

TOPEKA

JULY 2022

Health & Wellness

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MAGAZINE

**FREE
TAKE ONE!**

SAFE SUMMER FUN

**Safe & Fun
Staycation
Activities for
the Entire
Family**

**Hot cars
can quickly
become deadly
for children**

**Sunglass Safety:
Sight Saving Tips**

*See page 3 for
information about
front page photo*

NNO activities help keep neighborhoods safe
10 quotes for when you're feeling discouraged

BIPOC Minority Mental Health Month
How should you respond to a bear market?

Helping Topekans Live Happier, Healthier Lives Since 2015!

SUMMER IS FUN BUT HOT! KNOW YOUR HEAT SAFETY TIPS!

SYMPTOMS

TREATMENT / FIRST AID

HEAT CRAMPS

- > Irritability, loss of appetite
- > Prickly heat rash, nausea
- > Muscle spasms/ twitching, moist cool skin
- > Painful muscle cramps (limbs and abdomen)

- > Drink more water
- > Have a cold shower or bath
- > Lay in cool place with legs supported and slightly elevated
- > Massage limbs gently to ease spasms or firmly if cramped, then apply ice packs and drink electrolyte replacement solutions
- > Do not give salt tablets or high sodium solutions

HEAT EXHAUSTION

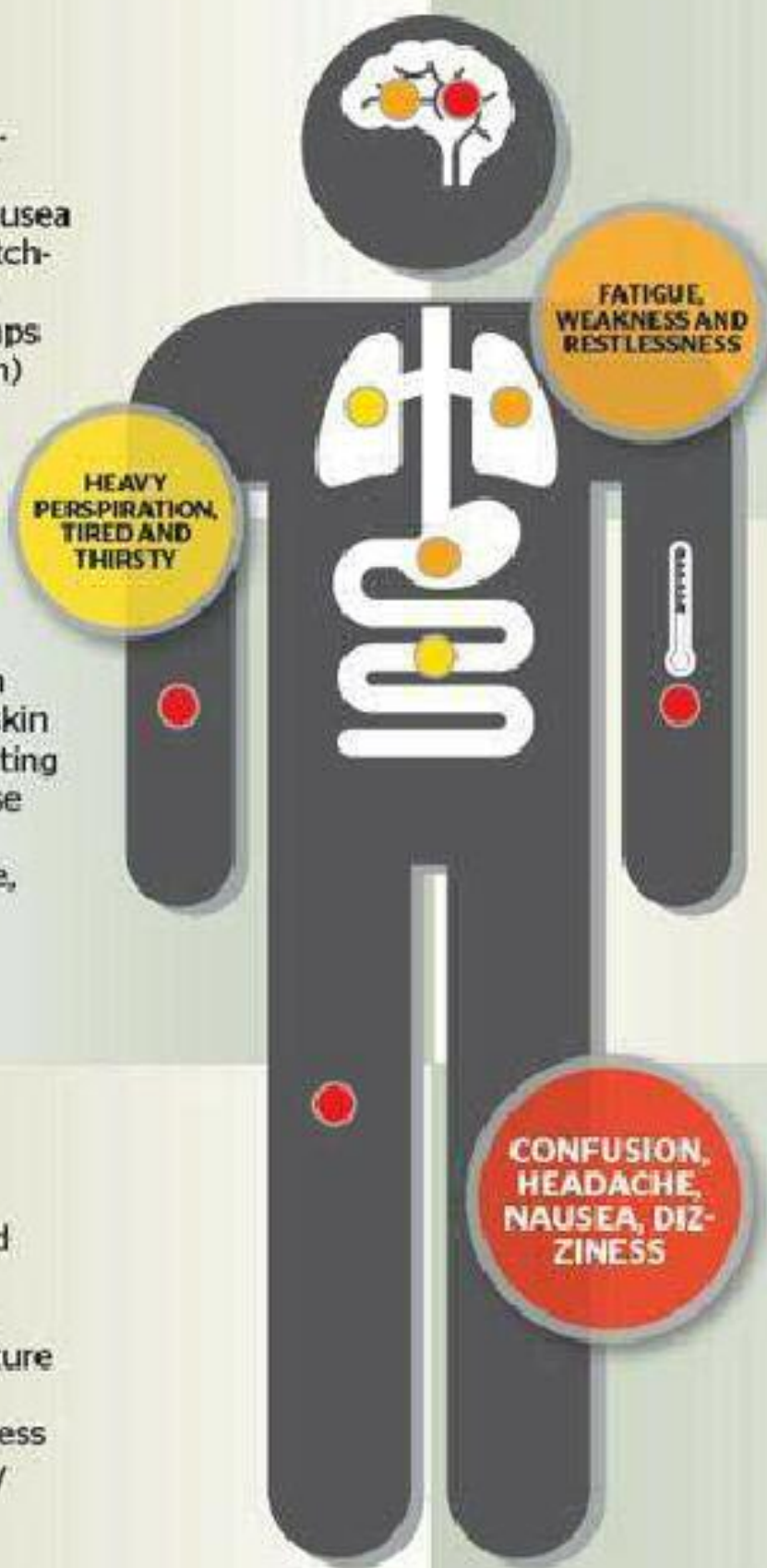
- > Profuse perspiration
- > Cold, clammy, pale skin
- > Headache and vomiting
- > Weak, but rapid pulse
- > Poor coordination
- > Normal temperature, but faintness

- > Lay victim down in a cool place as for heat cramps.
- > Loosen clothing and apply wet clothes to head and body.
- > Fan the victim, or move them to an air conditioned environment
- > Give sips of cold water or electrolyte drink
- > If vomiting continues, seek medical assistance immediately

HEAT STROKE

- > Skin flushed, hot and unusually dry
- > Dry swollen tongue
- > High body temperature (more than 40°C)
- > Deep unconsciousness may develop rapidly

- > Seek medical assistance urgently
- > In the meantime:
- > Lay victim in a cool place and remove outer clothing
- > If unconscious, check airway and breathing
- > Cool victim quickly by applying cold water or wrap in a wet sheet and fan them (keep the sheet wet)
- > When conscious, give sips of water





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ON THE COVER:

Our cover this month features a family having fun at the beach, while also keeping safety in mind. You will find many tips on staying safe while having summer fun in the pages of this issue.



Our thanks go out to all of our advertisers and contributing experts who helped inform our readers this month! Let us know how you like what we have to offer, and any suggestions you may have for improvements & additions, simply by emailing us at info@Topeka-HealthandWellness.com.

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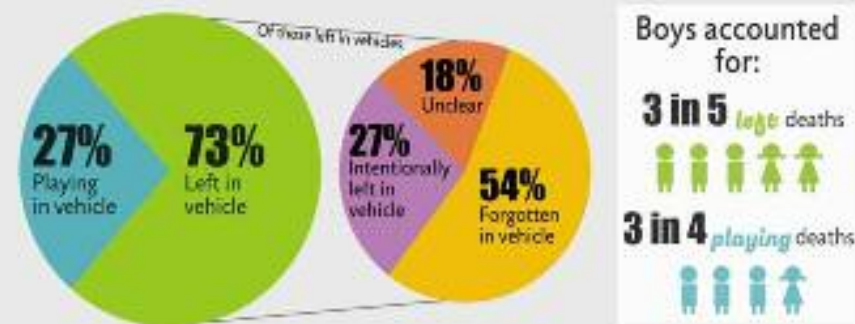


Heatstroke Deaths of Children in Vehicles

BY THE NUMBERS

- 10** the minutes it takes for a car to reach deadly temperatures on an 80 degree day
- 38** the average number of children who die from vehicular heatstroke in the US each year
- 57** the lowest known outside temperature at which heatstroke can occur

BY CIRCUMSTANCE



BY AGE



TIPS

- Never** leave children in a vehicle unattended, even with the windows cracked, even "for a minute"
- Always** check the backseat when exiting the vehicle (put your phone or your purse in the backseat to create a reminder system)
- Always** keep vehicle doors and trunks locked and keys out of reach
- Make** an agreement with your childcare provider to always call you when your child is absent
- Call 911** if you see a child alone in a vehicle

For detailed sources and resources: ChildrensSafetyNetwork.org/publications/heatstrokeinfographic
For NHTSA's Look Before You Lock Campaign: safercar.gov/parents/heat-involved.htm



Children's Safety Network

www.ChildrensSafetyNetwork.org

July 2013



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BIPOC Minority Mental Health Month

By Courtney Rooks
Valeo Behavioral Health Care

BIPOC Mental Health Month, originally designated as National Minority Mental Health Month, is observed each July and was established in 2008 with the goal of bringing awareness to the unique mental health challenges and needs of underrepresented groups in the United States. This campaign helps to address mental health disparities and issues faced by Black, Indigenous, and People of Color.



Courtney Rooks

The term BIPOC encompasses a range of people and the groups within this wider label may experience their own unique challenges that may not be experienced by all groups. There are some common factors that influence mental health and deter treatment for underrepresented groups. Socioeconomic disparities can limit access to care when people lack health insurance and reliable transportation. Stigma and cultural taboos can cause apprehension and feelings of shame about seeking professional help and at times cause people to rely on social supports for help or go without any treatment at all. Language and cultural differences can be a barrier to treatment and it can be difficult to find bilingual or Spanish speaking providers. People may be distrustful of professional mental health providers and be concerned that there is a lack of cultural competence. For example, less than 2 percent of American Psychological Association members are Black or African American.

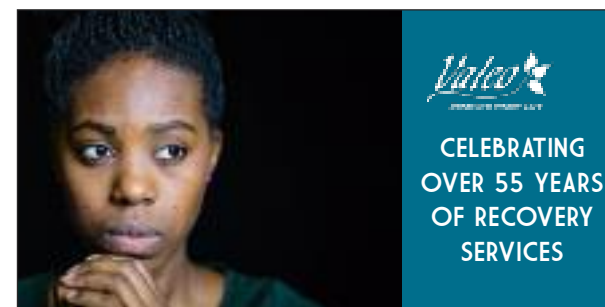
These factors act as barriers to treatment and lead to disparities in mental health outcomes that need to be addressed. According to Mental Health America or the American Psychiatric Association:

- Black and African Americans are less likely than white people to die from suicide at all ages. However, Black and African American teenagers are more likely to attempt suicide than White teenagers.
- Black and African American people are more often diagnosed with schizophrenia and less often diagnosed with mood disorders compared to white people with the same symptoms.
- Black and African American people with mental health conditions, specifically those involving psychosis, are more likely to be in jail or prison than people of other races.
- Native/Indigenous people in America report experiencing serious psychological distress 2.5 times more than the general population.
- Native/Indigenous people in America start to use and abuse alcohol and other drugs at younger ages, and at higher rates, than all other ethnic groups.
- Although overall suicide rates are similar to those of whites, there are significant differences among certain age groups. The suicide death rate for Native/Indigenous people in America between the ages of 15-19 is more than double that of non-Hispanic whites.
- Asian American and Pacific Islander (AAPI) adults are the racial group least likely to seek mental health services – 3 times less likely than their white counterparts.

- Of AAPI adults with a mental illness, 73.1 percent did not receive treatment compared to 56.7 percent of the overall population.
- Percent of people who identify as being two or more races with mental illness: 25%
- People who identify as being two or more races are most likely to report a mental illness within the past year than any other race/ethnic group.

Through education and awareness of the unique issues that face underrepresented groups, we can work to provide mental health care that can meet the specific needs of all people.

If you are concerned about your mental health, it is important to get professional help as soon as possible. Valeo's Crisis Center is located at 400 SW Oakley Avenue and no appointment is necessary. The emergency walk-in clinic is open 24/7. Valeo's 24-Hour crisis line is 785-234-3300.



JULY IS BLACK, INDIGENOUS, PEOPLE OF COLOR (BIPOC) MENTAL HEALTH MONTH

17% (6.8 million) African Americans struggle with mental illness

330 SW Oakley, Topeka, Kansas, 66606

Phone: 785.233.1730

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24-Hour Detox Number: 785.234.3448

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Valeo Behavioral Health Care (Adults)

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

National Suicide Prevention Life Line

1-800-273-8255

Shawnee County Suicide Prevention Coalition

SCSPC.org

Family Service & Guidance Center (18 and under)

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

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JULY IS BLACK,
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PEOPLE OF COLOR
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15% (8.9 million) of
Hispanics struggle with
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FINANCIAL FOCUS

How should you respond to a bear market?

So far, 2022 has not been a good year for investors. In fact, we're moving into bear market territory. What should you know about bear markets? And how should you respond?

To begin with, a bear market occurs when a stock market index, such as the S&P 500, falls at least 20% from its most recent high point. You might think this type of drop is rare, but that's not actually the case. Historically, bear markets have occurred every few years and are a normal feature of the investment landscape. We experienced a bear market fairly recently, from mid-February 2020 through late March of that same year.

What causes bear markets? Each one is different, but the current one is largely the result of several factors, including high inflation, rising interest rates, the war in Ukraine and global supply chain problems.

When will the financial markets again start moving in a positive direction? No one can say for sure, but in any case, it's not really a good idea to make investment decisions based on what may happen next in the financial markets. Instead, consider these moves:

- **Be patient.** It can be challenging to look at your investment statements during these days. But you'll help yourself by taking a long-term view. Consider this: From March 2009 until the end of 2021, the Dow Jones Industrial Average gained more than 460%. So, if you've been investing for a while, compare where you are now to where you were 10 or 12 years ago.

You've probably made pretty good progress over this time – and 10 years from now, the current downturn may not look like such a big event, either.

- **Review your risk tolerance.** If you're having a hard time coping with investment losses – even if they're just “paper losses” for now – you may want to review your tolerance for risk and see if



it's still the same as it was when you began investing. Even without a bear market, people's risk tolerance can change, especially as they approach retirement.

- **Review your goals.** A bear market is not meaningless, but by itself, it shouldn't cause you to change your long-term goals. And if your goals haven't changed, neither should your investment strategy.

- **Look for buying opportunities.** During a down market, you can find quality investments at attractive prices. So, you could take this opportunity to fill gaps in your portfolio or add shares of investments that you already own and that you believe have good prospects for growth.

- **Get some help.** When trying to navigate a lengthy market downturn, it can be useful to get some support and guidance. Consider this: Among investors who work with a financial advisor, 84% said that doing so gave them a greater sense of comfort about their finances during the COVID-19 pandemic, according to a survey

conducted in 2020 by Age Wave and Edward Jones. And getting professional help may provide the same type of reassurance during the current market turmoil.

A bear market is never enjoyable. But taking the long view and making moves appropriate for your needs can help you get through this period and look ahead to better days.

–This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones. Member SIPC.

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Water Safety

- Exercise proper water supervision, even in shallow water
- Enroll your family in formal swimming lessons
- Get certified in CPR
- Get properly-fitting U.S. Coast Guard-approved life jackets
- Don't bring electronics near water
- Don't run around the pool
- Use plastic drinking cups
- Swim with a buddy and near a lifeguard

Beach Safety

- Swim at least 100 feet away from piers and jetties
- Swim parallel to the shore if caught in a rip current
- Teach kids about potentially harmful marine life
- Avoid swimming at twilight, when the water is murky or near fishermen
- Look out for flags and signs indicating danger



- Watch out for dangerous objects like glass or marine life on the beach

Insect Safety

- Remove standing water to keep mosquitos away
- Apply insect repellent
- Implement repellent treatment in your yard like spray or citronella
- Keep nighttime outdoor recreation to a minimum

Sun and Heat Safety

- Dress in lightweight clothing
- Never leave anyone - pets or people - in the car



- Avoid being outdoors when the sun is at its peak
- Stay hydrated
- Wear hats and sunglasses
- Watch for signs of heat exhaustion, heat stroke or dehydration

Sunscreen guide

- Choose sunscreen wisely
- water-resistant
- broad-spectrum sunscreen
- SPF 30 or greater
- Application
- Cover all exposed areas thoroughly
- Use at least one ounce of sunscreen

- Apply 30 minutes before going outside
- Reapply every two hours, more often if sweating or swimming

Play safety

- Wear protective gear when playing sports or riding bikes
- Make sure play areas are well-maintained
- Check the area broken glass or other dangerous objects



Travel Safety

- Maintain proper air pressure in your tires
- Check your car's fluid levels and air filters
- Have your car battery checked

Crowd Safety

- Take a picture of your child wearing today's outfit in case you get separated
- Teach your kids where to go if they get lost
- Dress everyone in easily-recognizable outfits

Firework Safety

- Don't let young children handle fireworks
- Have a bucket of water ready to put out fireworks
- Wear safety goggles
- Do not consume alcohol when shooting fireworks
- Shoot fireworks in a clear area away from buildings and crowds
- Purchase fireworks from a reliable source and do not attempt to DIY
- Do not attempt to relight a firework that does not light
- Follow all state and local laws and ordinances. In some areas, they are illegal.

Shawnee County Farmers Markets



Downtown Farmers Market

- Open April 2 - October 29
- Every Saturday from 7:30am - Noon
- SW 12th and Harrison St, Topeka, KS

Breadbasket Farmers Market

- Open April 2 - November 19
- Every Saturday from 7:30am - 1:00pm
- 1901 SW Wanamaker Rd, Topeka, KS
 - Parking lot of West Ridge Mall, SE of Furniture Mall of Kansas

Monday Farmers Market

- Open May 9 - October 3
- Every Monday from 7:30 am-11:30 am
- Topeka Public Library
 - 1515 SW 10th Ave, Topeka, KS

Silver Lake Farmers Market

- Open June 7 - September 13
- Every Tuesday from 6:00 pm-8:00 pm
- Silver Lake Public Library
 - 203 Railroad St, Silver Lake, KS



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FINANCIAL HEALTH & WELLNESS

IRS warns taxpayers of "Dirty Dozen" tax scams for 2022

The IRS reminds taxpayers to watch out for and avoid advertised schemes, many of which are now promoted online, that promise tax savings that are too good to be true and will likely cause taxpayers to legally compromise themselves. Taxpayers, tax professionals and financial institutions must be especially vigilant and watch out for all sorts of scams from simple emails and calls to highly questionable but enticing online advertisements.

The first four on the "Dirty Dozen" list are described in more details as follows:

Use of Charitable Remainder Annuity Trust (CRAT) to Eliminate Taxable Gain. In this transaction, appreciated property is transferred to a CRAT. Taxpayers improperly claim the transfer of the appreciated assets to the CRAT in and of itself gives those assets a step-up in basis to fair market value as if they had been sold to the trust. The CRAT then sells the property but does not recognize gain due to the claimed step-up in basis. The CRAT then uses the proceeds to purchase a single premium immediate annuity (SPIA). The beneficiary reports, as income, only a small portion of the annuity received from the SPIA. Taxpayers seek to achieve this inaccurate result by misapplying the rules under sections 72 and 664.

Maltese (or Other Foreign) Pension Arrangements Misusing Treaty. In these transactions, U.S. citizens or U.S. residents attempt to avoid U.S. tax by making contributions to certain foreign individual retirement arrangements in Malta (or possibly other foreign countries). In these transactions, the individual typically lacks a local connection, and local law allows contributions in a form other than cash or does not limit the amount of contri-



butions by reference to income earned from employment or self-employment activities.

Puerto Rican and Other Foreign Captive Insurance. In these transactions, U.S. owners of closely held entities participate in a purported insurance arrangement with a Puerto Rican or other foreign corporation with cell arrangements or segregated asset plans in which the U.S. owner has a financial interest. The U.S. based individual or entity claims deductions for the cost of "insurance coverage" provided by a fronting carrier, which reinsures the "coverage" with the foreign corporation.

Monetized Installment Sales. These transactions involve the inappropriate use of the installment sale rules under section 453 by a seller who, in the year of a sale of property, effectively receives the sales proceeds through purported loans. In a typical transaction, the seller enters into a contract to sell appreciated property to a buyer for cash and then purports to sell the same property to an intermediary in return for an installment note. The intermediary

then purports to sell the property to the buyer and receives the cash purchase price.

Taxpayers who have engaged in any of these transactions or who are contemplating engaging in them should carefully review the underlying legal requirements and consult independent, competent advisors before claiming any purported tax benefits. Taxpayers who have already claimed the purported tax benefits of one of these four transactions on a tax return should consider taking corrective steps, such as filing an amended return and seeking independent advice. Where appropriate, the IRS will challenge the purported tax benefits from the transactions on this list, and the IRS may assert accuracy-related penalties ranging from 20% to 40%, or a civil fraud penalty of 75% of any underpayment of tax.

Taxpayers and practitioners should always be wary of participating in transactions that seem "too good to be true."

We will examine more of these scams in our next article.

—Peggy Beasterfeld, EA



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Sunglass Safety: Sight Saving Tips



(Ivanhoe Newswire) —

Summer is coming and that means more time outdoors and in the sun. But too much sunlight can wreak havoc on your eyes if you don't protect them.

It's a scary fact, but three point two million people go blind every year due to prolonged UV exposure and whether you're at the pool, beach, or park. Before you head out, don't forget to grab your shades for Sunglass safety

UV levels from the sun's rays are three times greater in summer than winter and can damage the eye and lead to cataracts, macular degeneration, ocular melanoma, and other conditions. To stay safe, make sure you pick the right pair of sunglasses.

First, look for a sticker that says 100 percent UV protection from all UV light. Polarized lenses reduce glare that bounces off reflective surfaces, but polarization alone doesn't provide UV protection. And the color of the lens doesn't necessarily matter.

"A dark pair of glasses well may be your preference doesn't mean you have great UV protection," states



Dr. George A. Cioffi. UV absorbing chemicals on sunglasses are colorless, so clear lenses can block light just as well as dark ones.

Also, sunglasses don't have to be expensive to be effective. Drugstore glasses labeled as 100

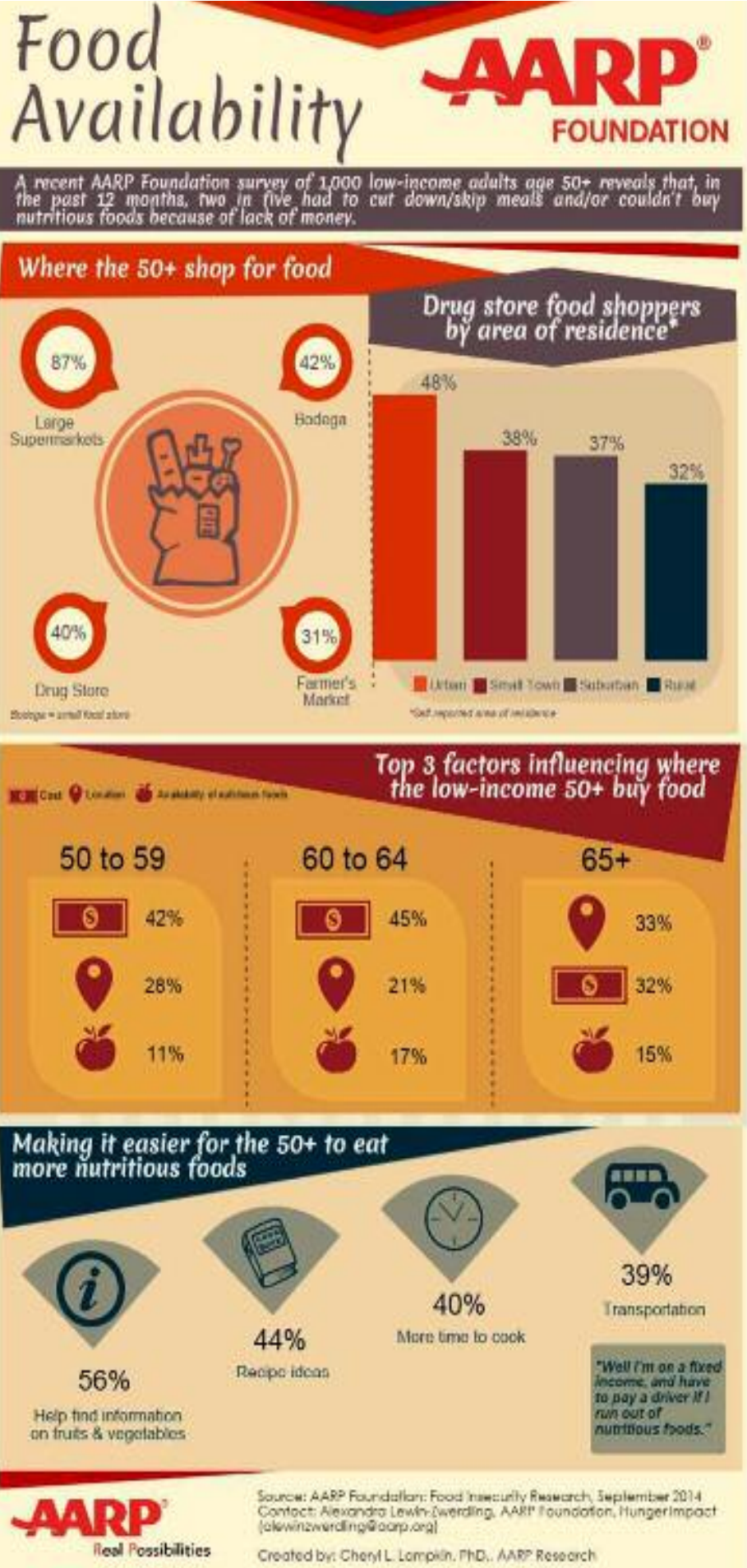
percent UV blocking are a better choice than designer glasses that don't offer the protection. And the size of the lens does matter. Larger and oversized lenses provide the most protection.

They should wrap around a bit," says Dr. Cioffi.

People with green, hazel, or blue eyes are more sensitive to light and more susceptible to UV damage.

Sunglasses should be worn at all times when outdoors during the day when the UV index is three or above. They should also be worn regardless of cloudiness, as more than 90 percent of rays can penetrate through clouds.







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

NNO activities help keep neighborhoods safe

Safe Streets is about to embark on its 26th year of National Night Out in the Topeka/Shawnee County community! This annual event, which will be held Saturday, August 6, brings neighborhoods together to connect with one another and local law enforcement. The simple act of getting to know your neighbors is the best form of crime prevention.



In Shawnee County, neighborhoods are encouraged to hold individual events on August 6. As of the middle of May, there were nearly 25 neighborhoods registered! Neighborhoods' activities vary – some may host an ice-cream social, cookout, potluck dinner, or a pool party.



Some events are smaller with around 25 people, and others are larger with more than 300 attending. The next planning meeting is Thursday, June 16 at 6:30 p.m. in Room 101AB at the Topeka and Shawnee County Public Library, 1515 SW 10th Avenue, Topeka. It is open to the public, so please join us.



In 2021, Topeka/Shawnee County ranked 4th in the nation for cities of comparable size for our National Night Out events.

National Night Out event is coordinated through Safe Streets in partnership with local law enforcement, including the Topeka Police Department, Shawnee County Sheriff's Office, Shawnee County District Attorney's Office, Topeka Fire Department, and Kansas Highway Patrol and with area businesses, including

Evergy, Reser's, Hy-Vee, Dillons, Federal Home Loan Bank, Prairie Band Potawatomi Nation, and many others!

To sign up your neighborhood or to find out if your neighborhood has National Night Out plans, contact Safe Streets at 785.266.4606 or email jwilson@parstopeka.org. You don't have to have a neighborhood organization to host an event, so contact your neighbors and Safe Streets and get involved today!

Safe Streets, a program of Prevention and Re-



siliency Services, is a local crime prevention and substance abuse prevention organization in Topeka.

Safe Streets wants neighbors to talk and get to know one another – this plays a huge role in making our community safer. Contact Safe Streets for more information or to register your neighborhood by calling 785-266-4606. You can also email Judy Wilson at jwilson@safestreets.org.





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Heatstroke: Hot cars can quickly become deadly for children

On average, every 10 days a child dies from heatstroke in a vehicle. In more than half of these deaths, the caregiver forgot the child was in the car. TFI Family Services, Inc reminds caregivers to never leave children alone in a vehicle, and if you see a child alone in a car, call 911.

Heatstroke, also known as hyperthermia, is the leading cause of non-crash, vehicle-related deaths for children. It occurs when the body can't cool itself quickly enough and the body temperature rises to dangerous levels. Young children are particularly at risk as their bodies heat up three to five times faster than an adult's. Since 1998, more than 790 children across the United States have died from heatstroke when alone in a vehicle.

"A car can heat up 19 degrees in 10 minutes. And cracking a window doesn't help," said Rachelle Roo-



sevelt, TFI Family Services, Inc . "Heatstroke can happen anytime, anywhere. We don't want to see this happen to any family. That's why Safe Kids is asking everyone to help protect kids from this very preventable tragedy by never leaving a child alone in a car, not even for a minute."

Together, we can cut down the number of deaths and

near misses by remembering to ACT.

- **A: Avoid** heatstroke-related injury and death by never leaving a child alone in a car, not even for a minute. And make sure to keep your car locked when you're not inside so kids don't get in on their own.
- **C: Create** reminders. Keep a stuffed animal or other memento in your child's car seat when it's empty, and move it to the front seat as a visual reminder when your child is in the back seat. Or place your phone, briefcase, or purse in the back seat when traveling with your child.
- **T: Take** action. If you see a child alone in a car, call 911. Emergency personnel are trained to respond to these situations. One call could save a life.

For more information on preventing child heatstroke deaths, visit www.safekids.org/heatstroke.

Extra Pounds Lead To Early Death

Most of us know that America, as a nation, struggles with obesity. But it may surprise you to know that waistlines are expanding everywhere, and it's killing people far too early.

For the first time in human history, there are more obese people in the world than underweight people. Across the globe, about 13% of the entire world's population is obese, while the number of people who are underweight hovers around 9%. North America is the fattest continent, with an obesity rate of about 31%.

The obesity rate has climbed sharply worldwide in the last 50 years, with no end in sight, bringing with it early death.

According to analysis by the Global BMI Mortality Collaboration, which studied nearly four million people worldwide, being obese can shave an entire decade off a person's life expectancy. Even just being slightly overweight can shorten your life by one to three years.

Lead author Emanuele Di Angelantonio told AFP the risk of coronary heart disease, stroke, respiratory disease and cancer "are all increased," in proportion to amount of increased fat a person carries. He added, "Severely obese people lose about 10 years of life expectancy, which represents a one-in-two chance of dying before 70."

Researchers discovered that men of normal weight between the ages of 35 and 70 have a 19% chance of early death, while obese men have a 30% chance. Women in the same age group of normal weight have an 11% chance of early death, while obese women have a 15% chance.

Obesity is identified with a high body mass index, which

is a measure of body fat based on height and weight. What's your BMI? The World Health Organization, determined the following classifications:

- 18.5 to 24.9 is NORMAL
- 25.0 to 29.9 is OVERWEIGHT
- 30.0 to 34.9 is MODERATELY OBESE
- 35.0 to 39.9 is SEVERELY OBESE
- 40 & above is MORBIDLY OBESE



Normal							Overweight					Obese										Extreme Obesity									
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	
Height (inches)							Body Weight (pounds)																								
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	338	343	
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	
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74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	

catalog cherished recipes. When your kids get older, they will love having a written record of your family's memories, rituals, and traditions.

7. Another option for indoor fun is to build an obstacle course. Try setting up kitchen chairs, couch cushions, blankets, pretty much anything you have on hand to make your obstacle course as simplistic... or as challenging as you like. It's sure to let your kids burn off some energy.

8. Get creative with outside chalk art. Write inspirational messages for people to find on their daily walks or create your own games and obstacle courses to play.

9. Build some cardboard creations with all those shipping boxes you've accumulated; forts, houses, cars!

10. Camp in the backyard. Set up a tent, grab some flashlights, sleeping bags and board games.

11. Shoot a music video!



12. Make ice cream. There isn't a kid (or parent) in the world who would refuse ice cream on a hot summer day. This is a great kids activity in which parents can easily monitor. Here's a great guide on creating your very own vanilla ice cream.

13. Sidewalk chalk murals. Get some fun colored chalk for your kids and you can create some really fun chalk murals and designs. Here are a few cool designs for inspiration.

14. Backyard stargazing. Put out a few blankets and lie down in your backyard, and gaze upon the stars. Show your kids how to locate Orion's Belt and many other stars. Here's a great stargazing guide.

15. DIY bird feeder. This kid friendly bird feeder takes toilet paper rolls spread with peanut butter and rolled in bird seed. After hanging it on a branch, your kids can watch as the birds come get something to eat!

16. Homemade Playdough. This can be done in less than 10 minutes and is very easy to make. Check out this recipe from a fellow mother on how to make colorful playdough with your kiddos.



17. Build a fort or tent. Take an afternoon and push your couches close together. Drape them with blankets or sheets and eat a snack or play a game under your fort or tent!

18. Play hide and seek in the dark. Mix up plain old hide and seek with hide and seek in the dark! Black out your windows and prep areas that may be hazardous. It certainly makes for great entertainment!

19. Make milk carton boats. Take an old milk carton and shape it in the fashion of a boat. You can even paint it and stick a toothpick in it with a taped flag! Test it out by putting it in water in the sink or bath. Does it float? If not, your kids can brainstorm on how to fix it.

20. Do a puzzle together. When searching for the right puzzle, look for the correct age group. There are specific difficulty levels out there! It can be a wonderful time to bond with your kids and work together to solve a puzzle

21. Paint rocks. Are you one with rocks everywhere in your yard or nearby? Have fun painting faces or designs on rocks with your kids. You could use these as door stoppers or paper weights!

22. Water bag piñata. Have a blast busting this piñata. The only exception? It's filled with water! Let your kids have fun filling it up with water and then hitting it to feel the homemade waterfall!

23. DIY sponge balls. This is a fantastic homemade game or yard toss. Buy some fun looking sponges or use what you got! Drench them in water and soap and get ready to be soaked in the hot summer fun!

24. Paper plate horseshoes. Cutting off the outside of paper plates, have your kids paint them and toss them around a grounded paper towel roll! This is a great kids' summer activity or game for a rainy day.

25. Plant flowers or vegetables. Use the summer to teach your kids how to plant! Plant flowers or vegetables in your flower bed or in a pot by your home. They can water it every day and watch them bloom!

26. Egg drop. Obtain a set of eggs you don't mind

wasting and have your kids come up with inventive ways to secure and protect an egg so that when you drop it from a window it does not break. This can include placing the egg inside a shoebox filled with foam, or any of other creative methods out there.

27. Run in the sprinkler. This is a cool, easy way to beat the heat, especially with toddlers. Set up your hose sprinklers or installed yard sprinklers, have the kids put on swimsuits, bring towels, and turn on the water!

28. Take an early morning/late night walk. Right when you wake up, take a walk while pushing your kids, before the real heat begins. You could also do a pajama walk right before bed. Either way, your kids will be relaxed on this awesome summer activity!

29. Bean bag toss. Using a sewing machine, you can sew fabric and buy beans to make the bags. Kids will feel accomplished and appreciate the game more when they create it. Toss the bags in your backyard or in buckets.

30. Blow bubbles. Whether it's with a bubble machine for \$5 or a single set of bubbles to blow out of, bubbles lighten the mood and do wonders for entertainment. Younger kids will enjoy running through them or blowing them!



31. Fly a kite. Pick a clear area to run and fly a kite of your choice. Flying a kite teaches your kids patience and coordination. A plus is that they are pretty to watch high in the sky, with a bright sun, during a fun summer day!

32. Craft with pipe cleaners. By simply taking different colors of pipe cleaners and fluff balls, you can create different creatures. This includes bugs, butterflies, animals, etc. Let your inventive kids take the reins on this one.

33. Make a family video. Take the family video camera and have your kids video record the summer-y nature outside with commentary, conduct talk shows outside, or be actors and actresses. It can be an amusing memory to look back on one day.

Why You Need a Strong Core for Running

You've probably heard that building up core strength has many benefits when it comes to running. At a high level, a strong core can improve your posture and speed. Because your arms and legs all stem from the core, the strength in your limbs is tied to the strength in your torso. A strong core is a solid foundation for strength in the rest of the body.

The main benefit of core strength for runners is increased stabilization in the torso. Your core muscles (the chest, back, abs, and obliques) are what keep your torso upright when you run, and reduce "wobbling" when moving your arms and legs. Core strength allows the pelvis, hips, and lower back to work together more smoothly to expend less energy. Core strength also significantly improves balance, meaning that you recover quickly from missteps small and large.

Core strength for distance runners is especially important. Towards the end of long runs or races, when you are extremely fatigued, your form begins to suffer. Poor form slows you down and makes you prone to injury. Core strength helps you maintain good posture, and reduce the pains that result from poor posture over a long distance.

Here are four simple bodyweight moves to improve core strength that every runner should try! You can do a few reps of these moves before or after each run, or condense them into a weekly workout that's focused on your core.



Planks (targets all core muscles)

Planks are especially great for runners because they really emphasize the relationship between your core and your limbs. Planks will strengthen your abs, erector spinae (the muscles that run up and down your spine), chest, shoulders, quads, and hamstrings. Once you can achieve the flat back with tucked pelvis posture, try holding 30-second to 1-minute planks.



Hollow Rocks (targets abs)

To outsiders, this traditional gymnastics move looks like a fairly easy, sort of funny rocking motion. But when you do it for yourself, you will find that it's incredibly difficult, and also incredibly effective.

Start by lying with your back on the ground, arms and legs fully



extended. Lift your arms and legs off the ground, and attempt to curve your back so that your whole body makes a smooth "bow" shape. This is the basic "hollow body" position. Then, begin rocking back and forth to

make it a "hollow rock" exercise!

You initially struggle with rocking because of a "flat" spot at your lower back. It is crucial that you are engaging your lower abs to round out the lumbar arch (the flat spot of your back that makes rocking so difficult). Start by practicing hollow rocks for two minutes at a time, concentrating on pulling the lower abs in to effectively round out the lower back. You can do a modified version where you hug your knees into your chest and roll back and forth.

Superman (targets back, especially erector spinae)

This simple exercise engages the back muscles and emphasizes the strength relationship between your back & your protruding limbs. The "Superman" exercise could be described as the opposite version of 'hollow rocks.'



Lie face down on the floor, then fully extend your arms and legs straight out. Engage the muscles in your core and back to lift your arms, legs, and head off the floor, and hold, letting them hover.

As your strength increases, you should be able to increase the distance between the floor and your limbs. As you practice Supermans, you should be trying to improve both the amount of time you can hold it, as well as lifting your arms and legs higher, higher, higher off the ground. For a modified version, lift just one arm and the opposite leg at a time before switching and raising the others.



Windshield wipers (targets the obliques)

This exercise places emphasis on the obliques, an extremely important muscle group for running stability. Building strength in the obliques will minimize excess wiggling and wobbling of the torso while you run.

Lie on your back and extend your legs upwards, making an "L" shape with your body. Then, keeping your back glued to the floor, lower your legs down to the right, back up to the middle, then down to the left, making a "windshield wiper" motion with your legs.

With these exercises, pretty soon you'll notice less wobbling, more power, and greater efficiency as you run!





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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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10 quotes for when you're feeling discouraged or unmotivated

If you're feeling discouraged or unmotivated, a good read can awaken your intelligence and give you the spark you need to start fresh. What better book to turn to than the best one of all times, the Bible, to learn from its teachings? It contains texts that are inspiring, and which shed new light on us and the reality that surrounds us.

Here are 10 biblical quotes that will be of great value when you feel unmotivated:

"For God did not give us a spirit of fear and cowardice, but rather a spirit of power and of love and of self-discipline." (1 Timothy 1: 7)

Do you feel as if fear is becoming too much a part of your life lately—that you make decisions to do or stop doing things mostly out of fear? Remember that you are in God's hands and you have the power of His Spirit.

"Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest." (Matthew 11:28)

When you're full of worries or are stressed out because of work, take a couple of minutes to express your feelings to God. He always listens and looks for ways to lighten your burdens. God is peace.

"This is the day that the Lord has made; let us rejoice and be glad in it." (Psalm 118:24)

Sometimes we have so many distractions on our minds that we don't notice that the sun is out, we are alive and breathing, and God loves us. Every morning is literally a new day ... a new opportunity that our Father gives us to change, improve, solve our problems, and achieve what we want. Sometimes it's difficult, but always try to start the day with a happy heart.

"God is not a God of disorder, but of peace." (1 Corinthians 14:33)

Sometimes it's hard to read or listen to world news and not feel overwhelmed or hopeless. At such moments, it's good to ask God to fill our day with His peace and serenity. This biblical quote invites us to



keep our focus on His greater plan, remain calm, and not be distracted by those who want to pull us away from our true path.

"For if you forgive others their trespasses, your heavenly Father will also forgive you; but if you do not forgive others, neither will your Father forgive you your trespasses." (Matthew 6:14-15)

If you're dealing with someone who hurt you and who you thought was your friend or faithful co-worker, of course it's easier to hold a grudge. But even though sometimes it's hard to forgive, it's the best thing for you and others. Forgiveness is the best way to heal those wounds. If God has forgiven us so many times, how can we not follow his great example? How can we expect to be forgiven if we ourselves do not forgive?

"Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. (Philippians 4:6)

Worrying about absolutely everything is a sign of not fully trusting the Lord. There are things that will escape our understanding, and that's when we should take refuge in God the most. Let's start our days with thankfulness and with confidence that He is working on what we really need. The Lord is good, so we shouldn't hesitate to ask Him for help to face the obstacles that we're facing. He hears us!

"Trust in the Lord with all your heart; and do not rely on your own insight. In all your ways acknowl-

edge Him, and He will make straight your paths." (Proverbs 3:5-6)

On days when we have to make an important decision, we can read this quote several times, inhale and exhale ... and ask Him in that breath to fill us more with Him and less with ourselves, especially when we run the risk of making a decision out of anger, pride, or sadness (after all, we are human and imperfect). We must remember that God is always with us, and let Him be the one who guides our decisions, trusting in His infinite love.

"Humble yourselves therefore under the mighty hand of God, so that He may exalt you in due time. Cast all your anxiety on him, for he cares for you." (1 Peter 5:6-7)

God is our Father and knows us very well. He's not far away from us; on the contrary, He knows perfectly well what weighs on our hearts. As we read this Bible quote, close your eyes and imagine Him taking you by the hand and helping you get through this day. God is in control and will make sure He gives you what is best for you in the long run.

"Again Jesus spoke to them, saying, 'I am the light of the world. Whoever follows me shall not walk in darkness, but will have the light of life.'" (John 8:12)

On days when we feel that the world is a dark place, we should take refuge in the light of the Lord, because otherwise it's very easy to get lost. The enemy will always try to get us off track or sow despair, but God's light is a reminder that we're not alone and that He will fill our heart with hope for the present, for the future and for all eternity. Have faith and always choose the way of Jesus Christ.

"Put on the whole armor of God, so that you may be able to stand against the wiles of the devil." (Ephesians 6:11)

God will never make us fight a battle unarmed. He always provides us with armor according to the problem we have to face. Sometimes, though, we have to ask Him to remind us that we have Him there at our disposal, because we forget.



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HEAT DANGERS

The diagram shows a stylized human figure split vertically. The left half is yellow and represents heat exhaustion, while the right half is red and represents heat stroke. Arrows point from various symptoms to the corresponding half of the figure.


HEAT EXHAUSTION (Left Side - Yellow)	HEAT STROKE (Right Side - Red)
Faint or dizzy	Throbbing headache
Excessive sweating	No sweating
Cool, pale, clammy skin	Red, hot, dry skin
Rapid, weak pulse	Rapid, strong pulse
Muscle cramps	May lose consciousness
Nausea / Vomiting	

HEAT EXHAUSTION

- GET TO A COOL, AIR CONDITIONED PLACE
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- TAKE A COOL SHOWER OR USE COLD COMPRESS

HEAT STROKE

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Why you need dental insurance in retirement.

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As good as Medicare is, it was never meant to cover everything. If you want protection, you need to purchase individual insurance.

Early detection can prevent small problems from becoming expensive ones.

The best way to avoid large dental bills is preventive care. Experts recommend checkups twice a year.

Previous dental work can wear out.

Your odds of having a dental problem only go up as you age.²

Treatment is expensive — especially the services people over 50 often need.

Unexpected bills, like \$189 for a filling, or \$1,219 for a crown³ can be a real burden, especially if you're on a fixed income.

When you're comparing plans ...

- ▶ 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 the Summertime

Summer is all about enjoying the warm weather with family and friends! Make the most of it with these recipes!

Summer Fruit Salsa



A fresh alternative for summer BBQs as a dip with tortilla chips or as a topping for grilled chicken or fish.

Ingredients

- 2 cups Roma (plum) tomatoes, chopped
- 1 cup chopped mango
- ¾ cup chopped red bell pepper
- ¾ cup chopped green bell pepper
- ¾ cup finely chopped red onion
- ¾ cup chopped strawberries
- 1 kiwi, peeled and chopped
- 1 medium nectarine, pitted and chopped
- 1 tablespoon olive oil
- 1 tablespoon orange juice
- salt and ground black pepper to taste
- ½ cup chopped fresh cilantro

Directions

Combine tomatoes, mango, bell peppers, onion, strawberries, kiwi, and nectarine in a large bowl. Add olive oil, orange juice, salt, and pepper; mix well. Stir in cilantro.

Cover and refrigerate for 30 minutes to 1 hour.

Nutrition Information (Servings: 20)

Per serving: 23 calories; protein 0.5g; carbohydrates 3.8g; fat 0.8g; sodium 10mg

Source: allrecipes.com

Chicken and Summer Squash



Great summertime recipe! The contrasting colors of the summer squash make this dish pleasing to the eye and the palate

Ingredients

- 4 breast half, bone and skin removed
skinless, boneless chicken breast halves
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 tablespoon butter
- 1 tablespoon vegetable oil
- ¾ pound yellow squash, sliced
- ¾ pound zucchinis, sliced
- 1 medium tomato - peeled, seeded and chopped

Directions

In a large nonstick skillet, melt butter in the oil over medium high heat. Season chicken with half of the salt and half of the pepper, and add it to skillet. Cook until lightly browned, about 2 minutes per side. Transfer to large plate or platter, and cover to keep warm.

Pour off fat from skillet, and add squash, zucchini, and tomato. Season with remaining salt and pepper. Cook and stir over medium-high heat until squash is slightly softened, about 3 minutes. Reduce heat, and return chicken to skillet. Cover partially. Cook until squash is soft, and chicken is white throughout but still juicy, about 5 minutes longer.

Transfer chicken to platter, and cover with foil to keep warm. Raise heat to high. Cook vegetable mixture, stirring often, until almost all of the liquid has evaporated, about 2 minutes. Arrange vegetables around chicken, and serve..

Nutrition Information (Servings: 4)

Per Serving: 221 calories; protein 29.4g; carbohydrates 7.6g; fat 8.2g; cholesterol 76.1mg; sodium 399.6mg.

Source: allrecipes.com

Vegetable-Filled Summer Rolls



These summer rolls make a light and nutritious meal, appetizer, or snack. They pairs well with Thai peanut sauce, plum sauce, or sweet chili sauce.

Ingredients

- 16 rice paper sheets
- ½ (16 ounce) package rice noodles
- 16 leaves lettuce
- 1 cup shredded red cabbage
- 1 cup shredded green cabbage
- 1 cup bean sprouts
- 1 cup pea sprouts
- ¾ cup chopped fresh cilantro
- 1 medium carrot, shredded
- ½ medium avocado, sliced
- ½ medium red bell pepper, sliced
- ½ medium green bell pepper, sliced
- ½ medium yellow bell pepper, sliced

Directions

Bring a large pot of water to a boil. Remove from the heat and add rice noodles. Let soak for 8 to 10 minutes, until noodles are soft but firm, stirring occasionally. Drain well.

Fill a bowl with hot water (not boiling). Submerge 1 sheet of rice paper into the water until soft, about 15 seconds. Place rice paper on a work surface and lay 1 piece of lettuce in the middle, starting at the bottom. Add some rice noodles, cabbage, sprouts, cilantro, carrot, avocado, and bell peppers. Pull up the bottom of the rice paper and roll up and over the vegetables. Fold in the sides of the sheet to seal. Repeat to make remaining rolls.

Nutrition Information (Servings: 16)

Per serving: 80 calories; protein 1.8g; carbohydrates 16.4g; fat 1.1g; sodium 34.3mg

Source: allrecipes.com

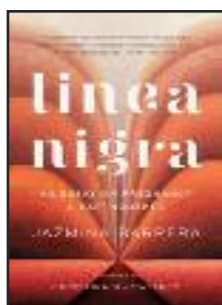
New Health & Wellness Info at the Library

By Kelly Barker

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

Linea Nigra by Jazmina Barrera Velázquez, New Health Books Media Center 618.2 BAR

Linea Nigra is an intimate exploration of motherhood and approaches the worries and joys of childbearing from a diverse range of inspirations and traditions. Part memoir and part manifesto, Barrera's singular insights, delivered in candid prose, clarify motherhood while also cherishing the mysteries of the body.



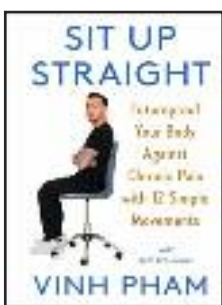
How To Prevent the Next Pandemic by Bill Gates, New Health Books Media Center 614.58 GAT

How can we prevent a new pandemic from killing millions of people and devastating the global economy? Can we even hope to accomplish this? Bill Gates believes the answer is yes, and in his book, he lays out clearly and convincingly what the world should have learned from COVID-19.



Sit Up Straight: Future-Proof Your Body Against Chronic Pain With 12 Simple Movements by Vinh Pham, New Health Books Media Center 613.78 PHA

Sit Up Straight teaches how to futureproof your body and relieve chronic pain resulting from sitting, slouching, and other bad lifestyle



habits with this easy-to-perform set of daily stretching and exercise routines--from an innovative physical therapist who coaches dozens of celebrity clients.

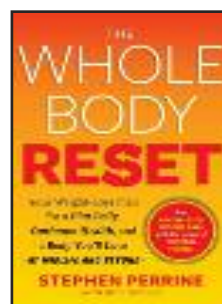
Mayo Clinic, The Essential Diabetes Book: A Complete Guide to Prevent, Manage and Live Well with Diabetes, Medical Editor Regina Castro M.D, New Health Books Media Center 616.462 MAY

Whether you or a loved one are living with type 1 or type 2 diabetes, this is a practical manual for learning the ins and outs of the disease - why it develops, how it affects your body, how it is treated, and what you can do to live well despite it.



The Whole Body Reset: Your Weight-Loss Plan for A Flat Belly, Optimum Health and A Body You'll Love - At Midlife and Beyond by Stephen Perrine, New Health Books Media Center 613.25 PER

Stop--and even reverse! --age-related weight gain and muscle loss with the first-ever weight-loss plan specifically designed to shrink your belly, extend your life, and create your healthiest self at mid-life and beyond.



Next Level: Your Guide to Kicking Ass, Feeling Great, And Crushing Goals Through Menopause and Beyond by Stacy T. Sims, New Health Books Media Center 618.175 SIM

For active women, menopause hits hard. Overnight, your body does not feel like the one you know and love anymore. Next Level is a comprehen-



sive, physiology-based guide to help get back to peak performance for active women that are approaching or experiencing menopause

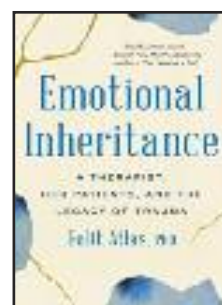
The Mind and The Moon: My Brother's Story, The Science of Our Brains, And the Search for Our Psyches by Daniel Bergner, New Health Books Media Center 616.89 BER

In the early 1960s, JFK declared that science would make the "remote reaches of the mind accessible" and cure psychiatric illness with breakthrough medications. But today, psychiatric cures continue to elude us. The Mind and the Moon raises profound questions about the essential human divide between our brains and our minds.



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

In this transformative book the author sheds light on how generational trauma affects our lives. The author entwines the stories of her patients, her own stories, and decades of research to help us identify the links between our life struggles and the "emotional inheritance" we all carry.



True Age: Cutting-Edge Research to Help Turn Back the Clock by Morgan Levine, New Health Books Media Center 613.0438 LEV

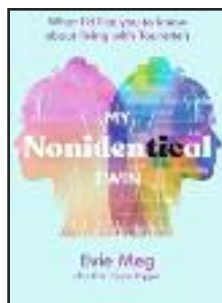
True Age introduces readers to the latest developments in the science of aging and longevity. It provides an in-depth understanding of biological age and the methods



now available to estimate our own. It also helps the reader target an individualized plan to eat, exercise, and sleep.

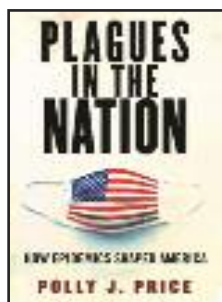
My Nonidentical Twin: What I'd Like You to Know About Living with Tourette's by Meg Evie, New Health Books Media Center 616.83 EVI

My Nonidentical Twin is the author's full story of how she came to be diagnosed and how having Tourette's has changed her life. Writing it has given her an opportunity to talk about things she has not previously felt ready to share.



Plagues In the Nation: How Epidemics Shaped America by Polly J. Price, New Health Books Media Center 614.58 PRI

The author presents a fascinating history that has never been fully explored and draws larger conclusions about the gaps in our governmental and legal response. Plagues in the Nation examines how our country learned-and failed to learn-how to address the panic, conflict, and chaos.



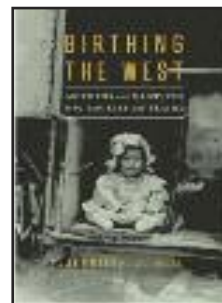
The Workout Bucket List: Over 300 Life-Changing Races, Epic Challenges, And Incredible Hikes, Bikes, Lifts, And Runs Around the World, In Your Gym, Or Right in Your Living Room by Greg Presto, New Health Books Media Center 613.7 PRE

Do leg day like America's toughest firefighter, join a bicycle race in the mountains of Colorado, or get pumped like a POTUS with this unique and well-researched collection of exercises that will encourage and inspire you to try some of the most challenging and ridiculously fun workouts at home.



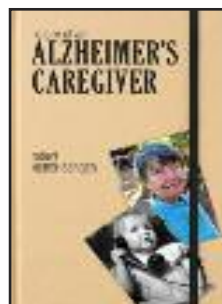
Birthing The West: Mothers and Midwives in The Rockies and Plains by Jennifer Hill, New Health Books Media Center 618.2 HIL

Childbirth defines families, and communities. In Birthing the West, the author fills the around historical reproduction with new evidence, describing a process of settlement in the American West that depended on the nurturing connections of reproductive caregivers and the authority of mothers.



Diary Of an Alzheimer's Caregiver by Robert Hershberger, New Health Books Media Center 616.831 HER

One year shy of her fiftieth wedding anniversary, Dee Hershberger was diagnosed= with Alzheimer's disease. Her husband, Bob, serving as her primary caregiver, kept a journal the following four and a half years, providing an unflinchingly honest and heart-breaking account of what the couple went through.



Fearlessly Different: An Autistic Actor's Journey to Broadway's Biggest Stage by Mickey Rowe, New Health Books Media Center 616.85882 ROW

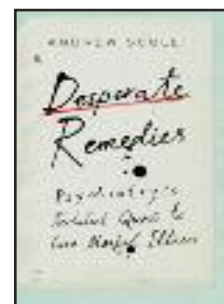
My name is Mickey Rowe. I am an actor, a theatre director, a father, and a husband. I am also a man with autism. Fearlessly Different is Mickey Rowe's story of growing up autistic and pushing beyond the restrictions of a special education classroom to shine on the stage.



Desperate Remedies: Psychiatry's Turbulent Quest to Cure Mental Illness by Andrew Scull, New Health Books Media Center 616.89 SCU

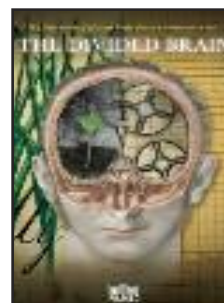
Desperate Remedies is a sweeping history of

American psychiatry--from the mental hospital to the brain lab--that reveals the devastating treatments doctors have inflicted on their patients (especially women) in the name of science and questions our massive reliance on meds.



The Divided Brain with Iain Gilchrist and Seanna McKenna, New DVD Media Center 612.825 DIV

Neurologist Iain Gilchrist makes a case that the known differences in right and left-brain processing could be a driving factor in current societal and worldwide behavior changes. He explores the idea that left brain thinking is gradually gaining dominance and skewing human communications and actions.



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Healthy Event Calendar for Greater Topeka

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

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

JUL. OUTDOOR ACTIVITIES – Outdoor events and activities. www.getoutdoorsk.com

SATURDAY NIGHT CRUISES – 1st Sat. – Spangles, 29th & Topeka Blvd.; 2nd Sat. – Fairlawn Plaza; 3rd Sat. – The Dugout, 17th & Fairlawn; 4th Sat. – The Pad; 5th Sat. – The Dugout.

W.I.G.L. "WATER IN GOD'S LAWN" YOUTH & KIDS ACTIVITIES - Wednesday's June 1 – Aug. 10, 7-8pm. Lakeview Church of the Nazarene, 2835 SE Croco. Weekly games & fun possibilities: water balloons, water slide, kiddie pools, bubbles, side walk chalk, snacks, friends, fun, Jesus! (please bring appropriate water-wear, towel & sun screen. If necessary, please wear a t-shirt over swimsuit.) There will be Bible Study upstairs for the Adults. 785-266-3247, Facebook at Topeka Lakeview Nazarene, www.Lakeviewtopeka.org, lakenaz@aol.com

OVERBROOK FARMER'S MARKET - every Monday now to October, from 4-6 pm at the Overbrook Fair Grounds.

SINGLE DAY SUMMER CAMPS – Aspire Gymnastics is offering Wednesday and Friday themed Summer Camps this summer on Wed. 1-3pm for ages 3-8, and Fri. 9-12 for ages 4-11. Visit aspiregymnasticsclub.com for details. 785-380-6046

SUMMER FIREWORKS EXTRAVAGANZA – July 2, 7pm, Fellowship Hi-Crest, Fremont Hill. Shuttle available at 455 Golf Park Blvd. Food trucks, bounce houses, and a live DJ, fireworks at 10pm.

COLLINS PARK NEIGHBORHOOD JULY 4TH PARADE – July 4, 11am, SW Collins Ave.

SPIRIT OF KANSAS FIREWORKS & BLUES FESTIVAL - July 4, at Lake Shawnee. Live music, kids activities, vendors, food trucks, car show, fireworks.

JULY 4TH CELEBRATION – July 4, 6-10pm, Rolling Hills Christian Church. free food, games, bounce houses, music, homemade ice cream, and FIREWORKS! Food will be served at 6:00 pm and the fireworks will start around 9:30.

ROCKIN' THE JAYHAWK – July 6, 7pm, Jayhawk Theatre. 38 cellists live on stage. Tickets: jayhawktheatre.org

WILDER HORSES – Jul. 8, 8pm, The Vinewood. Doors open at 7. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

FRIDAY FLICKS – July 8, Every Plaza. "Aladdin" will show at 8pm. Food trucks. Bring a lawn chair

DALE EASTON'S THE DRUNKARD – July 8, 9, 15, 16, 22, 23, 29, 30 at 8pm, VFW Phillip Billard VFW Post, 3110 SW Huntoon kate_hastings@outlook.com. Tickets available on Eventbrite.com

TOPEKA MUSIC WEEK – July 8-16. The week leading up to Country Stampede, area businesses, attractions, and restaurants will be celebrating music and fun with Topeka Music Week. Keep an eye on social media for announcements of who is performing and what locations are participating.

SECOND SATURDAY CONCERT – July 9, 6-11:30pm, Celtic Fox. Soul 2 Soul and Departure.

FIESTA MEXICANA'S DOWNTOWN TOPEKA KICK-OFF EVENT – July 9, 4:30-9pm, Every Plaza.

SPLASH PAD SOCIAL – July 13, 4-6pm, Every Plaza. Soak up the sun with Mrs. Grey and Mrs. Bremer

2ND ANNUAL COUNTRY KICKOFF – July 13, 6:30pm, Every Plaza. Nebraska Showdown will be making their return! This 90's country cover band was a fan favorite. There will also be vendors & food trucks on site.

PICNIC ON THE PRAIRIE – July 14, 5:30-

8pm, Old Prairie Town. Bring a picnic basket and enjoy a warm summer evening surrounded by the Ward-Meade Botanical Garden and the historic buildings of Old Prairie Town. Volunteers will be on site to give free tours of the gardens and buildings. The Mulvane General

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LAKE SHAWNEE GOLF COURSE
4 PERSON/18 HOLE SCRAMBLE

ENTRY FEE: \$500 PER TEAM OR
\$125 PER INDIVIDUAL

REGISTRATION BEGINS AT 9:00 A.M.
SHOTGUN START: 10:00 A.M.



**SIGN UP AND SPONSORSHIP
INFORMATION ONLINE AT:**

www.topekayfc.org

**For more information call
the YFC Office at
785-232-8296**



Store and Potwin Drug Store will be open late for your shopping convenience and old-fashioned treats

C5Alive "POWER" LUNCHEON – July 14, 11:30-1 at Aldersgate Village, 7220 SW Asbury Dr. Featured speaker is Lucrecia Nold, Public Policy Specialist for the Kansas Catholic Conference, who will speak about the Value Them Both Amendment.

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, Aug. 11, 11:30-1.

KICKER COUNTRY STAMPEDE – July 14-16, Heartland Park

STEVE KILE BAND – Jul. 15, 8pm, The Vinewood.

Doors open at 7. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

MARIA THE MEXICAN – NOTO

SUMMER CONCERT – July 15, Redbud Park.

FIRST TEE ANNUAL GOLF TOURNAMENT – Sep. 16, Shawnee Country Club. Reg. 11am, noon shotgun start. For info email marcus@firstteetopeka.org or visit firstteetopeka.org

SHAWNEE COUNTY FAIR - July 21 - 24, Stormont Vail Event Center. Thursday thru Saturday at 8:00am – 10:00pm; Sunday at 10:00am – 3:00pm. Animals large and small, competition exhibits, vendors, and food trucks are available all days. Find all the information on the fair at www.shawneecountyfair.org

FAIRLAWN PLAZA SIDEWALK SALE – July 22, 10am-8pm. Great Deals, Dining, Featured Products and Services and Information about some of our wonderful businesses and more

1ST ANNUAL DISABLED AND PROUD PARADE OF KANSAS - July 23, 11AM, Capitol Building, Downtown Topeka. The parade will circle the Capitol Building, starting at 8th & Jackson, and then the public is invited to gather on the south Capitol lawn for a resource & activity fair, speeches, food trucks and more. For info: 785-430-1088 or NMATeen2020@gmail.com

BOP DADDIES – Jul. 23, 8pm, The Vinewood. Doors open at 7. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

SATURDAY SUMMER MARKET – July 23, 9am-1pm, Milk & Honey Coffee Co. Vendor Market time! Stop by and grab your favorite drink and sandwich and grab something locally made! Beauty from Ashes, Crochet by ECE, Ember and Spruce laser engraving, Everbloom Flower Farm, Made Maker Pottery, Sew Useful Studios and more!

TYPICAL STEREO – Jul. 29, 8pm, The Vinewood. Doors open at 7. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

JESUS FEST TOPEKA – FREE CHRISTIAN CONCERT – July 30, 5-8pm. Everyone is welcome to attend, free food while supplies last. Performer's coming from Texas, Missouri and lots of Local talent will perform, this event is for all ages, bring a friend, chairs are limited so bring a lawn chair.

DUKE MASON WITH COWDOY – Aug. 5, 8pm, The Vinewood. Doors open at 7. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

GOOD OL BOYS & A GAL – Aug. 12, 8pm, The Vinewood. Doors open at 7. Cash

bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

JIM & MELISSA BRADY IN CONCERT – Aug. 12, 7pm, Wanamaker Woods Nazarene, 3501 SW Wana-maker. Free will offering, doors open at 6pm. 785-273-2248, wwoodsnaz@wnnaz.org

YOUTH FOR CHRIST GOLF CLASSIC – Sep. 26, Lake Shawnee. Several sponsorship levels available. Lots of prizes! 232-8296 or topekayfc.org

2nd ANNUAL TOPEKA FALL FEST – Oct. 8, 10am-3pm, at the Vinewood, 2848 SE 29th St. Live music, a craft & vendor fair, food trucks, and a health & fitness fair, plus games and activities for kids. Admission is free! Dozens of local businesses, non-profits & churches will operate games & activities such as Face Painting, Craft Stations, Inflatables, Petting Zoo, Cake Walk, Pumpkin Decorating, Trunk or Treat and more! We'll have a Health & Fitness Fair sponsored by Topeka Emerald City Cosmo Club, featuring Health Screenings & Fitness Demonstrations, Information & Educational Booths, Health & Safety Products and more. For more information, email info@C5Alive.org.

ONGOING EVENTS:

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

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

SENIOR STRETCHING EXERCISES - 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

TOPEKA TWILIGHT LIONS BRANCH CLUB - 4th Mondays at 6:30pm, Norsemen Brewing Co., Visitors welcome. Topekaliions.org

TOPEKA LIONS CLUB – 2nd Mon. Noon at Wings, Etc Come at 11:30 to order food. Guests welcome

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

MONDAY FARMERS MARKET – Mondays 7:30-

FIRST TEE - GREATER TOPEKA

2ND ANNUAL GOLF TOURNAMENT

SEPTEMBER 16, 2022

Registration at 11:00 AM
Shotgun at 12:00 PM

Shawnee Country Club
913 SE 29th St.
Topeka, KS

first tee™
greater topeka

For more information or to register, email marcus@firstteetoepka.org, or go to firstteetoepka.org

11:30am, May 9 to Oct. 3, Topeka & Sh. Co. Library, 10th & Washburn. (closed Memorial Day & Labor Day)

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

GRIEF SHARE SUPPORT GROUP - Feb. 7-May 2, Mondays 6:30-8pm, Topeka Bible Church, Mulvane Building, 1101 SW Mulvane St. A 13-week seminar and support group for people who are grieving the death of a person close to them. The video sessions feature biblical teaching and are designed to help you successfully travel the journey from mourning to joy. 785-234-5545

OVERCOMER'S OUTREACH ANONYMOUS RECOVERY SUPPORT GROUP - Mondays 6:30-7:30pm, at Be Filled Of South Topeka, 200 Airport Rd, Bldg. 818 Suite 1. Led by Pastor Bill Ritchey. 785-817-2802

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

SILVER LAKE FARMERS MARKET - Tuesdays 6-8pm, June 7-Sep. 13, Silver Lake Library, 203 Railroad St.

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.

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

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.

FREE MOBILE FOOD DISTRIBUTION - 4th Tue. through Nov., 9am, 1231 NW Eugene St. Randel Ministries, Inc., in partnership with Harvesters and Family of God Church will have its monthly food distribution. No ID or proof of income required, first come first served. Distributing fresh produce and other items to families in need. 785-234-1111 www.RandelMinistries.com

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 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

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

VALUE THEM BOTH

VOTE YES VOTE

AUGUST 2, 2022

Voting begins July 14

On August 2, 2022, we will have our chance to protect women and babies in Kansas by voting in favor of the VALUE THEM BOTH Amendment to our state constitution. VALUE THEM BOTH will allow us to:

- Protect current Kansas law, which prevents babies from being aborted up to the moment of birth.
- Prevent taxpayer-funded abortion and extreme procedures such as partial-birth and live-disembowelment abortions.
- Preserve safeguards that require the abortion industry to protect women with important clinic health and safety standards.

The abortion industry will pour millions into our state in an attempt to mislead voters. We must show them that the people of Kansas VALUE THEM BOTH. VOTE YES on August 2nd, 2022!

ValueThemBoth.com

(918) 228-5117 | INFO@VALUETHEMBOTH.COM

AUGUST 2, 2022

& 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, 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

DOWNTOWN FARMERS MARKET - Saturday's thru Oct. 29, 7:30am-noon, 12th & Harrison.

BREAD BASKET FARMERS MARKET - Saturday's, 7:30am-1pm, thru Nov. 19, south end of West Ridge Mall.

SATURDAY FAIRLAWN STARTER BIKE RIDE – Every Sat., 8am at Classic Bean in Fairlawn Plaza, end at Pizagles. 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.

OPEN INDOOR COURT PICKLEBALL – Sundays at 4pm, Berryton United Methodist Church (7010 SE Berryton Rd. All ages and abilities welcome.

KANSAS PRAIRIE PICKERS – Fourth Sun. ea. Month, 1pm, Auburn Community Cen-

ter. 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. wesquaredance.com

SEX TRAFFICKING INFORMATION – 785-230-8237

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

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

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

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

**THE DISABLED & PROUD FOUNDATION OF KANSAS
IN COLLABORATION WITH KANSAS MISS AMAZING
PRESENT:**

The Inaugural Disabled & Proud Parade of Kansas



**Uniting to celebrate the beauty and diversity of the
Disability Community while Creating Visibility,
Awareness, and Acceptance throughout the State
July 23rd, 2022 @ 11 am**

**DOWNTOWN TOPEKA KANSAS
STARTING AT 8TH AND JACKSON
CIRCLING THE CAPITAL BUILDING**

**Resource Fair, Speeches, and Activities to follow
on the South Apron of Capital Grounds**

To showcase who we are as a community, we need you...
Parade Floats, Resource Fair Presenters, Sponsors, Volunteers
for Registration info and more details, visit:

<https://nmateen2020.wixsite.com/ksdpparade>

Facebook: @KSDPParade

Email: NMATeen2020@gmail.com

Phone: (785) 430-1088

Mail: PO Box 67102 Topeka, KS 66667



*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.

July 14, 11:30-1: "POWER" Luncheon
at Aldersgate Village, 7220 SW Asbury Dr.
Featured: Lucrecia Nold - Value Them Both.

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

Save the
Dates!

- Aug. 11: POWER Luncheon, 11:30-1
- Sep. 8: POWER Luncheon, 11:30-1
- Oct. 8: FALL FEST at Vinewood, 10-3
- Oct. 13: POWER Luncheon, 11:30-1



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

C5ALIVE, METRO VOICE NEWS, TOPEKA HEALTH & WELLNESS MAGAZINE, GOLDEN EAGLE CASINO, AND EMERALD CITY COSMOPOLITAN CLUB PRESENT

2ND ANNUAL TOPEKA

Fall Fest

HOSTED AT

THE VINEWOOD

FAMILY FUN PRESENTED BY LOCAL BUSINESSES & NON-PROFITS

- | | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> • Live music • Craft & vendor fair • Food trucks • Kids games & activities • Inflatables | <ul style="list-style-type: none"> • Petting zoo • Face painting • Gifts & Décor • Clothing & accessories • Non-profit information | <ul style="list-style-type: none"> • Pet care services • Carnival Games • Cake Walk for kids • Trunk or Treat • Pumpkin decorating |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

HEALTH & WELLNESS FAIR PRESENTED BY EMERALD CITY COSMOPOLITAN CLUB

- | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> • Health screenings • Safety instructions & education • Health & Wellness products & samples • Health information & education | <ul style="list-style-type: none"> • Fitness information & demonstrations • Gymnastics & Exercise demonstrations • Personal Safety Items & Education • Emotional & Mental Health Information |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

100+ VENDORS & SPONSORS FOR OUR MARKET, HEALTH FAIR, FOOD COURT, MUSIC STAGE & KIDS GAMES!

Funds raised will be shared with a local non-profit organization.

FOR MORE INFORMATION, PLEASE SEND EMAIL TO: [INFO@C5ALIVE.ORG](mailto:info@c5alive.org)

Vendors: **FIND US ON FACEBOOK FOR MORE DETAILS!**



VOLUNTEERS ALSO NEEDED! CONTACT:
info@c5alive.org or 785-640-6399



SATURDAY, OCTOBER 8, 2022 • 10 AM - 3 PM

The Vinewood is located at 2848 SE 29th St, Topeka, KS 66605 (North side of Shawnee Lake)