

TOPEKA

MARCH 2021

Health & Wellness

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MAGAZINE

**IT'S ALL
ABOUT
FAMILY**

Jeremy Waun

Director of Nursing
Phoenix Home Care

**FREE
TAKE ONE!**

MARCH
National
Nutrition Month

**How You
Can "Thrive
at Home"**

See page 3 for
information about
front page photo

Overcoming 3 Obstacles to Positive Change
How to Reduce Effects of Prolonged Stress

Seven Ways to do Intermittent Fasting
Using Augmented Reality for Spinal Surgery

Helping Topekans live happier, healthier lives since 2015!

NATIONAL NUTRITION MONTH

March is national nutrition month. As Spring approaches, what better time to take an honest look at the state of nutrition here in the United States.

TELEVISION



35 HOURS/WEEK

The average adult spends 35 hours per week watching TV.

EXERCISE

2 HOURS

The average American spends just two hours per week exercising. Perhaps we can spare a little TV time???

CHILDREN AND TV



54%

Of children said they would rather watch TV than spend time with a parent.

NUMBERS

40%

Percentage of empty calories in a child's diet on a day-to-day average

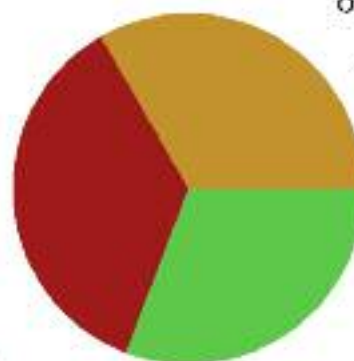
42%

Medical costs are 42% higher for people who are obese than for healthy weight persons

264%

Percent increase in the consumption of high fructose corn syrup since 1980

Obesity in America - 69% are overweight or obese



Overweight (33%)
Obese (36%)
All others (31%)

69%

160,000

FAST FOOD RESTAURANTS IN THE U.S.

\$110 BILLION

ANNUAL FAST FOOD REVENUE

50 MILLION

AMERICANS SERVED DAILY AT FAST FOOD RESTAURANTS

FAST FOOD NATION!



SUGAR CONSUMPTION

21.4 TEASPOONS

The average American consumes 21.4 teaspoons of sugar daily!



SUGAR PER YEAR

100 POUNDS

The average American consumes 100 pounds of sugar per year!



SODA CONSUMPTION

53 GALLONS

The average American drinks 53 gallons of soda per year!



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ON THE COVER:

Our cover this month features Jeremy Waun, Director of Nursing at Phoenix Home Care and Hospice, with his wife Abbe. For more about Jeremy and what motivates him, see the article on page 9.



Our thanks go out to all of our advertisers and contributing experts who helped inform our readers this month!

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What Can You Do

- Tell children to wear helmets. Studies have shown that using a bicycle helmet can reduce head injuries by up to 85 percent. Select a helmet that has a snug, but comfortable fit. Look for the helmet labels that show they are recommended by either the American National Standards Institute, www.ansi.org, or the Snell Memorial Foundation, www.smf.org.
- Make sure children wear proper clothing. Clothing should be light in color and close fitting to avoid being caught in the bicycle's moving parts. Also, be sure books and other loose items are carried in a backpack.
- Teach children to obey the rules of the road. These include all traffic signs, signals, and road markings. Teach children to ride on the right side of the street in single file and to use proper hand signals. Tell children never to hitch rides by grabbing onto moving cars or trucks.
- Teach children that before entering a street or intersection to check for traffic and always look left-right-left. Walk the bike across busy streets at corners or crosswalks.
- Children's bikes should display both front and rear reflectors. They should ride only in familiar areas and only during the daylight hours.
- Make sure children's bikes are adjusted properly. Check to make sure that all parts are secure and working. The handlebars should be firmly in place and turn easily. The wheels should be straight and secure. Check tires for pressure, bulges, and cracks.
- Teach children to always lock up their bike. A U-lock should be used, securing both the front wheel and the frame to a stationary object such as bike rack. Help children practice locking up their bike.
- Be sure children do not show off on their bikes. Hands should be kept on the handlebars, only one person should be on the bike at a time, and jumping curbs should not be allowed.
- Record the serial numbers of your children's bikes and keep them with the sales receipt and a photograph of the bike. Check with local police or the National Bike Registry (NBR) at 800-848BIKE about bike registration programs. NBR recently partnered with NCPC to help return stolen bikes to their rightful owners.
- Mark children's bikes with an engraver to deter thieves and to help in identifying and returning a stolen bike. Use a unique number, such as your driver's license number.



THRIVE AT HOME

- Bathing and dressing
- Diabetic monitoring
- Home exercise programs
- Laundry and changing linens
- Light housekeeping
- Meal preparation and cleanup
- Medication setup and reminders
- Respite for caregivers
- Transportation
- Wound care

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"Parkinson's has made life harder, but the Thrive at Home program has made things in life easier." - Jimmie Treat

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How You Can “Thrive at Home”

When his Parkinson's doctor told him that there were options to getting more help in the home, Jimmie Treat and his wife, Marcie, decided that Midland Care's Thrive at Home program was just what they needed.

“We like that when the time comes to need hospice or additional services, we can stay with Midland. We want to stay with the same care as long as possible,” said Jimmie.

Having help with daily activities, caregiving needs, and some light exercising makes Jimmie feel safer while continuing to live independently at Brandon Woods in Lawrence.

“We enjoy having Dawn come, and encouraging exercise and helping us both out around the house. She has gotten to know us so well and she just makes us feel comfortable.”

Since Jimmie's diagnosis of Parkinson's, even daily activities have started to become a little more difficult.

Having a program that can be flexible and fluid with his needs is important. Assistance with light house-



keeping and hygiene allows Marcie some respite from being a primary caregiver and also lets her remain Jimmie's wife and not the sole caregiver.

The Thrive at Home program is a “menu” of sorts for people to be able to choose the kind of help they need. Midland Care Thrive at Home specializes in caring for individuals needing help with:

- Bathing and dressing
- Diabetic monitoring
- Home exercise programs
- Injections
- Laundry and changing linens
- Lifeline and medication dispensers
- Light housekeeping
- Meal preparation and cleanup
- Medication setup and reminders
- Respite for caregivers
- Transportation
- Wound care
- Other services including social work or physical therapy (based upon your individual needs)

“It's nice to know that if things get harder, we still have this great care, and they will still be here to help even more,” said the Treats. “We have more options. Parkin-

son's has made life harder, but the Thrive at Home program has made things in life easier.”

Jimmie and Marcie Treat have lived in Kansas off and on, with Marcie being a teacher and Jimmie being in the ministry. They currently live at Brandon Woods at Alvarado Independent Living.

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Take Steps to Reduce Effects of Prolonged Stress

By Courtney Rooks

When experiencing stress, our bodies respond by entering the fight or flight phase in which the pulse quickens, muscles tense, and the brain uses more oxygen in order to provide a quick burst of activity if needed. This is extremely useful in a life or death situation that requires quick action for survival and it can be beneficial in other situations like meeting a deadline or taking a test.



Courtney Rooks

Yet we are not built to maintain this prolonged state of hypervigilance and hyperarousal. Our bodies need a break from the stress response and to be able to return to a normal state of functioning. When stress is experienced repeatedly over time, the prolonged impact will take a toll on our mental and physical health. As we reach the one year mark of the pandemic, many Americans are reporting their highest levels of stress since the pandemic began. This chronic stress can increase depression and anxiety and exacerbate symptoms of an existing mental health condition.

Certainly major life changes can cause stress. But the reasons for stress are frequently more subtle. Situations as simple and commonplace as maintaining daily work and caregiving demands can be a major source of stress. Situations affect people differently. Some individuals are affected by solitude while others are affected by noisy overstimulating environments.

Learn the situations that make you vulnerable to stress and you will be better prepared to handle them. Main-

taining healthy daily habits is essential in reducing your susceptibility to stress. When practiced regularly, these habits help to boost the immune system, protect physical and mental health, and increase our ability to handle stressors. These strategies include getting enough sleep, being physically active, eating nutritious food, socialization and connection, and spending time in nature. In addition to these habits, other steps that you can take to help manage long term stress include decreasing the instances of stressful situations when possible, taking breaks, and setting boundaries.

It is important to be proactive in taking steps to minimize the stressful situations and to increase activities that minimize stress and promote health. If you can, say no to obligations that are not helpful, that do not fit into your schedule, or that you simply do not want to attend. It may be uncomfortable but it can help to simplify your schedule and open up time for other activities that are beneficial to your mental health.

For many stressful situations, however, it is not an option to avoid them entirely. In these circumstances, there are strategies that can help to lessen unavoidable stress.

Taking regular breaks, during the work day for example, can provide the mind and body with time to relax and reset. Not all breaks are created equal however. If you spend this time mindlessly scrolling through social media, zoning out to television, or trying to fit in other items on your to do list, then the break may not fulfill its purpose of boosting your mood. It can be more productive to spend time on a short activity that is relaxing, restful, or energizing like stretching, going for a walk, chatting with a friend, or practicing mindfulness. The goal is to find something that engages you and will allow you to genuinely pause from the stressful task.

Setting boundaries can also help to reduce stress and establish more time for healthier and more fulfilling activities. Many of us are working long hours these days, either with paid work or caregiving. Technology has provided the opportunity to work from anywhere at any time of day through our phones, 24/7 instant access to work email and the news media, and a constant barrage of personal and work notifications. It is important to give yourself a break from work, distractions, and other things that demand your attention.

For work, having a clear distinction between work and personal time allows us to have the downtime we need to completely relax or to be fully engaged in more pleasurable pursuits. Designate a set quit time each day, not just from work but even for checking work emails. Social media, news, and other forms of screen time can be highly addictive and frequently leave you feeling worse than before. It can be easy to spend more time than intended on these activities without even realizing it.

By turning off notifications and unplugging, you can give yourself precious time to participate in activities that are healthy, restful, or fun.



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National Suicide Prevention Life Line

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Shawnee County Suicide Prevention Coalition

SCSPC.org

Family Service & Guidance Center (18 and under)

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(HeALS)

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785-249-3792

FINANCIAL HEALTH & WELLNESS

Taxpayers should gather tax documents now for smooth filing

The Internal Revenue Service is reminding taxpayers that organizing tax records is an important first step for getting ready to prepare and file their 2020 tax return.

Taxpayers should keep all necessary records, such as W-2s, 1099s, receipts, canceled checks and other documents that support an item of income, or a deduction or credit, appearing on their tax return.

Taxpayers should develop a system that keeps all their important information together, which could include a software program for electronic records or a file cabinet for paper documents in labeled folders. Having records readily at hand makes preparing a tax return easier.

To avoid refund delays, taxpayers should be sure to gather all year-end income documents so they can file a complete and accurate 2020 tax return.



- Form 1099-G, Certain Government Payments; like unemployment compensation or state tax refund
- Form 1095-A, Health Insurance Marketplace Statements

Now is the time to get your tax records together, in order to get your return filed early, so that any refund due to you can be at the front of the line.

Filing electronically and using direct deposit will also help you get your refund in a timely manner.

—Peggy Beasterfeld, EA

Most taxpayers will receive income documents near the end of January including:

- Forms W-2, Wage and Tax Statement
- Form 1099-MISC, Miscellaneous Income
- Form 1099-INT, Interest Income
- Form 1099-NEC, Nonemployee Compensation



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In a COVID World, Family Can Be a Motivation

It's no secret, COVID-19 has changed the world we live in. From mask mandates, to hand sanitation stations on every corner- we as a country have started to adapt. Maybe no career has had to adapt more than that of a healthcare worker. This month we spotlight, Jeremy Waun, Director of Nursing at Phoenix Home Care & Hospice.

• What got you into nursing?

Nursing kind of runs in my blood. I have multiple family members who are nurses, and the thought of being able to educate and assist with the needs of others in their most trying times sounded fulfilling. It gave me a purpose, and I am always looking for a purpose in life. Nursing has been filling that void for the past 13-years.

• How has COVID changed what you do?

It has changed all aspects of our patient care. Being a home health & hospice nurse, we're going into people's houses daily. You have to



Jeremy Waun and his wife Abbe at Phoenix Home Care & Hospice in Topeka.

have a heightened awareness of surroundings in the home, infection control measures, and being more aware of the mental health and wellbeing of our patients during isolation. We have become even more in tune with the people we serve. Outside of the day-to-day operations, it was also an adjustment wearing PPE (personal protective equipment) on every visit. We want to keep all the people we serve and our clinicians healthy, so well worth it, but definitely an adjustment.

• What's the biggest challenge you've faced during these times?

The biggest challenge I would say was the unknown. Trying to educate patients and staff without having all the answers. We are always trying to stay informed with factual information to help

guide clinicians and patients with confidence. Fortunately, Phoenix created a COVID-19 Task Force that keeps us all up to date with real-time information and guidelines. There is still a lot that is unknown, but we are feeling better and better, day by day.

• What are your hopes for the future?

My hope for the future is for my daughter to live in a society full of innovation, love, and stability.

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

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Jeremy Waun and family



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Arms	sudden weakness of an arm or leg
Speech	sudden difficulty speaking
Time	time the symptoms started

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BE FAST! Call 911.

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5 Simple Tips for Fitness Success

Congratulations on taking a forward step to get in shape and feel great. Many people are guilty of wishing they could get a sculpted body from eating junk food and watching TV all day. But that is just not going to happen. Even though getting in shape sounds like a long, time-wasting process, the effort put towards being in shape has many positive effects. If you want to start your journey to having a better body to feel great, here are some tips:



1. Exercise Daily

Exercise daily for at least an hour. You do not have to kill yourself from running, jogging, etc., but you should have some sort of moderate physical activity in your everyday life. If you're looking to shed a few pounds fast, do a higher-level intensity workout. For example, go on a walk at a brisk pace for an hour. Or, you can jog and set certain intervals to sprint during that hour. Make sure you're not in severe pain during your workout. Just a warning, your muscles will ache after a high intensity workout. It may be irritating, but that means your body is changing for the better. Be sure to stay hydrated, stretch, and eat foods with a decent amount of protein after each workout. The protein will help keep your muscles, not fat, rebuilding.

2. Eat the Right Foods and Portion Each Meal

No matter how bad your stomach is telling you to go for candy over healthy food, try to stay away from sweets. Sugar from candy will not help you get in shape. Even if it's just a single candy bar, one will eventually lead to another. Fruits and vegetables are the best thing to eat when getting into shape. Apples, for example, do a good job at making the stomach feel full for up to 3 to 4 hours. Green vegetables such as green beans and broccoli keep the digestive system clean and running.

Also, stick to lean meats like turkey and chicken. Seafood, such as, shrimp, and tilapia are also great alternatives. These foods are full of protein and healthy nutrients to help keep muscles fit and ready for workouts. In addition, be sure to portion what you eat. Having a good metabolism comes from portioning meals. Try to plan out eating six times a day and setting smaller por-



tions, rather than having three large meals throughout the day. This will also help you find yourself breathing smoother when working out rather than huffing and puffing for air. This is because you will have less food in your digestive system, which means more energy is used toward your exercise.

3. Keep Track of Calories and Food Intake Per Day

Keeping track of how many calories you eat in a



day will be helpful in planning out your physical exercising. Ever wonder why body builders' body masses are so big? That's because they plan out their meals and take in more (healthy) calories than the average person. On the other hand, losing weight and striving for a skinnier physique will involve more physical exercise than calories you ingest.

4. Be Sure to Get Sleep

Even though most of us have eight-hour jobs during the day or night, it is crucial to get enough sleep to recharge the body's batteries. Six to eight hours of sleep will keep the body going throughout the day, but if you happen to feel tired at any point after coming home from work, by all means take a small nap before exercising. You should only nap for about a half hour. This will prevent you from staying up later in the night.



5. Stay Motivated

An important key to being in shape is to set goals and keep a positive mindset. If you stay positive, you will be able to push yourself to get that fit body you've always wanted.

—Kyle Melerski / [active.com](https://www.active.com)

Augmented Reality for Spinal Surgery



(Ivanhoe Newswire) —

Spinal surgery is a last resort when medications and non-surgical treatments are not working. The surgery itself must be precise to get the best outcomes. Now there's a new FDA-approved augmented reality device that's helping surgeons have a more accurate and faster surgery — translating to a better recovery for patients. .

Being able to do this is a big triumph for Paul Zakula. Fourteen years ago, back pain slowed him down. He had a fusion, but the pain came back years later.

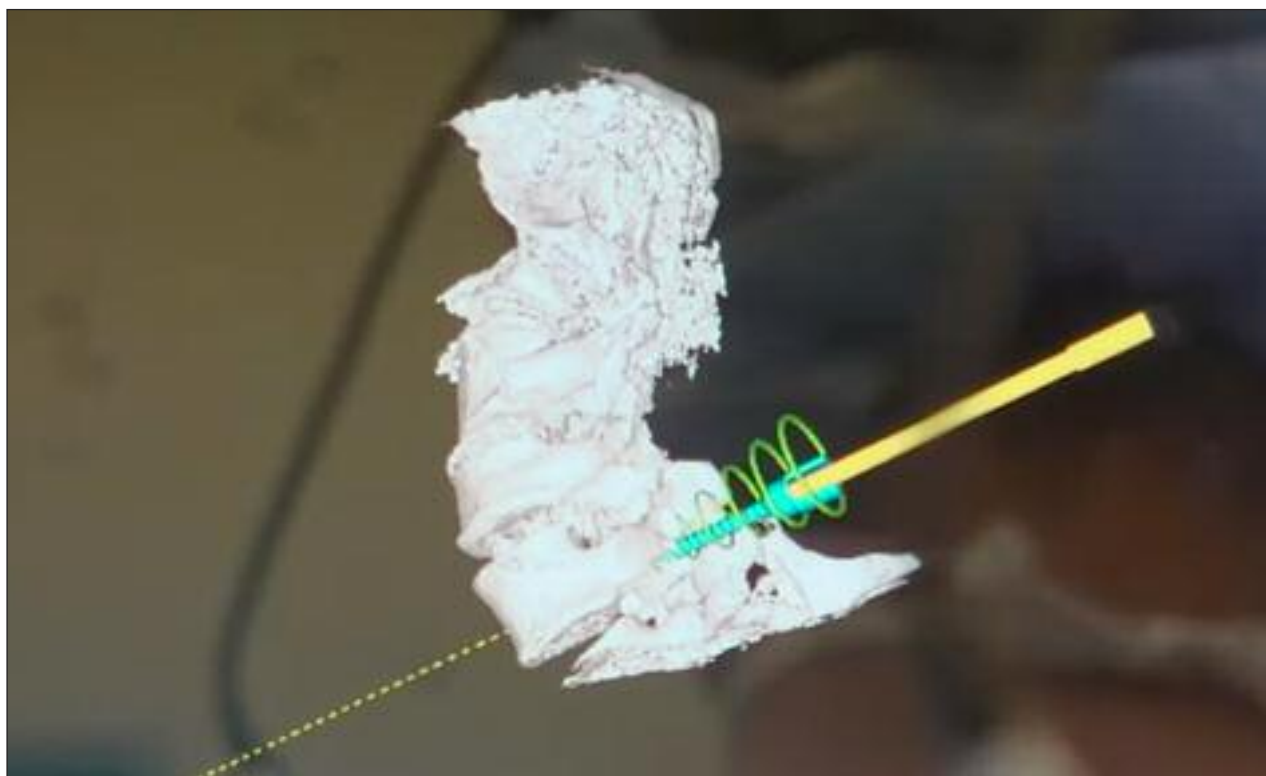
“When it got bad, it got bad. It got to the point, really, where I could not even walk ten steps anymore,” shared Zakula.

Paul went to his doctor and got an MRI.

“Sat down and he stuck it in the computer, and he was just staring at it, not saying a word, which I knew that couldn't be good,” recalled Zakula.

He was going to need spine surgery again. But this time, his surgeon had a new tool for a better surgery. This headset called x-vision is a surgical guidance system that allows the surgeon to see through Paul's skin as if he had x-ray vision.

“What it enables us to do is place screws through tiny poke incisions with 3D visualization of the spine,” explained Frank Phillips, MD, a professor of ortho-



pedics at Midwest Orthopedics at Rush.

CT scans are displayed right in front of the surgeon's eyes in real time, keeping the surgeon's focus on the patient instead of looking away to see scans on a separate monitor. The device allows the surgery to be more accurate and efficient.

“Place screws in five vertebrae in under half an hour using pre-augmented reality techniques that would often take double that amount of time,” illustrated Dr. Phillips.

Quicker and safer surgery means faster recovery. For Paul, six weeks after his surgery ...

“I'm able to get up every morning and walk for an hour,” expressed Zakula.

Leaving his back pain behind him.

Right now, the device is approved to only be used in spinal surgery, but Augmedics, the company that designed the headset, has future plans to use this for other surgeries.

A spinal fusion surgery is designed to stop the motion at a painful vertebral segment, which in turn should decrease pain generated from the joint. There are many approaches to lumbar spinal fusion surgery, and all involve adding bone graft to a segment of the spine, setting up a biological response that causes the bone graft to grow between the two vertebral elements to create a bone fusion and the boney fusion — which results in one fixed bone replacing a mobile joint — stops the motion at the joint segment.

The procedure for Spine Fusion using the TLIF (Transforaminal Lumbar Interbody Fusion) back surgery is done through the posterior (back) part of the spine. Surgical hardware is applied to the spine to help enhance the fusion rate. Pedicle screws and rods are attached to the back of the vertebra and an interbody fusion spacer is inserted into the disc space from one side of the spine. Then a bone graft is obtained from the patient's pelvis and is placed into the interbody space and alongside the back of the vertebra to be fused.

As the bone graft heals, it fuses the vertebra above and below and forms one long bone.

Seven Ways to do Intermittent Fasting

Intermittent fasting involves entirely or partially abstaining from eating for a set amount of time, before eating regularly again.

Some studies suggest that this way of eating may offer benefits such as fat loss, better health, and increased longevity. Proponents claim that an intermittent fasting program is easier to maintain than traditional, calorie-controlled diets.

Each person's experience of intermittent fasting is individual, and different styles will suit different people. There are various methods of intermittent fasting, and people will prefer different styles.

1. Fast for 12 hours a day

The rules for this diet are simple. A person needs to decide on and adhere to a 12-hour fasting window every day.

According to some researchers, fasting for 10–16 hours can cause the body to turn its fat stores into energy, which releases ketones into the bloodstream, encouraging weight loss.

This type of intermittent fasting plan may be a good option for beginners. This is because the fasting window is relatively small, much of the fasting occurs during sleep, and the person can consume the same number of calories each day.

The easiest way to do the 12-hour fast is to include the period of sleep in the fasting window.

For example, a person could choose to fast between 7 p.m. and 7 a.m. They would need to finish their dinner before 7 p.m. and wait until 7 a.m. to eat breakfast but would be asleep for much of the time in between.

2. Fasting for 16 hours

Fasting for 16 hours a day, leaving an eating window of 8 hours, is called the 16:8 method or the Leangains diet.

During the 16:8 diet, men fast for 16 hours each day, and women fast for 14 hours. This type of intermittent fast may be helpful for someone who has already tried the 12-hour fast but did not see any benefits.

On this fast, people usually finish their evening meal by 8 p.m. and then skip breakfast the next day, not eating again until noon.

A study on mice found that limiting the feeding window to 8 hours protected them from obesity, inflammation, diabetes, and liver disease, even when they ate the same total number of calories as mice that ate whenever they wished.

3. Fasting for 2 days a week

People following the 5:2 diet eat standard amounts of healthful food for 5 days and reduce calorie intake on the other 2 days.

During the 2 fasting days, men generally consume 600 calories and women 500 calories.

Typically, people separate their fasting days in the week. For example, they may fast on a Monday and Thursday and eat normally on the other days. There should be at least 1 non-fasting day between fasting days.

There is limited research on the 5:2 diet, which is also known as the Fast diet. A study involving 107 overweight or obese women found that restricting calories twice weekly and continuous calorie restriction both led to similar weight loss.

The study also found that this diet reduced insulin levels and improved insulin sensitivity among participants.

A small-scale study looked at the effects of this fasting style in 23 overweight women. Over the course of one menstrual cycle, the women lost 4.8 percent of their body weight and 8.0 percent of their total body fat. However, these measurements returned to normal for most of the women after 5 days of normal eating.

4. Alternate day fasting

There are several variations of the alternate day fasting plan, which involves fasting every other day.

For some people, alternate day fasting means a complete avoidance of solid foods on fasting days, while other people allow up to 500 calories. On feeding days, people often choose to eat as much as they want.

One study reports that alternate day fasting is effective for weight loss and heart health in both healthy and overweight adults. The researchers found that the 32 participants lost an average of 5.2 kilograms (kg), or just over 11 pounds (lb), over a 12-week period.

Alternate day fasting is quite an extreme form of intermittent fasting, and it may not be suitable for beginners or those with certain medical conditions. It may also be difficult to maintain this type of fasting in the long term.

5. A weekly 24-hour fast

Fasting completely for 1 or 2 days a week, known as the Eat-Stop-Eat diet, involves eating no food for 24 hours at a time. Many people fast from breakfast to breakfast or lunch to lunch.

People on this diet plan can have water, tea, and other calorie-free drinks during the fasting period.

People should return to normal eating patterns on the non-fasting days. Eating in this manner reduces a person's total calorie intake but does not limit the specific foods that the individual consumes.

A 24-hour fast can be challenging, and it may cause fatigue, headaches, or irritability. Many people find that these effects



become less extreme over time as the body adjusts to this new pattern of eating.

People may benefit from trying a 12-hour or 16-hour fast before transitioning to the 24-hour fast.

6. Meal skipping

This flexible approach to intermittent fasting may be good for beginners. It involves occasionally skipping meals.

People can decide which meals to skip according to their level of hunger or time restraints. However, it is important to eat healthful foods at each meal.

Meal skipping is likely to be most successful when individuals monitor and respond to their body's hunger signals. Essentially, people using this style of intermittent fasting will eat when they are hungry and skip meals when they are not.

This may feel more natural for some people than the other fasting methods.

7. The Warrior Diet

The Warrior Diet is a relatively extreme form of intermittent fasting. It involves eating very little, usually just a few servings of raw fruit and vegetables, during a 20-hour fasting window, then eating one large meal at night. The eating window is usually only around 4 hours.

This form of fasting may be best for people who have tried other forms of intermittent fasting already.

Supporters of the Warrior Diet claim that humans are natural nocturnal eaters and that eating at night allows the body to gain nutrients in line with its circadian rhythms.

During the 4-hour eating phase, people should make sure that they consume plenty of vegetables, proteins, and healthful fats. They should also include some carbohydrates.

Although it is possible to eat some foods during the fasting period, it can be challenging to stick to the strict guidelines on when and what to eat in the long term. Also, some people struggle with eating such a large meal so close to bedtime.

There is also a risk that people on this diet will not eat enough nutrients, such as fiber. This can increase the risk of cancer and have an adverse effect on digestive and immune health.

—medicalnewstoday.com

Nutrition is key to a Healthy Lifestyle



National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses on the importance of making informed food choices and developing sound eating and physical activity habits. In addition, National Nutrition Month® promotes the Academy and its members to the public and the media as the most valuable and credible source of timely, scientifically-based food and nutrition information.

Registered Dietitian Nutritionist Day, also celebrated in March, increases awareness of registered dietitian nutritionists as the indispensable providers of food and nutrition services and recognizes RDNs for their commitment to helping people enjoy healthy lives.

National Nutrition Month® serves as a reminder that each one of us holds the tools to make healthier food choices. Making small changes during National Nutrition Month® and over time, helps improve health now and into the future.

As nutrition experts, Academy members can help guide the public on gradually shifting toward healthier

eating styles by promoting NNM activities and messages during March.

Eating right doesn't have to be complicated — simply begin to shift to healthier food and beverage choices. These recommendations from the Dietary Guidelines for Americans can help get you started.

- Emphasize fruit, vegetables, whole grains and low-fat or fat-free milk and milk products.
- Include lean meats, poultry, fish, beans, eggs and nuts.
- Make sure your diet is low in saturated fats, trans fats, salt (sodium) and added sugars.

Make Your Calories Count

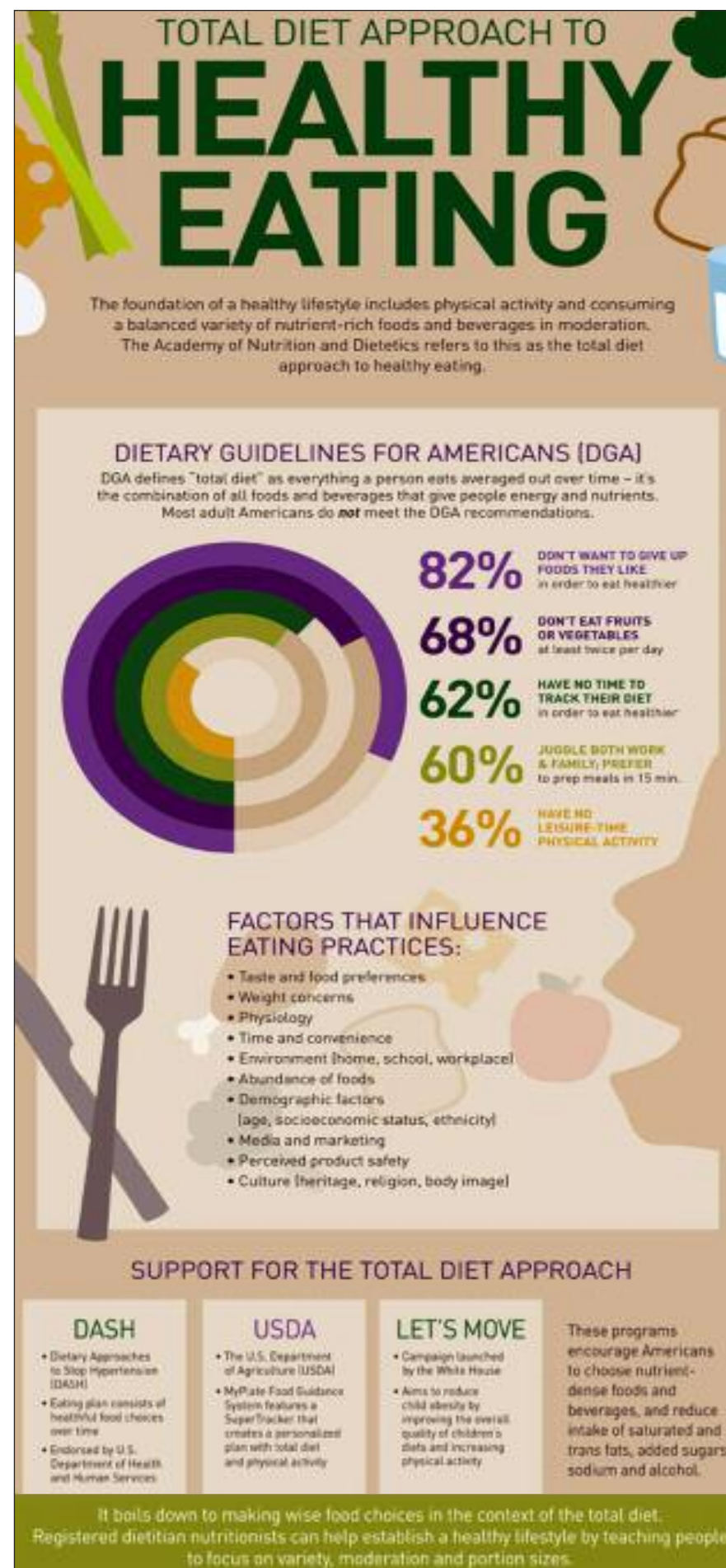
Think nutrient-rich rather than "good" or "bad" foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients, and lower in calories. Making smart food choices can help you stay healthy, manage your weight and be physically active.

Focus on Variety

Eat a variety of foods from all the food groups to get the nutrients your body needs. Fruits and vegetables can be fresh, frozen or canned. Eat more dark green vegetables such as leafy greens and broccoli and orange vegetables including carrots and sweet potatoes. Vary your protein choices with more fish, beans and peas. Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice or pasta every day.

Know Your Fats

Look for foods low in saturated fats and trans fats to help reduce your risk of heart disease. Most of the fats you eat should be monounsaturated and polyunsaturated oils.



How to Prepare for Spring Allergies Now

During the late winter and early spring, weather can change daily, giving a signal that the seasonal allergy season is upon us. As temperatures reach above 50 degrees, plants begin to bloom and release pollen into the air. Those with seasonal spring allergies will usually start to see symptoms in early March and last through May. It's important to start preparing for allergies now before pollen reaches peak spring allergy levels.

What are Spring Allergies?

Those with allergies in the spring are typically allergic to pollen that begins to appear in the air. We start seeing tree pollen, one of spring's main offenders, even in February. In the latter part of the season, we will begin to see grass pollen, and the combination can make the spring a miserable time for allergy sufferers.

While the exact cause of allergies is not known, an allergy occurs when your immune system produces antibodies when exposed to harmless foreign matter. Your immune system is mistaking allergens like pollen and dander for dangerous substances and fighting them off with the "immunoglobulin E" or IgE antibodies. These produce histamine that can cause the allergic reaction and the telltale symptoms of allergies.

Symptoms of Spring Allergies:

Spring allergy symptoms are typical of respiratory allergies, these include:

- Sinus Congestion
- Runny Nose
- Post-Nasal Drip
- Sneezing
- Coughing
- Itchy or Watery Eyes

Determining what is causing your symptoms is the first step towards relief, in the case of spring allergies there are several things you can do to help ease your symptoms.

Why Should You Start Preparing Now?

You don't have to wait until you are suffering to do something about your allergies. Whether you make an appointment with an allergist or start taking medication, it's important to get ahead of the pollen. Preparing now can



Pollen can stick to your clothes and hair, making it easy to track pollen spores throughout your home.

3. Begin Tracking the Pollen Levels

Tree and grass pollen are the main allergy culprits in the spring. Using our Family Allergy & Asthma patient app or by visiting our website, you can view the local pollen counts. Tracking the days when your allergies are worse can help you plan accordingly. Stay inside during the midmorning and early evening to avoid peak pollen hours on days in which the pollen count is high.

help ease your symptoms throughout the season. If you've never been allergy tested now is a great time to do it. Learn what you are allergic to and how to treat it before your symptoms get worse.

6 Ways You Can Prepare for Spring Allergies:

1. Start Treatment

Start taking medication around two weeks before you typically start to feel your allergy symptoms. Over-the-counter antihistamines and nasal steroid sprays can help manage your symptoms by reducing your allergic reaction after it starts but also before. Antihistamines reduce or block histamines that cause your allergy symptoms. Pretreating with allergy medication before symptoms begin can help prevent inflammation and help ease your stuffy nose, itchy, watery eyes and other allergy symptoms.

If you are looking to treat more than your symptoms, immunotherapy (allergy shots) can desensitize you to the allergens that are bothersome to you. A traditional allergy shot program typically takes a few months before patients experience symptom relief, however; Rush or Cluster immunotherapy can reduce relief time to weeks or even days.

2. Get Your Spring Cleaning Started Early

Sweep out the winter cobwebs and get ahead on your spring cleaning. A deep spring clean includes dusting everything from the light fixtures to the bookcases, washing curtains, sweeping floors and rugs, even vacuuming furniture. This will remove any dust and pollen that has already made its way inside.

If you are out sprucing up the yard, wear a NIOSH 95 mask to reduce the inhalation of allergens. When you are done for the day, be sure to change your clothes and shower.

4. It's Tempting... But Keep Your Windows Closed

When the weather is finally warm outside, it is tempting to turn off the heat, open windows, and let the fresh air in. This fresh breeze might feel nice, but it will also bring the pollen inside your home. Keeping your windows and doors closed will create a safe retreat during the peak pollen season.

Another place to control pollen is in your car. Keep your car windows closed and the AC on re-circulation to help keep pollen out of the car.

5. Don't Forget to Change Your Air Filter

As we often suggest, it is best to change your air filter seasonally, or every 3 months, this helps keep the air inside your home clean. Consider other environmental control products as well, both zippered pillowcases and mattress encasements can help reduce dust mites and even have shown to help with pet allergies.

6. Mold in the Spring

Tree and grass pollen are not the only spring allergens; mold can often occur in basements, bathrooms, and kitchens. Any area that might not dry properly can grow mold, check under the sink and even the doormat for mold spores. Clean or remove anything with mold you find in your home and monitor humidity levels to ensure the humidity is below 50%; otherwise, mold could return.

Keep your allergies under control by preparing now while pollen counts are low. If over-the-counter medications are not helping you, talk to your primary care physician or schedule an appointment with a board-certified allergist to find relief.

How to Overcome 3 Common Obstacles to Positive Change

Amid the crisis of COVID comes an opportunity to break through and pick up dreams left by the wayside

So much of life is spent on autopilot. Years pass by, then decades. The more time passes, the more we lose sight of who we wanted to be, and the more we accept who we've become, despite the gap between our hopes and our reality.

We recognize the dissonance, but explain it away because the dreams of our youth are, we believe, impractical. It's not realistic or responsible—and may even be selfish—to harbor, let alone act upon, deeply held desires for something more out of life, right?

Time passes. Nothing changes. And we tell ourselves stories about why that's okay.

"I'm 30. I'm advancing in my career, planning a wedding, and trying to pay off student loans. I'm too busy."

"I'm 40. I have kids, a mortgage, and college tuition to save for. I have too many responsibilities."

"I'm 50. My knee hurts, I'm tired, I need to save for retirement. I'm too old."

Life goes by fast, and then faster and faster. If we're not careful, our bucket lists will get filled with excuses rather than accomplishments and experiences. It's easy to allow routine to take hold, and once it does, progress often grinds to a halt. We lose ourselves in other people's expectations about how we're supposed to think, what we should say, and what we ought to do or not do. Those deferred dreams of becoming an artist, of writing that book, of pursuing a new career, of traveling, of living somewhere new, all begin to fade.

But not entirely. Any dream worth dreaming keeps flickering, no matter how faintly. It begins to burn brighter at times of turmoil, when the routine becomes unbearable. It is during trying times, such as the onset of an illness or the disintegration of a relationship, that we conjure the courage to revisit what we really desire from our lives. These are the inciting incidents of life.

How Will You Rise to the Challenge?

In screenplay and novel writing, the inciting incident is the event that gets the story rolling. It's the action or decision that introduces the problem that the story's main character must overcome.



In movies and books, the inciting incident is unmistakable. It's the moment that calls the protagonist to action and changes his or her life irrevocably. That's the thing about fiction—almost every story follows the same arc. There's incitement, struggle, and ultimately triumph, with twists and turns along the way. But the story almost always gets resolved, wrapped up in a pretty bow.



Art may imitate life, but real life is, of course, far different. And messier (at least the ending). We're all characters in a narrative, but unlike in most books and movies, our stories don't always result in happy endings. Inciting incidents occur all around us, but rarely do they lead to real change.

Over the past nine months, we have all been called to action. Even if you haven't personally been afflicted with illness, COVID-19's second-order consequences have almost certainly affected you in some ways. The question is: Will you use this moment as a catalyst for change, or merely accept more of the same?

If you've pondered this question, in some form or another, you're not alone. I've struggled with it mightily. For me, it's led to a host of other questions: What legacy will I leave? How will I look back at my time spent during the pandemic? What are my priorities? What lessons will I pass on to my kids that will help them confront the inevitable struggles they will face? Have I stepped up for others? Am I showing up with an abundance or scarcity mindset? Am I living a life true to myself? What changes should I make? If not now, when?

The problem with an inciting incident in the form of a global pandemic is that the severity of such a crisis tends to inhibit and not spur positive change. It's during times like this that we tend to withdraw and avoid risk-taking. We hunker down. We settle for the status quo, no matter how dissatisfying. We get stuck.

Five years ago, facing other challenges, my wife and I finally summoned the courage to act and change our circumstances for the better. We picked up and moved hundreds of miles away to a place we loved but previously lacked the will to embrace as our home. We started a new business. We fashioned a new life. We took action.

It worked, and the experience has been revelatory in many ways. We're still not sure exactly where this journey will end up, but we got ourselves moving. And that's important, because almost everything positive that has happened in our lives has come as a result of stepping outside of our comfort zones.

One of the most important lessons we learned is that to move forward, you first need to understand what's holding you back. Only after you've diagnosed the problem can you determine the right course of treatment.

Here are three common challenges that impede progress—they certainly impeded ours—and some ideas for moving forward.

The Sunk Cost Fallacy

Have you ever stayed in a job or situation for too long because you felt like you had so much time and effort invested in it? Have you feared that walking away, despite the fact that you were in a bad situation, was not worth the cost? Most of us have, which means we've

fallen victim to the “sunk cost fallacy.”

A sunk cost is one that has already been incurred and cannot be recouped. It's gone, and there's nothing we can do about it. The fallacy is that we believe we can recover sunk costs by putting more energy into the situation, so we make bad decisions—or no decision at all—because we don't want to accept the fact that the past is in the past. So instead of making progress on a new path, we compound our mistakes based on the irrational desire to justify our prior decisions.

Not only do people overvalue sunk costs, but they undervalue future investments. They stay in situations for too long even though they're not happy because they doubt their potential to pivot and make positive change.



Sunk costs are, by definition, gone. You can't get them back. So there's no reason to regret past mistakes. And there's certainly no reason to compound them by not changing behavior. Learn from your past and remember that every stumble is a step toward your future.

Living for Others

Far too many people live their lives based on perceptions of what others may think of their actions and decisions rather than focusing on their own dreams and desires. Instead of working to be happy, they worry about pleasing others.

“If I quit my job, what will my parents think?”

“If I join this group, what will my friends say?”

“How will my co-workers react if I speak up at the meeting?”

“Will people ‘like’ my social media post?”

This is no way to live, and it's a recipe for staying stuck.



That's not to say that we shouldn't consider what other people think of us, it's just that it can't be your guiding principle.

So what if someone does judge you? You'll never please everyone—that's out of your control. What is in your control is how you react. You can either let it get you down, or you can ignore it and move forward. There's no way that everyone is going to like you, but depending on how you conduct yourself, you can earn everyone's respect. And that should be the objective.

This is not a call to narcissism. It's a wake-up call to start living life on your own terms. The path to progress starts with having a well-developed value system and the courage to unabashedly express it. Again, not everyone will like it, but if you're true to yourself and your values, then you'll be respected no matter where your path takes you.



Thinking ‘Why Me?’ Instead of ‘Why Not Me?’

We hear a lot about “overnight success” stories—people who emerge from obscurity and skyrocket to fame and fortune, and businesses that start in a garage or dorm room and quickly command billion-dollar valuations. These stories make for great sound bites in the age of the internet

and social media, and they leave people thinking that success is more the result of a stroke of luck than it is hard work and determination.

With few exceptions, the overnight success phenomenon is a myth. We see the end result—the fame and fortune—but we don't see the blood, sweat,

tears, toil, failure, sacrifice, and rejection that enabled the achievement to happen. Almost no one achieves anything worthwhile the first time they try, or even the second or third. Indeed, the road to success for most is littered with failures.



If you're willing to work hard and persevere through hardship, you can become “successful”—no matter how you define it. It just won't happen overnight. Those who grasp this don't look for lightning in a bottle. They don't fatalistically and self-defeatingly ask, “Why me?” Instead, with calm confidence they dig deep, roll up their sleeves, and proclaim, “Why not me?” And they shift into action.

Success begins and ends with an enduring belief in self.

In almost all ways, the COVID-19 crisis is a curse. But in crisis lies opportunity. What will you do in the face of this clear and present inciting incident to make changes for the better?

Jay Harrington (The Epoch Times) is an author, lawyer-turned-entrepreneur, and runs a northern Michigan-inspired lifestyle brand called Life and Whim. He lives with his wife and three young girls in a small town and writes about living a purposeful, outdoor-oriented life.

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 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

What Exactly is a Virtual Race?

There's not even an official starting line.

That's the kind of flexibility offered by virtual races, a new trend in the running community. Runners who sign up for a virtual race register online and simply choose their own starting line, whether it's a treadmill or a neighborhood street. They run the race distance, upload their finishing time and a few days later are mailed a medal.

It may seem strange to traditional runners, but race organizers say the virtual race is a great option for those who want convenience.

How It Began

Years ago, before national championship meets, high school runners mailed in their times to a national postal competition, and a champion was then selected and announced.

This was the early model of virtual racing.

It's unclear when virtual racing made the leap online to a mass audience. Some race directors say it evolved from runners' requests to participate in physical races from afar. Regardless, in recent years virtual racing has exploded in popularity, mostly because of its flexibility.

The Benefits

"There are many people who would love to participate in physical races but are unable to for one reason or another," says Mark Petrillo, founder of Virtual Strides, a small business that organizes virtual races and donates a large percentage of the proceeds to charitable causes. "With virtual races, you don't need to deal with traffic, parking, poor weather or unexpected schedule conflicts or injuries that might cause you to miss the race."

It's also an easy way to practice race day nutrition and hydration, says Alex Anastasiadis, owner of Running on the Wall, an online shop that sells all things running.

"Virtual races can be used to experiment with new training plans and methods to find out what works best for you on nutrition [and] hydration before and during the race, supplements, resting and waking time before the race, apparel and many other very important factors that can make you or break you on your big upcoming race," he says.

How It Works

Most virtual races work the same: participants select a distance, sign up and pay the registration fee. Some races allow runners to complete the distance at any time, but they all allow runners to earn their medal anywhere.

"The more creative the bling, the better," says Dwight Jackson, who owns Will Run for Bling, a virtual race company.

After the virtual race, runners post their times online and are then mailed a finisher's medal. Some organizers even offer race packets and electronic bibs to their runners as well.

"For us, virtual racing is not a replacement, but an addition to the conventional race," Anastasiadis says. "Both should be a part of our training plans and training methods that we can use to become a better runner."

Many traditional road races are now adding virtual races as an alternative option. For example, Colorado's Prairie Dog Half Marathon allows runners to participate virtually. The Prague Marathon and the Falmouth



Road Race in Massachusetts also offer virtual races in addition to the "live" race.

Fees are typically lower for the virtual race alternative, meaning runners can earn their miles and save money. Such is the case with the Walt Disney World Radio Running Team's Tomorrowland Virtual Race, which gives runners an alternative to making the expensive trip to Disney World and Disneyland for their series of half marathons and marathons.

The Cons

Still, as the popularity of virtual races has grown, so have runner's opinions of it. Many runners say that virtual races simply can't deliver the same race day atmosphere, the community or the camaraderie of races.

But virtual racing advocates have an answer to that, too.

"You are able to keep the community feel because of the online environment," Jackson says. "Kind of the same way that other running groups share stories and feedback on social media, virtual races create this type of community also."

Another Way to Give Back

Like many physical races, virtual races are also committed to donating to charities, and many operate at little or no profit. Races for Awareness, for example, donates at least 80 percent of its net proceeds to various charities.

"We have raised over \$89,000 since we started in September 2013," says Joanna Williams, owner and founder of Races for Awareness. "We have over 5,000 participants from all over the world."

Since thousands of runners are trying out virtual races, more and more charities are benefitting. Virtual Strides raised more than \$82,000 for charity in 2015, and Will Run for Bling gave more than \$50,000 to charities in 2014 and 2015.

"I think people like the idea of participating in a virtual race on their own terms, while supporting a great cause, and receiving some nice bling in the mail to commemorate their accomplishment," Petrillo says.

—Amanda Casanova / Active.com

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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.

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New Health & Wellness Info at the Library

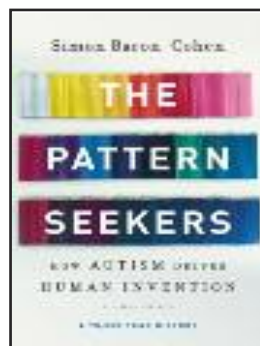
By Kelly Barker

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

The Pattern Seekers: How Autism Drives Human Invention by Simon Baron-Cohen, New Health Books Media Center 616.85882 BAR

The Pattern Seekers is a groundbreaking argument about the link between autism and ingenuity.

The author makes a case that autism is as crucial to our creative and cultural history as the mastery of fire. Indeed, he argues that autistic people have played a key role in human progress.



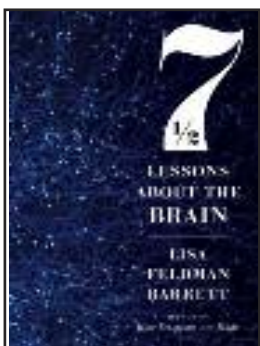
Lightning Flowers: My Journey to Uncover the Cost of Saving a Life by Katherine E. Standefer, New Health Books Media Center 610.7 STA

In this gripping, intimate memoir about health, illness, and the invisible reverberating effects of our medical system, Standefer recounts the astonishing true story of her rare diagnosis. Deeply personal, Lightning Flowers takes a hard look at healthcare, and medical technology.



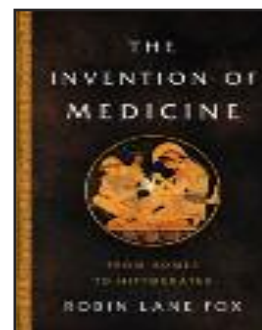
Seven and A Half Lessons About the Brain by Lisa Feldman Barrett, New Health Books Media Center 612.82 BAR

Have you ever wondered why you have a brain? Let renowned neuroscientist Lisa Feldman Barrett demystify that big gray blob between your ears in seven and a half lessons that reveal mind-expanding information from the front lines of neuroscience research.



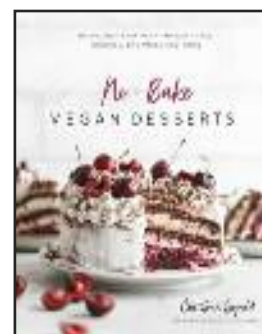
The Invention of Medicine: From Homer to Hippocrates by Robin Lane Fox, New Health Books Media Center 610.9 LAN

The Invention of Medicine is a groundbreaking reassessment of many aspects of Greek culture and city life. Acclaimed historian Robin Lane Fox puts these remarkable works in a wider context and upends our understanding of medical history.



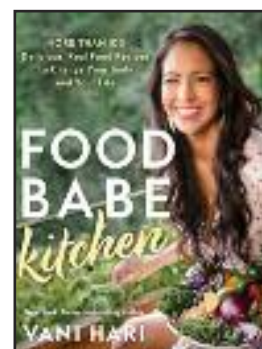
No-bake Vegan Desserts: Incredibly Easy, Plant-based Cakes, Cookies, Brownies, and More By Christina Leopold, New Cookbooks Media Center 641.5636 LEO

Whether you want cakes, tarts, candies, cookies, brownies or even donuts, these recipes are all a breeze to whip up. Every dessert is naturally sweetened and with a variety of gluten-free options and full of incredible flavor in every spoonful. You won't believe they are vegan!



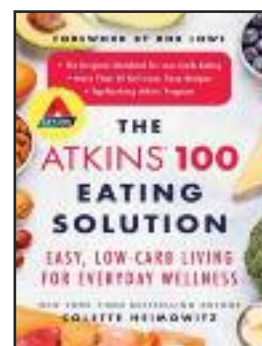
Food Babe Kitchen: More Than 100 Delicious, Real Food Recipes to Change your Body and your Life by Vani Hari, New Cookbooks Media Center 641.563 HAR

Ditch processed foods and eat the cleanest, healthiest food on the planet. Food Babe Kitchen shows you how to shop for the healthiest ingredients making this the ultimate guide to getting back into the kitchen to create healthful meals for yourself and those you love.



The Atkins 100 Eating Solution: Easy, Low-Carb Living for Everyday Wellness by Colette Heimowitz and Rob Lowe, Overdrive E-book

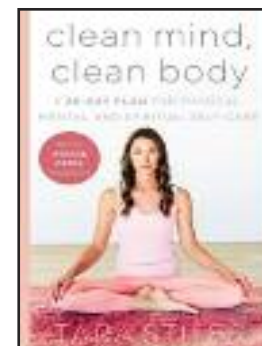
From the creators of the original ketogenic, low-carb diet, comes



the most accessible and flexible approach to the Atkins diet ever: a simplified lower carb and sugar approach based on solid science. Featuring a foreword by Atkins spokesperson and actor Rob Lowe.

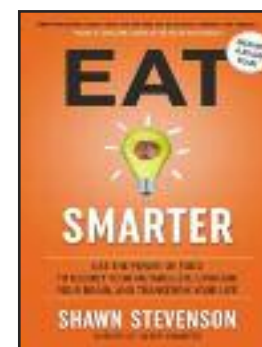
Clean Mind, Clean Body: A 28-Day Plan for Physical, Mental, and Spiritual Self-Care by Tara Stiles, Overdrive E-book

Most of us are constantly plugged in and stressed out—tethered to our phones and e-mail, overworked and inactive, and out of touch with what our bodies and our brains. Clean Mind, Clean Body is the ultimate reset button, that will transform your daily routine and your habits.



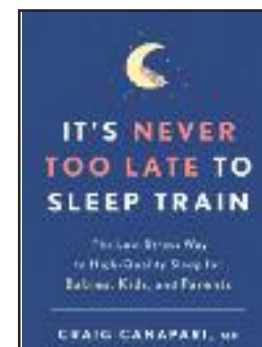
Eat Smarter: Use the Power of Food to Reboot Your Metabolism, Upgrade Your Brain, and Transform Your Life by Shawn Stevenson, Overdrive E-book

Food is complicated. It's a key controller of our state of health or disease. 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.



It's Never Too Late to Sleep Train: The Low-Stress Way to High-Quality Sleep for Babies, Kids, and Parents by Craig Canapari, Overdrive E-book

From a leading pediatric sleep physician comes a revolutionary program that will have everyone in the house sleeping through the night. In It's Never Too Late to Sleep Train, Dr. Canapari helps parents harness the power of habit to chart a clear path to high-quality sleep for their children.



Home Apothecary with Ashley English: All You Need to Know to Create Natural Health and Body Care Products

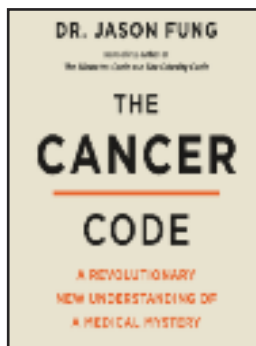
Homemade Living by Ashley English, Overdrive E-book

Ditch store-bought health- and body-care products with their synthetic ingredients. Ashley English, author of the popular Homemade Living series, provides a primer to creating all-natural body-care and wellness products—complete with 40 accessible DIY recipes to try at home.



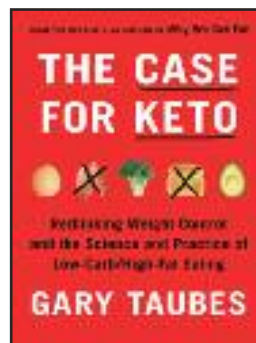
The Cancer Code: A Revolutionary New Understanding of a Medical Mystery by Dr. Jason Fung and Brian Nishii, Overdrive Audiobook

The Cancer Code offers a new understanding of this invasive, often fatal disease—what it is, how it manifests, and why it is so challenging to treat. The author identifies the medical community's many missteps in cancer research and issues a call to action for reducing risk.



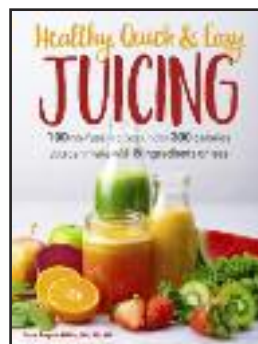
The Case for Keto: Rethinking Weight Control and the Science and Practice of Low-Carb/High-Fat Eating by Gary Taubes, Overdrive Audiobook and E-book

After a century of misunderstanding the differences between diet, weight control, and health, The Case for Keto revolutionizes how we think about healthy eating. Based on twenty years of investigative reporting and interviews with physicians who embrace the keto lifestyle as the best prescription, he gives us a manifesto for fight against obesity and diabetes.



Healthy, Quick & Easy Juicing: 100 No-Fuss Recipes Under 300 Calories You Can Make with 5 Ingredients or Less by Dana Angelo White, Overdrive E-book

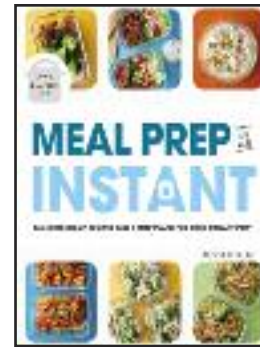
Juicing is a quick and easy way to feed and fuel your body, and now you can do it with five ingredients or less! Healthy, Quick & Easy Juicing contains 100



recipes that are all super simple to prepare, and every recipe can be made in less than 10 minutes.

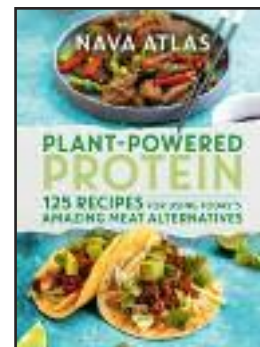
Meal Prep in an Instant by Becca Ludlum, Overdrive E-book

Meal prep has never been easier with an Instant Pot. With its versatility and ability to cook quickly and efficiently, you can use your Instant Pot to cook meals for the week ahead. With seven customized prep plans, Meal Prep in an Instant will show you how.



Plant-Powered Protein: 125 Recipes for Using Today's Amazing Meat Alternatives by Nava Atlas, Overdrive E-book

In Plant-Powered Protein, everyone's favorite meaty dishes go vegan with delicious plant-based recipes. These budget-friendly, approachable recipes will satisfy staunch meat-lovers, picky eaters, and healthy food fans alike. There are even recipes for those with a DIY spirit.



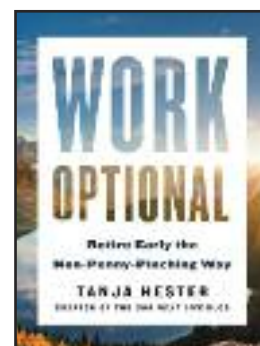
Instant Pot Miracle Healthy Cookbook: More than 100 Easy Healthy Meals for Your Favorite Kitchen Device by Urvashi Pitre, Overdrive E-book

Unlike many other Instant Pot books, you won't find pre-processed and highly refined ingredients in the Instant Pot Miracle Healthy Cookbook. Instead the emphasis is on whole, unprocessed foods, vegetables high in fiber, healthy fats, and lean proteins that all can enjoy.



Work Optional: Retire Early the Non-Penny-Pinching Way by Tanja Hester, Overdrive E-book

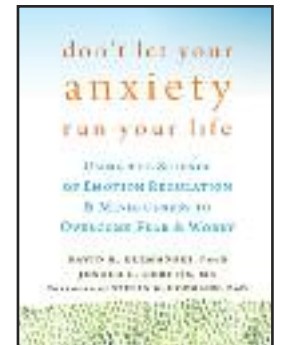
In today's work culture, we're expected to hustle around the clock. But what if you could escape the traditional path and get on one that doesn't require working full-time until age 65? Work Optional is more than just a financial plan to achieve this,



it's a plan for your whole life.

Don't Let Your Anxiety Run Your Life: Using the Science of Emotion Regulation and Mindfulness to Overcome Fear and Worry by David H. Kle-manski and Joshua E. Curtiss, Overdrive E-book

Anxiety is an epidemic in our modern world. But studies now show there is a direct link between anxiety and how you respond to emotions. Don't Let Your Anxiety Run Your Life provides a groundbreaking, step-by-step guide for managing the thoughts and feelings that cause anxiety.



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Check out our article ["Find Healthy Reading Options while you are Safer at Home"](http://tscpl.org) at 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 or tscpl.org/downloads/ebooks.



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Healthy Family Recipes for the Spring

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

Healthy Idaho® Potato Salad



This easy and delicious recipe is certified by the American Heart Association.

Ingredients (Servings: 12)

- 2¾ pounds Idaho® Russet Potatoes
- 8 large hard-boiled eggs
- 1 medium yellow onion, chopped
- ½ cup dill pickles, chopped
- ¼ cup mayonnaise
- ¼ cup Miracle Whip
- ½ cup plain nonfat Greek yogurt
- 3 tablespoons brine from a pickle jar
- 2 tablespoons yellow mustard
- ¼ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

Directions

Scrub Idaho® Russet Potatoes well, but do not peel. Place potatoes in a stockpot, add water to cover, and bring to a boil over high heat. Reduce heat to medium-high and cook 12 to 15 minutes, or until a knife can easily pierce the potatoes but they are still firm. Pour off the hot water and add cold water to the pot to help cool down the potatoes. Set potatoes aside while preparing the remaining ingredients.

Remove the yolks from 4 of the hard-boiled eggs. Discard or save for another use. Roughly chop the 4 egg whites and 2 of the whole eggs, saving 2 for garnish. Add the chopped eggs to a large mixing bowl. Add the onion and chopped pickles to the bowl.

In a small mixing bowl, combine the mayonnaise, Miracle Whip, Greek yogurt, dill pickle brine, yellow mustard, garlic powder, salt, and pepper. Whisk well to combine; set aside.

Remove the cooled potatoes from the pot of water.

With a paring knife, remove the potato peels (they will come off easily). Cut the potatoes into small cubes and add to the other ingredients in the mixing bowl. With a wooden spoon, gently toss the salad ingredients to mix. Add the dressing mixture and gently toss again to coat all ingredients well.

Transfer potato salad to a serving bowl. Cut the remaining 2 eggs into thin slices and arrange them around the salad to garnish. Cover and refrigerate at least 3 hours before serving (preferably overnight) to let the flavors combine.

Nutrition Information

112 calories; protein 5.3g; carbohydrates 3g; fat 8.6g; cholesterol 144.7mg; sodium 342.9mg.

Source: allrecipes.com

Healthier Swedish Meatballs



This recipe is a healthier take on a classic Swedish meatballs dish without sacrificing elegance or taste.

Ingredients (Servings: 4)

- 1 tablespoon olive oil
- ½ sweet onion, grated
- 1 pound ground sirloin
- ½ pound ground pork
- ¾ cup seasoned panko bread crumbs
- 1 egg
- 1 tablespoon milk
- 1 teaspoon garlic powder
- 1 teaspoon salt
- ½ teaspoon freshly ground black pepper
- 4 dashes Worcestershire sauce, divided
- 4 ½ cups reduced-sodium beef broth, divided
- 1 tablespoon reduced-sodium soy sauce
- 1 tablespoon finely chopped fresh rosemary
- ¼ cup cornstarch
- ⅓ cup Greek yogurt
- 2 tablespoons chopped fresh parsley

Directions

Preheat the oven to 350 degrees F (175 de-

grees C).

Heat olive oil in a pan over medium-high heat. Sauté onion in the hot oil until transparent, 5 to 7 minutes. Remove from heat and let cool.

Combine ground sirloin, ground pork, bread crumbs, onion, egg, milk, garlic powder, salt, pepper, and 2 dashes Worcestershire sauce in a bowl. Form into 1-inch meatballs. Place onto a baking sheet.

Bake in the preheated oven until no longer pink in the centers, about 20 minutes.

Pour 4 cups beef broth, soy sauce, rosemary, and remaining Worcestershire sauce into a large skillet. Bring to a simmer.

Pour remaining beef broth into a measuring cup and whisk in cornstarch. Pour mixture into the sauce and stir until thickened. Add meatballs to the sauce and stir in Greek yogurt. Top with parsley and serve.

Nutrition Information

442 calories; protein 38.5g; carbohydrates 25.3g; fat 21.7g; cholesterol 136.1mg; sodium 1087.6mg.

Source: allrecipes.com

Super Immunity Boost Juice



Orange, ginger, and turmeric, well-known immunity powerhouses, combine to make this tasty and healthy juice that is loaded with Vitamin C, antioxidants, and anti-inflammatory properties.

Ingredients (Servings: 1)

- 1 (2 inch) piece fresh ginger root
- 2 (1 1/2 inch) pieces fresh turmeric
- 3 large naval oranges, peeled
- ice cubes

Directions

Process ginger, turmeric, and oranges through a juicer in the order listed. Pour over ice and drink immediately.

Nutrition Information

282 calories; protein 5.7g; carbohydrates 69.8g; fat 0.9g; sodium 3.6mg.

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.

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KMC GASTROENTEROLOGY & ENDOSCOPY CENTER - 2200 SW 6th Ave. Treating abdominal pain, digestive disorders, constipation & more 785-354-8518. KMCPA.com • 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

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MIDLAND HOSPICE - The sooner you call, the sooner we can help. 800-491-3691 www.midlandcareconnection.org

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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

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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


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HEALTH INFORMATION

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

FINANCIAL HEALTH

PEGGY'S TAX & ACCOUNTING - Multiple - year tax returns, tax problem resolutions, IRS letters, etc. 785-430-0048. www.peggystaxks.com

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Healthy Event Calendar for Greater Topeka

To list an event in this calendar, email it to 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.lecomptonkansan.com historiclecompton@gmail.com

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

MAR. OUTDOOR ACTIVITIES – Outdoor events and activities. www.getoutdoorskansan.org/calendar

23RD METRO VOICE MIDWEST CHRISTIAN EDUCATION & COLLEGE EXPO - Feb. 27, 10:00 am-12:00 pm. Colonial Presbyterian Church, 9500 Wornall, Kansas City, MO. FREE SEMINARS. 50 Christian Colleges from 17 states. 816-524-4522. MetroVoiceNews.com

QUEEN OF HEARTS DADDY DAUGHTER DATE – Feb. 27, 1 - 6pm, The Brownstone, 4020 NW 25th St. Two sessions available with limited ticket availability: 1pm & 4pm. Dress up for Alice in Wonderland themed date and grab a pic at the photo booth! Includes a craft to complete together, music, a snack and beverage. All dads, grandparents or uncles and kiddos come join the fun! Socially distanced fun. For info go to the facebook

page or call 785-235-0057 or visit thebrownstone-topeka.com.

THE CHOCOLATE NUTCRACKER MIDWEST – Feb. 27, 2pm & 7pm, Topeka Performing Arts Center, 214 SE 8th Ave. It Takes a Village, Inc. Presents a Black History Month production of The Chocolate Nutcracker, Midwest. VIP Tickets \$25. www.ticketmaster.com/event/0600595C7B4A0C6F. General Admission \$10 Youth, \$15 Seniors, \$20 Adults. www.ticketmaster.com/event/0600595C7BFC0C7D

BURLINGTON SPRING SAMPLER – Mar. 6, 9-2, Burlington Recreation Center. Indoor vendor fair offering arts, crafts, food and direct sales booths. Booth spaces are available for \$30.

NAMIWalks RALLY with HBO's 'CRISIS COPS' – Mar. 6, 6pm, Facebook Live. Free

C5Alive "BUSINESS MATCHMAKER" LUNCHEON – Mar. 11, 11:30-1, at Forest Park. Catered by Chef Hall. • Cost: \$10 for C5 members & first-time guests who RSVP, \$12 at the door. • \$15 for non-members & repeat guests. • Please RSVP to info@C5Alive.org, so we know how much food is needed! Open to the public – Put POWER in your life with great food, great speakers and great company! Invite a friend to join you! SAVE THE DATE: POWER Luncheon, Apr. 8, 11:30-1, C5Alive POWER Luncheon.

TOPEKA IRISHFEST LITE – Mar. 13, 11-5, sponsored by Mater Dei Parish, either in person or at home. Homemade Irish Stew, Banger and Mash and Blind Tiger beer. Reserve your time for the Dine-in, Carry-out or Delivery option of your choosing, at <https://topeka-irishfest-2021.square.site/>

RIBBON CUTTING CEREMONY – Mar. 16, 4pm, Sunflower Chiropractic, 2121 SW 37th.

TEST & TUNE – Mar.

20 & 27, 10-4, Heartland Motorsports Park. (785) 861-7899. Price: \$10

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. Good Friday Experience is 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

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

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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 or call (785) 633-8321

TOPEKA BRIDAL FAIR— Apr. 17 & 18, 10-5, Ramada Downtown. All Brides receive a \$200 Gift Card. Fashion Show and over 100 of the most prominent wedding professionals in the area. Tickets: www.bridalfair.com/register-bride.php

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

ONGOING EVENTS:

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

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

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

CELEBRATE RECOVERY - Every Mon.

7-9pm at Topeka First Church, 500 SW 27th, Bldg 'B'. Healing our hurts, habits, and hangups. Learning to grow in a Christ-like maturity.

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

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

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

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

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.topekasingdance.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

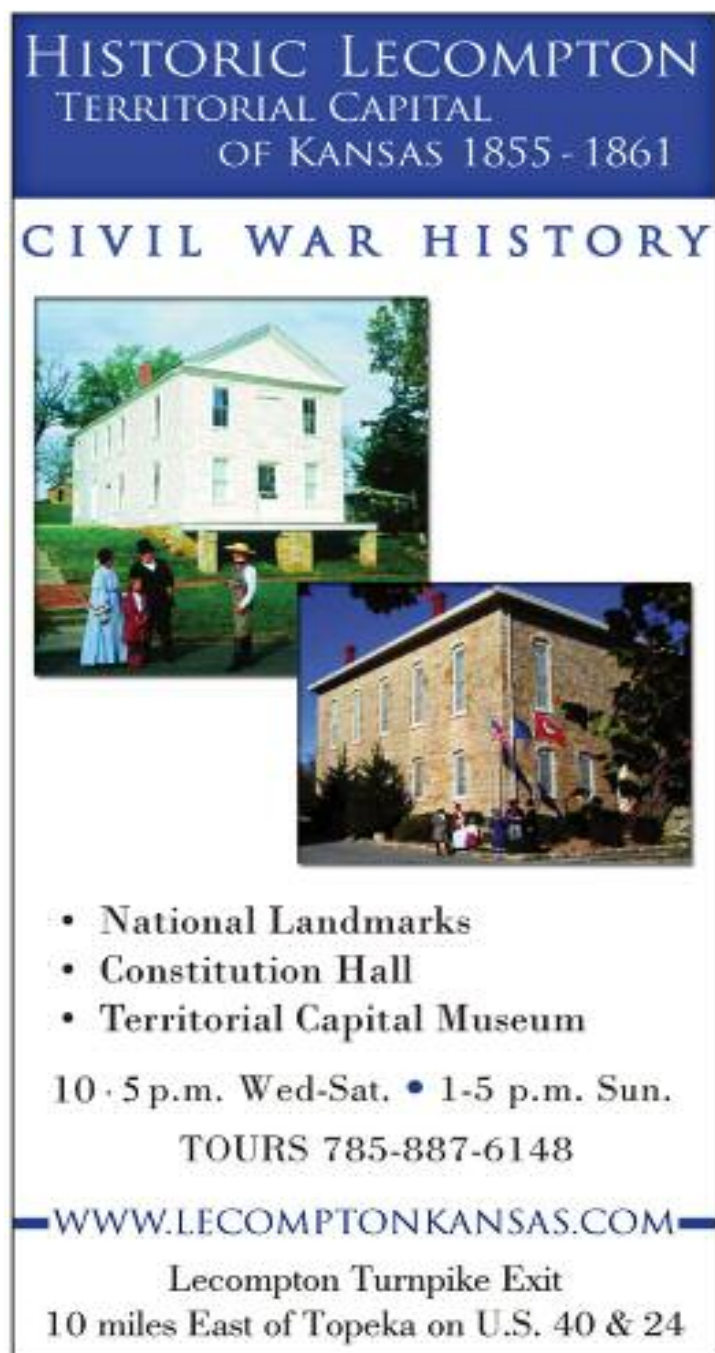


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FIBROMYALGIA & CHRONIC FATIGUE SYNDROME SUPPORT GROUP – 2nd Tue., 7-9pm. First Congregational Church, 17th and Collins. For info: Randy at 785-969-4038 or TopekaCFS@outlook.com.

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

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

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

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

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 fellow-

ship 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

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



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

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

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

TOPEKA FOLK DANCERS CLASSES – Sundays, 2-4pm 2637 SE 41st. No partner/experience needed. 215-0968.

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

SQUARE DANCING - Shawnee Swingers has monthly dances and sponsors lessons in the Fall. For info, call or text

785-845-2357 or email shawneeswingers@gmail.com. On Facebook: Shawnee Swingers Square Dance Club. wesquardance.com

SEX TRAFFICKING INFORMATION – 785-230-8237

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

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

See complete updated calendar at

TopekaHealthandWellness.com



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- 5 Don't stop taking your medication without contacting your doctor first.
- 6 Safe medication practice is your responsibility. Keep your medication list current and update when you have changes.

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

The Value of Sleep

As the days begin to get shorter heading into the second half of the year, I would like to highlight the importance and value of sleep. It's easy to stay up late in the summer, especially when it stays light until almost 10pm.

For many families, back to school means back to a regular routine, and that includes a bed time routine. Quality sleep can make or break how you feel the next day, your energy levels, how well children behave and focus in school, and also the amount of healing and repair that occurs in your body. Here is some Biblical wisdom and some considerations for quality sleep:

1) Sleep based on God's design:

God designed the earth, the sun and people to work and function together. We are designed to get up when the sun rises and go to bed shortly after the sun sets. One reason we know this is because after the sun sets, our body produces melatonin that drips into our spinal cord which makes us sleepy.

If you are not outside and you are using fake lighting that stresses and fools the nervous system (tv, video games, cell phones, etc) than your body may not produce melatonin properly.

One reason we have such an insomnia problem is America is that we use technology and don't live out in the world God designed for us! Have you ever been camping? Notice how the sun goes down and you are exhausted and quickly go to bed. This is because you are outside and your body is working based on God's design.

2) Melatonin is likely NOT a good supplement for you:

We live in a synthetic world. Men are "re-creating" nature in a laboratory. Almost all melatonin supplements are made from PETROLEUM.

This is why people become dependent on melatonin, continue to increase dosages to get an ef-



fect and it causes your own body to stop producing melatonin naturally!

This is not a sleep solution, it is becoming drug dependent.

Going outside for a walk as the sun sets will help produce melatonin. Melatonin can be found naturally, from rice, but very few health food stores are aware of this and use these products. Please do not assume everything you buy at a health food store is good for you.

3) Minerals are crucial for sleep:

Magnesium is the #1 mineral deficiency in America. Taking magnesium before bed can calm the nervous system, relax blood vessels and turn off a busy brain. If you have trouble falling asleep, magnesium may become a good friend. Everyone needs it. A magnesium bath before bed can be great for calming children and getting them prepared for bedtime. Other electrolytes are important as well, which would include calcium, potassium and sodium.

4) Light some candles:

Something our family has been doing recently is lighting candles. As the sun sets, we light candles and ALL technology in the house is turned off (this means no lights, television, cell phones, computers, etc.)

What an amazing way to disconnect from the modern



world and return back to the "good old days." It makes me think of all those episodes of Little House on the Prairie I watched growing up with my mom, the simple life before technology. We have found it a great way to unwind, relax and connect with our family. Without technology to distract us or entertain us, instead we connect with each other by talking, telling stories, reading the Bible, or playing games.

5) We all need growth hormones:

Growth hormones are released during sleep, but only if you go to bed on time. Growth hormone is released in the body sometime between 9pm and midnight after going to sleep.

If you go to bed at midnight or later, you miss it. Again, this is based on how God designed us to go to sleep after the sun sets. Why is growth hormone important?

Many call it the anti-aging hormone. It's what helps young ones to grow strong and for us older ones to stay young! Growth hormone is crucial for the body to heal, repair and grow healthy new cells and tissues.

God clearly required rest and sleep for all creatures on this earth. There is a reason that all life is governed by the sun rising and the sun setting. It would benefit us to honor God's design even in a busy, complex, technology-filled world.

—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



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