

**TOPEKA**

**APRIL 2021**

# Health & Wellness

[www.TopekaHealthandWellness.com](http://www.TopekaHealthandWellness.com)

**MAGAZINE**

**BCBSKS Partners  
With National Fitness  
Campaign to Build  
Fitness Courts**

**FREE  
TAKE ONE!**

**Alcohol  
Awareness:  
Effects of AUD**



*See page 3 for  
information about  
front page photo*

**SPETL: Brain Surgery Done Through the Lip!**  
**How Should Athletes Prepare for Sports Season?**

**Farmers Markets starting up again**  
**Dangers of Slips and Falls for Seniors**

*Helping Topekans live happier, healthier lives since 2015!*



# APRIL IS ALCOHOL AWARENESS MONTH

Join us to ignite more than **2 million** conversations about alcohol **#responsibility**.

## AGES

### 6-11

Mom, can I have some?



- ▶ No, alcohol is not good for your growing body;
- ▶ No, this is a drink for adults;
- ▶ No, your brain is still developing; or
- ▶ No, just like you can't have coffee.

**#TALKEARLY**  
...about alcohol.

@TalkEarly

Underage drinking among 8-12 graders is down **39%**.

## AGES

### 10-13

Just because you drink doesn't mean you're drunk, right?



Right. Many factors affect whether you're drunk, including your gender, weight, how fast you're drinking, and whether you've had water and a meal with your drinks regardless of whether it's beer, wine, or liquor.



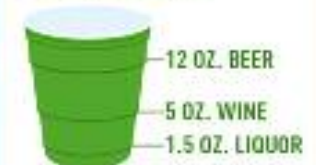
@AskListenLearn

@B4Udrink

Learn the facts about how alcohol affects your BAC

**B4U**  
drink.org

These different amounts of alcohol have roughly the same effect on you.



If you're headed out and plan to drink alcohol, enjoy yourself and be smart. Designate a non-drinking driver or take a taxi.

You should also know how alcohol affects your BAC.

Hey dad, can I borrow the car?

Of course but pay attention, pay attention, pay attention.



## AGES

### 15-18

@IKnowEverything

**IKnowEverything.com**

Parents are the most important driving instructors for teens. Visit for tips on how to make sure your teen "knows everything."

## AGES

### 18-22

I'm having fun at college.



**64%** of college students do not binge drink.

How are you spending your down time?

Now that you're away from home, I want to make sure you know the difference between low-risk and high-risk drinking.

**Parents,**  
You're Not Done Yet.

## AGES

### 21+

I'm not sure how I'm getting home yet.



**69%**

of American adults say they are extremely confident they drink responsibly.

**74%**

think ongoing conversations about responsible consumption are very important.

**54%**

believe the problems associated with the harmful consumption of alcohol lies with oneself (i.e., personal responsibility).

**RESPONSIBILITY.ORG**  
offers conversation starters to guide a lifetime of conversations.

[Learn More](#)





A Free Monthly Magazine Promoting  
Healthy & Happy Living in the Capital City

**785-380-8848**

2611 SW 17th St., Topeka, KS 66604  
info@TopekaHealthandWellness.com

**www.TopekaHealthandWellness.com**

**PUBLISHER:** Lee Hartman 785-640-6399

Lee@TopekaHealthandWellness.com

**SALES & MARKETING:** 785-380-8848 or 785-554-5336

info@TopekaHealthandWellness.com

Topeka Health & Wellness is available at over 300 locations in the Greater Topeka area, including Hospitals, Medical Offices, Dental Offices, Spas, Fitness Centers, Restaurants, Coffeehouses, Groceries, Health Food Stores and other business & retail locations, including over 100 indoor & outdoor Display Racks.

Advertisers are offered exclusive rights to write articles in their area of expertise, by doctors and other experts within their companies. Therefore our readers are being educated and informed by local experts, and can easily reach out to them for more information.

*Written materials submitted become the property of Topeka Health & Wellness, and all content in print or online is for informational purposes only and is not intended as professional medical advice or treatment. The statements and opinions contained in the advertisements and articles are not necessarily the views of Topeka Health & Wellness. Any reproduction of our print or online content without prior written consent is prohibited.*

## ON THE COVER:

Our cover this month features a fitness court built through a partnership between Blue Cross and Blue Shield of Kansas and National Fitness Campaign. For more about this program see the article on page 5.



Our thanks go out 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, simply by emailing us at info@TopekaHealthandWellness.com.

For more information, visit [www.TopekaHealthandWellness.com](http://www.TopekaHealthandWellness.com) for all our offerings on past and present articles, health news stories, event calendar and an archive of our past issues in pdf form.

You can also find us on Facebook at  
[www.facebook.com/pg/TopekaHealthandWellnessMagazine](https://www.facebook.com/pg/TopekaHealthandWellnessMagazine).

We are also on Twitter at:  
[www.twitter.com/TopekaHealthMag](https://www.twitter.com/TopekaHealthMag)



## This Quiz Could Save Your Life



### 1 FLASHING RED LIGHTS AT HIGHWAY-RAIL GRADE CROSSINGS REQUIRE MOTORISTS TO:

- A Toss a coin to decide whether to stop or go.
- B Stop. Let the train pass.



### 2 A TRAIN IS APPROACHING. ARE THESE STATEMENTS TRUE?

- A The train is closer and faster than you think.
- B A train striking a car is like your car crushing a soda can.



### 3 WHAT DOES THE ADVANCE WARNING SIGN NEAR A HIGHWAY-RAIL GRADE CROSSING MEAN?

- A Slow down and prepare to stop if a train is coming.
- B Restrooms and recreation are ahead.



### 4 AT A CROSSING WITH TWO OR MORE TRACKS, SHOULD YOU PROCEED AS SOON AS THE LAST RAILCAR CLEARS THE CROSSING?

- A Yes
- B No



### 5 A TRAIN CAN BE EXPECTED ON ANY TRACK AT ANY TIME.

- A True
- B False



### 6 IT'S NEVER SAFE TO DRIVE AROUND CROSSING GATES.

- A True
- B False



Answers on page 10



## National Healthcare Decisions Day

Join Americans across the country on April 16, 2021 in making future healthcare decisions known to your family, friends and healthcare providers. Share your wishes and complete your advance directives, because... **YOUR DECISIONS MATTER.**

**[www.midlandcare.org](http://www.midlandcare.org) • 1-800-491-3691**



MIDLAND CARE



MIDLAND CARE



## ARE YOU AT RISK FOR TYPE 2 DIABETES?

24 for Life can help you reach your health goals. 24 for Life helps you prevent or delay Type 2 Diabetes by making small changes to your life over time! Classes are enrolling now!

**Take the risk test and learn more at [www.midlandcare.org/24forlife](http://www.midlandcare.org/24forlife) or call 1-800-491-3691.**





# BCBS Partners with National Fitness Campaign to Build Fitness Courts

**B**lue Cross and Blue Shield of Kansas (BCBSKS), Kansas Recreation & Park Association (KRPA) and the National Fitness Campaign (NFC) have launched a statewide partnership to expand free access to high quality workouts by bringing outdoor Fitness Courts® to communities across Kansas. This partnership was formed to fight obesity, improve quality of life and create equitable access to exercise for communities around the state.

The first three community partners to be selected for a Fitness Court are Wichita Park and Recreation, Coffeyville Recreation Commission and Garnett Parks and Recreation. These communities will be awarded additional BCBSKS grant funding.

“We need more innovative solutions to address the physical activity needs of all Kansans. Solutions that will level the playing field and allow everyone a safe place to enjoy the outdoors and improve their health,” said Virginia Barnes, director, Blue Health Initiatives at Blue Cross Blue Shield of Kansas. “We believe that all people deserve this opportunity, and we are proud to partner with NFC and KRPA to show our commitment to improving the health of all Kansans.”



Erika Devore, Executive Director of KRPA added, “Our partnership with Blue Cross and Blue Shield of Kansas and NFC could not be more opportune. After a year of many closures and shut-downs, we have seen that parks and outdoor recreation play an essential role for all Kansans. The Fitness Courts will provide another option for Kansans to get outside to improve their health as well as their communities.”

The BCBSKS Fitness Courts® will feature a series of seven-minute workouts with the benefits of digital coaching on the free Fitness Court App, which delivers regular content to keep fitness training fun for adults of all ages and fitness levels. There are also opportunities for free fitness classes through an ambassador program featuring local trainers.

Beginning in March 2021, municipalities, schools and other organizations may apply for grant funding to assist in building a Fitness Court®, courtesy of BCBSKS

and the NFC. Grant recipients will receive tools, education and planning resources to build and sustain an exceptional outdoor wellness culture. “The National Fitness Campaign is proud to welcome Blue Cross and Blue Shield of Kansas as its state sponsor in Kansas,” said Mitch Menaged, Founder of the NFC. “This program will deliver tremendous resources to contribute to the important mission of fighting obesity and improving health outcomes as the network of Fitness Courts® grows across the state. We look forward to working with Blue Cross and Blue Shield of Kansas to make this campaign a great success.”

NFC’s award-winning initiative is now supporting more than 200 cities across America and is poised to deliver important outdoor wellness programs in a time of great need across the country. NFC launched the pilot program in Kansas when KRPA joined the campaign to support state-wide partners in 2020, with multiple partners already selected for the program.

To learn more about completing a grant funding application, go to: [www.nationalfitnesscampaign.com/kansas](http://www.nationalfitnesscampaign.com/kansas).





**PHOENIX**  
HOME CARE & HOSPICE  
*New Beginnings and Dignity in Life's Journey...*

- Hospice •Home Health
- Privately Paid Services
- Comprehensive Disease Management

"When I thought I could not live *independently* in the comfort of my own home...  
*I did with Phoenix Home Care & Hospice!*"

**For more information call  
(785) 260-6444**

www.phoenixhomehc.com



**HOPE IS ESSENTIAL!**

Valeo continues to provide essential mental health and substance use services during the pandemic.

**Valeo**  
Behavioral Health Care

24-Hour Crisis Line: 785.234.3300  
24-Hour Detox Number: 785.234.3448  
Valeo's Crisis Center  
400 SW Oakley Topeka, KS 66606

VISIT US AT:   or valeotopeka.org



**IN A CAR ACCIDENT?**

Before you sign anything, get our **Free Book**.

Get Your Answers,  
Lower Your Stress,  
Get Your Bills Paid,  
and Take Home More  
Money from Your  
Injury Settlement.

**(785)268-3601**      **KansasAccidentBook.com**

**PATTON & PATTON**  
ATTORNEYS AT LAW



**NEED HELP?**

- Multiple Year Tax Returns
- Tax Problem Solutions
- IRS letters

**Call Peggy at:  
785-286-7899**

**Peggy's Tax & Accounting**  
Conducting Business by the Book  
peggystaxks.com



# Alcohol Awareness Month looks at effects of AUD

By Michaela Butterworth  
Health Promotion Specialist

**D**id you know that April is Alcohol Awareness month? According to a national survey, 14.1 million adults ages 18 and older had Alcohol Use Disorder (AUD) in 2019\*. Alcohol use disorder is a medical condition which is indicated by an impaired ability to stop or control alcohol use despite adverse impacts on relationships, work performance, or personal health and hygiene. Some people refer to AUD as alcohol abuse, alcohol dependence, alcohol addiction, or alcoholism.



Michaela Butterworth

Why does alcohol cause us to act and feel differently? Why do some people become addicted while others do not? Alcohol's effects vary from person to person, depending on a variety of factors, including how much you drink, how often you drink, your age, your health status, and your family history of alcohol use.

What increases the risk for AUD\*? According to a recent national survey those who began

drinking before age 15 were more than 5 times as likely to report having AUD in the past year as those who waited until age 21 or later to begin drinking. In this same age group, females were at higher risk than males. For those of us with a family history of alcohol problems, genetics, mental health conditions, or trauma these also increase the risk for AUD.

How much is too much? According to SAMSHA (The national Substance Abuse and Mental Health Services Administration), for a typical adult "binge drinking" is defined as consuming 5 or more drinks for males, or 4 or more drinks for females, in a 2 hour period on at least one day in the past 30 days. Heavy alcohol use is defined as binge drinking on 5 or more days in the past 30 days.

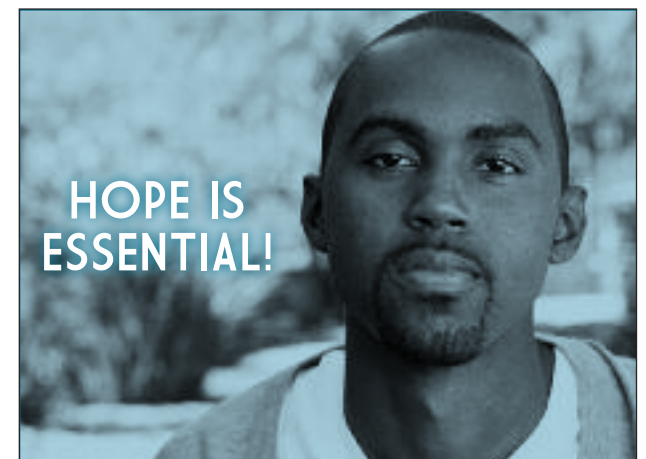
Considered a brain disorder, AUD can be mild, moderate, or severe. Lasting changes in the brain caused by alcohol misuse perpetuate AUD and make individuals vulnerable to relapse. The good news is that no matter how severe the problem may seem, evidence-based treatment with behavioral therapies, mutual-support groups, and/or medications can help people with AUD achieve and maintain recovery.

If you or someone you know is struggling with alcohol use, substance use, or mental health,

## April is Alcohol Awareness Month

we can help. Valeo's Recovery Center is located at 330 SW Oakley Avenue, or please call our 24-Hour Detox Line at 785-234-3448.

\*Source: <https://www.niaaa.nih.gov/alcohols-effects-health/alcohol-basics>



**Valeo's Recovery Center provides essential life-saving detox and substance use recovery services every day of the year.**



24-Hour Detox Number: 785.234.3448  
Valeo's Recovery Center  
330 SW Oakley Topeka, KS 66606

VISIT US AT: or [valeotopeka.org](http://valeotopeka.org)

### Valeo Behavioral Health Care (Adults)

Crisis Services  
400 SW Oakley  
Topeka, KS 66606  
24 Hour Crisis Line  
785-234-3300

### National Suicide Prevention Life Line

1-800-273-8255

### Shawnee County Suicide Prevention Coalition

SCSPC.org

### Family Service & Guidance Center (18 and under)

325 SW Frazier  
Topeka, KS 66606  
24 Hour Crisis Number  
785-232-5005

### Healing after Loss to Suicide Group (HeALS)

Sandy Reams – Group Facilitator  
[Topeka.Heals@gmail.com](mailto:Topeka.Heals@gmail.com)  
785-249-3792



# FINANCIAL HEALTH & WELLNESS

## Tax Day extended: filing & payment deadline now May 17

**T**he Treasury Department and Internal Revenue Service has announced that the federal income tax filing due date for individuals for the 2020 tax year will be automatically extended from April 15, 2021, to May 17, 2021.

Individual taxpayers can also postpone federal income tax payments for the 2020 tax year due on April 15, 2021, to May 17, 2021, without penalties and interest, regardless of the amount owed. This postponement applies to individual taxpayers, including individuals who pay self-employment tax. Penalties, interest and additions to tax will begin to accrue on any remaining unpaid balances as of May 17, 2021. Individual taxpayers will automatically avoid interest and penalties on the taxes paid by May 17.

Individual taxpayers do not need to file any forms or call the IRS to qualify for this automatic federal tax filing and payment relief. Individual taxpayers who need additional time to file beyond the May 17 deadline can request a filing extension until Oct. 15 by filing Form 4868 through their tax professional, tax software or using the Free File link on IRS.gov. Filing Form 4868 gives taxpayers until October 15 to file their 2020 tax return but does not grant an extension of time to pay taxes due. Taxpayers should pay their federal income tax due by May 17, 2021, to avoid interest and penalties.

The IRS urges taxpayers who are due a refund to file as soon as possible. Most tax refunds associated with e-filed returns are issued within 21 days.

This relief does not apply to estimated tax payments that are due on April 15, 2021. These payments are still due on April 15. Taxes must be paid as taxpayers earn or receive income during the year, either through withholding or estimated tax payments.

In general, estimated tax payments are made quarterly to the IRS by people whose income isn't subject to income tax withholding, including self-employment income, interest, dividends, alimony or rental income. Most taxpayers automatically have their taxes withheld from their paychecks and submitted to the IRS by their employer.

State filing and payment deadlines for Kansas have also



been extended to be the same as the federal filing deadline.

—Peggy Beasterfeld, EA



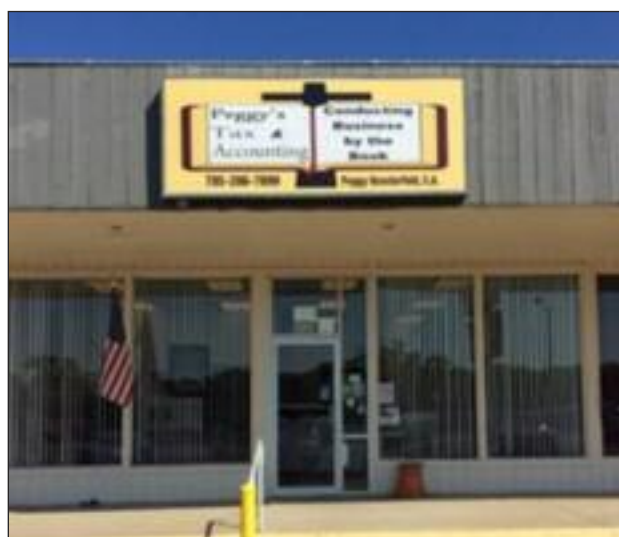
**Peggy's Tax & Accounting Svc LLC**

**300 SE 29th, Suite C**

**Topeka, Kansas 66605**

**Tel: 785-286-7899**

**Frontdesk@peggystaxks.com**





# Dangers of Slips and Falls for Seniors

**S**lips and falls are, unfortunately, a common occurrence for seniors. One out of every four senior adults falls each year in the United States. Preventing these falls is paramount to you or your senior loved one's health.

## Statistics

According to the U.S. Centers for Disease Control, about 36 million older adults fall each year. Of those, 3 million are treated at the emergency room. Sadly, 32,000 older adults die from injuries sustained from these falls.

Injuries from falls are debilitating and limit a senior's mobility, particularly because it takes longer for seniors to heal. One out of every five falls leads to an injury, such as a broken bone or head injury.

This is where having a caregiver, even part-time, can help your senior loved one. If you don't have time, home health aides from Phoenix Home Care & Hospice can assist you.

## Why Slips and Falls Are Common in Older Adults

Why are slips and falls more prevalent in older adults? There are several reasons.

**Declining physical fitness.** Many adults aren't as active in their older years as they were when they were younger. This can lead to weaker muscles and bones, which exacerbate mobility problems.

**Impaired vision.** Elderly adults also have more difficulty seeing as they age. They might not see the edge of a carpet, the arm of a chair, or an obstacle lying on the floor.

**Medications.** Certain medications have side effects such as dizziness, drowsiness, or low blood pressure. If you or a loved one takes sedatives, anti-depressants, cardiovascular drugs, or some pain medications, discuss how to prevent slips and falls with your care team.

**Chronic diseases.** Some chronic diseases that affect the elderly may contribute to physical or mental difficulties that lead to slips or falls. Arthritis causes less mobility



and strength. Parkinson's and Alzheimer's diseases also cause muscle weakness along with cognitive impairment and balance disorders.

**Healing from surgery.** Are you or a loved one healing from surgery? This can be a factor in slips and falls. Consider a loved one with decreased mobility due to surgery in the arms, legs, hips, or back. A home health aide from Phoenix Home Care can help you heal after a hospital stay or surgery while assisting with mobility issues.

**Obstacles in the home.** Obstacles are more than just things strewn on the floor. Edges of carpets, pets, poor lighting, and lack of safety equipment (such as handrails) can cause slips and falls in the home.

## Why Slips and Falls Are Dangerous to Seniors

In addition to hospitalizations and severe injury, slips and falls can have health consequences beyond the injury itself.

**Complications.** Complications from an injury may linger for months or years. Seniors without good physical fitness may take longer to heal from a muscle or bone injury, and that can affect their overall physical and mental health over time. Physical therapy can help.

**Delayed healing.** If the slip and fall injury happens shortly after surgery, you or your loved one may face delayed healing from that medical procedure. Another

consideration is that medicine needed for pain following the slip and fall might interfere with medications you're already taking.

Increased stress. Mental health goes a long way to improved healing. That's why Phoenix Home Care & Hospice believes the best healing happens at home. Adding an injury can make you or your senior loved one feel sad and depressed, which can affect their healing outcomes.

## Talk to Phoenix Home Care & Hospice

The staff at Phoenix Home Care & Hospice specializes in caring for clients at home, where we believe in new beginnings for our clients. Contact Phoenix

Home Care online or call toll-free 1-888-830-2388 to learn how we can help you or a loved one heal.



Offering Comprehensive Disease Management, Acute Skilled Nursing through Home Health Service; Private Duty Nursing to children and young adults with Special Need; Privately Paid Services such as nursing, nurse-aide or companion level assistance with activities of daily living from a few hours a day to around-the-clock care; Hospice, Chronic Care Management through Keep Well ACO, Wellpack/Pharmacy.

Phoenix Home Care & Hospice was founded in 2011 and has 3500 employees.

Phil Melugin, President/CEO  
Nick Carroll, Topeka Regional Manager

2945 SW Wanamaker Dr., Suite B, Topeka, KS

785-260-6444

www.phoenixhomehc.com





TOPEKA  
COMMUNITY  
CYCLE  
PROJECT

www.topekacycleproject.org



Bring your own bike during open shop to work on with our tools, earn a bike from our Earn-A-Bike program, volunteer at open learn cycling safety at one of our certified safety instructor-led classes, or find one of our locally built Bike Racks to lock up to.

**Oakland Community Center, 801 NE Poplar St**  
Mailing Address: P.O. Box 504, Topeka, KS 66601  
[topeka@cycleproject.org](mailto:topeka@cycleproject.org) • (785) 380-9827

**metro**  
**VOICE**  
**NEWS**

### Our 15th Year Providing

- Local, Regional & National News
- Free Local Event Calendar
- Service to 20,000 readers monthly
  - Family-friendly content
- Distribution to 500 Topeka outlets
  - Low ad rates & free design
- Print & Online News & Advertising
  - Serving non-profits
  - Helping small businesses

785-235-3340

[Voice@cox.net](mailto:Voice@cox.net)

[www.MetroVoiceNews.com](http://www.MetroVoiceNews.com)

[facebook.com/TopekaMetroVoice](https://facebook.com/TopekaMetroVoice)

Topeka, KS

## Answers to Quiz from page 3

### 1 FLASHING RED LIGHTS AT HIGHWAY-RAIL GRADE CROSSINGS REQUIRE MOTORISTS TO:

- A** Toss a coin to decide whether to stop or go.  
**B** Stop. Let the train pass.  
*STOP and wait for the train. Flashing lights must be treated like a stop sign. Proceed only when it is safe to do so.*



### 2 A TRAIN IS APPROACHING. ARE THESE STATEMENTS TRUE?

- A** The train is closer and faster than you think.  
**B** A train striking a car is like your car crushing a soda can.  
*YES, both statements are true. If it's a tie at the crossing, you lose.*



### 3 WHAT DOES THE ADVANCE WARNING SIGN NEAR A HIGHWAY-RAIL GRADE CROSSING MEAN?

- A** Slow down and prepare to stop if a train is coming.  
**B** Restrooms and recreation are ahead.  
*SLOW DOWN. Look and listen for a train. Stop if a train is coming.*



### 4 AT A CROSSING WITH TWO OR MORE TRACKS, SHOULD YOU PROCEED AS SOON AS THE LAST RAILCAR CLEARS THE CROSSING?

- A** Yes  
**B** No  
*NO. Wait for a clear view in both directions. Make sure another train is not coming from either direction.*



### 5 A TRAIN CAN BE EXPECTED ON ANY TRACK AT ANYTIME.

- A** True  
**B** False  
*Definitely TRUE. Don't be fooled by your familiarity with a crossing. Trains run anytime, day or night.*



### 6 IT'S NEVER SAFE TO DRIVE AROUND CROSSING GATES.

- A** True  
**B** False  
*TRUE. NEVER drive around gates. You are violating the law and endangering your passengers. You must not proceed until gates go up and lights go off.*





# 5 Ways to Reduce Everyday Stress

**D**eadlines, responsibilities, bills -- there are so many causes of stress in our lives. Unfortunately, stress can take a negative toll on one's health and wellness, particularly if it goes unaddressed for too long. Indeed, common effects of stress include headaches, stomach upset, anxiety, sleep problems and more, according to the Mayo Clinic.

This April, which is Stress Awareness Month, consider these strategies for relieving stress.

- **Aromatherapy:** Scent your home and workspace with stress-relieving scents like lavender, rosemary and peppermint. Whether you use candles, oils or fresh herbs, this is an easy way to immediately reduce feelings of stress.

- **Get outdoors:** Both exercise and nature can have stress-relieving properties. Combine the two with hiking, biking, and water-based sports. Support your adventures with water-resistant wearable tech, like the WSD-F20 ProTrek Smart Outdoor Watch, which features functions like full color maps and GPS, app functionality to track progress, as well as sensor technology, allowing you to comfortably get off the beaten path and



better appreciate your surroundings.

- **Meditate:** Many experts agree on the benefits of meditation, from increased positive emotions to the relief of stress and anxiety. And these days, meditation is more accessible than ever, as employers offer mindfulness programs in the workplace, mobile apps in guided meditation abound, and communities and fitness clubs add practices like tai chi and yoga to their rosters.



- **Enjoy music:** Music can be an extremely powerful outlet for stress relief, particularly when you're getting creative and making it yourself. Have the means at home to play a variety of beautiful music so that you can de-stress any time you need. To faithfully reproduce the sounds of acoustic in-

struments like guitars, drums, basses, brass, wind instruments, string ensembles and more, you don't need an entire music studio full of separate instruments. The upgraded technology and sound quality found in digital pianos like Casio's CT-X700, which includes the new AiX Sound-Source, reproduces subtle nuances and gestures specific to each sound.

- **Keep a journal:** Keeping a journal can be a good way of putting things in perspective and thinking through the short- and long-term problems and challenges that are causing you stress. Plus, the ritual aspect of what could be made into a daily habit, may have a calming effect on the body and mind.

This Stress Awareness Month and beyond, considering adopting stress-reducing hobbies and habits for a healthier body and mind.

Source: StatePoint



# SPETL: Brain Surgery Through the Lip!



(Ivanhoe Newswire) —

**F**or about half of all people with epilepsy, medication controls the seizures ... but for others, once medication fails, brain surgery becomes the best option. Now, for the first time in the U.S., an epilepsy expert and a team of skull base surgeons have developed a new approach.

Thirty-nine-year-old Joey Chasko loves to bake with mom Linda. Some days, Joey needs help with details. He's had seizures since birth, but two years ago, they got worse.

"They started to come more often, about, like, every two or three weeks," recalled Joey.

Even with three daily medications twice a day, nothing stopped the seizures. Brain surgery was the next step.

"It was his choice, but at the same time, it was a scary decision to make," explained Joey's mom, Linda Chasko.

Joey's doctor thought he would be the perfect candidate for a new approach pioneered by a team of surgeons at the University of Pittsburgh Medical Center. For the past decade, surgeons have performed epilepsy surgery through a standard craniotomy. Now, the surgeons wanted a better angle to visualize the



brain.

"Instead of going through the nose, we went through what we call the gingival labial fold, which is inside the mouth," illustrated Jorge Gonzalez-Martinez, MD, PhD, a neurosurgeon at University of Pittsburgh Medical Center.

By going through the inside of the lip, surgeons leave more of the brain intact.

"Now, we are removing small areas, as I said, size of an olive, perhaps the size of a cherry, very localized, very focal," Dr. Gonzalez-Martinez described.

Joey had some facial numbness, but no seizures. He's looking forward to some day being completely medicine-free.

"And I could get back to a regular normal life and not have to worry about anything," Joey shared.

The UPMC team has performed this new sur-

gery on two other patients in addition to Joey. Doctors say all three are recovering well. The new procedure has now been dubbed the Sublabial Pittsburgh Endoscopic Temporal Lobe—or "SPETL" approach.

Approximately 3.5 million people in the United States have epilepsy with around 50 to 70 percent being able to successfully control their seizures with medication. This leaves 30 to 50 percent of patients that cannot have seizures controlled with medication, and therefore look toward surgery in order to help control their seizures.

The craniotomy is the traditional way of performing surgery to help treat seizures. The surgery removes areas in the brain that are not completely responsible for the seizures in order to get access to the areas that need to be treated. The downfall of this treatment is that the removal of unnecessary areas to treat seizures could cause problems for the patients which may cause additional distress, mainly memory and cognition.



# Farmers Markets starting up again

The idea of the Farmer's Market is as old as time. In times past, markets were the centers of towns and villages, the place people gathered to buy or barter goods and services, and to catch up on village news. Today, Farmer's Markets are thriving throughout the US and other countries, providing quality, healthy produce fresh from the field, preserving local farms, revitalizing downtown areas and creating a social opportunity for city and country folks to come together.



The Downtown Topeka Farmers Market is open 7:30am to noon on Saturdays. For info: 785-249-4704 or [topekafarmersmarket@gmail.com](mailto:topekafarmersmarket@gmail.com).

According to the Centers for Disease Control 2013 State Indicator Report on Fruits and Vegetables, 41.4% of adults report consuming fruits less than once per day and 22.2% report consuming vegetables less than once per day. The United States Department of Agriculture recommends making at least half of every meal consist of fruits and vegetables.

Farmers Markets provide an opportunity for increased access to fresh fruits and vegetables and help to decrease the number of Kansans who do not eat enough fruits and vegetables. Fresh fruits and vegetables are the primary focus at the markets. Visitors may also find whole wheat baked goods, fresh cut flowers, potted plants, local honey and much more.

Visit one of Topeka's Farmers Markets often this year for a taste of one of Topeka's most loved traditions, and your health will be the better for it.

## Find a Farmers Market in Shawnee County, KS



View each market on the map at [heartlandhealthynneighborhoods.org](http://heartlandhealthynneighborhoods.org)

A Farmers Market is a venue at which farmers sell agricultural products and food directly to the general public. Consumers get to build unique relationships directly with the people that grow our foods.

As a coalition, Heartland Healthy Neighborhood recognizes that community design features- like farmers markets, sidewalks, bike lanes, and healthy food retail-makes it easier to be healthy in Shawnee County and we support our local farmers markets.

Learn more about our community's health at [heartlandhealthynneighborhoods.org](http://heartlandhealthynneighborhoods.org) or like us on Facebook.



Markets updated 3/18/2019

Suggestions to Lissa Staley, [lstaley@tscpl.org](mailto:lstaley@tscpl.org)

### Capitol Midweek Farmers Market

Corner of Jackson and 10th Avenue,  
South Capital Lawn, Topeka, KS 66612  
Wednesdays 7:30 a.m. – 12:00 p.m.  
Opens in May

### Downtown Topeka Farmers Market, Inc.

12th and Harrison, South of Judicial  
Building, Topeka, KS 66612  
Saturdays 7:30 a.m. – 12:00 p.m.  
Open April 3 - Nov. 7



### Monday Market @ Your Library

Topeka and Shawnee County Public Library  
1515 SW 10th Ave., Topeka, KS 66604  
Mondays 7:30 a.m. – 11:30 a.m.  
Open May 10-Oct. 4

### Silver Lake Farmers Market

Silver Lake Public Library  
203 Railroad Street, Silver Lake, KS 66539  
Tuesdays 6:00 p.m. – 8:00 p.m.  
Opens in May

### East Topeka Farmers Market

Topeka Housing Authority  
2010 SE California, Topeka, KS 66607  
Opens in May



### Mother Teresa's Farmers Market

Mother Teresa of Calcutta Catholic Church  
2014 NW 46th St., Topeka, KS 66618  
Opens in May

### Lawrence Farmers Market

Sat. 7:30-11:30  
824 New Hampshire Street  
Open April 10-Nov. 20

### Lawrence Tuesday Market 4-6pm

South Park, 1141 Massachusetts  
Open May 4-Oct. 26

- Some markets accept SNAP and offer Double-Up programs to provide twice the amount of produce to consumers using their SNAP/EBT card.
- Supplemental Nutrition Assistance Program (SNAP) offers nutrition assistance to eligible, low-income individuals and families and provides economic benefits to communities.
- In Kansas, the program is known as the Food Assistance Program.
- Learn about eligibility and complete the Online Application for Benefits at <http://www.dcf.ks.gov/> to or visit DCF Office Location for Topeka/Shawnee County, 500 S.W. VanBuren, Topeka, KS 66603 or call 785-296-2500.





## TIPS FOR REUNION VISITS

Whether the person with dementia is at home or in a long-term care community

alzheimer's  association\*

### Plan and Prepare

- First and foremost, consult the latest CDC guidelines for mask-wearing, social distancing, and appropriate in-person activities and physical contact for fully-vaccinated individuals.
- Find out ahead of time—from the primary caregiver in the home or the staff at the long-term care community—how the person with dementia is doing physically and cognitively so you are prepared for potential changes in appearance and behavior prior to the visit.
- Ask the caregiver (or the community staff) about when is a good time for a visit and recommendations on how long to plan on staying.
- Ask the caregiver (or the community staff) if you could bring a small gift or favorite food item for the person.
- Instead of having the whole family go for the first visit, have one or two go so as to not overwhelm the person.
- Sensory cues are helpful if you haven't seen the person in awhile. Perhaps wear a perfume that they might recognize as your familiar smell or a recognizable piece of clothing and/or bring along an item with a special memory.

### At the Visit

- When you see the person, say their name and also introduce yourself. Do not assume they will know who you are right away. See how they react and then respond accordingly.
- Do not ask them: "Do you remember me?"
- Do not be surprised if they fail to recognize you at first.
- If you are wearing a mask, perhaps bring along a photo of yourself without a mask on to help them recognize you.
- In fact, bring a few photos to share with them—of the two of you together, of past family gatherings—though avoid photos with too many faces as that might be confusing for them.
- Do not assume they will know about Covid-19 and why you have been unable to visit. But do not dwell on the pandemic; instead bridge to a more positive topic of conversation.
- When talking with the person, accept their reality—whether that is today or 20 years ago. Follow their lead.

### Easy Ways to Make the Conversation go More Smoothly

- Be a good listener.
- Be patient if they repeat the same questions and statements.
- Avoid correcting them.
- Refrain from asking questions, rather make statements and share thoughts.
- Use short sentences and speak slowly but don't speak to them using childish, cutesy phrases.
- Pay attention to your tone of voice.
- Be supportive and encourage the person to continue to express themselves even if it is hard to follow what they are saying or it is taking a long time.
- If allowed/appropriate, pat or hold their hand.

### Pay Attention to Body Language

- Keep your cell phone in your purse or pocket, so you are not tempted to check it during the visit.
- Be present and enjoy just being with them.
- Your mood affects their mood. Stay calm and positive. Smile (even if wearing a mask!)
- Be comfortable in the silence—do not feel the need to keep talking.
- Observe how the visit is going and how they are doing. If you sense any agitation, consider not staying as long as you had planned.
- If allowed/appropriate, hug them goodbye. And thank them for a nice visit.



# 6 Things to Know About GMO Foods

**Y**ou may have heard of “GMO” foods before, but you may not know about the science and purpose behind these foods.

“GMO” is a common term used to describe foods that have been created through genetic engineering. A GMO (genetically modified organism) is a plant, animal or microorganism that has had its genetic material (DNA) changed using technology that generally involves the transfer of specific DNA from one organism to another.

Although GMO foods are widely available to consumers, there is sometimes confusion around what GMOs are and how they are used in the United States’ food supply. As part of the Feed Your Mind education initiative, the U.S. Food and Drug Administration (FDA) provides science-based information to help consumers better understand GMOs:

**1.** Only a few types of GMO foods are sold in the United States. Soybeans, cotton, corn, alfalfa, apples, canola, papaya, potatoes, summer squash, sugar beets, pineapple and AquAdvantage salmon complete the list of GMO foods currently sold in the U.S. Only a few of these are available in the produce sections of grocery stores. Most are instead used to

make ingredients that are then used in other food products like cereals and snack chips.

**2.** GMOs can help farmers grow crops that are resistant to diseases and insects. Humans have used traditional ways to modify crops and animals to suit their needs and tastes for more than 10,000 years. Genetic engineering lets scientists take a beneficial gene, like insect resistance, and transfer it into a plant. Results can include higher crop yields, less crop loss, longer storage life, better appearance, better nutrition or some combination of these traits.

**3.** GMO foods are as safe to eat as their non-GMO counterparts. The FDA, U.S. Environmental Protection Agency and U.S. Department of Agriculture work together to make sure GMOs are safe for human, plant and animal health. GMO foods are carefully studied before being sold to the public to make sure they are safe. Some GMO plants have even been modified to improve their nutritional value. For example, some GMO soybeans contain healthier oils, which can replace oils containing trans fat.

**4.** GMO foods are no more likely to cause allergies than non-GMOs. You will not be allergic to a GMO food unless you’re allergic to the non-GMO version of that



food. For example, if you’re not allergic to foods made with non-GMO soy, you won’t be allergic to foods made with GMO soy. When developing GMOs, scientists run tests to make sure allergens aren’t transferred from one food to another.

**5.** GMOs can reduce farmers’ use of pesticides. Some GMO plants contain plant-incorporated protectants to make them resistant to insects. This lowers farmers’ need for and use of spray pesticides.

**6.** A “bioengineered” disclosure will be on some of the foods you eat. The National Bioengineered Food Disclosure Standard requires bioengineered foods to be labeled by 2022 with text on the packages that reads “bioengineered food,” the bioengineered food symbol or directions for using your phone to find the disclosure. Sometimes the terms “bioengineered,” “GMO” and “genetic engineering” are used interchangeably, but labels required under the Standard use the term “bioengineered.”

Find more answers to your questions about GMOs at [fda.gov/feedyourmind](https://www.fda.gov/feedyourmind).





# How Should Athletes Prepare for the Spring Sports Season?

Many athletes have been cooped up and sedentary more than normal during shutdowns over winter

If you're participating in a spring sport, what should you be doing to get ready to compete? Hopefully, you been training while cooped up over the winter, or at least have been staying relatively active to maintain your level of fitness. But if you had more of a couch potato lifestyle for the past few months, it's time to get up!

According to the National Children's Hospital, 50% of injuries could have been avoided if the athletes had been properly conditioned before competing in their respective sport. Whenever you decide to start a training program, it's essential to look at a few things beforehand:

- Time table: when are you starting?
- Baseline of fitness
- Movement skills
- General conditioning principles
- Sports-specific goals
- The athlete's physical capacity

Athletes should create a training program designed around the four 'seasons' of sports:

**1. Post Season:** The initial one to three months after the regular season when the athlete has the opportunity to rest and recuperate both mentally and physically. It also gives the athlete an escape to avoid burnout.

**2. Off Season:** This period lasts about four to six months after the post season and focuses primarily on strength, flexibility and endurance to decrease the risk of injury. Intense conditioning should be performed three to five times a week.

**3. Pre Season:** Roughly one to two months before the regular season, workouts begin to shift from strength training to sports-specific conditioning, agility drills and movement skills to ensure the athlete will perform optimally at the start of the season.

**4. Regular Season:** This involves training four to six days a week to help maintain aerobic and anaerobic conditioning to improve fitness level. During this time, weightlifting should be done twice a week.



## General Principles of Conditioning:

- Warm Up/ Cool Down: Increase blood flow to warm the muscles
- Motivation: Keep the athlete interested; GET CREATIVE!
- Consistency: Conditioning regularly is effective
- Progression: Gradually increase the intensity to increase the physical ability
- Intensity: Work harder for short periods of time
- Overload: Work harder than normal to put good stress on the body, which will help the body adapt & improve
- Specificity: Perform drills specific to the athlete's sport
- Individuality: Design a program specific to the individual athlete
- Minimize stress: Push the athlete but allow adequate rest
- Safety: Use safe techniques and proper equipment

Before an athlete starts training in sports-specific move-



ments, it's important that they are trained for general strength, flexibility and endurance. Altogether, these indicate their Baseline Level of Fitness.

- General strength is the quality or state of being able to exert force through your body to produce.
- Flexibility refers to a muscle's ability to lengthen to allow for more range of motion.
- Endurance can be categorized into two categories, aerobic and anaerobic. Aerobic endurance maintains the body's oxygen flow continuously, therefore allowing the athlete to participate in their sport for longer periods of time without fatigue. Anaerobic endurance is muscle endurance. It's the muscle's ability to perform an exercise repeatedly but for quick bursts of time.

Once all three of those skills have been trained efficiently, the athlete's body is now able to handle the fitness demands of their particular sport. Movement skills are necessary to help an athlete excel in their sport. Power, stability, reaction speed, first steps, agility and speed are all trainable movement skills that can push the athlete above and beyond mediocre performances. For instance, a softball pitcher does not simply become an expert at her pitching technique if she improves her strength training. Instead, she must repeatedly throw different pitches to perfect her release and ball movement.

Lastly, when creating a training program, always look at the individual athlete's physical capacity as well as the sport for which they are training. It would be different with a long distance runner on heavy weight squats than for a sprinter simply because they do not require the same forces from the body. Tailoring each training program helps develop each athlete's ability to perform at the optimal level of competition.

It takes more than a few weeks to develop the necessary skills and baseline conditioning to perform well when the sports season begins. Starting a training program weeks or months in advance allows the athlete to develop the necessary level of conditioning and athleticism to fully benefit from a coach's preseason skill development practices. If an athlete is still recovering from COVID, a doctor's advice may be necessary in formulating a personalized approach to regaining sports fitness.

Source: Cierra Washington, ATC



# The Importance of Eye Safety as Sports Season Begins

**When playing sports, take precautions to protect your eyes from unnecessary damage**

**W**hen playing sports, we often take precautions to protect our arms, legs, fingers, and so on from unnecessary damage. While all of that is great, it's even more important to protect our eyes. Some sports actually require protective eyewear, but even for the ones that don't, we need to recognize when and how we should be protecting our eyes.

## Why Does Eye Protection Matter?

One of the leading causes of blindness in children is eye injuries, and most of these injuries are sports-related. What makes this even more devastating is that, according to the National Eye Institute, up to 90 percent of sports-related eye injuries could have been prevented by wearing protective eyewear.

So let's take a closer look at the protective eyewear for different sports.

## The Right Eye Protection For The Sport

Some sports require more eye protection than others, and some may not specifically require eye protection but it's still a good idea to have it. The sports where eye safety is a particular concern are:

- lacrosse
- archery
- swimming
- football
- hockey
- skiing
- snowboarding

For these sports, you can usually find specialized face masks or goggles alongside the other protective equipment.



goggles alongside the other protective equipment.

For other sports, a good eye protection option is polycarbonate goggles, which can be worn over

goggles askew or even into the eyes, and we don't want that.

Unless you are careful to follow USA Water Polo's very specific guidelines for protective goggles and you need them to see because you have a strong prescription, it's probably better not to use goggles at all.

glasses. Polycarbonate is a much stronger material than regular plastic and resist shattering when something strikes them. Sometimes these goggles can even be specially made to match vision prescriptions so the athlete doesn't have to wear their goggles and glasses at the same time. This is a good option for sports such as:

- soccer
- basketball
- baseball
- tennis
- biking

Things are more complicated with sports like water polo, where normal eye protection can actually become a hazard. A flying elbow to the face from another player could shove a pair of



## Let Your Optometrist Help You Find The Right Gear!

If you aren't sure what type of gear is best for the sport you play, see your local optometrist, and they'll help you pick out the right protective eyewear to keep you at the top of your game.

And if you or anyone on your team does sustain an eye injury, it's critical to get straight to an eye doctor for treatment.

Source: [visionsource.com](http://visionsource.com)



# NexTrex

## plastic film recycling challenge info sheet

COMMUNITY  
PROGRAM



### 1 How does the challenge work?

Determine a six-month collection time period.

Collect a minimum of 500 lbs. or 40,500 plastic film and bags.

Weigh and record amount of film recycled each month.

Deliver the collected plastic film to a participating retailer (see list) for recycling.

Report recycling totals to Stephanie Hicks, [shicks@trex.com](mailto:shicks@trex.com) each month.

### What can be recycled?

*All plastic must be clean, dry and free of food residue.*



Grocery bags



Bread  
bags



Bubble  
wrap



Dry cleaning  
bags



Newspaper  
sleeves



Ice  
bags



Plastic shipping  
envelopes



Ziploc & other reclosable  
food storage bags



Cereal  
bags



Case  
overwrap



Salt  
bags



Pallet wrap &  
stretch film



Wood pellet  
bags



Produce  
bags

### 2 What does Trex provide?

- Two recycling bins
- Posters
- Award

### 3 Award

- If goal is met or exceeded, group will receive a Trex bench.

register on the website: [trex.com/recycling](http://trex.com/recycling)



# How to Care for Runners' Feet

By Rachel Basinger

**A**s a runner, you're on your feet a lot. That's why foot care is so important. Whether you've been dealing with discomfort in your feet or if you just want to prevent issues from occurring, these tips will help you to keep your feet in tip-top shape and avoid injuries.

Feet are your foundation for running. If you're dealing with foot pain, you may be sidelined for a while. Ignoring your feet can lead to injuries like plantar fasciitis, black toenails, blisters, corns, and other issues. Speaking from personal experience, it can take months for your toenails to get back to normal from something even as minor as black toenails.

## HOW RUNNERS CAN CARE FOR THEIR FEET

We've put together a list of things you can do to care for your feet. There's a good chance that you're already doing some of the items on this list, but to take the best care of your feet, you really need to do all of it.

**1. WEAR THE CORRECT RUNNING SHOES.** If you're doing everything else but don't have shoes that fit, it's counterproductive. Comfort is key. If it doesn't feel good, it's going to lead to problems. Get fitted to ensure that you have

the right type of shoe. Most runners are fine with neutral shoes, but some need shoes that are more supportive or control pronation better. The amount of cushioning your shoes have might be a matter of personal preference. But all shoes, plush and minimalist alike, eventually lose their cushioning and need to be replaced. That's the perfect time to reevaluate whether you are in the right shoes. A fitting might reveal that more stability might be better for you. Just making that small change can have a major impact on your running. Also, you'll typically need to order a ½ size up for running shoes.

**2. WEAR GOOD MOISTURE-WICKING SOCKS.** You probably wear a moisture-wicking shirt so you're not drenched when you come back from a run. Getting a couple of pairs of good moisture-wicking socks will make all the difference in your runs. My current favorite brand is Swiftwift because they are so good at wicking that even when I step in a little water with them before putting on my shoes, I don't feel a thing!

**3. PREVENT BLISTERS.** Beyond getting good pairs of socks, you'll want to ensure that nothing is rubbing the wrong way and causing blisters, especially if you go for a lot of long runs. Putting body glide or petroleum jelly on hot spots will keep your feet safe. Make sure that you take the time to get used to new running shoes. Wear them around the house for a couple of days before taking them for a short run. Give your feet time to get used to them to avoid blisters.

**4. BE MINDFUL OF WHAT YOU WEAR WHILE NOT RUNNING.** You'll want to spend the same amount of thought considering what to wear when you're not running. Shoes with poor foot support will make your feet hurt even if you use them when you're not running. You might want to look into getting a pair of recovery sandals or shoes, which feel great and will protect your feet. Make sure that any casual or work shoes you have fit well. And if you're a woman, you might want to avoid wearing high heels as much as possible.



**5. ICE YOUR FEET POST-RUN.** One great way to reduce swelling and help your feet recover faster is to ice your feet after a run. While the first few seconds are pretty uncomfortable, once you get used to the water temperature, it feels great.

**6. MOISTURIZE YOUR FEET.** Although we don't always do it, putting lotion on your skin helps to keep it nice and fresh. This includes your feet. To prevent cracking and dry feet, take time to moisturize your feet.

**7. MASSAGE YOUR FEET.** Massaging your feet will really make your feet feel better. Plus, it will help reduce the chance of injuries. If anything is tight, massaging is a great way to get your foot to loosen up. Better yet, you can kill two birds with one stone by moisturizing your feet and massaging them at the same time. I like to ice my feet after a long run, take a quick hot shower, and then put lotion on my feet and massage them.

**8. KEEP TOENAILS TRIM.** While it's pretty obvious if our fingernails are too long, it can be easy to forget about toenails. However, it's important to keep them nice and trim to prevent ingrown nails and black toenails. Additionally, if your nails are long, they can also cut into your toes while you're running.

**9. PREVENT ATHLETE'S FOOT.** This is a very uncomfortable condition that typically occurs when people are wearing tight-fitting shoes and sweat profusely. This goes back to the importance of having running shoes that fit, and good socks. If you want to avoid a scaly rash that is itchy and burns, then you'll want to do everything that you can to prevent athlete's foot. You can make sure that this doesn't happen to you by keeping your feet dry as much as possible.

**10. STRENGTHEN FOOT MUSCLES.** Doing foot strengthening exercises will help ensure that your feet stay strong. Try toe-curling, which you can do from anywhere. Simply stand on one leg, two legs, or even sit down and curl your toes. You'll be strengthening and working your intrinsic foot muscles. Another option is to alternate between shifting your weight to the out edges of your feet and the inner edges. Make sure that you're keeping your body upright. Walking and running barefoot is another great way to keep your feet strong and improve postural stability.

**I-Design**  
Graphic Services  
& Advertising Consultants

*Website Design Service*



If you've talked about a website but don't know where to turn, I can be a resource for you. I help you decide what you need on a website vs. a Facebook Business Page, I build your website and help you get your domain. When I am finished, I will teach you how to log in and make changes that you want to maintain and update your website. You are in control.

If you just want to talk to learn the details give me a call. Your new website is closer than you might think.

**Call: 785-249-1913**

**Email: irene@idesigngs.com**

**Visit: www.idesigngs.com**



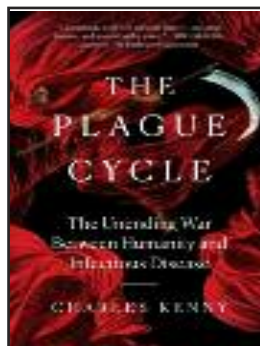
# New Health & Wellness Info at the Library

By Kelly Barker

**F**ulfill your prescription for information at the library's Health Information Neighborhood, where wellness knowledge is at your fingertips.

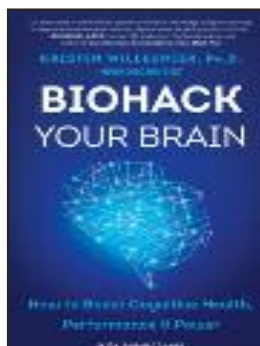
**The Plague Cycle:** The Unending War Between Humanity and Infectious Disease by Charles Kenny, New Health Books Media Center 614.4 KEN

Written as colorful history, The Plague Cycle reveals the relationship between civilization, globalization, prosperity, and infectious disease over the past five millennia. It harnesses history, economics, and public health, and charts humanity's remarkable progress.



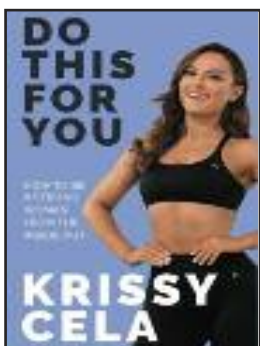
**Biohack Your Brain:** How to Boost Cognitive Health, Performance & Power by Dr. Kristen Willeumier, New Health Books Media Center 612.82 WIL

In Biohack Your Brain, the author reveals how you can change your brain by making simple and easy modifications to your lifestyle. Combining clinical experience with revolutionary science, she details how biohacking your brain can boost your cognitive performance and so much more.



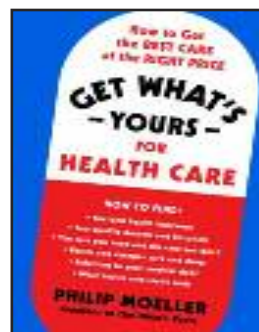
**Do This for You:** How to be a Strong Woman from the Inside Out by Krissy Cela, New Health Books Media Center 613.7045 CEL

Fitness is as much about the mental battle as it is the physical. Using simple techniques, Krissy will help you to develop the inner strength to do this for you, find the "why" that drives you, challenge mental barriers and self-doubt, and build healthy habits that last.



**Get What's Yours for Healthcare:** How to Get the Best Care at the Right Price by Philip Moeller, New Health Books Media Center 610.43 MOE

Healthcare expert Philip Moeller has written a concise guide to healthcare and health insurance. He provides tools that patients need before, during, and after they get medical care. He describes the care we need, the care we don't, and how to deal with hospitals, and healthcare providers.



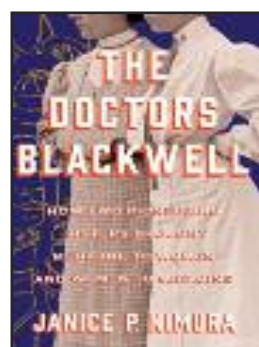
**The New Hot:** Navigating Menopause with Attitude and Style by Meg Mathews, New Health Books Media Center 618.175 MAT

Brit-pop icon and outspoken menopause ambassador Meg Mathews refused to move quietly into this stage of midlife. Honest, stylish, and informative, The New Hot will help you take on menopause--and keep your sense of self, style, and humor intact.

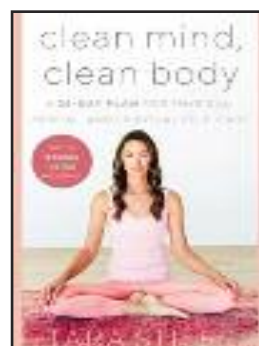


**The Doctors Blackwell:** How Two Pioneering Sisters Brought Medicine to Women--and Women to Medicine by Janice P. Nimura, New Health Books Media Center 610.92 NIM

Together, the Blackwell sisters founded the New York Infirmary for Indigent Women and Children, the first hospital staffed entirely by women. This richly researched new biography celebrates these pioneers who exploded the limits of possibility for women in medicine.



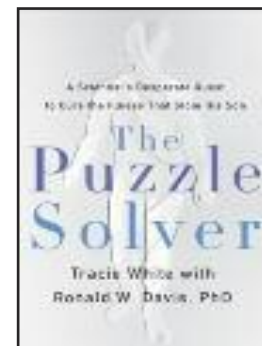
**Clean Mind, Clean Body:** A 28-day Plan for Physical, Mental, and Spiritual Self-care by Tara Stiles, New Health Books Media Center 613 STI



Clean Mind, Clean Body is the ultimate reset button, an immersive experience in mental and physical self-care that will transform your daily routine and your habits.

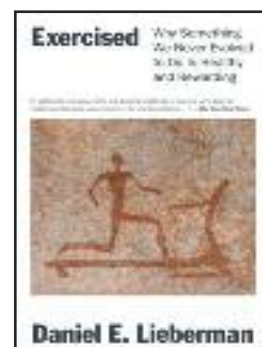
**The Puzzle Solver:** A Scientist's Desperate Quest to Cure the Illness that Stole His Son by Tracie White, New Health Books Media Center 616.0478 WHI

In The Puzzle Solver, journalist Tracie White, who first wrote an award-winning piece on geneticist, Ron Davis, in Stanford Medicine, masterfully takes readers along on this journey with Davis to solve one of the greatest mysteries in medicine as he uncovers new proof confirming that Chronic Fatigue Syndrome is a biological disease.



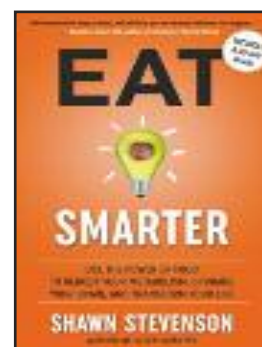
**Exercised:** Why Something We Never Evolved to Do is Healthy and Rewarding by Daniel Lieberman, New Health Books Media Center 613.7 LIE

If exercise is healthy (so good for you!), why do many people dislike or avoid it? Exercised will revolutionize the way you think about exercising--not to mention sitting, sleeping, sprinting, weightlifting, playing, fighting, walking, jogging, and even dancing.



**Eat Smarter:** Use the Power of Food to Reboot Your Metabolism, Upgrade Your Brain, and Transform Your Life by Shawn Stevenson, New Health Books Media Center 613.2 STE

Food is complicated. In Eat Smarter, nutritionist, Shawn Stevenson breaks down the science of food with a 30-day program to help you lose weight, reboot your metabolism and hormones, and improve your brain function.



**Logged In and Stressed Out:** How Social Media is Affecting Your Mental Health and What You Can Do About It by Paula Durlofsky, New Health Books Media Center 616.89 DUR



Social media is here to stay and *Logged In and Stressed Out* presents the right information and tools to improve our lives through examining and changing our digital habits.

**Keep Sharp:** Build A Better Brain at Any Age by Sanjay Gupta, New Health Books Media Center 612.82 GUP

Throughout our life, we look for ways to keep our mind sharp and effortlessly productive. Now, globetrotting neurosurgeon Dr. Sanjay Gupta offers insights from top scientists all over the world, whose cutting-edge research can help you heighten and protect brain function.

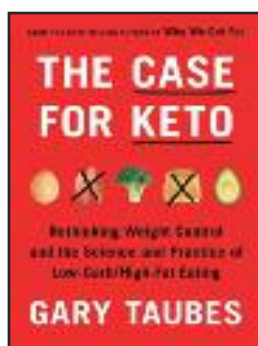
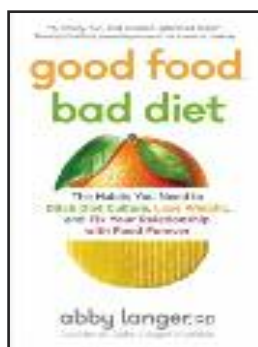
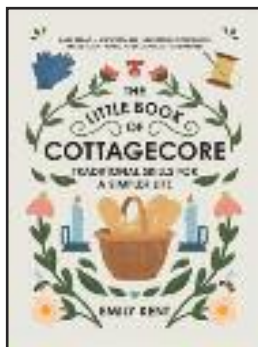
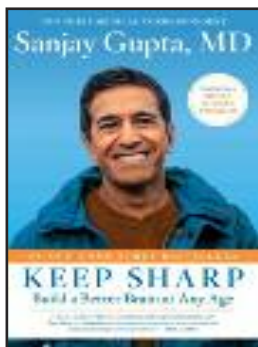
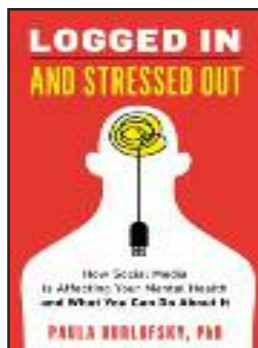
**The Little Book of Cottagecore:** Traditional Skills for a Simpler Life by Emily Kent, New Health Books Media Center 640.1 KEN

Returning to the simpler life has never been easier. So, unplug, and relax, with these easy, step-by-step ideas for your favorite cottagecore activities including baking from scratch and easy container gardening.

**Good Food, Bad Diet:** The Habits You Need to Ditch Diet Culture, Lose Weight, and Fix Your Relationship with Food Forever by Abby Langer, New Health Books Media Center 613.2 LAN

What if you want to love your body, not punish it? Registered dietitian Abby Langer tackles head-on the negative effects of diet culture and offers advice to help you enjoy food and lose weight without guilt or shame.

**The Case for Keto:** Rethinking Weight Control and the Science and Practice of Low-carb/high-fat Eating by Gary Taubes, New Health Books Media Center 613.283 TAU



The Case for Keto revolutionizes how we think about healthy eating. Based on interviews with 100 practicing physicians who embrace the keto lifestyle as the best prescription for their patients' health, Gary Taubes gives us a manifesto for the fight against obesity and diabetes.

**Fast This Way:** Burn Fat, Heal Inflammation, and Eat Like the High-performing Human You Were Meant to Be by Dave Asprey, New Health Books Media Center 613.25 ASP

Dave asks readers to forget everything they think they know about the ancient practice and takes them on a journey through cutting-edge science to examine the ways they can up-end their relationship with food and upgrade their fasting game beyond calorie restriction.

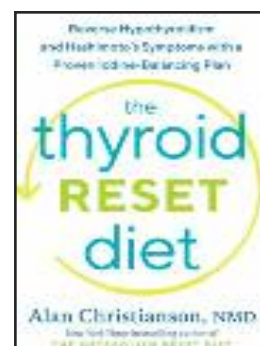
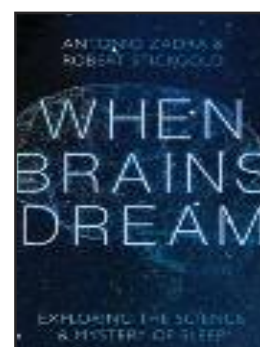
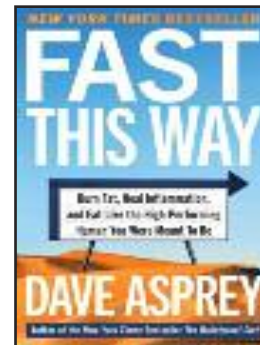
**The Great Inoculator:** The Untold Story of Daniel Sutton and His Medical Revolution by Gavin Weightman, New Health Books Media Center 614.47 WEI

Smallpox was the scourge of the eighteenth century. Daniel Sutton, a young surgeon, used this knowledge to pioneer an effective inoculation method to counter the disease. In *The Great Inoculator*, the author shows how the clinician's discoveries advanced the understanding of the nature of disease.

**When Brains Dream:** Exploring the Science and Mystery of Sleep by Antonio Zadra, New Health Books Media Center 616.8498 ZAD

Why do we dream? This book addresses core questions about dreams while illuminating the most up-to-date science in the field. It helps readers understand key features of several types of dreams and makes an engaging case for why the human brain needs to dream.

**The Thyroid Reset Diet:** Reverse Hypothyroidism and Hashimoto's Symptoms with a Proven Iodine-balancing Plan



by Alan Christianson, New Health Books Media Center 616.44 CHR

Dr. Alan Christianson helps readers reverse chronic thyroid diseases like hypothyroidism, Hashimoto's Thyroiditis, and hyperthyroidism with nothing more than dietary change—the reduction of iodine intake.

**Fat 2:** DVD Video Recording directed by Vinnie Tortorich New Health Books Media Center 616.398 FAT

Fat 2 is the sequel to the international sensation that delves into the age-old question: 'What should people be eating?'

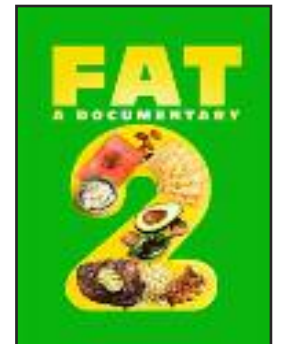
*Get These Books, DVDs and More!* Search for and request books, movies and more using your library card at <http://catalog.tscpl.org> or call (785) 580-4400.

Check out our article [“Find Healthy Reading Options while you are Safer at Home”](#) at [tscpl.org](http://tscpl.org). Learn about our Curbside Pickup, delivery through TSCPL @ Home, and our many digital options through Libby, Overdrive, Hoopla, and Flipster.

Checkout and download ebooks, digital audiobooks, streaming exercise videos and motivational tunes with your library card at [tscpl.org/downloads](http://tscpl.org/downloads) or [tscpl.org/downloads/ebooks](http://tscpl.org/downloads/ebooks).



**Contact Lissa Staley:**  
[estaley@tscpl.org](mailto:estaley@tscpl.org)  
**Topeka & Shawnee County**  
**Public Library**  
**1515 SW 10th Ave.**  
**Topeka, KS 66604**  
**785-580-4400 • [www.tscpl.org](http://www.tscpl.org)**





**ON AIR**

BUZZR  
LET'S PLAY

news  
NET

ANTENNA  
TV

ACTION  
THE ACTION CHANNEL

NEWSmaxTV

W  
WeatherNation

REVN

UNTAMED  
SPORTS

retro tv

SHOP LC  
DELIVERING JOY

this tv  
NETWORK

jtv  
jewelry & love

**TV25**  
....

FREE on your antenna  
or at [www.TV25.tv](http://www.TV25.tv)

We make  
Home Sweet Home  
a little sweeter



# Healthy Family Recipes for the Spring

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

## Delicious Gluten-Free Pancakes



Makes fluffy pancakes with a consistency and taste comparable to those made with wheat flour.

### Ingredients

- 1 cup rice flour
- 3 tablespoons tapioca flour
- 1/3 cup potato starch
- 4 tablespoons dry buttermilk powder
- 1 packet sugar substitute
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon xanthan gum
- 2 eggs
- 3 tablespoons canola oil
- 2 cups water

### Directions

In a bowl, mix or sift together the rice flour, tapioca flour, potato starch, dry buttermilk powder, sugar substitute, baking powder, baking soda, salt, and xanthan gum. Stir in eggs, water, and oil until well blended and few lumps remain.

Heat a large, well-oiled skillet or griddle over medium high heat. Spoon batter onto skillet and cook until bubbles begin to form. Flip, and continue cooking until golden brown on bottom. Serve immediately with condiments of your choice.

### Nutrition Information (Servings: 10)

Per serving: Calories: 147 kcal; Total Fat: 5.8 g;

Cholesterol: 29 mg; Carbohydrates: 20.4 g;  
Sodium: 269 mg; Protein: 3.1 g

Source: allrecipes.com

## Grilled Shrimp over Zucchini Noodles



A great alternative to pasta!

### Ingredients

- 2 cups thinly sliced fresh basil
- 9 tablespoons olive oil, divided
- 1/3 cup toasted sliced almonds, divided
- 1 tablespoon red wine vinegar
- 1 shallot, coarsely chopped
- 2 cloves garlic, coarsely chopped
- 1 lemon, zested
- 1/4 teaspoon red pepper flakes
- 1 pound shrimp, peeled and deveined
- 5 zucchini
- kosher salt and freshly ground black pepper to taste

### Directions

Blend basil, 1/2 cup olive oil, 1/4 cup almonds, vinegar, shallot, garlic, lemon zest, and red pepper flakes in a blender until lemon basil dressing is smooth.

Heat 1 tablespoon olive oil in a skillet over medium-high heat; saute shrimp until cooked through and pink, 2 to 4 minutes. Remove skillet from heat and mix shrimp with 2 tablespoons dressing in a bowl.

Run zucchini through a spiralizer to create spaghetti-size noodle shapes. Add to skillet; cook and stir over medium heat until zucchini noodles are tender, 1 to 2 minutes. Add 2 tablespoons lemon basil dressing and toss to coat. Remove skillet from heat.

Arrange shrimp on top of zucchini noodles; season with salt and black pepper. Top with remaining almonds.

### Nutrition Information (Servings: 5)

Per serving: Calories: 356 kcal; Fat: 28.6 g; Cholesterol: 138 mg; Sodium: 253 mg; Carbohydrates: 8.1 g; Protein: 18.4 g

Source: allrecipes.com

## High Protein Peanut Butter Balls



"This recipe makes 25 to 30 walnut-size crunchy treats, delicious when they begin to melt. Just divvy them into plastic sandwich bags and stick them in the freezer. Then, instead of reaching for a processed boxful of ingredients you can't even pronounce, you will be ready with a healthy, high-protein snack.

### Ingredients

- 2 cups crunchy peanut butter
- 2 scoops cocoa whey protein powder
- 2 ripe bananas, mashed
- 2 tablespoons flax seeds

### Directions

In a large bowl, mix together peanut butter, cocoa whey powder, bananas, and flax seed.

Mold the mixture into walnut-size balls, and place them in a container lined with parchment to separate the layers. Freeze at least 2 hours before serving

### Nutrition Information (Servings: 25)

Per serving: Calories: 136 kcal; Fat: 10.8 g; Cholesterol: <1 mg; Sodium: 102 mg; Carbohydrates: 7 g; Protein: 5.3 g

Source: allrecipes.com



# Health & Wellness Marketplace

Check out the companies and service providers below to fulfill your health and wellness needs. To advertise in this section for as little as \$25, call us at 785-380-8848 or email [info@TopekaHealthandWellness.com](mailto:info@TopekaHealthandWellness.com).

## MEDICAL

**KMC GASTROENTEROLOGY & ENDOSCOPY CENTER** - 2200 SW 6th Ave. Treating abdominal pain, digestive disorders, constipation & more 785-354-8518. [KMCPA.com](http://KMCPA.com) • [TopekaEndoCenter.com](http://TopekaEndoCenter.com)

## DIABETES PROGRAM

**24 For Life** - Program offered by Midland Care to prevent or delay Type 2 Diabetes. For information, contact Donna Doel at 785-250-5210 or [ddoel@midlandcc.org](mailto:ddoel@midlandcc.org)

## PEDIATRIC DENTISTRY

**ADVENTURE DENTAL & VISION** - Now your child's dental and vision needs can be met at the same location. Medicaid welcome.. 400 SW 29th St. 785-236-7787

## PEDIATRIC VISION

**ADVENTURE DENTAL & VISION** - Healthy eyes are vital for school success. Medicaid welcome. 400 SW 29th St. 785-236-7787

## HOSPICE

**MIDLAND HOSPICE** - The sooner you call, the sooner we can help. 800-491-3691 [www.midlandcareconnection.org](http://www.midlandcareconnection.org)

## HOME CARE AND HOSPICE

**PHOENIX HOSPICE & HOME CARE** - providing hospice & home care services built on innovation, skill, and Christ-like values of compassion, honesty, and patience. 2945 SW Wanamaker Dr., Suite B, 785-260-6444. [phoenixhomehc.com](http://phoenixhomehc.com)

## HEALTH ADVERTISING

**PLACE YOUR AD HERE!** Prices start at \$25 per month! Call us at 380-8848 or email us at [info@TopekaHealthandWellness.com](mailto:info@TopekaHealthandWellness.com)

## MEDICAL PRODUCTS



**CPAP**  
Supplies & Services LLC  
Specializing in all your CPAP needs  
785-289-3188 2905 SW Gage

## COUNSELING

**MIDLAND CARE OFFERS GRIEF AND LOSS COUNSELING** for all ages in the community. Contact the Center for Hope and Healing at 785-232-2044 or visit [www.midlandcare.org](http://www.midlandcare.org).



**SMJ SHANE M. JONES & ASSOCIATES, P.A.**  
COUNSELING YOU CAN TRUST  
[www.shanemjones.com](http://www.shanemjones.com)  
Shane Jones, L.S.C.S.W.  
Areas of expertise:  
• Marriage & Relationships  
• Depression • Addictions  
• Anxiety • Foster Care  
• Adoption • Grief/Loss  
2704 N. Topeka Blvd., Suite D  
Topeka 785-266-7732  
5040 Bob Billings Parkway, Suite B  
Lawrence 785-832-8838

## PEST CONTROL



**Bodine's Pest Control** Call 228-9962  
Free estimates!  
• Business & Residential  
• Honest & Reliable Service  
• Licensed and Highly Trained  
[bug-man@sbcglobal.net](mailto:bug-man@sbcglobal.net)  
Ask about our Total Home Care Package!  
GOD FIRST • VETERAN OWNED  
Mention this ad for 10% OFF!

## MENTAL HEALTH - ADDICTION

**MENTAL HEALTH - ADDICTION TREATMENT** - Valeo Behavioral Health Care, 330 SW Oakley and 400 SW Oakley. 785-233-1730

## EMERGENCY FOOD & SHELTER

**TRM MINISTRIES**

**TOPEKA RESCUE MISSION MINISTRIES**

**FAITH WITH ITS SLEEVES ROLLED UP**

Main: 785.354.1744

Donate: Text TRMgive to 77977

Non-Cash Donations: 785.357.4285

Volunteer Services: 785.354.1744 ext. 393

[TRMonline.org](http://TRMonline.org)

Mail Donations to:  
600 N Kansas Ave  
Topeka, KS 66608  
OR  
P.O. Box 8350  
Topeka, KS 66608

## CHRISTIAN EDUCATION

**CAIR PARAVEL LATIN SCHOOL** - Offering a Classical Christian Education. 635 SW Clay St. 785-232-3878. [www.cpls.org](http://www.cpls.org)



**K-12 Christian Education**  
A Christ-centered, quality education, plus:  
Athletics: Volleyball, Soccer, Chess, Basketball, Baseball  
Fine Arts: Choir, Band, Drama, Speech, Art  
Call 785-286-0427 today for a tour.  
**Heritage Christian School**  
"Spiritually Grounded, Academically Excellent, Faithfully Serving"  
[HCSlopeks.org](http://HCSlopeks.org) | [info@HCSlopeks.org](mailto:info@HCSlopeks.org) | 2000 NW Clay, Topeka, KS 66608



**Grace Home Care**  
GREAT NEWS!  
You can stay at home and we can help!  
A caring and compassionate provider of in-home services, including:  
• Companion Care • Homemaker Services • Personal Care • Transportation  
1835 NW Topeka Blvd • 785-286-2273 • [www.gracehomecare.com](http://www.gracehomecare.com)



**Alpha Christian Children's Home & School**  
[www.alphachristianchildrenshome.com](http://www.alphachristianchildrenshome.com)  
WHAT WE DO:  
1. Share Christ to offer hope and healing  
2. Provide a Christian family safe haven  
3. Help the kids get caught up in school  
HOW YOU CAN HELP:  
1. Pray  
2. Volunteer  
3. Refer Children in Need To Us  
4. Monetary & Food Donations  
Find out more by calling  
785-597-5235  
Located East of Topeka  
15017 27th Street  
PO Box 727  
Perry, Kansas 66073



**DISABILITY**

**DISABLED? UNABLE TO WORK?** Win Social Security disability benefits. Expert help, application to hearing. Fee only if we win

**785-331-6452**

Email: montemace2000@yahoo.com

**RETIREMENT COMMUNITY**


**Aldersgate VILLAGE**  
LIFE PLAN COMMUNITY

- Independent Living
- Assisted Living
- Memory Care
- Skilled Nursing Care
- Rehabilitation Services
- Sub-acute Program
- Transportation

Call (785) 478-9440 or visit [aldersgatevillage.org](http://aldersgatevillage.org)  
7220 SW Asbury Drive | Topeka, KS 66614

**ERRAND SERVICES**

**PERSONAL ASSISTANT & ERRAND SERVICES** - For elderly or busy people: shopping, package pickup & delivery, bill paying, dog walking, house sitting, baby sitting, other services on request. • **Eva's Errands, Etc.** • 785-640-5208

**BICYCLES**

**BUILD YOUR OWN BIKE** during open shop with our tools in the Earn-A-Bike Program. Oakland Community Center, 801 NE Poplar St., Topeka, KS. Call 785-380-9827 or email [topeka@cycleproject.org](mailto:topeka@cycleproject.org)

**FLOAT THERAPY**

**Float Therapy, Infrared Sauna, Massage Therapy** - Relieve stress, aid recovery, increase focus. 2120 Brandywine Ln, Suite 110 (21st & Wanamaker, then 1 blk west) 785-783-8307 desk@midwestfloat.com [www.midwestfloat.com](http://www.midwestfloat.com)

**PET CARE**

**MERIDEN ANIMAL HOSPITAL**

**Jeffrey F. Van Petten, DVM**  
Veterinary Acupuncture & Chiropractic Care  
Member - AVMA, IVAS, AVCA

7146 K-4 Hwy, Meriden, Ks  
785-484-3358 • Phone answered 24 hours  
[staff@Meriden-Animal.com](mailto:staff@Meriden-Animal.com)


**NUTRITION / SUPPLEMENTS**


**innov8tive NUTRITION**  
A whole new way to be your best!  
Take dietary supplements by wearing one patch each day!  
Call Cindy Durkin 785-224-1918  
Find out more at [CindyDurkin.innov8tivenutrition.com](http://CindyDurkin.innov8tivenutrition.com)



**RECOVERY**

**HOPE FOR LIFE** - Faith-based counseling for recovery from addictions, cancer, surgery, trauma, etc. Have fun and laughter in recovery! • 785-305-0549 • [drroaldleecobb@gmail.com](mailto:drroaldleecobb@gmail.com)

**FOR RENT**

**OFFICE SPACE** available, great for therapists, health & wellness companies, small bus. owners. Desks/chairs, all utilities & Wi-fi/Ethernet included. \$100 VISA card to new leases if you mention this ad! College Park Office Suites, 2611 SW 17th St. Call/text 785-430-1657. [info@cpofficesuites.com](mailto:info@cpofficesuites.com)

**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](http://www.tscpl.org)

**FINANCIAL HEALTH**

**PEGGY'S TAX & ACCOUNTING** - Multiple - year tax returns, tax problem resolutions, IRS letters, etc. 785-430-0048. [www.peggystaxks.com](http://www.peggystaxks.com)

**ADOPTION**



Teens in foster care need loving families that can guide them into adulthood & be there for them **no matter what.**

877-457-5430 • [adoptKSkids.org](http://adoptKSkids.org)

**CBD PRODUCTS**


**David & Edith Gaines**  
Owners  
3308 SW 6th Ave.  
Topeka, KS 66606  
785-380-1105 • Mobile  
[dewellness7@gmail.com](mailto:dewellness7@gmail.com)  
[dewellness7.com](http://dewellness7.com)

**MASSAGE / SPA**

**Mother's Day Gift Certificates Available!**

- Cellulite Treatment
- Spa Packages

*Natural By Nature* 785-383-8236  
[naturespath100@gmail.com](mailto:naturespath100@gmail.com)  
[holisticcellulitetreatment.com/](http://holisticcellulitetreatment.com/)  
1170 SW Mission Suite D, Lower Level  
Entrance on west side (Studio One Building)



**SERENITY THYME MASSAGE** - Therapeutic, deep tissue, prenatal, hot stone massage services at competitive rates. 785-231-7715. 5709 SW 21st St. • [www.massagebytammi.com](http://www.massagebytammi.com)

**SKIN CARE**

**KMC DERMATOLOGY & MED SPA** - 2921 SW Wanamaker Dr. Treating acne, eczema, psoriasis, & more 785-272-6860. [www.KMCPA.com](http://www.KMCPA.com)

**COMMUNITY CARE LINE**

**WANT TO TALK AND IT'S NOT A CRISIS?** Feeling isolated & want to connect? Shawnee Co. Community Cares line 1-800-972-8199 M-F 9-5

**GYMNASTICS, TUMBLING, PARKOUR**

**CAPITAL GYMNASTICS & ATHLETICS** - 2925 SW 37th St. We also have great birthday parties! For details call 785-266-4151 [www.cagegymnastics.com](http://www.cagegymnastics.com)

**PERSONAL INJURY**

**PERSONAL INJURY ATTORNEY** - Call us for a free consultation. Patton & Patton. 785-273-4330 • [www.joepatton.com](http://www.joepatton.com)



# Healthy Event Calendar for Greater Topeka

To list an event in this calendar, email it to [info@TopekaHealthandWellness.com](mailto:info@TopekaHealthandWellness.com)

**NOTICE:** Because of changes due to COVID19, please check with event hosts to make sure there are no changes or postponements.

**TERRITORIAL CAPITAL MUSEUM** – Now Open, 640 E Woodson, LeCompton. (785) 887-6148 [www.lecomptonkansas.com](http://www.lecomptonkansas.com) [historiclecompton@gmail.com](mailto:historiclecompton@gmail.com)

**APR. CYCLING EVENTS** – Various cycle rides are offered by Kansas Cyclist. [www.kansascyclist.com/](http://www.kansascyclist.com/)

**APR. OUTDOOR ACTIVITIES** – Outdoor events and activities. [www.getoutdoorskansas.org/calendar](http://www.getoutdoorskansas.org/calendar)

**CROSSROADS: CHANGE IN RURAL AMERICA** – Mar 13 – Apr. 25, tours at 1, 2 & 3pm. Saturdays 7 Sundays, The Volland Store, 24098 Volland Road, Alma, KS. Reservations for the traveling Smithsonian exhibition taken starting Mar. 1 [www.vollandfoundation.org](http://www.vollandfoundation.org). This experience engages visitors in conversation about the unique identity of rural communities as they adapt to meet the changing needs of their citizens. Visitors can connect their experiences through the concurrent local exhibit, Deep Roots and New Growth in Wabaunsee County, a reflection on how our own rural communities have responded to change. 785.499.3616. [info@thevollandstore.com](mailto:info@thevollandstore.com)

**NOTO REDBUD FESTIVAL** – Apr 2 & 3, 10am-11pm, Redbud Park. Experience the beauty of NOTO in bloom! Music and performances at the new Redbud

Park. Visit the various murals and outdoor public art installations, shopping, dining, and more. **NOTO First Friday Artwalk** Apr. 2, 10am-9pm: Musical performance by Swinging Country from 5-8pm on the Kaw Valley Bank Stage in Redbud Park. **NOTO Saturday Market** Apr. 3, 10am-3pm: Held at Redbud Park and NOTO Teeter Courtyard, this eclectic market offers artists and others a chance to sell their wares at select market areas. Visit businesses, see the vendors, and explore the area while enjoying live music from Josh Hoover on the Kaw Valley Bank stage in Redbud Park from 11am-3pm.

**GOOD FRIDAY EXPERIENCE** – Apr. 2, 4-7pm, First Southern Baptist Church, 1912 SW Gage. A museum-like event with "exhibits" that take you through what Jesus experienced before His death on the cross. Take each exhibit at your own pace and use all of your senses to "experience" what Jesus went through on "Good" Friday. Reserve tickets: [www.eventbrite.com/e/136965695081](http://www.eventbrite.com/e/136965695081)

**EGGSTRAVAGANZA - ANIMALS HUNT FOR EGGS** – Apr. 3, 9am-3pm, Topeka Zoo. Giant paper mache eggs painted for the holiday will be hidden throughout the animal's habitats for them to go on the hunt for their goodies hidden inside.

**FOOD TRUCK NIGHT** – Apr. 3, 4-8pm, HHHS, 5720 SW 29th.

**DRIVE-THRU EASTER CELEBRATION** – Apr. 3, 1:30-2:30pm, Susanna Wesley United Methodist Church, 7433 SW 29th. Each child will receive a goodie bag of Easter candy and treats. Enter from the Indian Hills Elementary School parking lot off of 29th street and follow the cones.

**EASTER SERVICES** – Apr. 4, 9 & 11am, Fellowship Hi-Crest, 455 SE Golf Park Blvd.

**EASTER SUNDAY DRIVE-IN PARKING LOT WORSHIP** – Apr. 4, 10:30am, First Baptist Church, 3033 SW MacVicar.

**EASTER BREAKFAST AND SERVICES** – Apr. 4, 8:30am & 10am (in-person) and 8:30am, 10am & 4pm online ([live.rhcctoepka.org](http://live.rhcctoepka.org)). 8am-9:30am Free Community Breakfast. Rolling Hills Christian Church, 4530 NW Hiawatha Pl.

**SCHOOLTIME THEATER SERIES** – Apr. 6, 7 & 9, TPAC. Four in-person shows and one workshop. Todd Green will demonstrate 25 of his most fascinating instruments. Amado Espinoza will present a 45-minute workshop for up to 30 students, socially distanced, on how to create musical instruments from recycled materials. Register at [topekaperformingarts.org/events](http://topekaperformingarts.org/events).

**LIVE @ LUNCH** – Apr. 7, 14, 21, 28; 11am-1pm, Every Plaza downtown. Live music, food trucks, yard games & more. 7th: Top City Groove Band; 14th: Kyle Austin; 21st: Josh Vowell Blues Band; 28th: Delta Haze

**RN CAREER FAIR** – Apr. 7, 3-5pm, St. Francis. On-the-spot offers will be made to candidates who fit our culture of excellence and compassionate care. Go to [ku-topeka.com/rn](http://ku-topeka.com/rn) to register. Upon arrival, enter through the Hospital Entry A. For more information, visit [ku-topeka.com](http://ku-topeka.com) or call 888-365-0440.

**C5Alive "POWER" LUNCHEON** – Apr. 8, 11:30-1, at The Peak, 1930 SW Gage. Pastor Doyle Pryor will be the featured speaker. • Cost: \$10 for C5 members & first-time guests who RSVP, \$12 at the door. • \$15 for non-members & repeat guests. • Please RSVP to

## #sleevesrolledup

# TRM MINISTRIES

Visit [TRMonline.org](http://TRMonline.org) or  
check us out on Facebook

**TOPEKA  
RESCUE MISSION  
MINISTRIES**

To donate: text [TRMgive](http://TRMgive) to 77977

**FREE Vision !  
Screening Service**



**Now Scheduling**

**Eye Screening for children 6 months to 6 years old**

**Who can use this service?**

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

**What equipment is used?**

NE Kansas Lions have purchased 2 hand held auto-refractors from Pedia Vision. It does not touch the child and looks like a large SLR camera.

**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](mailto:slsmithks@att.net) or call (785) 633-8321



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:** POWER Luncheon, May 13, 11:30-1, C5Alive POWER Luncheon.

**EMPOWER LIFE GRAND OPENING** – Apr. 9, 12pm-4pm, Empower Life, 3345 SW Gage. Empower Life is Topeka's new Alternative Health & Wellness Network Studio: Red Light Therapeutics, Body Sculpting, Skin Rejuvenation, Fitness, Yoga, Classes, Personal Training, Massage and more.

**TULIPS AT TWILIGHT** – Apr. 9-25, 7pm, Old Prairie Town at Ward-Meade Historic Site, 124 NW Fillmore St. See 30,000 tulips illuminated and more than 35 lighted displays as you stroll along the garden pathways. \$5; Children 5 & under free. 785-251-6991

**JEROLD BINKLEY TULIP TIME** – Apr. 9-25, 6am-11pm, Ted Ensley Gardens, 3650 SE West Edge Rd; also at Old Prairie Town/Ward-Meade Botanical Garden and Doran Rock Garden/Gage Park. \$5 suggested donation. Stroll the gardens to see 60,000 multi-colored tulips & other spring flowering bulbs. Vendors, live music, food trucks. 785-251-6800

**MARK & THE SHARKS** – Apr. 10, 7pm, the Vinewood. \$10.

**GRAND OTTAWA OPRY WITH DUKE MASON** – Apr. 10, 5:30-9:30pm, Ottawa Municipal Auditorium

**SPRING CRAFT FAIR** – Apr. 10, 9am-3pm, Crossroads Cowboy Church, 1255 Oak St., Perry, KS. con-

tact Andrea at ramadding@gmail.com

**THE CHOSEN WATCH PARTY LAUNCH!** – Apr. 11, Rolling Hills Christian Church. The Chosen is a TV show about the life of Jesus which allows us to see Him through the eyes of those who knew Him. We will watch one episode each week, followed by a time of discussion. This 8-week series will start at 6:30pm on Sunday, April 11th and continue to meet on Sundays, except on Mother's Day weekend. We will provide snacks and drinks. Childcare will also be available,

**59TH KANSAS PRAYER BREAKFAST** – Apr. 14, 8am, virtual event. Guest Speaker: Jerry Schemmel, author of the book, Chosen To Live, which chronicles his survival of the crash of United Airlines Flight 232 in Sioux City, IA in 1989. He is also the author The Extravagant Gift, an evangelistic outreach booklet. For more information visit <https://www.jerryschemmel.com/>. RSVP for link at <https://www.kansasprayerbreakfast.org/>

**THIRD THURSDAYS: TOPCITY COMEDY** – Apr. 15, 8-11pm, The Foundry Event Center, 400 SW 33rd St. \$10. (785) 633-1767

**BALLET MIDWEST PRESENTS "CINDERELLA"** – Apr. 16-18, TPAC. Ballet Midwest

**TULIP FESTIVAL AT THE LAKE** – Apr. 17, 10am-3pm, Ted Ensley Gardens at Lake Shawnee. Enjoy live music, visit craft vendors, enjoy fun for the kids and stroll the gardens to view more than 50,000 multi-colored tulips. \$5 admission.

**RETIREMENT ON YOUR TERMS WEBINAR** – Apr. 22, 12:30pm & 6:30pm. Presented by Jim

Hanna, CFP, MBA, CKA; Private Wealth Advisor at Heart Financial Partners - A private wealth advisory practice of Ameriprise Financial Services, LLC. RSVP by noon April 22: Call Steve Maltby at 785.357.6278 ext. 23 or email [steven.maltby@ampf.com](mailto:steven.maltby@ampf.com)

**TOPEKA SHAREFEST** – Apr. 24, 8am-12pm. Fellowship Bible Church annual event to help Topeka 501 School District and Seaman School District, by landscaping, painting, constructing, and cleaning up the grounds of area schools and buildings. You can register at [sharefesttopeka.com](http://sharefesttopeka.com)

**ROD ROGERS MEMORIAL GOLF TOURNAMENT** – June 4, 10:30am, Dub's Dread Golf Course. Call 913-461-8527 or search for Rog Rogers on Eventbrite. Benefits Pancreatic Cancer research. Lunch & dinner served. Silent Auction. "Funniest Tournament of the Year"

## HISTORIC LECOMPTON TERRITORIAL CAPITAL OF KANSAS 1855 - 1861

### CIVIL WAR HISTORY



- National Landmarks
- Constitution Hall
- Territorial Capital Museum

10 - 5 p.m. Wed-Sat. • 1-5 p.m. Sun.

TOURS 785-887-6148

[WWW.LECOMPTONKANSAS.COM](http://WWW.LECOMPTONKANSAS.COM)

Lecompton Turnpike Exit  
10 miles East of Topeka on U.S. 40 & 24



## Chelsie's Choices

Mondays 9-10pm

Music for THIS generation!



KFGB 97.7 FM  
Upper Room Radio

[UpperRoomRadioOnline.com](http://UpperRoomRadioOnline.com)



**TOPEKA YOUTH PROJECT GOLF CLASSIC** – Jun. 11, Shawnee Country Club Golf Course. 8am shotgun. 7:30 registration. Lunch follows tourney. Cash prizes! Two \$500 closest to pin prizes! Register at 273-4141

**SHAWNEE COUNTY FAIR** – July 22 – 25, Stormont Vail Event Center. Thursday thru Saturday at 8:00am – 10:00pm; Sunday at 10:00am – 3:00pm. Animals large and small, competition exhibits, vendors, and food trucks are available all days. Find all the information on the fair at [www.shawneecountyfair.org](http://www.shawneecountyfair.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](mailto: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](mailto: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](mailto: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](http://cornerstonetoepka.com). 478-2929

**DOWNTOWN TOPEKA LIONS CLUB** – 2nd & 4th Mondays at Noon, Madison Street

Diner inside the Ramada Downtown, Guests are welcome.

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

**TOPEKA SWING DANCE** – Tuesdays, 7-8pm, Swing Dance Lessons, no partner required, Jayhawk Theatre, 720 SW Jackson. [www.topekaswingdance.com](http://www.topekaswingdance.com).

**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:



**23RD TOPEKA YOUTH PROJECT GOLF TOURNAMENT**

REGISTER TODAY AT  
[WWW.TOPEKAYOUTHPROJECT.COM/GOLF](http://WWW.TOPEKAYOUTHPROJECT.COM/GOLF)

DETAILS	PRIZES
<b>JUNE 11, 2021</b>	<b>\$500 CLOSEST TO PIN</b>
<b>SHAWNEE COUNTY COUNTRY CLUB A GREAT LIFE FACILITY</b>	<b>SPONSORED BY RESER'S FINE FOODS</b>
<b>913 SE 29TH STREET W TOPEKA, KS 66605</b>	<b>MEN'S LONGEST DRIVE</b>
<b>4-PERSON SCRAMBLE SHOTGUN START AT 8 AM</b>	<b>WOMEN'S LONGEST DRIVE</b>
	<b>CASH PRIZE FOR TWO FLIGHTS</b>
	<b>\$10 RAFFLES</b>
	<b>50/50 DRAWING</b>

[WWW.TOPEKAYOUTHPROJECT.COM/GOLF](http://WWW.TOPEKAYOUTHPROJECT.COM/GOLF)

Lunch served courtesy of Golden Corral and the HIP Program



**Sole Reason's 3rd Annual Sneakers and Smiles Golf Tournament**

Benefiting Local Kids In Need

**4 Person Scramble Tournament**

**Saturday, July 31st, 2021**

**Cypress Ridge Golf Course**  
**2533 SW Urish Rd, Topeka, KS 66614**  
**Registration 11:30 - 12:45 PM**

**Shotgun Start: 9:00 AM**

**Entry Fee: \$360 per team or \$90 per person**  
**Includes Green Fees, Cart, Drinks and Lunch**

For More Information or to register, go to [www.solereason.net](http://www.solereason.net)  
or contact Jerry at (785) 338-2965 or  
e-mail [sole\\_reason@yahoo.com](mailto:sole_reason@yahoo.com)

**Sole Reason**  
sneakers and smiles

- Putting Contest
- Closest To Pin
- Longest Putt
- Silent Auction

**Cypress Ridge**  
golf course



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.

**TOPEKA TWILIGHT LIONS BRANCH CLUB** – 2nd Wednesdays, 6:30 pm, Madison Street Diner, inside Ramada Downtown. Guests are welcome

**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.

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

**DOWNTOWN TOPEKA FARMERS MARKET** – Saturday's April 3 to Nov. 7, 7:30am-noon, 12th & Harrison. The open-air market is full of fresh fruits and vegetables, herbs, arts & crafts, flower, home-baked goods and more.

**SATURDAY FAIRLAWN STARTER BIKE RIDE** – Every Sat., 8am at Classic Bean in Fairlawn Plaza, end at Pizagle's. Great for beginners. director@cot-tonwood200.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!

**HERBTalk** – 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. wesquaredance.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 topekaanon.org

**ALZHEIMER'S SUPPORT GROUPS** – Monthly support group meetings for caregivers of individuals with Alzheimer's disease or a related dementia. All of our programs have moved from in-person to virtual. In person programs will resume once the current safety restrictions are lifted. Email Hayley Young at hdyoung@alz.org or call 785.379.3067 for the meeting link and other info.

**HHHS Volunteer Program** – Volunteers help keep animal's environments clean and enriching, socialize with and read to cats, walk dogs, and more. Please complete a volunteer application at hhhstopeka.org.

**CAREGIVER SUPPORT GROUPS** – Jayhawk Area Agency on Aging provides an opportunity for caregivers to get together and share their ideas and feelings. 1st Wednesday of the month, 1pm, Baldwin Methodist Church, 708 Grove... Baldwin City. 2nd Monday of the month, 3:30pm, Topeka public library, Anton Rm. 3rd Thursday of the month, 2-3pm, Topeka Library, Perkins Room 3rd Friday of the month, 12 noon, Jayhawk Area Agency on Aging, 2910 SW Topeka Blvd.

**Send your event information to:**

[info@TopekaHealthandWellness.com](mailto:info@TopekaHealthandWellness.com)

**See complete updated calendar at**

[TopekaHealthandWellness.com](http://TopekaHealthandWellness.com)



# Spiritual Wellness

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

## Build up your immune system

**H**ave you ever wondered why everyone seems to get sick more in the winter? There is actually very good reason for that, so let's learn why so we can prevent colds and flu's this year and other viruses.

Your immune system is designed to fight infections. Many people encounter bacteria, virus, molds, parasites, etc and rarely get sick. Others seem to catch everything going around and get sick monthly. Why can some people in a family "catch the flu" and others in the same family do not? The reason is because germs, viruses and bacteria do not cause illness. Yes, that is not a typo. If germs caused sickness and disease everyone would be sick, dying or already dead! So what really causes someone to get sick?

What determines whether or not someone gets sick is dependent upon the strength of their immune system. If we do catch a cold, flu, chicken pox or even mumps or measles, this should be nothing to fear. Our medical system has used fear to push vaccines for decades. Many grew up and went to a "chicken pox party" to intentionally catch the virus and build immunity. Your system is designed to build natural immunity by encountering various germs, allowing the immune system to do its job, and you are stronger for it. Our young girls have been sick a couple times, and we allowed nature, that would be God, to do what it was designed to do and we move on.

But what if a child or adult is getting sick weekly or monthly, or even has chronic ear infections, sinus infections, bronchial infections, etc. This is definitely not normal and signs of a weak immune system. Drugs, vaccines and antibiotics are definitely not the answer, but often used by parents for lack of wiser choices. We have lost the ancient wisdom of strengthening our immune system and learning natural methods to quickly eliminate sickness from the body.

**So the first question is why is the immune system so weak?**

- We are indoors playing video games and watching



foods, fast food, white flour and white sugar which damages and weakens the immune system

- We use antibiotics, aspirin, birth control, steroid drugs, pain medications etc. which weakens the immune system because they are man-made and work against God's design of the body
- We have more chemicals in our world than ever before in human history

**So how do we restore a healthy immune system to avoid getting sick?**

- For ear infections, used food grade H2O2 in the ears. 1-2 drops each ear morning and night. This has worked for our daughter twice when she started pulling on her ear. No infection ever developed. This is so simple, and sad when kids are damaged by antibiotics, tubes in the ears and other unnecessary medical treatments when the solution costs a few cents. You also can use garlic olive oil in the ears.
- Sinus infections should use something that KILLS FUNGUS; not flonase, antibiotics or surgery. You can find sprays with oregano and other God-created anti-

tv when life used to be lived outdoors in the fresh air and sunshine

- We don't eat natural foods God created, instead eating candy, soda, donuts, fried



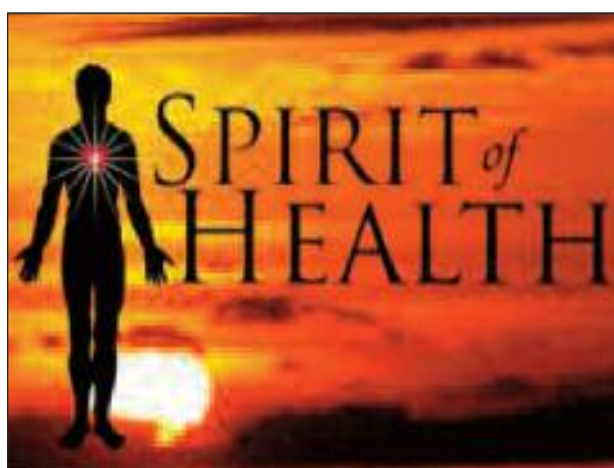
microbials that do not damage the body.

- SUNSHINE should be built up in the summer. Yes, you should be TAN going into winter. If not, your immune system will suffer and you must take vitamin D. Take a minimum of 5,000IU and be sure it is not synthetic!

- Elderberry stops viruses from replicating. Oregano and garlic kills all bacteria, viruses, fungus and molds. Colloidal silver works well. Colostrum from grass-fed cows builds the immune system.

It is MORE important to eat well, exercise, take your herbs and build your immune system in the winter because we are more vulnerable. Flu shots have NO PROOF AT ALL (ask your doctor for proof or studies) that they work and they are loaded with toxic chemicals. I vote to choose God's way. God loves us much more and is much more gentle than the man-made approach.

*—Vaughn Lawrence is a natural health care practitioner, herbalist and owner of Spirit of Health who lives by their motto: "We Love God. We Love People. We Love Health." [www.spiritofhealthkc.com](http://www.spiritofhealthkc.com)*





# TOPEKA Health & Wellness MAGAZINE

## Seeking partners for a Healthier Topeka!

Topeka Health and Wellness Magazine depends on our local sponsors and content experts to guide Topekans toward a healthier lifestyle.

### *Will you help us?*

We need partners to help us provide expertise in these and other areas:

Family medicine practitioner • Optometrist  
Dentist • Massage therapist • Sports Medicine  
Fitness coaching • Pediatrician • Emergency Care • Nursing  
Health insurance provider • Ear, nose, and throat doctor • Pet care  
OB / GYN • Senior Health and Wellness provider • Health Care Finances



By partnering with us, you can contribute to healthier lives of our loyal readers by sharing your expertise!

For more information, contact • Kevin Doel at 785-554-5336 or [Kevin@topekahealthandwellness.com](mailto:Kevin@topekahealthandwellness.com).

or • Lee Hartman at 785-640-6399 or [info@topekahealthandwellness.com](mailto:info@topekahealthandwellness.com).





**GreatPLAY Topeka**



**LASER TAG**



**BIRTHDAY  
PARTY ROOMS**

**GreatLIFE**  
Live. Play. Better.

**GreatPLAY**  
1936 NW Tyler St.  
Topeka, KS 66608  
785.233.9815

GreatPLAY POWERED BY GreatLIFE is an indoor/outdoor fun center for the entire family. GreatPLAY has tons of exciting things to do, from Trampoline Park to Arcade Games to Laser Tag, Paint Ball, FootGolf, Disc Golf, Bike Trails, Swimming, Fitness and More.