

TOPEKA

MARCH 2022

Health & Wellness

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MAGAZINE

**FREE
TAKE ONE!**

MARCH
National
Nutrition Month

TOP 10 TIPS FOR NATIONAL NUTRITION MONTH

See page 3 for
information about
front page photo

The Connection Between Sleep & Mental Health
How Often Should You Check on Senior Relative?

Seasonal Allergies: Nip Them in the Bud
5 Tips to Prepare for a Healthy Pregnancy

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

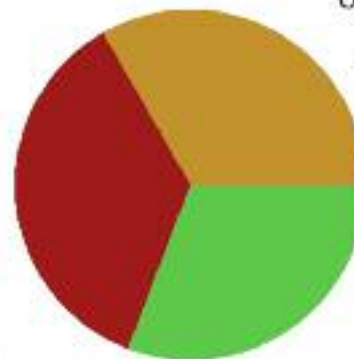
42%

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.

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ANNUAL FAST FOOD REVENUE

50 MILLION

AMERICANS SERVED DAILY AT FAST FOOD RESTAURANTS

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SUGAR CONSUMPTION

21.4 TEASPOONS

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PUBLISHER: Lee Hartman 785-640-6399

Lee@TopekaHealthandWellness.com

SALES & MARKETING: 785-380-8848 or 785-554-5336
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ON THE COVER:

Our cover this month features two young women preparing healthy food. Nutrition is an essential part of health. Tips for National Nutrition Month can be found throughout this issue.



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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 day-light 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.



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The Connection Between Sleep and Mental Health

By Courtney Rooks

Sleep is an essential component of mental and physical health. Adequate sleep improves our cognitive abilities including emotional processing, self-control, ability to focus, and to retrieve information from memory. Yet many Americans do not receive adequate or proper quality sleep on a regular basis. According to the CDC, one third of adults in the U.S. do not get the recommended amount of sleep each night. Sleep disorders are much more common among individuals experiencing a mental health disorder including depression, anxiety, bipolar disorder, and others. Among individuals in the U.S. with anxiety and depression, 50 – 90% also experience a sleep disorder.



Courtney Rooks

These sleep disturbances can be more than just insomnia. They can also be hypersomnia, nightmares, excessive daytime sleepiness, and sleep apnea. Both insomnia and hypersomnia, or sleeping too much, are common symptoms of depression. Anxiety can cause hypervigilance and ruminating or racing thoughts which can lead to insomnia. With bipolar disorder, sleep can vary significantly based on episodes of mania or depression, but poor sleep can also persist between episodes.

Sleep disturbances diminish cognitive functions, can worsen existing mental health symptoms, and

may even initiate mental health problems. Sleep disturbances can lead to emotional reactivity, negative emotions, vulnerability to stress, hypervigilance, and decrease both physical and mental resilience. This can make it more difficult to handle daily difficulties, make good decisions, and maintain healthy habits.

Poor sleep is linked to mental distress and chronic insomnia can increase an individual's risk of developing depression and anxiety. Poor sleep is also strongly linked with suicidal ideation and an increased suicide risk.

In other words, sleep problems contribute to mental health problems and mental health problems contribute to sleep problems. Either of these can problems can worsen the other leading to a negative cycle. This creates an opportunity where treatment of sleep disorders may improve mental health as part of an overall treatment plan. Some sleep problems are highly treatable and there are strategies that can be taken on an individual level to improve the duration and quality of sleep. Changes in sleep hygiene may be enough to alleviate minor sleep issues. These changes can be done on an individual level and include the following.

- Maintain a sleep schedule by going to sleep and waking up at the same time each day.
- Avoid caffeine and alcohol in the evening.
- Maintain a nighttime routine designed to improve relaxation and decrease stress.
- Exercise or engage in regular physical activity during the day.

- Dim the lights in the evening and avoid electronic devices before bed.
- Reduce disruptions by blocking light and noise out of the bedroom.

Not all sleep issues will lead to mental health problems, but they should all be taken seriously. Even seemingly minor sleep issues can impact physical and mental health and make it more difficult to cope with life's challenges. Basic changes to sleep hygiene, like the ones mentioned above, may be enough to provide for a more consistent good night's sleep for some individuals. However, more serious or chronic sleep problems may require additional interventions. Consult your doctor for chronic sleep problems to make sure that they do not stem from a physical issue.

There are other interventions that can improve sleep including cognitive behavioral therapy and medication. Chronic issues are a risk factor for mental health disorders and suicide, and should be treated by a professional.

If you feel that you experiencing poor mental health or that your mental health is affecting your ability to sleep, contact Valeo Behavioral Health Care at 785-233-1730.

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How Often Should I Check on My Senior Relative?

Many adult children with aging parents worry that their visits are not frequent or lengthy enough. It can be difficult to balance visits to your parents with all your responsibilities, such as kids of your own, a career, friends, community commitments, and more.

You want to provide attention and affection for your loved ones while they may be receiving in-home care. Read on for tips from Phoenix Home Care & Hospice for making the most of your time with an aging relative.

Why is isolation at home a problem for at-home care?

When seniors receive health care at home, they may feel isolation and loneliness despite having regular checks from medical staff. They still need to feel love, compassion, and appreciation from their loved ones, even if their adult children lead busy lives.

Isolation and loneliness can cause a host of health problems, from heart conditions and alcoholism to depression and premature death.

How often should I check on my elderly loved one at home?

There is no easy answer to this question. You have a busy schedule, and you've asked your relative's neighbors to stop by and check every couple of days.

Although in-home care from Phoenix can help, our staff is no substitute for a family member stopping by and spending time for a few hours.

How often can you stop by the relative's home?

Is it on your route home from work? Can you set aside time on Saturday or Sunday? Consider weekly visits when you're off of work already and your kids want to see grandma or grandpa.



swer the phone easily (even if they have limited mobility). Sometimes, a phone call offers the best way to check on someone's condition. Consider longer visits on weekends to help your elder relative combat isolation and improve healing.

How can Phoenix Home Care & Hospice help my elderly loved one?

Just because you can't visit as often as you like doesn't mean that your loved one feels lonely or abandoned. It's about the quality of your visits and making sure that your loved ones know you care. To ensure that you are leaving your relatives in the

best care possible, call Phoenix Home Care and rest easy knowing they are in good hands.

What medical conditions necessitate frequent check-ins?

Your elderly loved one's medical condition also comes into play. Did your senior adult just get out of the hospital? Does your relative suffer from chronic conditions like diabetes, Alzheimer's or dementia? Is your relative susceptible to falls? Consider visiting your relative every day or so. You can always call to assess your loved one's mood and well-being before heading over.

How does community help the health of my elderly loved one?

Does your senior relative have a vibrant network of friends or neighbors who come by and talk to them? Friends can alleviate loneliness and brighten their day. If someone nearby comes over to chat every day, you can probably reduce visits to weekly.

Are quality of visits better than more visits?

Studies show that your senior adult relative needs quality over quantity. Longer visits that develop emotional bonding are more important than short, five-minute chats. If you're concerned about your relative every day, make sure you set them up to an-



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

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FINANCIAL HEALTH & WELLNESS

IRS warning: Scammers work year-round; stay vigilant

As the new year begins, the Internal Revenue Service reminds taxpayers to protect their personal and financial information throughout the year and watch out for IRS impersonation scams, along with other schemes, that try to trick people out of their hard-earned money.

Text message scams

Last year, there was an uptick in text messages that impersonated the IRS. These scams are sent to taxpayers' smartphones and have referenced COVID-19 and/or "stimulus payments." These messages often contain bogus links claiming to be IRS websites or other online tools. Other than IRS Secure Access, the IRS does not use text messages to discuss personal tax issues, such as those involving bills or refunds. The IRS also will not send taxpayers messages via social media platforms.

If a taxpayer receives an unsolicited SMS/text that appears to be from either the IRS or a program closely linked to the IRS, the taxpayer should take a screenshot of the text message and include the screenshot in an email to phishing@irs.gov with the following information:

- Date/time/time zone they received the text message
- Phone number that received the text message

The IRS reminds everyone NOT to click links or open attachments in unsolicited, suspicious or unexpected text messages – whether from the IRS, state tax agencies or others in the tax community.

Unemployment fraud

As a new tax season begins, the IRS reminds workers to watch out for claims of unemployment or other benefit payments for which they never applied. States have experienced a surge in fraudulent unemployment claims filed by organized crime rings using stolen identities. Criminals are using these stolen identities to fraudulently collect benefits.

Because unemployment benefits are taxable income, states issue Form 1099-G, Certain Government Payments, to recipients and to the IRS to report the amount of taxable compensation received and any withholding. Any worker receiving a fraudulent or inaccurate 1099-G should report it to the issuing state agency and request a corrected Form 1099-G.

For details on how to report fraud to state workforce agencies, how to obtain a corrected Form 1099-G, how to find a list of state contacts and other steps to take related to unemployment fraud, taxpayers can visit the U.S. Department of Labor's [DOL.gov/fraud](https://www.dol.gov/fraud) page.

Individuals may be victims of unemployment identity theft if they received:

- Mail from a government agency about an unemployment claim or payment for which they did not file. This includes unexpected payments or debit cards and could be from any state.
- An IRS Form 1099-G reflecting unemployment benefits they weren't expecting or didn't receive. Box 1 on this form may show unemployment benefits they did not receive or an amount that exceeds their records for benefits they did receive. The form itself may be from a state in which they did not file for benefits.

A notice from their employer indicating the employer received a request for information about an unemployment claim.

Email phishing scams

The IRS does not initiate contact with taxpayers by email to request personal or financial information. The IRS initiates most contacts through regular mail delivered by the United States Postal Service.

If a taxpayer receives an unsolicited email that appears to be from either the IRS or a program closely linked to the IRS that is fraudulent, report it by sending it as an attachment

to phishing@irs.gov. The Report Phishing and Online Scams page at [IRS.gov](https://www.irs.gov) provides complete details.

There are special circumstances when the IRS will call or come to a home or business. These visits include times when a taxpayer has an overdue tax bill, a delinquent tax return or a delinquent employment tax payment. The IRS may also visit if it needs to tour a business as part of a civil investigation (such as an audit or collection case) or during a criminal investigation. The IRS provides specific guidance on how to know it's really the IRS knocking on your door.

Phone scams

The IRS does not leave pre-recorded, urgent or threatening messages. In many variations of the phone scam, victims are told if they do not call back, a warrant will be issued for their arrest. Other verbal threats include law-enforcement agency intervention, deportation or revocation of licenses. Criminals can fake or "spoof" caller ID numbers to appear to be anywhere in the country, including from an IRS office. This prevents taxpayers from being able to verify the true call number. Fraudsters also have spoofed local sheriff's offices, state departments of motor vehicles, federal agencies and others to convince taxpayers the call is legitimate.

—Peggy Beasterfeld, EA



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Seasonal Allergies: Nip Them in the Bud

Spring means flower buds and blooming trees — and if you're one of the millions of people who have seasonal allergies, it also means sneezing, congestion, a runny nose and other bothersome symptoms. Seasonal allergies — also called hay fever and allergic rhinitis — can make you miserable. But before you settle for plastic flowers and artificial turf, try these simple strategies to keep seasonal allergies under control.

Reduce your exposure to allergy triggers

To reduce your exposure to the things that trigger your allergy signs and symptoms (allergens):

- Stay indoors on dry, windy days. The best time to go outside is after a good rain, which helps clear pollen from the air.
- Delegate lawn mowing, weed pulling and other gardening chores that stir up allergens.
- Remove clothes you've worn outside and shower to rinse pollen from your skin and hair.
- Don't hang laundry outside — pollen can stick to sheets and towels.
- Wear a pollen mask if you do outside chores.

Take extra steps when pollen counts are high

Seasonal allergy signs and symptoms can flare up when there's a lot of pollen in the air. These steps can help you reduce your exposure:

- Check your local TV or radio station, your local newspaper, or the Internet for pollen forecasts and current pollen levels.
- If high pollen counts are forecasted, start taking allergy medications before your symptoms start.
- Close doors and windows at night or any other time when pollen counts are high.
- Avoid outdoor activity in the early morning when pollen counts are highest.

Keep indoor air clean

There's no miracle product that can eliminate all allergens from the air in your home, but these suggestions may help:

- Use the air conditioning in your house and car.
- If you have forced air heating or air conditioning in your house, use high-efficiency filters and follow regular maintenance schedules.
- Keep indoor air dry with a dehumidifier.



- Use a portable high-efficiency particulate air (HEPA) filter in your bedroom.
- Clean floors often with a vacuum cleaner that has a HEPA filter.

Try an over-the-counter remedy

Several types of nonprescription medications can help ease allergy symptoms. They include:

- Oral antihistamines. Antihistamines can help relieve sneezing, itching, a runny nose and watery eyes. Examples of oral antihistamines include loratadine (Claritin, Alavert), cetirizine (Zyrtec Allergy) and fexofenadine (Allegra Allergy).
- Decongestants. Oral decongestants such as pseudoephedrine (Sudafed, Afrinol, others) can provide temporary relief from nasal stuffiness. Decongestants also come in nasal sprays, such as oxymetazoline (Afrin) and phenylephrine (Neo-Synephrine). Only use nasal decongestants for a few days in a row. Longer-term use of decongestant nasal sprays can actually worsen symptoms (rebound congestion).
- Nasal spray. Cromolyn sodium nasal spray can ease allergy symptoms and doesn't have serious side effects, though it's most effective when you begin using it before your symptoms start.
- Combination medications. Some allergy medications combine an antihistamine with a decongestant. Examples include loratadine-pseudoephedrine (Claritin-D) and fexofenadine-pseudoephedrine (Allegra-D).

Rinse your sinuses

Rinsing your nasal passages with saline solution (nasal irrigation) is a quick, inexpensive and effective way to relieve nasal congestion. Rinsing directly flushes out mucus and allergens from your nose.

Look for a squeeze bottle or a neti pot — a small container with a spout designed for nasal rinsing — at your pharmacy or health food store. Use water that's distilled, sterile, previously boiled and cooled, or filtered using a filter with an absolute pore size of 1 micron or smaller to make up the saline irrigation solution. Also be sure to rinse the irrigation device after each use with similarly distilled, sterile, previously boiled and cooled, or filtered water and leave open to air-dry.

Interested in alternative treatments? Consider these

A number of natural remedies have been used to treat hay fever symptoms. Treatments that may help include extracts of the shrub butterbur and spirulina (a type of dried algae). However, the benefits and safety aren't clear. Some people claim acupuncture can help with seasonal allergy symptoms. There's some evidence that acupuncture works, and there's little evidence of harm. Talk to your doctor before trying alternative treatments.

When home remedies aren't enough, see your doctor

For many people, avoiding allergens and taking over-the-counter medications is enough to ease symptoms. But if your seasonal allergies are still bothersome, don't give up. A number of other treatments are available.

If you have bad seasonal allergies, your doctor may recommend that you have skin tests or blood tests to find out exactly what allergens trigger your symptoms. Testing can help determine what steps you need to take to avoid your specific triggers and identify which treatments are likely to work best for you.

For some people, allergy shots (allergen immunotherapy) can be a good option. Also known as desensitization, this treatment involves regular injections containing tiny amounts of the substances that cause your allergies. Over time, these injections reduce the immune system reaction that causes symptoms. For some allergies, treatment can be given as tablets under the tongue.

—mayoclinic.org

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Topeka, KS

You are what you eat: Foods to fight cancer



(Ivanhoe Newswire) —

According to the American Cancer Society, there will be about 150,000 new cases of colorectal cancer this year alone and more than 50,000 deaths. While you can't completely eliminate your risk for getting cancer, there are some things you can do to lower your risk. Ivanhoe has details on how you can eat your way to a healthy colon.

You are what you eat, especially when it comes to colorectal cancer. While sugary beverages and red meat can increase your risk for colorectal cancer, there are some foods and spices that can help prevent it.

"In some instances, they function even better than some of the anti-cancer drugs we are using right now. They're much more safer, they're much more inexpensive and they're a lot more potent than some of the drugs we use for treating cancer patients," informed Ajay Goel, PhD, Director of Center for Gastrointestinal Research Cancer Prevention at Baylor Scott & White Health.

One of them is turmeric, which contains the anti-inflammatory compound curcumin. Curcumin has been found to suppress cancer cell growth. Also, new research from Texas A&M University reports that eating spinach can reduce colon cancer risk by 50 percent. Other foods that can prevent colon cancer include fruits such as apples, bananas, blueberries, and raspberries; also nuts such as almonds, cashews, and macadamia nuts; whole grains; beans; legumes and fish. A study from Vanderbilt University found women who eat three servings of fish per week reduced their risk of developing colon polyps and colorectal cancer by 33 percent.



"We should consider taking some of these things so that we can possibly prevent, we can reduce inflammation, we can prevent a lot of disease," continued Dr. Goel.

Even though eating healthier may prevent cancer risk, the best way to prevent cancer is to get screened early. Some people do not experience symptoms of colorectal cancer until the cancer is at a later stage. Doctors recommend getting a colonoscopy starting at age 45.

Most colorectal cancers start as a growth on the inner lining of the colon or rectum, called polyps. The chance of a polyp turning into cancer depends on the type of polyp it is. If cancer forms in a polyp, it can grow into the wall of the colon or rectum over time. The wall of the colon and rectum is made up of many layers. Colorectal cancer starts in the innermost layer (the mucosa) and can grow outward through some or all of the other layers. When cancer cells are in the wall, they can then grow into blood vessels or lymph vessels, which are tiny channels that carry away waste and fluid. From there, they can travel to nearby lymph nodes or to distant parts of the body.

The stage of a colorectal cancer depends on how deeply it grows into the wall and if it has spread outside the

colon or rectum.

RISKS AND CAUSES:

There are many lifestyle-related factors that have been linked to colorectal cancer. Being overweight raises the risk in both men and women, but the link seems to be stronger in men. Regular moderate to vigorous physical activity has been shown to help lower your risk. However, eating a diet that's high in red meats (such as beef, pork, lamb, or liver) and processed meats (like hot dogs and some luncheon meats) raises your colorectal cancer risk, as well as cooking meats at very high temperatures. This creates chemicals that might raise your cancer risk. Having a low blood level of vitamin D may also increase your risk.

People who have smoked tobacco for a long time are more likely to develop and die from colorectal cancer. And light-to-moderate alcohol intake has been associated with some risk. Some DNA mutations can be passed on in families and are found in all of a person's cells. These are called inherited mutations. A very small portion of colorectal cancers are caused by inherited gene mutations. Special genetic tests can find gene mutations linked to these inherited syndromes.

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

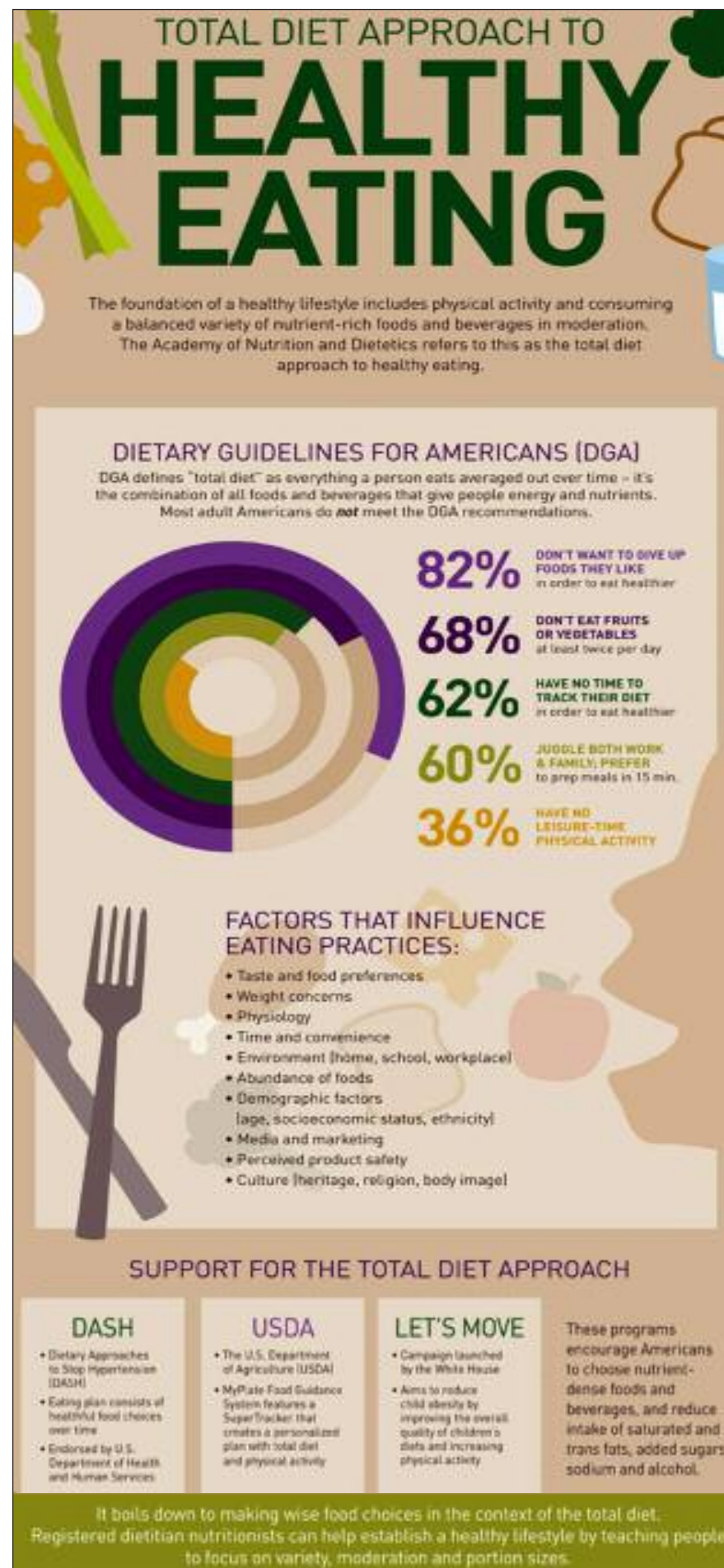
Think nutrient-rich rather than "good" or "bad" foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients, and lower in calories. Making smart food choices can help you stay healthy, manage your weight and be physically active.

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.



Nutrition Guide for Eating Healthy Carbs

Think of carbs as raw material that powers your body. You need them to make sugar for energy. They come in two types: simple and complex. What's the difference? Simple carbs are like quick-burning fuels. They break down fast into sugar in your system. You want to eat less of this type.

Complex carbs are usually a better choice. It takes your body longer to break them down.

Read the "Fine Print"

Nutrition labels offer an easy way to spot added sugar, the source of simple carbs that you want to cut back on. Just look for words that end in "ose."

The chemical name for table sugar is sucrose. Other names you might see include fructose, dextrose, and maltose. The higher up they appear in the ingredients list, the more added sugar the food has.

Just Avoid Simple Carbs?

Well, it's not quite that easy. Foods that have been processed with added sugars generally aren't as healthy a choice, it's true. But simple carbs occur naturally in some foods that are part of a balanced diet. For example, most milk and other dairy products contain lactose, or milk sugar.

Get Smart About Bread



Does your loaf have the complex carbs that are good for you? It depends on the grain used to make it. Look for bread made with whole grains. Barley, rye, oats, and whole wheat are some top choices.

What About Fruit?

They're sweet, which must mean they have simple carbs, right? That's true, but they're still a healthy choice. They've got fiber in them, which helps slow the breakdown of sugar. Plus, most are a good source of nutrients like vitamin C and potassium.



Fruits with skins you can eat, such as pears, apples, and berries, are especially high in fiber.

Watch What You Drink

That soda you're sipping could be a sneaky source of simple carbs. That's because non-diet sodas contain a sweetener, often high-fructose corn syrup. It's right there on the nutrition label, usually one of the first ingredients listed. Twelve ounces of a regular soda can pack 39 grams of carbs, all coming from the sugar in it.

Think Fall

Many of the foods you associate with autumn are great sources of complex carbs. Try starchy vegetables such as sweet potatoes, squash, and pumpkin.

Sweeten With Caution

You can quickly load up on simple carbs if you're not careful about what you stir into your hot drink or put on your oatmeal. Go easy on brown sugar, maple syrup, honey, and molasses.



And don't overdo it on fancier-sounding sweeteners, like turbinado and agave nectar. They're also sources of simple carbs.

Bring on the Beans

They're a good way to get complex carbs. Whether you choose kidney, white, black, pinto, or garbanzo, beans have lots of fiber.

While you're on that aisle in the grocery store, think about picking up some lentils or split peas, another way to add

complex carbs to your diet.

A Guilt-Free Treat



It seems too good to be true, but you can believe it: Popcorn is a whole grain. That means it's got complex carbs and fiber. Your healthiest choice is air-popped, without any added fat and salt. Season it with your favorite dried herbs and spices instead.

Great Grains to Try



Maybe you've heard of quinoa, the whole grain from South America. Some other new-to-you whole grains are becoming more widely available, and they can be a good choice to get complex carbs in your diet.

Some grains to look for are millet, a staple from Africa and Asia, bulgur, which is used in Middle Eastern dishes, and triticale, a hybrid of wheat and rye.

Which Kind of Rice?

You're ordering Chinese food and the restaurant asks, "White rice or brown?" Which should you choose? White rice is a "refined" grain, meaning it has lost some key nutrients during processing, like fiber. But brown rice is a whole grain, a good source of complex carbs.

—webmd.com

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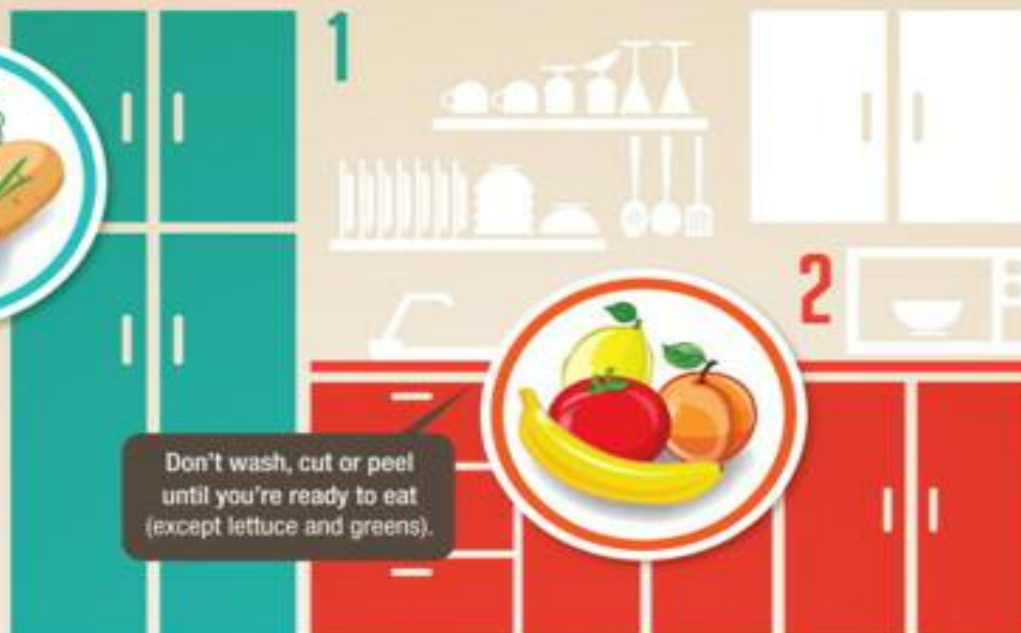
For more on healthy eating, go
to heart.org/simplecooking



THE AMERICAN
HEART ASSOCIATION
RECOMMENDS



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



Fridge temperature should
be at 40° F or below.



Always refrigerate cut
or peeled produce.

PANTRY

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

ONIONS, GARLIC & SHALLOTS
HARD SQUASH

(Winter, Acorn, Spaghetti, Butternut)

SWEET POTATOES, POTATOES, & YAMS
WATERMELON

COUNTERTOP

Store loose and away from sunlight, heat and moisture:

BANANAS

CITRUS FRUIT

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

STONE FRUIT

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

TOMATOES

KEEP THEM APART:

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

REFRIGERATOR

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

APPLES & PEARS

Remove greens and keep
loose in the crisper drawer.

**BERRIES, CHERRIES &
GRAPES**

Keep dry in covered
containers or plastic bags.

BROCCOLI & CAULIFLOWER

Remove greens.

CELERY

CORN

Store inside their husks.

**CUCUMBERS, EGGPLANT
& PEPPERS**

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

FRESH HERBS

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

GREEN BEANS

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

MELONS

MUSHROOMS

Keep dry and unwashed in
store container or paper bag.

PEARS

**ZUCCHINI & SUMMER/
YELLOW SQUASH**

5 Tips on Preparing For a Healthy Pregnancy

If you are thinking about becoming pregnant, now is a perfect time to make a plan. There are steps you can take to increase your chances of having a healthy, full-term pregnancy and baby – and part of that includes learning about birth defects.

Each year, birth defects affect about 1 in 33 babies born in the United States, according to the U.S. Centers for Disease Control and Prevention (CDC). Mainly developing in the first three months of pregnancy as a baby's organs form, birth defects present as structural changes and can affect one or more parts of the body. They can cause problems for a baby's overall health, how the body develops and functions, and are a leading cause of infant death.

"It's critical that women who are planning to conceive or are pregnant adopt healthy behaviors to reduce the chances of having a baby with birth defects, which are a leading cause of infant death," said Dr. Zsakeba Henderson, March of Dimes senior vice president and interim chief medical and health officer. "We also encourage these women to get the COVID-19 vaccine since high fevers caused by an infection during the first trimester can increase the risk of birth defects."

To help prepare for a healthy pregnancy and baby, consider these tips from the experts at March of Dimes, the leading nonprofit fighting for the health of moms and babies, and the CDC:

1. Have a pre-pregnancy checkup. Before you become pregnant, visit your health care provider to talk about managing your health conditions and creating a treatment plan. Talk about all the prescription and over-the-counter medicines, vitamins and supplements you're currently taking.

2. Get vaccinated. Speak with your health care provider about any vaccinations you may need before each pregnancy. Make sure your family members are also up to date on their vaccinations to help prevent the spread of diseases.

Pregnant women are at a higher risk of severe illness or death from COVID-19 compared to those who have not

been impacted by the infectious disease. Research shows babies of pregnant people with COVID-19 may be at an increased risk of preterm birth and other complications. High fevers caused by any infection during the first trimester of pregnancy can also increase the risk of certain birth defects.

3. Take folic acid. Folic acid is a B vitamin that prevents serious birth defects of the brain and spine. Before becoming pregnant, take a multivitamin containing 400 micrograms of folic acid every day to help ensure your baby's proper development and growth. While pregnant, increase to 600 micrograms daily.

4. Try to reach a healthy weight. Talk to your health care provider about how to reach a healthy weight before becoming pregnant, as excess weight can affect

your fertility and increase the risk of birth defects and other complications.

5. Don't smoke, drink alcohol or use harmful substances. Cigarettes and e-cigarettes contain harmful substances that can damage the placenta or reach the baby's bloodstream. Smoking cigarettes can cause birth defects like cleft lip and palate.

It is also not safe to drink alcohol at any time during pregnancy. Drinking alcohol can cause serious health problems for your baby, including birth defects. Do not take opioids, which are drugs that are often used to treat pain. Opioid use during pregnancy can lead to neonatal abstinence syndrome, preterm birth and may cause birth defects. Consult your physician before stopping or changing any prescribed medications.

Find more resources to support your family across the lifespan at marchofdimes.org/birthdefects and cdc.gov/birthdefects.

—Family Features



Top 10 Tips For National Nutrition Month

March is National Nutrition Month—a time to refocus our attention and energies on good eating habits, regular exercise and the myriad ways that food and nutrition impact our health and overall wellbeing. We've put together a list of 10 healthy eating tips just for National Nutrition Month.



1. Vary your protein with vegetable-based options.

Plant-based proteins such as grains, lentils, nuts, beans, legumes, soy, hemp, rice, and peas are rich in a variety of micronutrients, as well as phytonutrients and antioxidants. Unlike animal protein, vegetable-based proteins won't increase the saturated fat and cholesterol in your diet and are a sustainable choice too (which we can all feel good about!) Look for the Certified Plant Based logo to locate products rich in vegetable protein, but remember to check the nutrition facts panel also to ensure the product matches your broader health goals.

Tip: Be sure to rinse your lentils before adding them to this hearty chili to ensure there isn't any debris or little stones among them.

2. Crank up the color.



A colorful plate of food is a more healthful plate of food. Why? Color is a sign of variety in food selection, and the

wider variety of colorful foods in your diet, the greater your intake of nutrients and health-promoting phytonutrients. Also, since we're primarily talking fruits and vegetables that are brightly colored, aiming to "eat the rainbow" is a way to ensure that you've got plenty of produce in your meals. And did you know that when foods are at their brightest colors, they are also at their peak of ripeness and nutrition as well? Load your meals with fruits and veggies that provide red, orange, yellow, green, blue, purple, and white colors daily and you'll be well on your way to a better diet that is also visually pleasing (and tasty)! Emphasizing in-season and local produce is a great way to get more color in your diet, but in some areas of the country, variety dwindles during the winter. Make up for this by exploring some new-to-you produce (bok choy, jicama, or rutabaga anyone?), and keep in mind that frozen or canned produce can augment the color in your meals.

Tip: Remember that dried produce options such as dried fruit, beans, peas and legumes add color, fiber and nutrients to your plate, too. Keep some of these options handy in your pantry.

3. Bring balance to your plate.



When your food intake is balanced, you are more assured of getting an adequate intake of nutrients and calories. Having a balanced plate can mean several things—balance in terms of portions of foods, balance between food groups (eating a variety of foods), balance within food groups (not only eating just one type of fruit, for example), and balance in terms of caloric intake (eating the right amount of calories for your body). The Dietary Guidelines for Americans has a great tool for helping you choose an appropriate balance of foods and getting them in the best portion sizes for your needs.

Tip: Make half your plate (or bowl) fruits and vegetables. Choosing a vegetarian entree or produce-based side dish will go a long way toward improving your diet and bal-

ancing your plate.

4. Hydrate for health.



Although we tend to forget about hydration when it's not hot outside, our bodies need adequate water no matter what time of year it is. Hydration is important for both physical functioning—our digestion, nutrient absorption, circulation, and many aspects of metabolism—but also for our mental functioning. Water truly is our most essential nutrient. Drinking water is always the best way to hydrate, but other liquids, such as juices, teas, and milks count as well (even those containing caffeine, contrary to what you may have heard).

Tip: Increasing your intake of watery foods can also boost your hydration level. Foods such as melons, lettuces, and citrus fruits are among the best sources of water. Go one further by using these foods in smoothies and homemade ice-pops.

5. Go for grains.



Nutrition packed, versatile grains are enjoying their time in the spotlight. Rich in micronutrients, protein, and fiber, grains are finding their way into every meal of the day, including snacks and desserts. While it may take some time

to cook grains, they are easy to make ahead and freeze. There are also many products available in today's market to make it easy to enjoy grains in minutes.

Tip: Many whole grains, like brown rice, come in "instant" or "minute" versions that have been partially cooked and dehydrated to make cooking at home speedy.

6. Save on salt with fresh herbs.



Skimping on salt is a good way to help control sodium intake, but you shouldn't have to sacrifice flavor. Fresh herbs provide a flavor and color boost that can really make lower-sodium dishes shine. They also have nutrition merits of their own—they're packed with vitamins and healthy phytonutrients. Pairing meat-based entrees with fresh herbs for roasting or grilling is a good place to start. Dips, sauces, and condiments are notoriously high in sodium yet are easily made at home with less salt and more herbs for fresher flavor.

Tip: For fresh herbs at the ready, grow them on your windowsill or store soft-stemmed cut herbs standing up in the refrigerator in a cup with an inch of water (pop a plastic baggie over the tops of the herbs). For woody-stemmed herbs, wrap them in a damp paper towel and place in a plastic bag.

7. Go petite with desserts.



It is possible to make room for dessert. While we may un-

derstand that dessert can't be an everyday occasion, it's inevitable that it will show up at your next book club meeting, work event, or other gathering. When you plan for it, a small dessert can be part of a day that doesn't overdo it. You can take this a step further with nutritious ingredients like whole grain flours, fruit, cocoa powder, or even beans or vegetables. Just keep an eye on the oven and adjust cooking time to make mini muffins or cupcakes.

Tip: Don't be afraid to add some spice to the cupcakes above to create an unexpected flavor blend. If you don't have time to roast beets and prefer not to use canned, try looking for pre-cooked beets in your prepared produce section.

8. Make your snacks count.



Plan your snacks the same way you plan your meals and you are far more likely to meet your daily nutrition goals, stay ahead of hunger, and have a nutritionally balanced day. Whether creating a balanced snack for yourself, or looking for a high quality granola bar, there are many options that can easily fit within your day. Avoid snacks that are high in added sugar as well as those that are low in protein, fiber or heart healthy fat. The bottomline is that a snack should have the nutrition you need to bridge you from one meal to the other. While it may seem like a handful of pretzels or low-calorie bar is a good option to control calories, it may actually lead to more calories when it leaves you hungry.

Tip: The sugar in this recipe mostly comes from dates, and therefore isn't added sugar but naturally occurring. While it's important to recognize that this sugar can still increase blood sugar, this balanced bar also offers substantial protein and heart healthy fat.

9. Plan and prep ahead.

One of the healthiest habits we can adopt and maintain is a commitment to planning and preparing our meals ahead of time. The benefits of planning meals are numerous and include everything from staying within caloric needs and controlling hunger to making the most of your food budget by decreasing waste and increasing the likeli-



hood that you'll use the food you have on hand. Find the meal planning strategy that works best for you and your family based on your schedule, the day you prefer to shop and when you have time to do a bit of meal prep.

Tip: Meal planning made easy! Follow this recipe guide and shopping list for a week's worth of family friendly healthy meals.

10. Follow the Guiding Stars.



Purchasing healthful food is an important part of eating well. As a tool to help guide healthful grocery shopping, the Guiding Stars program provides an easy way for consumers to compare products within food categories. The Guiding Stars algorithm gives stars to foods that contain more "good stuff" and less of the things that many of us are trying to avoid or minimize in our diets. So, star-earning foods have more vitamins, minerals, fiber, whole grains and omega-3 fats, and lower amounts of saturated and trans fats, sodium, artificial colors and added sugar. So be on the lookout for the Guiding Stars on shelf tags and signage around the store; choose more of the 2- and 3-star foods and you'll easily be on your way to a more healthful cart of food!

Tip: You can also improve the balance of your nutrition by choosing recipes from the Guiding Stars database and checking the star-rating of your favorite brands online.

—Allison Stowell & Kit Broihier / Guidingstars.com



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- Vehicles can only legally pass on the left, and can't move back to the right until clear of the cyclist.
- Vehicles may pass bicycles in a no passing zone as long as it's safe to do so.



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Know the Signs:

Balance	sudden loss of balance or coordination
Eyes	sudden change in vision
Face	sudden weakness of the face
Arms	sudden weakness of an arm or leg
Speech	sudden difficulty speaking
Time	time the symptoms started

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11 Tips and Benefits for Running at Night

Some runners prefer night runs over running in the daytime hours. This could be due to a tight morning schedule, eating habits, or a preference for the energy in the air as the end of the day draws near.

Continue reading to learn some of the advantages of nighttime runs as well as a few safety considerations.

Benefits and tips for running at night

1. Encourages healthy choices

Running at night may help you eat healthier throughout the day, knowing that whatever you eat, especially in the hours before you run, will need to be digested. If you find it easier to run on an empty stomach, you may find yourself reaching for light, easy to digest foods and avoiding fried, heavy foods. Plus, you may be less tempted to have an alcoholic beverage at dinner. Opt for healthy, hydrating drinks, such as coconut water, herbal teas, or fresh juice instead.

2. Eat during the day

Nighttime runs allow for ample time to eat and digest your food before running. This is ideal for people who don't enjoy running on an empty stomach in the morning, yet find it challenging to run right after eating.

3. More time

If you have a busy schedule in the morning, missing your

alarm a few times can cut into the length of your workout. You may even be tempted to cut it out on days you sleep too late. Night runs are ideal if you're busy during the day. They may allow for a more relaxed morning. You may have fewer distractions and interruptions in the evenings, so you can focus on your run.

4. Sleep better

People who exercise at night may experience more deep, quality sleep. You may find it easier to fall asleep and sleep deeper. Night runs are ideal for people who feel tired after running, since often it's more convenient to sleep after a run later in the day. Research from 2019 found that exercising in the evening had a positive effect on sleep. However, exercising less than an hour before you go to sleep may negatively affect certain sleep patterns. Taking a hot shower or bath after your run may help your body and mind unwind and sleep more deeply. Always finish your runs with a cooldown to ease your body into a resting state.

5. Relieve stress from the day

Finish your evening with a clean slate before you drift off to sleep. Running gives you the chance to release any tension, frustration, or stress from the day. You can also use this time to create a plan for the following day. That way, when your head hits the pillow, your mind may feel more clear and at peace, making you less likely to ruminate or feel distracted.

Running lowers your blood pressure, eases muscular tension, and promotes a sense of calm. The release of endorphins boosts your mood and alleviates depression. Hitting the pavement alleviates anxiety and activates mindful awareness, leaving you with a clear head and a general feeling of relaxation.

6. Warmed up and ready to roll

If your muscles and joints tend to be more stiff, inflexible, and tense when you first wake up, nighttime runs may be more ideal. Your body may not be ready for intense exercise first thing, especially if you have any medical conditions that cause stiff joints.

Often, by the end of the day, your body is warmed up and ready to go. You may have stretched out any crooks or kinks, lowering your chance of injury or overexertion. You may find that you have better muscle control and coordination at night,



too. Plus, you'll have more time to warm up before you run.

DRAWBACKS

There are a few disadvantages to running at night, mostly in terms of safety. It's important to be aware of these concerns so you stay free from harm.

SAFETY TIPS

7. Visibility

Once the sun sets, it's more difficult for you to see holes, bumps, or ice in the road. Be hyperaware of the terrain you're covering. Invest in a running headlamp. Stick to well-lit areas. Buy nighttime running gear, or attach high-visibility reflective bands to your arms and legs. Buy a running headlamp and high-visibility reflective bands.

8. Listen up

Keep your eyes peeled and your ears open so you're fully aware of your surroundings. Avoid using headphones. They can hinder your ability to hear approaching vehicles, people, and animals. If you must run with headphones, keep them at an extremely low volume.

9. Choose the path most traveled

Run in areas that are well-lit and have plenty of activity. Choose areas that feel the safest to you. Trust your intuition if it tells you to not go down certain streets, even if it means altering the course you have in mind. Switch up your running route often so it's not predictable.

10. Stay in touch

If possible, find a running partner at night, even if it's a canine friend. Let at least one person know you're running so they can expect you back. Carry your phone so you can call someone if you get stuck in a downpour or run into any type of troubling situation. Plus, you can upload a medical ID and use a GPS safety app that lets your friends and family know your route.

11. Road rules

Run against traffic so you can see vehicles coming toward you. Look both ways before crossing the street, even if you have the right of way. Follow all traffic rules, signs, and signals.







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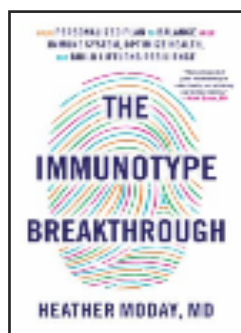
New Health & Wellness Info at the Library

By Kelly Barker

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

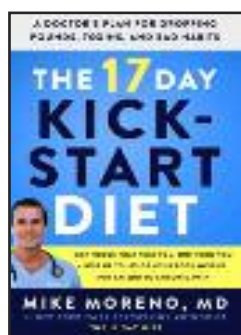
The Immunity Breakthrough: Your Personalized Plan to Balance Your Immune System, Optimize Health, And Build Lifelong Resilience by Heather Moday, New Health Books Media Center 616.079 MOD

In The Immunity Breakthrough, Dr. Heather Moday explains that for most, immune system balance is key. She identifies four primary Immunitytypes--Smoldering, Weak, Hyperactive, and Misguided--that underlie the immune imbalances that commonly lead to disease.

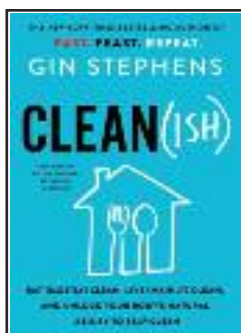


The 17 Day Kickstart Diet: A Doctor's Plan for Dropping Pounds, Toxins, And Bad Habits by Mike Moreno, 613.25 MOR

Featuring delicious meal planning, manageable movement strategies, and supportive wellness rituals, The 17 Day Kickstart Diet is a clear-cut guide that proves it is never too late to achieve optimal health. Within seventeen days, you will start losing weight, and experience new levels of energy and focus.



Clean(Ish): Eat (Mostly) Clean, Live (Mainly) Clean, And Unlock Your Body's Natural Ability to Self-Clean by Gin Stephens, Gin, New Health Books Media Center 613.2 STE

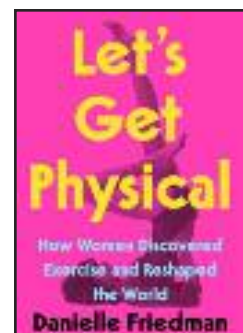


Following up on her best-

selling Fast. Feast. Repeat., the bible of Intermittent Fasting, Gin Stephens uses her distinctive and winning blend of research, personal experience, and stories from IF-ers in her large and growing online community to take her ideas to the next level.

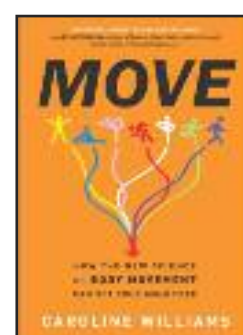
Let's Get Physical: How Women Discovered Exercise and Reshaped the World by Danielle Friedman, New Health Books Media Center 613.7045 FRI

In Let's Get Physical, journalist Danielle Friedman reveals the fascinating hidden history of contemporary women's fitness culture, chronicling how exercise evolved from a beauty tool to "reduce" into one that millions have harnessed as a path to mental, emotional, and physical well-being.



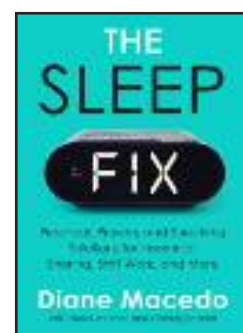
Move: How the New Science of Body Movement Can Set Your Mind Free by Caroline Williams, New Health Books Media Center 613.7 WIL

Journalist Caroline Williams explores the cutting-edge research behind brain health and physical activity, interviewing scientists from around the world to completely reframe our relationship to movement. Along the way she reveals easy tricks that we can all use.



The Sleep Fix: Practical, Proven, And Surprising Solutions for Insomnia, Snoring, Shift Work, And More by Diane Macedo, New Health Books Media Center 616.8498 MAC

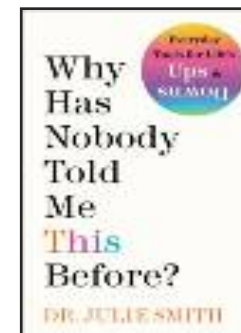
From renowned ABC News anchor/correspondent and former insomniac Diane



Macedo, comes a practical, user-friendly guide to getting better sleep. The Sleep Fix flips the switch on common advice, illuminating the reporter's relentless search for how to get a good night's sleep and the surprising, scientific, and practical solutions she found along the way.

Why Has Nobody Told Me This Before? by Julie Ann Smith, New Health Books Media Center 616.89 SMI

Filled with secrets from a therapist's toolkit, Why Has Nobody Told Me This Before teaches you how to fortify and maintain your mental health, even in the most trying of times. Dr Julie Smith's expert advice and powerful coping techniques will help you stay resilient, regardless of the issue.



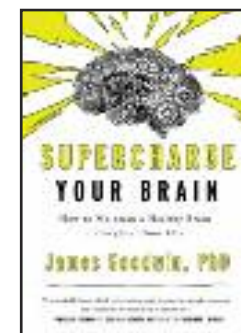
State Change: End Anxiety, Beat Burnout, And Ignite a New Baseline of Energy and Flow by Robin Berzin, New Health Books Media Center 616.8522 BER

Too often, conventional medicine treats the body separate from the mind, ignoring physical issues like chronic illness and weight gain. In State Change, Dr. Berzin draws on cutting-edge research and her work with patients to tell the complete story of how our bodies drive our minds, mood, and energy levels.



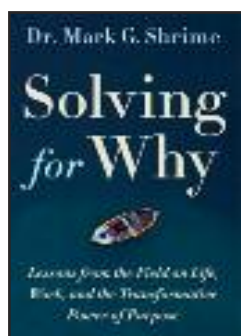
Supercharge Your Brain: How to Maintain a Healthy Brain Throughout Your Life by James Goodwin, New Health Books Media Center 613.0438 GOO

The brain is our most vital



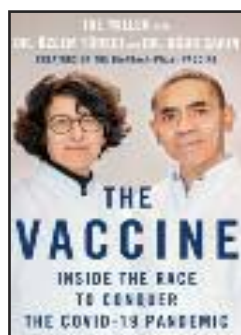
and complex organ. In this ground-breaking new book, leading expert Professor James Goodwin explains how simple strategies concerning exercise, diet, social life, and sleep can transform your brain health paradigm.

Solving For Why: A Surgeon's Journey to Discover the Transformative Power of Purpose by Mark Shrime, New Health Books Media Center 610.92 SHR



SOLVING FOR WHY chronicles one man's journey to find the answer to the biggest of all life's questions: "Why?" Following a traumatic car accident, Dr. Shrime found himself compelled to change the course of his life, determined to find meaning and satisfaction and a life of true contentment.

The Vaccine: Inside the Race to Conquer The COVID-19 Pandemic by Joe Miller, New Health Books Media Center 614.47 MIL



The Vaccine draws back the curtain on one of the most important medical breakthroughs of our age; it will reveal how Doctors Sahin and T&A were able to provide more than three billion doses of the Pfizer/BioNTech vaccine to countries around the world in record time to fight COVID-19.

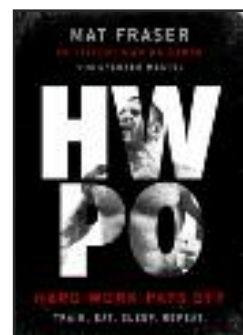
How To Raise an Intuitive Eater: Raising the Next Generation with Food and Body Confidence by Sumner Brooks, New Health Books Media Center 618.93 BRO



Kids are born intuitive eaters. Well-meaning parents, influenced by the diet culture that surrounds us all, are often concerned about how to best feed their children. With the wisdom of Intuitive Eating parents can reject diet culture

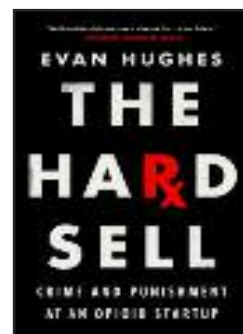
and raise the next generation to have a healthy relationship with food.

Hard Work Pays Off: by Mat Fraser, New Health Books Media Center 613.7 FRA



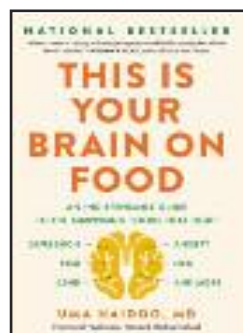
Mat Fraser, author of Hard Work Pays Off, is undisputedly the fittest man in CrossFit history for winning the CrossFit Games an unprecedented five times. So, no matter your level of fitness, no matter if you've never attempted CrossFit before, this book is your total training manual.

The Hard Sell: Crime and Punishment at An Opioid Startup by Evan Hughes, New Health Books Media Center 610.804 HUG



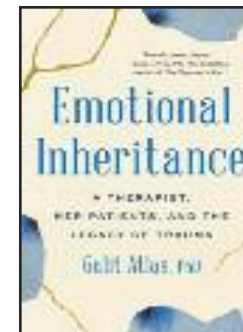
John Kapoor had already amassed a small fortune in pharmaceuticals when he developed a novel formulation of fentanyl. The Hard Sell is an inside story of Kapoor and the band of entrepreneurial upstarts who made millions selling painkillers--until their scheme unraveled.

This Is Your Brain on Food: An Indispensable Guide to The Surprising Foods That Fight Depression, Anxiety, PTSD, OCD, ADHD, And More by Uma Naidoo, New Health Books Media Center 612.82 NAI



What we eat affects more than our bodies; it also affects our brains. In This Is Your Brain on Food, Dr. Uma Naidoo draws on cutting-edge research to explain the many ways in which food contributes to our mental health and shows how a sound diet can help treat and prevent a wide range of issues.

Emotional Inheritance: A Therapist, Her Patients, And the Legacy of Trauma by Galit Atlas, New Health Books Media Center 616.8914 ATL



Award-winning psychoanalyst Dr. Galit Atlas draws on her patients' stories--and her own life experiences--to shed light on how generational trauma affects our lives. In this transformative book, Galit Atlas entwines the stories of her patients, her own stories, and decades of research.

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- Look for coverage that helps pay for major services.
- Look for coverage with no deductibles.
- Shop for coverage with no annual maximum on cash benefits.

Simply put – without dental insurance, there may be an important gap in your healthcare coverage.

1 "Medicare & You," Centers for Medicare & Medicaid Services, 2021. 2 "How might my oral and dental health change as I age?," www.usnews.com, 11/30/2018. 3 American Dental Association, Health Policy Institute, 2018 Survey of Dental Fees, Copyright 2018, American Dental Association.

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Healthy Recipes for Nutrition Month



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

Sweet Potato Gratin



Sweet and savory gratin packed with flavor and nutrition.

Ingredients

- cooking spray
- 2 cups heavy cream
- ½ stick unsalted butter
- 2 cloves garlic, minced
- 1 tablespoon chopped fresh parsley, or more to taste
- 1 tablespoon fresh thyme leaves, or more to taste
- 1 tablespoon minced fresh sage, or more to taste
- 1 tablespoon minced fresh rosemary, or more to taste
- 1 ½ teaspoons sea salt
- ¾ teaspoon ground black pepper
- 3 pounds sweet potatoes, peeled and thinly sliced
- 1 ½ cups shredded Gruyere cheese

Directions

Preheat the oven to 400 degrees F (200 degrees C). Grease a baking dish with cooking spray.

Combine cream, butter, and garlic in a saucepan. Bring to a simmer; remove from heat and mix in parsley, thyme, sage, rosemary, salt, and pepper.

Arrange 1/2 of the sweet potato slices in the prepared baking dish; cover with 1/2 of the Gruyere cheese. Pour cream mixture on top.

Arrange remaining sweet potato slices over the cream. Sprinkle remaining cheese on top.

Bake in the preheated oven until golden brown and bubbly, about 30 minutes.

Nutrition Information (Servings: 10)

Per serving: 391 calories; protein 8.1g; carbohydrates 29.2g; fat 27.6g; cholesterol 95.2mg; sodium 412.5mg.

Source: allrecipes.com

Tuna Fish Tacos



Picked and packed at its peak ripeness, canned peaches deliver nutrition, freshness and the flavors of summer to these wholesome tacos anytime of year!

Ingredients

Salsa:

- 1 (15.25 ounce) can lite peach slices, drained and chopped
- 1 (4.25 ounce) can chopped green chilies, drained
- ¼ cup finely chopped red onion
- 1 tablespoon fresh chopped parsley
- 1 tablespoon fresh squeezed lime juice
- ¼ teaspoon hot pepper sauce (such as Tabasco®)

Tacos:

- 1 (5 ounce) can albacore tuna packed in water, drained and flaked (Substitute 1 (5-ounce) can chicken for tuna if desired)
- 8 (6 inch) corn, flour, or whole wheat tortillas, slightly warmed
- 1 leaf Finely shredded green cabbage
- 1 tablespoon Shredded Monterey Jack cheese
- 1 wedge Lime wedges

Directions

Prepare Salsa: In medium bowl combine chopped peaches, green chiles, red onion, parsley, lime juice and Tabasco sauce. Cover and refrigerate until ready to serve.

Prepare Tacos: Fill tortillas with flaked tuna; top with peach salsa. Serve with shredded cabbage and cheese if desired. Garnish with lime wedges if desired.

Nutrition Information (Servings: 4)

Per serving: 228 calories; protein 12.4g; carbohydrates 42.3g; fat 2.4g; cholesterol 11mg; sodium 406.9mg.

Source: allrecipes.com

Pumpkin Mac and Cheese



Add nutrition to a favorite dish and make the kids happy! You can use your favorite kind of cheese.

Ingredients

- 1 cup elbow macaroni
- 1 cup pumpkin puree
- 1 tablespoon butter
- 1 cup shredded Cheddar cheese

Directions

Bring a large pot of lightly salted water to a boil. Cook elbow macaroni in the boiling water, stirring occasionally until cooked through but firm to the bite, 8 minutes; drain.

Stir pumpkin puree, butter, and cheese with the drained macaroni in a large bowl until the butter is melted and the noodles completely coated.

Nutrition Information (Servings: 3)

Per serving: 332 calories; protein 14.6g; carbohydrates 30.6g; fat 16.9g; cholesterol 49.7mg; sodium 264.1mg

Source: allrecipes.com

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TOPEKA PUBLIC LIBRARY PLAY BUS – Every Tuesday, 9:30am-noon, Lakeview Nazarene Church, 2835 Croco. Enjoy story time, play opportunities, books for check-out & take & make art. 785-266-3247.

TOPEKA DINO DAYS – Feb. 4 - June 30. SUE: The T. Rex Experience – Great Overland Station [Opens Feb. 4]. See this fearsome fossil all the way from Chicago's Field Museum. DINO DAYS BASE CAMP – Topeka Information Center, 715 S Kansas Ave. [Opens Feb. 24] See an Allosaurus and calf at no charge, grab some swag and find out where all of the dino hot spots are throughout town.

DINOSAURS ALIVE! Created By Dino Don, Inc. – Topeka Zoo. [Opens March 3rd] Dinosaurs are back in a BIG way at the Topeka Zoo. Journey back to the age of dinosaurs in an immersive experience featuring life-size, animatronic prehistoric giants appearing throughout the zoo. TINY TITANS: Dinosaur Eggs And Babies – Children's Discovery Center. [Opens February 24th] Visitors will enjoy learning about dinosaur eggs, nests, and babies through colorful, hands-on, interactive experiences that include a collection of real life dinosaur eggs. For tickets and more info: topekadinodays.com/ or (785) 246-6271

TOP CITY DAY OUT – Mar. 2, 10am-3pm, Stormont Vail Events Center. Vendor event benefitting Topeka children's charities.

LEGACY FIVE CONCERT – Mar. 3, 7pm, Wanamaker Woods Nazarene Church, 3501 SW Wanamaker. Freewill offering. Doors open at 6pm. (785) 273-2248. www.facebook.com/events/442753234001223; wwoodsna@wnnaz.org

STEVE KILE BAND – Mar. 4, 7pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

MY GYM OPEN HOUSE – Mar. 4, 4:30-6:30pm, My Gym, 1921 Gage. Laughter, surprises, activity, new friends, and super sign up deals!

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CHANCE ENCOUNTER – Mar 5, 7pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

MARRIAGE | DATE NIGHT - EXTREME BUNCO – Mar. 6:45-8:30pm, ellowship Bible Church. Snacks and drinks provided. Childcare is also available. Cost \$25 per

couple. Childcare Cost \$2 per child www.fbc.churchcenter.com/registrations/events/1085830

LIFE DRAWING SESSION – Mar. 10 & 24, Noto Arts Center. Join us on the 2nd and 4th Thursday of each month for this open drawing session. We have contracted a live model for artists to work from. Bring your own materials or we have some you can use. Wine and cheese will be provided. 21+ event. Purchase your ticket as attendance is limited. [one.bidpal.net/redbudfestival/ticketing\(details:ticketing-summary](http://one.bidpal.net/redbudfestival/ticketing(details:ticketing-summary)

C5Alive "POWER" LUNCHEON – Mar. 10, 11:30-1 at The Peak, 1930 SW Gage. Featured Speaker is Huston Thompson. 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: C5 POWER Luncheon, Apr. 14, 11:30-1.

LAZY WAYNE – Mar. 12, 7pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

HVAC Matching Funds Challenge



DOORSTEP
Neighbors Helping Neighbors

Help Doorstep turn \$20,000
into \$60,000 or more!

Make a donation towards Doorstep's 55th Anniversary HVAC Fund during the Match Challenge dates, and our generous anonymous donors will match your donation!

For every \$2 you donate, they will match \$1!

We currently have \$95,500 secured towards our goal of \$180,000 to replace our 60+ year old HVAC system!

Will you help us reach our goal & earn Match Money?

February 16, 2022 to April 15, 2022

Mail your matching funds donation to:

Doorstep, Inc., 1119 SW 10th, Topeka, Ks 66604

Visit www.DoorstepTopeka.org :

Use PayPal ~ Donate Tab. Note: HVAC Match.

#sleevesrolledup

TRM MINISTRIES

**TOPEKA
RESCUE MISSION
MINISTRIES**

Visit TRMonline.org or
check us out on Facebook

To donate: text **TRMgive** to **77977**

TOPEKA IRISHFEST – Mar. 12, 10am-5pm, Everygy Plaza. IrishFest 5k Fun Run, followed by a day of Irish music, food, dancing and a lot of laughter. This year we are on the parade route so bring your family down. The kids can enjoy the parade and Kansas National Guards jousting arena while adult sample Blind Tiger craft beer and authentic Irish music!

60TH ANNUAL KANSAS PRAYER BREAKFAST – Mar. 16, 7-8am, Fellowship Bible Church, 6800 SW 10th. Featured Speaker: Rod Handley. \$20/ticket. Sponsorships available. Call or text 785-554-6996 or email ksprayer-breakfast@gmail.com

HEAVENLY TRUMPET WITH LARRY CURREY – Mar. 18, 7pm, Morganville School gym, 307 Main, Morganville, KS. Trumpet guest soloist Larry Currey from Colorado performs his original arrangement of the Leopold Mozart Trumpet Concerto with Community Chamber Orchestra. Tickets are \$8/person or \$18/family, available at Mayo's Dept. Store in Clay Center, or at the door at 6:30 pm. Preorder at www.kansasmusic.net. Please use masks, hand sanitizer. 785) 9264725. baclark@twinvalley.net.

SAVANNAH CHESTNUT – Mar. 19, 7pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

TYPICAL STEREO - Mar. 26, 7pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

STEVE KILE BAND - Apr. 1, 7pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

SWITCH IN TIME - Apr. 2, 7pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

SMOKE IN THE SPRING – Apr. 8-9, Osage City. Taste of Osage city BBQ and fun.

TRAVIS TRITT - April 14, 7:30pm, TPAC

7th ANNUAL EASTERFEST: TOPEKA EASTER PARADE & FUN FAIR – Apr. 16, 10am-3pm, North Kansas Avenue & Garfield Park. Topeka's annual Easter Parade will begin at 10am at the tracks in NOTO and proceed north on Kansas Avenue past Garfield Park. Egg Hunt begins right after the parade at the playground in Garfield Park. Food Trucks will be on hand and the Family Fun Fair, Vendor Market with Bingo, and Health Fair will be 10-3 in Garfield Park, in the Shelter House and in the Gym, including vendor booths, children's games, food, facepainting, laser tag, bubble soccer, cake walk and more. Bands, gymnastics, ballet and other entertainment will be on hand. For info: info@C5Alive.org or 640-6399.

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

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@rhctopeka.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: cornerstonetopeka.com. 478-2929

TOPEKA TWILIGHT LIONS BRANCH CLUB - 4th Mondays at 5:30pm, Norsemen Brewing Co., Visitors 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 may attend. The goal is to provide education and ongoing support. Call 295-5555

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

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

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

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

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

SAFE STREETS COALITION MEETING – First Wed. of the month, 11:45am-1pm. Great Overland Station. Info:

C5 Alive *Developing and Uniting Christian Leadership*

• Business • Non-profits • Churches

Membership open to all Christian businesses, non-profits, churches & individuals!
Luncheons & Tradeshows & other events open to the general public!

C5Alive POWER Luncheons are held 2nd Thur. each mo.

Mar. 10, 11:30-1: "POWER" Luncheon
at The Peak, 1930 SW Gage.

Featured Speaker: Huston Thompson!

RSVP to info@C5Alive.org.
Open to the public.

Save the Dates!

• Apr. 14: **POWER** Luncheon

• Apr. 16: **EASTERFEST**

For info: www.C5Alive.org or Facebook.com/C5Alive



TOPEKA Small Businesses:

Has your business been hurt by the pandemic?

WE WANT TO HELP!

We'll run your business card ad for 20 bucks!

It will be in thousands of printed copies of **Topeka Metro Voice** or **Health & Wellness** magazine around Topeka, and on social media.

Send your ad or information to **Lee Hartman** at: voice@cox.net

We'll make any changes you need & send you a proof.

266-4606 or jwilson@safestreets.org

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

VIP LUNCHEON FOR SENIORS – Every Wed., 10:45 bible study and meal at Noon, Topeka Church of the Brethren, 3201 NW Rochester Rd. (1 mile north of Dillon's North). FREE lunch with Christian fellowship, devotions & entertainment provided by Topeka North



**Shawnee County
Warm Line
1-800-972-8199**

Feeling worried, lonely or isolated?
Call to request regular check-in phone calls,
or call when you want to talk!

We are here to listen and to provide
helpful community resources!

Monday - Friday from 10 am - 2 pm.




Outreach, Free will donations accepted. For info: 785-224-8803 or vip@topekanorthoutreach.org

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

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

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

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

CELEBRATE RECOVERY – Every 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 Pizagle's. Great for beginners. director@cottonwood200.org

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.

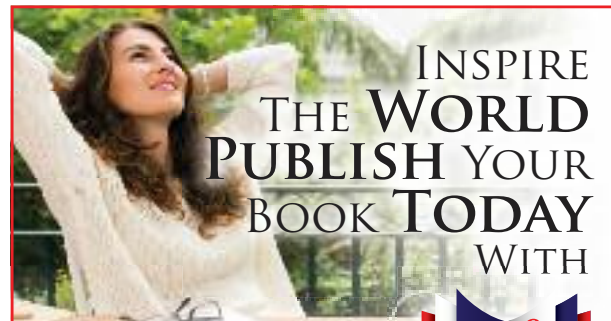
SQUARE DANCING - Shawnee Swingers has monthly dances and lessons in the Fall. Call or text 785-845-2357 or email shawneeswingers@gmail.com. On Facebook: Shawnee Swingers Square Dance Club. wesquardance.com

SEX TRAFFICKING INFORMATION – 785-230-8237

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

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

ALZHEIMER'S SUPPORT GROUPS – Monthly support group meetings for caregivers of individuals with Alzheimer's disease or a related dementia. All of our pro-




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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 or call (785) 633-8321

grams 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 hhh-stopek.org.

CAREGIVER SUPPORT GROUPS - Jayhawk Area Agency on Aging provides opportunities for caregivers to get together and share their ideas & feelings. 235-1367. 2910 SW Topeka Blvd.

Send your event information to:
info@TopekaHealthandWellness.com

See complete updated calendar at
TopekaHealthandWellness.com

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EOE www.slitopeka.org

Have you ever heard the phrase,
"I will do that when I get around to it"?

WELL, HERE'S YOUR "ROUND TOIT":

ESTATE PLANNING

You need a plan to set your mind at ease and ensure a **strong future for your family**. Contact Patton & Patton to get answers to:

- Where will my assets go?
- Do I need to designate a guardian?
- Will my loved ones be able to make healthcare decisions for me?
- Do I need a Will?

Scan the code to learn more!




SCAN ME

BLEEDING KANSAS

PROGRAM SERIES 2022

CONSTITUTION HALL STATE HISTORIC SITE | HISTORIC LECOMPTON
2 p.m. Sundays • Suggested donation \$3 adults

A series of talks and dramatic interpretations on the violent territorial and civil war of Kansas and the nation. 1854-1865

JANUARY 30 "Kansas Day" Faces of the Free State House: The First General Assembly of the Territory of Kansas. Legally Elected by the People by author and educator Bill McFarland & educator Tim Nodjou
Special Unveiling of a Group Portrait Identifying Early Murder of the 1857-1858 Kansas House of Representatives, the First-Ever Antislavery Majority to Convene in Kansas at LeCompton in Constitution Hall



FEBRUARY 6 President John Calhoun: Chief Architect of the "LeCompton Swindle" by T. Kevin Griffin, Major (Retired) & MA

FEBRUARY 13 Smoky Hill Thompson: A Life Wild and Perilous by Donald Wade Davis, independent author and scholar

FEBRUARY 20 Civil War Order No. 11 - Desperate Days and Hard Travels: Recollections of Women by Peggy Bahr, Director, Bates County, Missouri Historical Society and Museum

FEBRUARY 27 The Life and Times of Ross Burns: Accidental Lion County Pioneer and Civil War Hero by Bryce Benedict, J.D., author and retired National Guard historian

MARCH 6 "The Trial of Jefferson Davis and the Issue of Secession" a first-person portrayal by retractor Lane Smith.

Constitution Hall State Historic Site
219 E. 10th, LeCompton, KS • 785-837-6521 • www.lecomptonkansas.com

PATTON & PATTON

(785) 246-9399 | PattonAndPatton@gmail.com
534 S. Kansas, Ste 1120, Topeka, Kansas 66603

Spiritual Wellness

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

Tips for Eating Healthy

Utilizing God-Given Whole Foods in our Daily Life

If we fail to plan, we plan to fail. We MUST get back into the kitchen, as a family! Spending time, energy and money on food is critical to our health and the health of future generations.

• Don't be hard on yourself. We're not perfect. You will probably mess up at some point, we all do, but that's not the point. This is not a diet of legalism. God designed us to live in freedom. So when you mess up don't give up, get back on your feet and try again.

• It is crucial not to over-eat. Practice fruits of the spirit, such as self-control. Eat until satisfied, not stuffed. Try to eat three meals daily, but if you need more frequent meals, that is ok.

• Keep it simple when you have a busy day ahead of you. A simple salad with olive oil and vinegar or your favorite clean salad dressing topped with chicken, eggs, or tuna might sound boring but it will keep you on track and you can get fancy on another day.

• Do not to eat late at night. This is one thing that sabotages almost any healthy eating plan. It is best to eat dinner by 6pm or 7pm at the very latest. If you are starving into the evening, eat plain fruit only.

• Stay hydrated, snacking often is curbed by drinking water. If you have a difficult time drinking plain water, add a slice of lemon or lime.

• Make batches of soup and freeze half for days you don't have time to cook.

• Make enough food at dinner to have lunch leftovers the next day. Pack a lunch for the next day before you go to bed.

• Get some recipe ideas and print them out.

• Plan out an entire week of meals for the family.

• Make a shopping list.

• Don't go shopping when you're hungry.

• Keep a list of your favorite recipes in the kitchen. When you start to feel uninspired, pull out your recipes and see which ones you haven't made in a while.

• Buy as much local and/or organic as possible. Check out the dirty dozen list below to find out which fruits and vegetables are critical to buy organic.

• 12 Most Contaminated

Peaches
Apples
Sweet Bell Peppers
Celery
Nectarines
Strawberries
Cherries
Pears
Grapes (Imported)
Spinach
Lettuce
Potatoes

• 12 Least Contaminated

Onions
Avocado
Sweet Corn (Frozen)
Pineapples
Mango



VAUGHN LAWRENCE
Owner,
Spiritual Health

Designed for Health



Asparagus
Sweet Peas (Frozen)
Kiwi Fruit
Bananas
Cabbage
Broccoli
Papaya

• Make a salad bar in your refrigerator.

• Decide what you can prepare in larger batches and save for later (leftovers).

• Involve the entire family, especially the children to make it fun.

• If you find yourself mingling in the kitchen thinking about what you might want to eat, take a brisk walk outdoors and do something in the fresh air. Sometimes eating is out of habit and boredom and not hunger. Let the great outdoors be a source of inspiration and entertainment.

• Helpful equipment:

Blender
Food Processor
Vitamix or BlendTec – Sprout Bags
Mason Jars
Juicer
Spiralizer
Crock Pot
Citrus Juicer
Sprout Bags

–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



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.

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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



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For more information, contact Lee Hartman at 785-640-6399 or info@topekahealthandwellness.com.

THE CAPITAL CITY CHRISTIAN CHAMBER OF COMMERCE PRESENTS

7TH ANNUAL TOPEKA EASTERFEST

EASTER PARADE + FAMILY FUN FAIR!

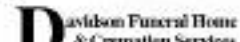
It all takes place on N. Kansas Avenue and at Garfield Park!

Fun Fair open 10:00 am - 3:00 pm at Garfield Park! **Live music** at Garfield Park 10:45 am - 3:00 pm!
Parade starts at 10:00 am! (From NOTO to Garfield Park) • **Food Trucks** in Garfield Park 9 am - 3 pm!
Easter Egg Hunt following parade at Garfield Park playground! • **Vendor Market** open 10 am - 3 pm!
 Dance, gymnastics & health product demonstrations & info at the **Health Fair** 10am-3pm! Craft
 stations, Facepainting, Easter Bunny photos, Pony rides, Petting zoo, Inflatables, carnival games & kid's
 activities! **Bingo** at the Vendor Market! • **Win Cupcakes** at the Cake Walk!

Volunteers needed! Contact:
 info@C5Alive.org or 785-640-6399

For booth, sponsor & parade entry information:
 info@C5Alive.org or 785-640-6399
 Sponsors needed for: • Vendor Market • Food Court
 • Entertainment Stage • Health Fair

SPONSORS:



SATURDAY, APRIL 16, 2022 • 10 AM - 3 PM

TopekaEasterParade.com • "Like" us on Facebook: Topeka Easter Parade & Family Fun Fair