Hosp, 1700 SW 7th. For info: Sharla, 286-2329; Jennie (English/Spanish) 231-0763.

LIBRARY'S LEARN & PLAY BUS – Every Tuesday 1-3pm, Auburn Community Center.

SAFE STREETS COALITION MEETING – First Wed. of the month, 11:45am-1pm. Great Overland Station. Info: 266-4606 or jwilson@safestreets.org

GAMBLERS ANONYMOUS – Every Wed, 7pm, St. Francis Hospital, meeting room #8.

OPERATION BACKPACK – 1st Thurs., 6pm, Indian Creek Elementary, 4303 NE Indian Creek Rd. Volunteers gather to assemble Weekend Snack Sacks for low-income students. Topeka North Outreach. 286-1370.

TOPEKA AREA BRAIN INJURY SUPPORT GROUP – Third Thur. every month, 6-7:30pm, Kansas Rehabilitation Hospital, 1504 SW 8th Ave., employee cafeteria on 1st floor. All survivors, family, & friends welcome. Call Faye: 207-2606 or Randy: 232-8553

COUNTRY AND BALLROOM DANCING – Thursday's 6-9pm. Croco Hall. Edwina 379-9538 or 478-4760.

SHEPHERDS CENTER LINE DANCING GROUP – meets 2nd & 4th Thursdays, 2-4pm at First United Methodist, 6th & Topeka. Park on west side & use west door, turn left & take ramp to the library, then left to the elevator. Push [B] to go to the fellowship hall. 49-3258.

SHEPHERDS CENTER HHHS WALKING GROUP – meets 2nd & 4th Thurs 9:30-11 at HHHS, 21st & Belle. Entrance for walkers is on the WEST side of the building. Walking is done on an inside track. People who would like to walk a shelter dog call Kelsey, 233-7325.

STROKE SUPPORT GROUP – 1st Fri of every month from 4-5pm in cafeteria of Kansas Rehab Hospital, 1504 SW 8th Ave. Meet other stroke survivors, their families, and hear guest speakers. (785)232-8553 with questions.

NICOTINE ANONYMOUS – Every Fri., 6:30pm, Town & Country Christian Church Renaissance Room, 4925 SW 29th St., use west door cross red foot bridge. A fellowship of men & women helping each other to live free of nicotine. No fees. 402-321-486; Laboomaha@att.net.

NOTO MARKET & ART WALK ON FIRST FRIDAYS – NOTO arts district. Arts, antiques, crafts, and flea market.

CELEBRATE RECOVERY – Every Thur., 6:45pm, Covenant Baptist Church, 5440 SW 37th St. A Christ-centered recovery program for anyone with any hurt, pain, or addiction of any kind. A safe place to find community and freedom. Free childcare available. Follow Celebrate Recovery Covenant Baptist pg on facebook or call 785-220-4850

VIP LUNCHEON FOR SENIORS – Every Fri., Noon, Topeka Church of the Brethren, 3201 NW Rochester Rd.



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(1 mile north of Dillon's). FREE lunch with Christian fellowship, devotions & entertainment provided by Topeka North Outreach. Free will donations accepted. Free blood pressure checks the last Friday of every month, and birthday celebrations the 4th Friday. For Info: 785-224-8803.

CELEBRATE RECOVERY – Every Fri., 6pm, 1912 Gage Blvd. A Christ-centered program, based on 8 principles found in Jesus' Sermon on the Mount. Applying these Biblical principles, become free from addictive & dysfunctional behaviors. crtopekaks.org.

TOPEKA NAR-ANON FAMILY GROUP – For families & friends who are affected by someone else's narcotic addiction. Every Sat., noon-1:15 pm, rm. A, 1st Baptist Church, 3033 SW MacVicar, enter on S. side, door A. www.naranonmidwest.org

SATURDAY FAIRLAWN STARTER BIKE RIDE – Every Sat., 8am at Classic Bean in Fairlawn Plaza, end at Pizagles. Great for beginners. director@cottonwood200.org

SAVING DEATH ROW DGS ADOPTION BOOTH – Every Sat., 11am - 2pm, Petco, 1930 SW Wanamaker. Also, some Sat. adoption booths are held at PetSmart, 2020 SW Westport Dr. www.savingdeathrowdogs.com

HARVESTER'S PROGRAM FOR SENIOR CITIZENS – second Sat., at Christian Lord Ministries, 2421 SE California. Call 266-4979.

THE BERRYTON PICKERS - First Sat. of ea. month, 7-9pm, Berryton Baptist Church. Bring snacks, have fun!

HERB'Talk – Topeka herbs study group meets Third Saturdays for fun and interactive group learning and sharing about herbs/medicine plants. 7321 SE 45th, Prairie Meadow Greenhouse. RSVP Amy 785-379-8848. \$5.00 cash only charge; Free beverages and herb snack samples. Lunch option \$6.00. talkherbswithus@gmail.com

TOPEKA FOLK DANCERS CLASSES –Sundays, 2-4pm

2637 SE 41st. No partner/experience needed. 215-0968.

KANSAS PRAIRIE PICKERS – Fourth Sun. ea. Month, 1pm, Auburn Community Center. Foot-stomping, hand-clapping tunes to tickle your fancy.

SQUARE DANCING - Shawnee Swingers has monthly dances and sponsors lessons in the Fall. For info, call or text 785-845-2357 or email shawneeswingers@gmail.com. On Facebook: Shawnee Swingers Square Dance Club. wesquardance.com

SEX TRAFFICKING INFORMATION – 785-230-8237

ABORTION RECOVERY SUPPORT – Providing services for women & men who suffer from Post-Abortion Syndrome. For info: Kay Lyn at KLCarlson20@cox.net.

AL-ANON FAMILY GROUPS – for friends & families of alcoholics. For info: 785-409-3072 or topekaalanon.org

ALZHEIMER'S SUPPORT GROUPS – Monthly support group meetings for caregivers of individuals with Alzheimer's disease or a related dementia. For info: Alzheimer's Association, Heart of America Chapter, 271-1844 or email cindy.miller@alz.org.

"HEALING HEARTS" support group/Bible study – For women whose husbands struggle with pornography

addictions or have had affairs. Videos & workbook will give you hope for your marriage & emotional healing. For info: Jane Goble, 249-0983.

CAREGIVER SUPPORT GROUPS - Jayhawk Area Agency on Aging provides opportunities for caregivers to get together and share their ideas & feelings. 235-1367

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Spiritual Wellness

...know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God...

Faith in God: Good for Your Health?

By Rusty Wright

Can faith in God improve your health? A surprising number of medical experts say it might.



These scientists claim certain desirable qualities might be associated with personal faith and spiritual practice. Benefits often mentioned include speedier recovery from illness, lower blood pressure, stronger immune system, positive mental health and longer life. Insurance underwriters, call your office.

Respectable medical schools study faith's impact on health. Duke has a Center for the Study of Religion, Spirituality, and Health. Harvard teaches healthcare professionals about "Spirituality and Healing in Medicine." Columbia doctors investigate religion's part in healing.

John Templeton, Jr., pediatric surgeon and son of the famous financier/philanthropist, says, "People's faith has a very strong influence over their well-being, their willingness to fight disease, and their ability to get well." The John Templeton Foundation has made significant grants to explore this theme.

Duke psychiatrist Harold Koenig became interested in faith's health implications during medical training. He was surprised to see a seemingly hopeless alcoholic recovering while relying on faith. An elderly couple with marital woes found joy and closeness through spiritual pursuits. Koenig renewed his own commitment to God and made scientific study of faith's influence his life's work.

DUKE magazine notes that Koenig and his associates reviewed over 1,100 studies. "The vast majority of these studies show a relationship between greater religious involvement and better health,"

Koenig observes. Few show no relationship and "virtually" none show negative relationship.

Koenig admits many of the studies are imperfect. Critics note that correlation does not necessarily mean causation. It is difficult to control for multiple factors like age, gender, education and genetics. If church involvement correlates with improved health, could community support or sensible living - rather than faith or God - be determinants?

Only slight differences in improved health exist among devout Jews, Christians and Muslims. Koenig feels the keys are commitment to God and community, but not just any community. Churchgoers seem healthier than Monday Night Football gatherers and secular support group members.

Koenig stresses the "unconditional love" often sought in spiritual gatherings. He distinguishes "extrinsic" believers (who seek friendship, status or power) from "intrinsic" believers, whose faith permeates their lives and daily decisions and who enjoy greater health benefits. One is reminded of Jesus' admonitions that mix love with intrinsic belief: "Love each other. Just as I have loved you, you should love each other. trust in me."

Georgetown University medical professor Dale Matthews, says the truth of his Christian faith rests



not on its health benefits but on its founder: "If a study showed that Elvis worship was more beneficial to lowering blood pressure than Christianity, I wouldn't change my belief in Jesus Christ."

Of course, not every patient who is prayed for recovers. Dealing with disappointment remains part of life. Koenig continues his research with an optimistic bent: "Religion may be as significant as not smoking" for longevity, he claims.

Many other health professionals sympathize. Yankelovich research found that 99 percent of family physicians and 94 percent of HMO professionals felt prayer, meditation or other spiritual exercises could hasten or aid medical care for the ill.

Florida's secretary of health Robert Brooks, a physician, feels faith-based organizations have a major healthcare role. Florida gives grants to churches for preventive health programs. Don't be surprised to hear more about this topic, and soon.

Rusty Wright is an author and university lecturer who has spoken on six continents. "Real Answers™" furnished courtesy of The Amy Foundation Internet Syndicate. To contact the author or The Amy Foundation, write or E-mail to: P. O. Box 16091, Lansing, MI 48901-6091; amyfoundtn@aol.com. Visit our website at www.amyfound.org.



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Sat., April 11, 10 am - 3 pm

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Police vehicles!
Library Fun Bus!
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Food Trucks!
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FREE to the public!

Fun Fair open 10:00 am - 3:00 pm at Garfield Park! **Live music** at Garfield Park 11:00 am - 3:00 pm!

Parade starts at 10:00 am! (From NOTO to Garfield Park) • **Food Trucks** located in Garfield Park!

Easter Egg Hunt following parade at Garfield Park playground! • **Vendor Market** open 10:00 am - 3:00 pm!

Dance troupes, martial arts, gymnastics, ballet, demonstrations & more at the **Health Fair** 10am-3pm!

Craft stations, Facepainting, Easter Bunny photos, Pony rides, Petting zoo, Inflatables, Games & kid's activities!

Bingo at the Vendor Market! • Win a Bicycle at the **Ball Toss**! • Win Cakes & Cupcakes at the **Cake Walk**!


For booth, sponsor and parade entry information:

info@C5Alive.org or 785-640-6399

Sponsors needed for: • Vendor Market • Food Court • Entertainment Stage • Health Fair

Volunteers needed! Contact:

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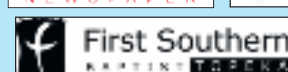
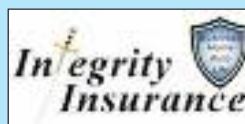
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