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AUGUST 2023

Health & Wellness

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MAGAZINE

**TIPS FOR YOUR
BACK-TO-SCHOOL
GAME PLAN**



**Kansas
Named 6th
Best State
for Cycling**



Should Investors 'Go It Alone'?
5 Palliative Care Myths, Busted!

Your Belief Systems – Whose Are They Anyway?
Be Informed: Childhood Trauma Is a Health Issue

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Don't Ignore Signs of Stroke

With hospitals around the country reporting a recent drop in the number of stroke cases arriving in their emergency rooms, some health experts suspect that fear of COVID-19 may be causing people to avoid going to the hospital and calling 911 for non-COVID related medical emergencies, like stroke.

“During this pandemic, emergency care professionals like myself are working to provide care for those who need it. So much of what we do is time sensitive. We are particularly aware of the ‘Big Four,’ trauma, sepsis, stroke and heart attack, so it’s important to remember, when it comes to stroke or any medical emergency — call 911 and get to a hospital immediately. Hospitals and urgent care facilities across the nation are open and ready to help,” says Dr. Ben Usatch, medical director at UCHealth Highlands Ranch Hospital emergency department and assistant professor of Emergency Medicine at the University of Colorado School of Medicine.

Here are a few important things to keep in mind about stroke to protect your health and the health of others:

- **Emergency preparedness:** Not only are emergency healthcare providers working tirelessly to provide care for those who need it, including those showing signs of stroke, they are also taking all necessary steps to help prevent the spread of COVID-19 and are trained to treat patients safely.
- **Time:** Time is of the essence. It is critical to call 911 immediately if a stroke is suspected.
- **Stroke Signs:** The signs of stroke can be subtle and hard to recognize, so educating yourself and others is key to noticing and responding quickly. Keep the acronym BE FAST in mind to help you identify some of the signs of stroke in yourself or a loved one. BE FAST stands for Balance, Eyes, Face, Arm, Speech, Time, and refers to these signs of stroke: difficulty with balance, vision loss, droopy facial appearance, arm weakness, slurred speech – as well as the need to act quickly when these symptoms present.
- **Sudden Onset:** While the BE FAST signs are most common, the sudden onset of any of these 10 signs and symptoms could mean stroke: confusion, difficulty understanding, dizziness, loss of balance, numbness, severe headache, trouble speaking, trouble walking, vision changes and weakness.
- **Risk Factors:** Though strokes affect people of all ages and backgrounds, being advised of risk factors is impor-

tant. While some risk factors are beyond one’s control, including family health history, gender, age and ethnic background, other risk factors can be managed with lifestyle changes and treatment and include high blood pressure, high cholesterol, atrial fibrillation, smoking, diabetes, poor circulation, lack of physical activity and obesity.

• **Take Action:** Spread the word and empower others to seek immediate medical attention if stroke is suspected. Tell friends and family that it’s okay to “over-react” and call 911 at the first signs and symptoms.

For more shareable information and resources, visit StrokeAwareness.com, developed by Genentech Inc, a member of the Roche Group.

Remember, stroke does not stop during a health crisis and can be disabling or even fatal.

“BE FAST” was developed by Intermountain Healthcare, as an adaptation of the FAST model implemented by the American Stroke Association.

CONTINUE TO
TAKE ACTION
WHEN IT COMES
TO STROKE AND
CALL 911



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– StatePoint



STROKE KILLS.

BE FAST! Call 911.

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

During a stroke 32,000 brain cells die every second. **BE FAST! Call 911.**



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ON THE COVER:

Our cover this month features students preparing for the new school year.

You will find many Back to School tips, and lots of other useful information in this issue.



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Pool and Beach Safety Steps for Summer

Summer 2015 is here and many will spend at least part of the long summer days either in a pool or at a beach. The American Red Cross wants you to be safe and has some steps you can follow to safely enjoy your summer water fun:

- POOL SAFETY** Ideally, you should learn to swim before enjoying the water. While at the pool:
- Swim in designated areas supervised by lifeguards. Always swim with a buddy; do not allow anyone to swim alone.
 - Have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets around water, but do not rely on life jackets alone.
 - Have appropriate equipment, such as reaching or throwing equipment, a cell phone, life jackets and a first aid kit.
 - Know how and when to call 9-1-1 or the local emergency number.

With children, constant supervision is key:

- If you have a pool, secure it with appropriate barriers. Many children who drown in home pools were out of sight for less than five minutes and in the care of one or both parents at the time.
- Never leave a young child unattended near water, and do not trust a child's life to another child; teach children to always ask permission to go near water.
- Avoid distractions when supervising children around water.
- If a child is missing, check the water first. Seconds count in preventing death or disability.

BEACH SAFETY Swimming in the ocean takes different skills, so before you get your feet wet, it's best to learn how to swim in the surf. You should also swim only at a lifeguard-protected beach, within the designated swimming area. Obey all instructions and orders from lifeguards. While you're enjoying the water, keep alert and check the local weather conditions. Make sure you swim sober and that you never swim alone. And even if you're confident in your swimming skills, make sure you have enough energy to swim back to shore.

Other tips to keep in mind:

- No one should use a floatation device unless they are able to swim. The only exception is a person wearing a Coast Guard-approved life jacket.
- Don't dive headfirst—protect your neck. Check for depth and obstructions before diving, and go in feet first the first time.
- Pay close attention to children and elderly persons when at the beach. Even in shallow water, wave action can cause a loss of footing.
- Keep a lookout for aquatic life. Water plants and animals may be dangerous. Avoid patches of plants. Leave animals alone.

RIP CURRENTS Rip currents are responsible for deaths on our nation's beaches every year, and for most of the rescues performed by lifeguards. For your safety, be aware of the danger of rip currents and remember the following:

- If you are caught in a rip current, swim parallel to the shore until you are out of the current. Once you are free, turn and swim toward shore. If you can't swim to the shore, float or tread water until you are free of the rip current and then head toward shore.
- Stay at least 100 feet away from piers and jetties. Permanent rip currents often exist near these structures.

As the temperatures soar, more and more of us will take to the water for some summer fun. For more on how to keep you and your loved ones safe this summer, visit the swimming and water safety information on our web site.

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Become informed on childhood trauma as a health issue

By Mikki Burcher, Health Promotions Specialist,
Valeo Behavioral Health Care

Since the landmark adverse childhood experiences (ACE) study nearly 30 years ago, it has become clear that childhood trauma is widespread in our communities. Research finds that up to 90% of adults ages 65+ “have been exposed to at least one potentially traumatic event in their lifetime” (U.S. Department of Veterans Affairs). The problem is so pervasive that in 2019 the Centers for Disease Control and Prevention (CDC) declared childhood trauma a public health issue.



Mikki Burcher

At a local level, this means that you and/or most people you interact with daily have endured some type of trauma in their lifetime. One of the things you can do to help others (or yourself) as they navigate trauma is to be trauma-informed and use trauma-informed practices.

Trauma-informed practice is an approach to interpersonal interactions that recognizes trauma is widespread. With this framework, persons in service positions (including teachers, healthcare workers, and behavioral healthcare workers) assume that those they serve have experienced some kind of trauma and work with individuals in a way that prioritizes safety and healing while preventing re-traumatization.

Both service recipients and service providers benefit from trauma-informed practices. “Trauma-in-

formed practices can potentially improve patient engagement, treatment adherence, and health outcomes,” says the Center for Health Care Strategies. Similarly, service providers using trauma-informed practices tend to have increased job satisfaction, increased mental wellbeing, and lower levels of secondary trauma.

Many professions and organizations, including Valeo and other behavioral healthcare centers, have formally adopted a trauma-informed approach (often called trauma-informed care). But, we can also use trauma-informed practices in our day-to-day interactions with others. According to the Substance Abuse and Mental Health Services Administration (SAMSHA), there are six key principles to trauma-informed practices. Here are some examples of how you can integrate these principles into your daily interactions with others.

- **Safety.** Ask permission before touching or hugging someone. Let people choose where they would like to sit during a meeting or appointment.
- **Trustworthiness and transparency.** If a person shares about traumatic experience, listen. Be honest about your own experiences. Hold their story in confidence; do not tell others.
- **Peer support.** Offer to help find a relevant support group to help process trauma. Not sure where to start? Check out <https://supportgroupsinks.org/> or call 211 to speak to a United Way referral specialist.
- **Collaboration and mutuality.** Make sure everyone, especially the person who experienced trauma, has an equal voice when discussing what happened and how to move forward.

- **Empowerment, voice, and choice.** Validate the experiences of those who open up to you about their trauma. Encourage them to be an active participant in their treatment and healing journey.
- **Cultural, historical, and gender issues.** Address your own internal biases and learn about the experiences of people with identities different than yours. Be supportive of people who wish to use cultural practices as part of their coping or treatment plans.

Finding a solution to the public health crisis of childhood and general trauma will be a long and complex task, but being trauma-informed and using trauma-informed practices is one way that we can help others (and ourselves) successfully navigate trauma right now.

If you or a loved one are struggling with mental health challenges, professional help is available. Valeo's Crisis Center is open 24 hours a day, 7 days a week for walk-in mental health emergencies. It is located at 400 SW Oakley Avenue. You can also call the Valeo Crisis Line, available 24 hours a day, at 785-234-3300.

Valeo Behavioral Health Care (Adults)

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

National Suicide Prevention Life Line

1-800-273-8255

Shawnee County Suicide Prevention Coalition

SCSPC.org

Family Service & Guidance Center (18 and under)

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

Healing after Loss to Suicide Group (HeALS)

Sandy Reams – Group Facilitator
Topeka.Heals@gmail.com
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FINANCIAL FOCUS

Should investors ‘go it alone’?

If you're going to enjoy a comfortable retirement, you should know, among other things, how much money you'll need. And you may have a much better chance of knowing this if you get some professional help.

Consider these findings from a 2021 study by Dalbar, a financial services market research firm:

- Investors who worked with a financial advisor were three times more likely to estimate what they would have saved at retirement than “do-it-yourself” investors.
- More than two-thirds of investors with a financial advisor were satisfied with the amount they would have saved at retirement, compared to about 27% of the do-it-yourselfers.

How do financial professionals help their clients in these ways?

First, consider the issue of determining how much money will be needed for retirement. It's not always easy for individuals to estimate this amount. But financial professionals can help clients like you arrive at this figure by exploring your hopes and goals. How long do you plan to work? What kind of lifestyle do you anticipate enjoying in retirement? Where would you like to live? How much would you like to travel? Are you open to pursuing earned income opportunities, such as consulting or working part time?

Next comes the other key question: How much money will be available for retirement? This big question leads to many others: How much do you need to save and invest each year until you retire? About what sort of investment return will you need to reach your retirement income goals? What level of risk are you willing to take to achieve that return? What is the role of other income sources such as Social Security or any pensions you might have?

Having a financial professional help you gain a clear



idea of your retirement income picture can certainly be reassuring. But there may be other reasons why “going it alone” as an investor might not be desirable.



For example, when the financial markets are down, as was the case for much of 2022, some investors make decisions based on short-term volatility, such as selling investments to “cut their losses,” even if these same investments still have solid business fundamentals and good prospects for growth. But if you work with a financial professional, you might decide to stick with these investments, especially if they're still appropriate for your long-term strategy. Other times, of course, the advice may be different — but it will always be advice based on your goals, needs and time horizon.

Furthermore, if you're investing on your own, you may always be measuring your results against the major market indexes, such as the S&P 500 or the Dow Jones Industrial Average. But in reality, your portfolio should contain a wide range of investments, some of which aren't contained in these indexes, so you might not be assessing your

performance appropriately. A financial professional can help you develop your own, more meaningful benchmarks that can show the progress you're actually making toward your goals.

In some areas of life, going it alone can be exciting — but when it comes to investing for your future, you may benefit from some company on the journey.

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



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Here are 5 Palliative Care Myths, Busted!

Don't let confusion about palliative care make you reconsider whether it's a viable option for your or your loved one's health care and chronic disease management.

Instead, consider these five myths about palliative care and let us clear up the misinformation about this very important service offering, part of the Comprehensive Disease Management program from Phoenix Home Care & Hospice.

Myth 1: Palliative Care and Hospice Are the Same

Palliative care and hospice can be confusing to differentiate if you're unfamiliar with these two services. However, they are actually quite different and benefit a variety of people with wide-ranging health issues.

Palliative care helps people manage their chronic or life-limiting diseases while they receive aggressive treatment. The service can include pain management and "comfort care," while addressing symptoms or medication side effects.

Conversely, hospice is for those who have a life-limiting disease that they no longer wish to treat. At its most basic level, hospice care helps people live as fully as possible and stay comfortable during the last days, weeks, or months of their lives.

Myth 2: Palliative Care Is for Untreatable Illness Only

Nearly everyone who receives palliative care is also actively treating an illness – some which are incurable, but manageable. Thus, it is untrue to say that palliative care is only for those with untreatable illnesses.

People receive palliative care while they're treating chronic or life-limiting illnesses like:

- Diabetes
- Cancer
- Heart disease
- Lung disease
- Kidney disease
- Dementia
- And more

Many of these chronic diseases are treatable to enable the patient to continue to lead fulfilling lives and make memories with their families.

Myth 3: It's Impossible to Receive Palliative Care at Home

When you think of traditional medical care, you likely envision trips to the doctor's office, planning for transportation, and inconvenience, especially for someone living with a chronic illness. Thankfully, palliative care at home does not fall into this stereotype.

Phoenix Home Care & Hospice makes palliative care



convenient through a specialized Comprehensive Disease Management program. And because all our skilled nurses, social workers, and other team members visit you wherever you live, you don't have to worry about exhausting trips to the doctor's office or finding help leaving your home.

Myth 4: Palliative Care Only Assists with Disease Management

Those seeking palliative care services may be surprised to find just how helpful this level of care can be. And although it's true that many palliative care providers don't offer help beyond disease management, some do – and that's what sets Phoenix Home Care & Hospice apart!

Our Comprehensive Disease Management service also includes assistance with advance planning, including durable power of attorney or advance directives, meal delivery services, and more. Our program offers a holistic approach, including a framework for self-management, so that patients and their loved ones can make informed choices, set goals, and manage disease progression. Phoenix Home Care & Hospice can also offer support for family caregivers, including respite care through our private duty care service.

There is far more than meets the eye when it comes to palliative care; learn more about our comprehensive offering by contacting Phoenix Home Care & Hospice.

Myth 5: Palliative Care Is Prohibitively Expensive

It's a common myth that any type of specialized medical care will be costly. This absolutely isn't the case with our palliative care program.

Additionally, palliative care can help lower out-of-pocket medical costs by:

- Decreasing emergency room visits, hospital admissions, and falls.
- Identifying ways to reduce the cost of treatment through smarter decision-making.

- Reducing the risk of complications of chronic disease through careful management.

As you can see, palliative care services are actually meant to decrease the overall cost of care, especially at Phoenix, where we don't charge for our Comprehensive Disease Management program.

Learn More About Our Comprehensive Disease Management Program

Phoenix Home Care & Hospice offers Comprehensive Disease Management – a component of which is palliative care – in Missouri in Branson, Independence, Joplin, Lebanon, and Springfield, and in Kansas in Hutchinson, Overland Park, Topeka, and Wichita.

To determine whether you or your loved one could benefit from palliative care or the rest of Phoenix's Comprehensive Disease Management program services, contact us by phone at (855) 881-7442, or by sending a message online.

The experts at Phoenix can help you identify the services that may be helpful to you as you navigate your complex healthcare journey.



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

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

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Your Belief Systems – Whose Are They Anyway?

How can we know who we really are, when we have not addressed our childhood wounds, imprints, and akashic records, all of which drive our belief systems? What can you do to release these energies and create discernment about what you really believe so that you will not be driven by someone else's beliefs? Put yourself in the driver's seat.

Self-Assessment

First, ask yourself if you spend a lot of time thinking about or burying your past? Are you still driven by your parents' rules? Are you so afraid to think about your childhood that you push the memories down or do you have zero recall? Do you feel sad, agitated or angry about your past or present?

Are you living by your highest values, or are you living according to someone else's expectation of what to be? Our childhood wounds are driving our adult behaviors and many of us are unaware. Do you feel judged by everyone? Are you in a constant state of people pleasing and not winning? Or are you constantly judging others creating a divide between you and joy?

Unlocking The Sub-Conscious Mind

These thoughts and patterns are buried in our subconscious mind and when we get triggered by someone, we tend to react to what they say versus responding to them.

Responding is a healthy action which includes pausing before speaking. In 2014, my psychologist suggested that I use a remote control when speaking so that I could provide a gentle reminder to myself to hold on to my harsh tongue. Responding provides a solution that allows both parties to grow and heal.

Reactions occur when we are triggered and can include outbursts of tears, anger, sarcasm, going to long-term silence and withholding information. They can be retaliatory or accusatory; they shift the conversation (squirrelling) and do not provide solutions. Reactions are chaotic and can be characterized as manipulative, since people use these behaviors to bring attention to themselves even if it is not positive.

These locked memories in our sub-conscious mind are driving our daily behaviors. I found it eye opening to learn that we are making conscious choices only 5% of the time. The rest is on autopilot driven by buried childhood memories, past lives or traumas. We locked the situation deep within our psyche because we did not want to have to feel the pain. However, when patterns show up, that is our cue to let us know we need to unlock that experience, face our fears and release it to God.

Our parents, mostly with love, guide our path. We all are influenced to live our life based upon someone else's agenda. Although I chose a different path than what my parents intended, I am still grateful for the influence, because I developed great skill sets in areas that add value to me daily. Years down the road, I was able to uncover what fueled my soul. The discernment unveiled itself by using precision sound frequency that put my brain in a theta state, reduced my brain chatter and reversed my PTSD. I became an active listener of both people and the Divine. It is our birthright to hear God, yet many of us pray and don't expect to receive an answer or listen for one. This can relate to our deserve level.

We can choose differently. We can stop people-pleasing, procrastinating and ignoring the insights that are shared by friends. We can choose to openly communicate to prevent misunderstandings and avoid using poor behaviors as a way to manipulate others. We can stop taking things personally and making assumptions about someone's behavior. Most of the time, they have been triggered and are reacting to a childhood trauma that needs to be uncovered and released.

Do you know what safety mechanisms you put into place as a kid to avoid the hurt and pain? Are they still helping you? Or are they hindering you now?

Precision sound frequency has been amazing at clearing my self-limiting beliefs and energetically I have accessed my akashic records, cleared negative thought forms that were not mine to begin with, and now I live life on purpose.

What would this do for your life?

Releasing negative thought patterns will allow you to step into your own power, which is miraculous not only for you, but for those that are in your tribe. When you



live life with intention and by your highest values, you inspire others to do the same. We do what we see more than we do what we are told.

The Challenge

There is a challenge when we change our behaviors. There will always be people who want you to stay stuck in the old patterns because their comfort zone is threatened by your growth. They are suffering themselves and they are afraid to get out of their familiar place. It can trigger them when you choose differently. They may be verbally abusive in an effort to keep you from your life path. Just breathe through this. This is just another life lesson. Many people are comfortable with the old behaviors even though they don't yield the results. **Spoiler Alert:** There are painful moments on the road to self-realization and actualization. It can hurt at first to let go of an old identity (like wearing your favorite comfy slippers that are 15 years old and ready for the garbage). There will be a few variations of your new you. Allow the universe to show you the possibility of what they had in store for you when you were born and breathe into that future.

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FINANCIAL HEALTH & WELLNESS

Identity Protection PINs help prevent tax-related identity theft

Identify Protection PINs, also referred to as IP PINs, serve as a critical defense against identity thieves.

The numbers protect the taxpayer's sensitive tax return information and complicate efforts by identity thieves to file fraudulent tax returns. The IRS and the Security Summit partners urge tax professionals to encourage their clients to protect themselves through the IP PIN program.

More than 8 million taxpayers have taken the steps to obtain an IP PIN. To obtain an IP PIN, taxpayers can visit the Get an IP PIN, the IRS online tool.

The Electronic Tax Administration Advisory Committee, or ETAAC, last year highlighted the importance of the IP PIN to taxpayers and tax professionals.

"The IP PIN is the number one security tool currently available to taxpayers from the IRS," the independent IRS advisory group said in its annual report to Congress. "This tool is the key to making it more difficult for criminals to file false tax returns in the name of the taxpayer. In our view, the benefits of increased IP PIN use are many."

Given the strength of IP PINs, obtaining this number can be a tempting target for identity thieves. Summit partners urged taxpayers and tax professionals to be careful and protect the IP PIN from identity thieves, and noted these key tips:

- Taxpayers should share their IP PIN only with their trusted tax prep provider.
- Tax professionals should never store clients' IP PINs on computer systems. This reduces taxpayer risk if a tax pro's system is compromised by an identity thief or cyberattack.
- The IRS will never call, email or text either taxpayers or tax professionals to request the IP PIN. This is a sign of a scam.



Tax professionals who experience a data theft can assist clients by urging them to quickly obtain an IP PIN. Even if a thief already has filed a fraudulent return, an IP PIN would still offer protections for later years and prevent taxpayers from being repeat victims of tax-related identity theft.

Here are a few other things taxpayers and tax professionals should know about the IP PIN:

- It's a six-digit number known only to the taxpayer and the IRS.
- The opt-in program is voluntary.
- The IP PIN should be entered on the electronic tax return when prompted by the software product or on a paper return next to the signature line.
- The IP PIN is valid for one calendar year; a new IP PIN is generated each year.
- Only taxpayers who can verify their identities may obtain an IP PIN.
- IP PIN users should never share their number with anyone but the IRS and their trusted tax preparation provider. The IRS will never call, email or text a request for the IP PIN.
- Tax professionals cannot obtain an IP PIN on behalf of

clients. Taxpayers must obtain their own IP PIN.

To obtain an IP PIN, the best option is the Get an IP PIN, the IRS online tool. Taxpayers must validate their identities through ID.me to access the tool and their IP PIN. Before attempting this thorough process, see How to Register for Certain Online Self-Help Tools.

If taxpayers are unable to validate their identity online and if their income is below \$73,000 for individuals or below \$146,000 for married couples, they may file Form 15227, Application for an Identity Protection Personal Identification Number PDF. The IRS will call the telephone number provided on Form 15227 to validate their identity. Once verified, the taxpayer will receive an IP PIN via U.S. Postal Service within four to six weeks.

Taxpayers who cannot validate their identities online or on the phone with an IRS employee after submitting a Form 15227, or who are ineligible to file a Form 15227, may call the IRS to make an appointment at a Taxpayer Assistance Center. They'll need to bring one picture identification document and another identification document to prove their identity. Once verified, the taxpayer will receive an IP PIN via U.S. Postal Service within three weeks.

The IP PIN process for confirmed victims of identity theft remains unchanged. These victims will automatically receive an IP PIN each year.

—Peggy Beasterfeld, EA



Peggy's Tax & Accounting Svc LLC
300 SE 29th, Suite C
Topeka, Kansas 66605
Tel: 785-286-7899
Frontdesk@peggystaxks.com

Farmers Markets can be healthy fun

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

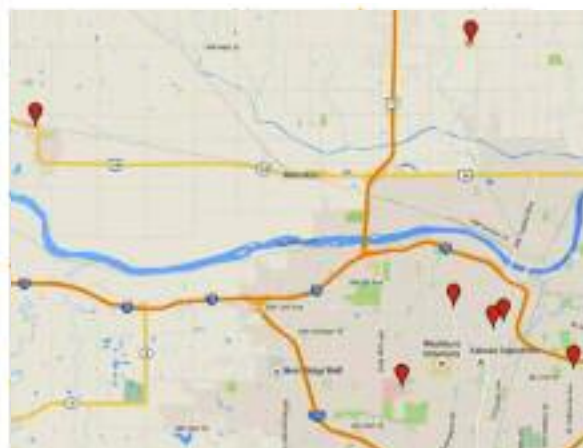


According to the Centers for Disease Control 2013 State Indicator Report on Fruits and Vegetables, 41.4% of adults report consuming fruits less than once per day and 22.2% report consuming vegetables less than once per day. The United States Department of Agriculture recommends making at least half of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

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

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

Find a Farmers Market Near You



View each market on the map at heartlandhealthyneighborhoods.org

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

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

Learn more about our community's health at heartlandhealthyneighborhoods.org or like us on Facebook.



Suggestions to Ussa Staley, estaley@tsccol.org

Breadbasket Farmers Market

1901 SW Wanamaker Rd, Topeka
South end West Ridge Mall parking lot
Saturdays 7:30am - 1:00 pm

Open April 1



Downtown Topeka Farmers Market, Inc.

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

Open April 8 - Oct. 28



Monday Market @ Your Library

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

Open May 8 - Oct. 2



Silver Lake Farmers Market

Silver Lake Public Library
203 Railroad Street, Silver Lake, KS 66539
Tuesdays 6:00 p.m. - 8:00 p.m.

Open June - August

Mother Teresa's Farmers Market

Mother Teresa of Calcutta Catholic Church
2014 NW 46th St., Topeka, KS 66618
Saturdays: 8:30-11:30 am

Open July 1

Lawrence Farmers Market

Sat. 7:30-11:30
824 New Hampshire Street
Open April 8

Lawrence Tuesday Market 4-6pm

South Park, 1141 Massachusetts
Open May 9

Perry Lecompton Farmers Market

Bernie's/Cenex parking lot, Ferguson & Hwy 24
Friday 4-6:30pm
Open May 5

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



MAP vehicle serves homeless in Topeka

The Mobile Access Partnership (MAP) is a collaboration of Valeo Behavioral Health Care, Topeka Rescue Mission, Stormont Vail and Topeka Police Department. These state-of-the-art mobile facilities provide services and restrooms to the unsheltered and other individuals in need.

Services offered include:

- Hot Showers & Clean Clothes
- Food and Drinks
- Mental Health Assessments
- Primary Care Services
- Lifeline Cell Phones
- Covid testing
- City ID's



SCHEDULE Tuesday & Thursday



**MOBILE ACCESS
PARTNERSHIP**
Topeka Rescue Mission's
homeless hotline:
785-230-8237

TRM

Clothing, Hot breakfast and lunch,
Hygiene items

VALEO

Showers, COVID testing, Mental
Health Assessments, City ID
applications, Backpacks

STORMONT

Child visits, Annual physicals,
Chronic care follow-up, Routine
lab work, Blood pressure &
Diabetes checks, Immunizations
**Please call 785-270-4440 to set
an Appointment. Bi-lingual staff
available.**

FREE LIFELINE PHONES

Government phone program (EBT
award letter and ID required to
qualify)

STREET DOG COALITION

Vaccines for pets, Parasite control,
Spay/Neuter



Aug. 1 • 9:00-3:00

Children's Palace
601 NW Harrison
Valeo, TRM, LifeLine Phones

Aug. 3 • 9:00-3:00

Children's Palace
601 NW Harrison
Valeo, TRM, LifeLine Phones

Aug. 8 • 9:00-3:00

Topeka FUMC/St. John AME
600 SW Topeka Blvd.
Valeo, TRM, LifeLine Phones,
Stormont-Vail

Aug. 10 • 9:00-3:00

Topeka FUMC/St. John AME
600 SW Topeka Blvd.
Valeo, TRM, LifeLine Phones,
Stormont-Vail, KSU/SDC

Aug. 15 • 9:00-3:00

Family of God
1231 NW Eugene
Valeo, TRM, LifeLine Phones,
Stormont-Vail

Aug. 17 • 9:00-3:00

Family of God
1231 NW Eugene
Valeo, TRM, LifeLine Phones,
Stormont-Vail

Aug. 22 • 9:00-3:00

Central Church of Christ
1250 SW College Ave.
Valeo, TRM, LifeLine Phones,
Stormont-Vail

Aug. 24 • 9:00-3:00

Central Church of Christ
1250 SW College Ave.
Valeo, TRM, LifeLine Phones,
Stormont-Vail, SDC/KSU

Aug. 29 • 9:00-3:00

Children's Palace
601 NW Harrison
Valeo, TRM, Free LifeLine Phones,
Stormont-Vail

Aug. 31 • 9:00-3:00

Children's Palace
601 NW Harrison
Valeo, TRM, Free LifeLine Phones,
Stormont-Vail

THE SMART ROUTE



TO BICYCLE SAFETY



**Shawnee County
Health Agency**
1615 SW 8th Ave.
Topeka, KS 66606
(785) 368-2000



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PREVENTION COUNCIL**

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13th Floor
Washington, DC 20005
www.ncpc.org

The National Crime Prevention Council is a 501(c)(3) non-profit organization. It is a registered charity in the United States and is a member of the Council on Foundations. It is a 501(c)(3) non-profit organization.



Distribution made possible in part by a grant from ADT Security Services, Inc., a Tyco International Company

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.

Questions about MAP
Please contact Jenny Falk
Director of MAP Operations
at jfalk@trmonline.com

New Study Names Kansas the Sixth Best State for Cycling

Whether for recreation or as part of a commute to work, the bicycle industry has continued to grow in the United States. According to Zippia, there are 52 million bicycle riders in the U.S. and \$8.2 billion was spent by Americans on bicycles and accessories.

One of the biggest recent jumps surrounding interest in biking in the United States came as a result of the COVID-19 pandemic. Between 2019 and 2020, sales increased by 40% during that span. Sales continued to increase a year later by 57% from 2020 and 2021.

With the continued growing interest in cycling, the research staff at Gambling.com decided to rank the best states for cycling in the U.S. They looked at four different data points to see how the 50 states compare to each other, as indicated in the chart to the right.

- Wyoming is crowned the state best for biking with an overall score of 89.8
- Maine and South Dakota came in second and third place
- Kansas named as sixth best state for cycling
- Missouri Named as tenth best state for cycling
- New research also discovered Alabama and Illinois are the worst states for biking



Rapid Lyme Disease Test Coming to Your Doctor's Office



(Ivanhoe Newswire) —

It's tick season out there and experts warn that this summer will be particularly bad. Half a million people are infected with Lyme disease each year. Symptoms include fever, headaches, fatigue and a telltale bullseye rash around the site of the bite. But misdiagnosis is common. In fact, a recent study by Lymedisease.org reported less than a quarter of patients reported being correctly diagnosed within six months of the onset of their symptoms. Now, a new test may help get people the right diagnosis quicker than ever before.

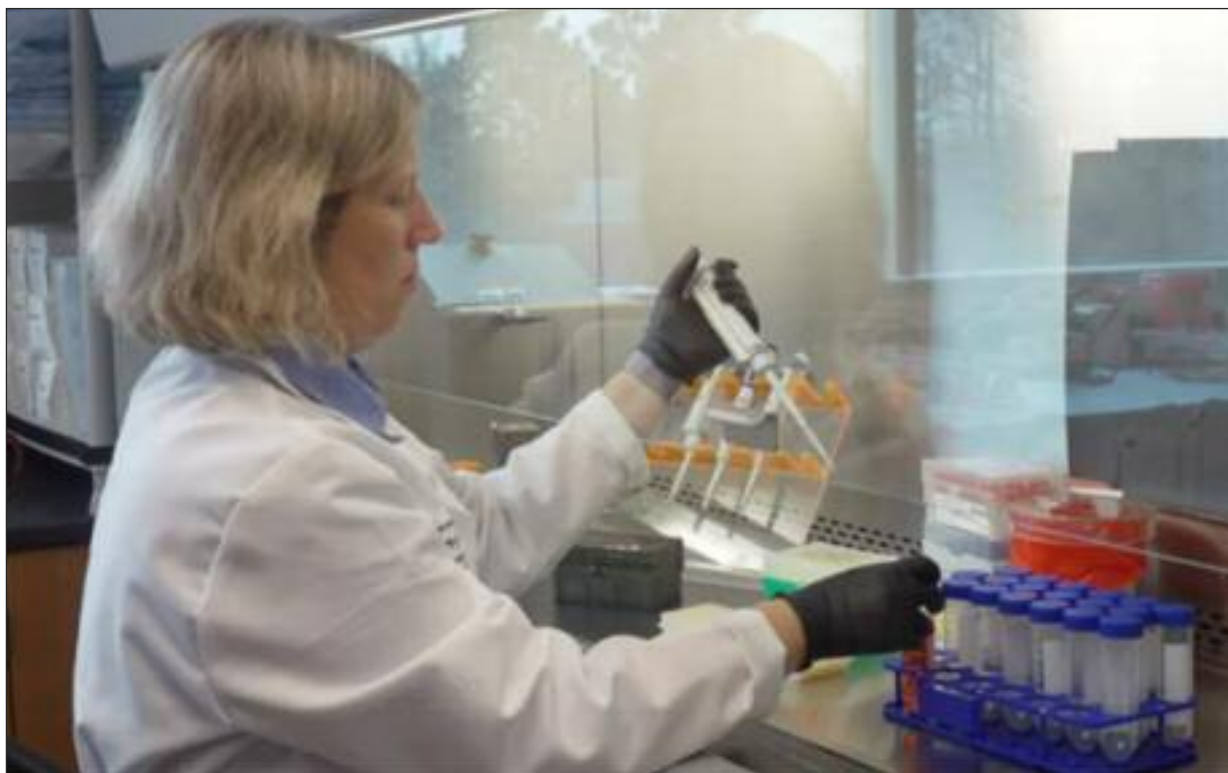
Bee keeper, Adriana Furey, isn't afraid of much, except for the bug that almost killed her.

"It felt like someone was stabbing my brain," Adriana painfully recalls. "I never actually saw a tick bite."

After years of misdiagnosis and dozens of doctors, Adriana was told she had chronic Lyme disease — a difficult disease to diagnosis. Microbiologist and Lyme disease specialist at the University of Central Florida College of Medicine, Mollie Jewett, PhD says Lyme disease tests today are complicated. That's why her lab is working to make it easier and quicker to diagnose.

"We want clear and quick because the longer you don't have a diagnosis, the more likely you are to have ongoing, increasing disease challenges," Jewett explains.

Jewett and her team are creating a molecular blood test that doesn't just test for antibodies in the blood specific for Lyme disease, but also uses another device that directly detects the bacteria that causes it. The handheld device would be in doctors' offices, so



there would be no waiting for lab results and no follow up tests.

Jewett says, "Our ultimate target would be within 15 minutes."

if Lyme disease is caught early and treated with antibiotics, patients typically recover quickly, without long-term effects — something that Adriana wishes would have happened to her — but now feels blessed she finally has the diagnosis she was so desperately looking for.

"It taught me so many lessons of just gratitude and how much we take for granted," Adriana expresses.

A startling statistic out of the nationwide survey conducted by Lymedisease.org — 61 percent of patients said it took more than two years to receive a correct diagnosis.

Lyme disease usually progresses slowly, and symptoms develop over time. In some cases, though, it can form with a more rapid onset of symptoms. The ticks that hold *Borrelia* bacteria are across the United States but are most common amongst the upper Midwest, Northeast, mid-Atlantic states.

Diagnosing Lyme disease can be difficult because of the vague symptoms. However, an early and prompt diagnosis is important for initiating

timely treatment.

Early symptoms of Lyme disease usually happen within 3 to 30 days after a tick bite. A rash is a common sign, but it doesn't always happen. The rash is usually a single circle that slowly spreads from the site of the tick bite. It may become clear in the center and look like a target or bull's-eye. It's usually not painful or itchy. Other stage 1 symptoms include fever, headache, extreme tiredness, joint stiffness, muscle aches and pains, and swollen lymph nodes.

Without treatment, Lyme disease can get worse. The symptoms often show up within 3 to 10 weeks after a tick bite. Stage 2 is often more serious and widespread, and may include rashes on other parts of the body, neck pain or stiffness, muscle weakness on one or both sides of the face, immune-system activity in heart tissue that causes irregular heartbeats, pain that starts from the back and hips and spreads to the legs, pain and numbness or weakness in the hands or feet, painful swelling in tissues of the eye or eyelid, immune-system activity in eye nerves that causes pain or vision loss.

In the third stage, symptoms may include arthritis in large joints, particularly the knees. Pain and swelling or stiffness may last for a long time. Or the symptoms may come and go. Stage 3 symptoms usually begin 2 to 12 months after a tick bite.

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|--|---|---|

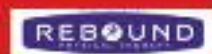
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|--|--|

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



Find us on Facebook: Topeka Fall Fest, or email info@C5Alive.org



Tips for Making Your Back-to-School Game Plan

The start of a new school year carries with it so much potential, particularly when students - and their parents -- stay organized. Amid the back-to-school chaos, use these tips and gear recommendations to help keep everyone on track, whether they are at school, at home or on-the-go:

Notes and Big Ideas

Color-coded notebooks and binders, along with labeled dividers, can help you keep your coursework straight and your note-taking organized. Take your color-coding a step further by extending the concept to the tools you write with. Pilot Pen's G2 gel pen is a go-to for busy students and parents with its smooth, long-lasting gel ink that's able to keep up with busy schedules. Science has shown that writing a to-do list with an appealing color can lead to greater productivity. Inspired by color trends and color psychology, the G2 Harmony Collection colors were developed to promote balance, relaxation and hope, helping students get more done, stay positive and achieve their highest potential this school year. G2 is available in four point sizes and over 35 colors, so it's ideal for note-taking, writing down big ideas, goal-setting and more.

Planning and Scheduling

With the back-to-school season comes a flurry of planning and scheduling -- from after-school activities to field trips. Parents and kids alike can stay on top of all the last-minute changes with a desk calendar and an erasable pen. Pilot's FriXion line of erasable pens and markers write smooth and erase clean, so you can edit plans as often as they change. It's much easier to



remember tasks and events when you've recorded the details in a central location, so start a habit of entering all activities into your calendar as soon as they're planned. The smooth gel ink and precise point of the FriXion Synergy Clicker is great for detailed planning, while FriXion Fineline brings colorful, mistake-free writing to notes and calendars.

Lockers, Backpacks and Desks

Use organizational tools anywhere school supplies are stored, such as lockers, backpacks and home study areas. Simple shelving and magnetic door organizers can maximize storage potential in any locker, whereas a backpack with multiple pockets allows you to arrange items by subject. Periodically empty your backpack completely; you may be surprised by the loose papers you find at the bottom. Use the opportunity to re-order items as-needed and to wipe down the bag's interior. Parents and kids should keep clutter to a minimum in home workspaces with filing systems and supply trays. This will help prevent important papers and other items from going missing and improve productivity.

Down to the Details

If you're smudge-prone, use quick-dry ink for effortlessly clean lines. When it's time to study, this will make reading your notes a lot easier. Pilot's Precise Rolling Ball, available in capped and retractable styles, features

a precision tip -- great for organized notes and homework.

For more back-to-school inspiration and tips, visit powertotheopen.com.

Staying organized is easier said than done for families and students. However, relying on tools meant for the task at hand, whether that's note-taking or event scheduling, can make it much simpler.

BACK-TO-SCHOOL SHOPPING

Staying on top of consumer trends can make for a better shopper experience this back-to-school season, helping you land the best deals on the right products at the right time.

The results of a new survey from Sensormatic Solutions, a leading retail solutions provider of Johnson Controls, show that despite new shopping options popularized during the pandemic, such as buy-online-pick-up-in-stores (BOPIS), 79% of respondents plan to conduct their back-to-school shopping in stores this year, a slight increase from 2022. The most important factors when shopping in-store include price (91%), product availability (75%) and a safe and comfortable store environment (44%).

"Consumers are still viewing in-store shopping, par-





ticularly in the back-to-school season, as an experience to be enjoyed rather than an errand,” says Kim Melvin, global leader of marketing and communications at Sensormatic Solutions. “Retailers are accommodating and encouraging this point of view, and it’s creating a better, more responsible, and more agile industry for customers and retailers alike.”

Consumers are also less worried about how the current U.S. economy will impact their back-to-school shopping budget than they were last year. Despite talk of a recession, 51% say their budget will not be impacted or that they even plan to spend more this year, a notable increase as compared to 43% in 2022. Consumers plan to spend the most on clothing and apparel (70%), shoes (58%) and school supplies (53%).

No matter how much you’ve budgeted for back-to-school shopping or what items you plan to spend the most on, you can use these top strategies from Sensormatic Solutions to make your back-to-school shopping experience successful and stress-free:

- 80% of respondents plan to begin their back-to-school shopping in July or August – an increase over last year – so don’t wait. If you’re like many shoppers, and price and product availability are heavily factored into your shopping habits, you may want to jump on the trend of shopping earlier in the season to ensure you’ll find the supplies you need at the best prices.
- Don’t worry about what days you plan to head to the store. In-store traffic is likely to be steady throughout the week, with 35% of consumers saying they’re more likely to shop on weekdays, 32% saying weekends and 33% saying they have no preference.
- With 75% of respondents saying product availability is an important factor when shopping in-store, consider planning out your shopping list to ensure retailers have your items in-stock before you arrive. Thankfully, technologies like inventory intelligence are

making brick-and-mortar shopping more reliable and convenient.

For additional survey results and insights, visit <https://www.sensormatic.com/resources/ar/2023/back-to-school-survey-2023>.

“Gearing up for a new school year is always exciting for both parents and kids. And with a bit of knowledge of how your fellow consumers plan to get their seasonal shopping done, you can develop smart shopping strategies,” says Melvin.

– StatePoint

MUST-HAVE ESSENTIALS

It’s important to make sure your student has all the necessities to be successful this year.

While that often means running from store to store in search of supplies, stylish clothes and other essentials, these top picks for securing valuables, decorating dorm rooms, planning out schedules, getting necessary nutrition and staying hydrated can help ensure your student is geared up for success in the classroom and beyond.

Protect New Purchases on Campus

A new school year brings plenty of excitement, but it can also be stressful for students moving away from home who need to safeguard valuables like tablets, smartphones, passports, or an emergency credit card. To help alleviate back-to-school worries, SentrySafe, a leading name in fire-resistant and security storage for more than 90 years, offers solutions to provide peace of mind for parents and students. An affordable, convenient, and fireproof option, the 1200 Fire Chest protects items against fires up to 1,500 F for 30 minutes. It also features a built-in key lock and convenient handle for added security and simplified transport. Find more back-to-school security solutions at sentrysafe.com.



Quick and Easy Meals That Deserve an A+

Keeping weeknight dinners and school lunches simple means more time for family and less stress during the week. Cook up quick and easy weeknight dinners, school lunches or on-the-go



snacks with Minute Rice Cups. Ready in only 1 minute, the BPA-free cups are available in a variety of flavors such as Chicken & Herb, Cilantro & Lime, Jalapeno and more. Visit MinuteRice.com to get meal ideas today.

Make Organization Personal

Help your student keep notes, study times and test dates organized with a quality planner that also showcases his or her personality. Available in a myriad of trendy colors and patterns – like polka dots, stripes or chevron – as well as various calendar layouts like daily, weekly or monthly, the right planner can help students of all ages stay on track, achieve goals and preserve memories in one stylish and organized place.



Sleep in Style

Where a student sleeps may be one of the last things on his or her mind when thinking about the excitement that awaits in college but getting plenty of sleep is key to success. Amp the appeal of the dorm-issue mattress with stylish and comfy bedding that reflects your personality. Look for quality threads you can snuggle into, and coordinate with pillows to make your bed a cozy place to sit and study by day.



Take H2O on the Go

A durable reusable water bottle can make your back-to-school routine even easier. With a variety of sizes and styles available in a multitude of colors and designs, there’s almost certain to be an option for students of all ages and activity levels. Look for durable, leak-proof stainless steel or hard plastic options that offer different lid styles, including wide-opening or those with retractable straws, to make hydrating on the walk between classes a breeze.



Find more back-to-school essentials and tips for success in the classroom at eLivingtoday.com.

– Family Features

How to Run Your Best Half Marathon

It doesn't matter if you're piling up 20 miles a week, or knocking out a chill 20 on, long runs, these strategies help everyone run stronger, happier, and faster.

BUILD A TRAINING PLAN

To reach the finish line faster, train speed first, then endurance. For runners hitting at least 30 weekly miles, each week should include two speed workouts complemented by a long run, plus two or three days of easy runs.

One speed session can be shorter, 400- to 800-meter intervals at 5K race pace. The other should be a tempo run, "which will have 2 miles warmup at a slow pace, then a longer duration (10 to 40 minutes) at or 15 to 30 seconds faster than half-marathon race pace, then 2 miles cooldown at the same slow pace," says Maiorano. Aim to have the long run cover roughly 30 percent of your weekly mileage.

Lower-mileage runners and those new to the half should start training four months out from their race, increasing the mileage every three weeks by 4 miles, says Maiorano. Run at least four or five times

a week, with a long run that gradually builds from 6 miles to no more than 11 miles.

Read more about Runners World training plans at RunnersWorld.com or find some of our most popular plans below. And if you're a Runner's World+ Member, you get your training plans for free. (along with many other member perks).

SNEAK IN THE WORK

Include strength and mobility work in your daily routine to avoid taxing your non-running schedule. Brown recommends holding single-leg calf raises while brushing your teeth (60 seconds each side, daily). And Goucher, also a run coach, says she would perform 20 minutes of static stretching every night while watching TV. "It opened up my body before I slept and aided in my recovery and injury prevention.

ARRIVE RESTED

The biggest mistake Goucher sees half racers make is not tapering adequately. Two weeks out, dial back the intensity and cut your mileage by 20 to 30 percent. In the week leading up to the race, drop your mileage by half, run one light speed workout, and otherwise take short runs with a set of four to six easy strides at the end. "The final week should be about feeling good and getting pop in your legs so that you can let your training shine through on race day," she says.

CROSS-TRAIN TO HOLD OFF INJURIES

If you find that you're injury-prone or feel like you've maxed out your mileage, sub in a day of low-impact cross- to get your aerobic work in without courting injury, says Goucher. "An elliptical, ZeroRunner, or Alter-G can train aerobically without



pounding your legs."

BUILD STRENGTH TO FINISH STRONG

Training whole-body strength keeps your running clean as you tire and helps in a race's final miles, says Goucher. That means hitting your arms, shoulders, core and legs two times a week.

If you're new to lower-body strength training, begin with weighted squats and deadlifts using 10- or 20-pound weights. Do three sets of eight reps each, then add more weight over time as it feels easier. After a month of these exercises, add stepping lunges with the same weights and the same sets and reps. Stand with weights in each hand, step back into a lunge, then step up onto a step, says Marcus Brown, a running coach based in London.

Brown also recommends using stairs to do calf raises after a run—a favorite of his strength moves for runners. Stand on the edge of a step, drop your ankles below your toes for 30 seconds, then lift your feet into tippy-toes for 30 seconds. Repeat five times and do it twice a week.

For upper-body moves, try bent-over rows and reverse flys with dumbbells, and push-ups to hit your back, arms, and chest. To work your core, do planks (place a weight on your back to up the difficulty), single-side weighted sit-ups (hold a light dumbbell in one hand), and leg raises.







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COMMUNITY
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PROJECT

only when we're not



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Heatstroke: Hot cars can quickly become deadly for young 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 Roosevelt, 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.

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Spiritual Wellness

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

What To Do When Your Body Is A Crumbling Empire

If Christians are to be vessels that bring the power of God to a broken world they need to look at pain and suffering head-on and not be afraid but instead be strong, not with physical strength or spiritual emotion but with genuine compassion, grace and long-suffering that foster a courage solely in Christ.

Before being introduced to Lyndsey Medford's book, *My Body And Other Crumbling Empires*, I have followed Jimmy Peña for years. Jimmy is a former fitness director for Muscle & Fitness, a New York Times best-selling author and the founder of *PrayFit* where he advocates for helping the many people who lack mobility and need respite. In 2013 Jimmy was personally introduced to chronic pain, suffering, and illness. I've worked with other groups and individuals all living out their faith in Christ through some aspect of fitness and wellness. I've highlighted many of them in *Faith & Fitness Magazine*.

I received a copy of a small book by Sean DeMars simply titled, *Does the Gospel Promise Health and Prosperity?* I've not yet done an article on that book but I think you know the answer to that rather rhetorical question – NO!

It's unfortunate but the faith and fitness community is rife with secular hype and attitude. Put even more bluntly by Paul in the New Testament book of Second Timothy, many have a form of godliness but deny the power. He wrote it from a Roman prison cell, a good place to get your eyes opened even more by God. Paul goes on to say, "stay clear of these people". It's no surprise that many people who don't have a relationship with God often do exactly that AND then they stay clear of God too!

When life gets too good it's easy to be deceived, distracted and ignore God. Unrestrained passion for health and the religious practice of physical fitness can lead to lust, arrogance, ignorance and idolatry. The Bible warning is clear: Do not be deceived. Yet we all too often and easily are deceived. Real positivity only exists in humble and total attribution to Christ. Everything else is counterfeit and lacks lasting power.



That Is Sick. Get this book. Read it. Pray deeply. Listen to your body in ways you've never done before. Find a way to put yourself in the presence of others who are tired, sick, hurting, disabled, confused and even those who are imminently facing death. Befriend them, listen to them, extend grace to them, walk with them and try to feel their pain and suffering. Then tell God, like you never have before, **#hereIam**

Commit to learning God's lessons for healing in a world that is sick and you'll gain a transformed understanding and appreciation for fitness as the true love and blessing from God that it is.

YOU CAN'T MAKE YOURSELF EXCEPTIONAL

Lyndsey Medford, in her forward to *My Body And Other Crumbling Empires*, says this:

I'm fluent in multiple languages... In early 2009, without signing up for a course or traveling across an ocean I was plunged into the total immersion language program of chronic illness. In a matter of days, I started learning syllables I had never heard before. Burning. Throbbing. Stinging. Stabbing. I was twenty years old and a junior in college, and suddenly I could barely walk, hold a pen, open a book, or pray a prayer. The land of ease became a memory. The body I had implicitly used to make myself exceptional went on strike until I recognized her as more than a machine. – I started paying attention to parts of myself that Christians had taught me to fear, silence, cover up, and control.

-Lindsay Medford

Do you use your body to make yourself exceptional? Does your faith and fitness demand that anything and everything in your body and others that we ourselves can't make and maintain perfect be feared, silenced, covered up and controlled instead of being wholly given to God?

Christ doesn't call people to be exceptional. He invites you to be like Him. How do you do that? Check out the Bible for all the details.

The subtitle of the book is, *Lessons for Healing in a World*

Sixty percent of adults in the U.S. live with a chronic illness. If we included mental illness and chronic pain, that number would be even higher. Autoimmune diseases in particular, including long COVID, are on the rise.

Christian adults living with chronic illness may be left behind by the talk of "body positivity" or embodied theology, as they struggle to unequivocally name their bodies as good. They may have read books about healing through "lifestyle interventions" like diet or "detoxing," but wonder if being unable to follow the recommendations or failing to heal means they don't deserve to live with less pain. They are looking for ways to live gracefully within limitations they never asked for, and/or to understand their experience of chronic illness within a larger context of global burnout.

In *My Body and Other Crumbling Empires: Lessons for Healing in a World that Is Sick* Lyndsey Medford points out the beauty, and ubiquity in limitations; the importance of accessibility, broadly construed; the interconnected nature of health and public health; and the badly-needed wisdom we have gained from living with our particular bodies. A recent review in *Publishers Weekly* raves: "Those suffering from chronic illnesses will find a compassionate friend in Medford, and those seeking to live a more justice-focused life, a willing guide. Her sharp insights will help readers re-imagine healing and wholeness."

—Brad Bloom / faithandfitness.net



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Healthy Recipes for the Summertime

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

Keto Cheeseburger Casserole



Reminiscent of a cheeseburger without the bun.

Ingredients

- 1 teaspoon butter, or as needed
- 1 pound ground beef
- ½ cup diced onion
- 2 cloves garlic, pressed
- salt and freshly ground black pepper to taste
- 1 cup shredded sharp Cheddar cheese, divided
- 2 tablespoons ketchup
- 2 tablespoons mayonnaise
- 2 tablespoons diced dill pickles
- ½ tablespoon mustard

Directions

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

Cook ground beef and onion in a large, nonstick skillet over medium heat until beef is browned and onions are soft and translucent, 5 to 10 minutes. Add garlic and cook until fragrant, about 1 minute. Season with salt and pepper. Stir in 1/2 cup Cheddar cheese until well combined.

Remove from heat. Add ketchup, mayonnaise, pickles, and mustard. Transfer mixture to buttered baking dish and top with remaining 1/2 cup Cheddar cheese.

Bake in the preheated oven until cheese is melted, 7 to 10 minutes.

Nutrition Information (Servings: 4)

Per serving: 432 calories; fat 34g ; carbohydrates 5g; protein 26g; sodium 452g

Source: allrecipes.com

Instant Pot Linguine w/ Pesto & Peas



Fresh flavors of olive oil, balsamic vinegar, and lemon.

Ingredients

- 1 (12 ounce) package penne pasta
- 1 yellow squash, chopped
- 1 zucchini, chopped
- 1 carrot, cut into matchsticks
- ½ red bell peppers, cut into matchsticks
- ½ pint grape tomatoes
- 1 cup fresh green beans, trimmed & cut (1 inch pieces)
- 5 spears asparagus, trimmed & cut (1 inch pieces)
- ¼ cup olive oil, divided
- 1 tablespoon Italian seasoning
- ½ tablespoon lemon juice
- ¼ teaspoon salt
- ¼ teaspoon coarsely ground black pepper
- 1 tablespoon butter
- ¼ large yellow onion, thinly sliced
- 2 cloves garlic, thinly sliced
- 2 teaspoons lemon zest
- ⅓ cup chopped fresh basil leaves
- ⅓ cup chopped fresh parsley
- 3 tablespoons balsamic vinegar
- ½ cup grated Romano cheese

Directions

Preheat oven to 450 degrees F (230 degrees C). Line a baking sheet with aluminum foil.

Bring a large pot of lightly salted water to a boil. Add penne pasta and cook until tender yet firm to the bite, 10 to 12 minutes; drain.

Toss squash, zucchini, carrot, red bell pepper, tomatoes, green beans, and asparagus together in a bowl with 2 tablespoons olive oil, salt, pepper, lemon juice, and Italian seasoning. Arrange vegetables on the lined baking sheet.

Roast vegetables in preheated oven until tender, about 15 minutes.

Heat remaining olive oil and butter in a large skillet. Cook onion and garlic in hot oil until tender, 5 to 7 min-

utes. Mix cooked pasta, lemon zest, basil, parsley, and balsamic vinegar into the onion mixture. Gently toss and cook until heated through, 3 to 5 minutes. Remove from heat and transfer to a large bowl. Toss with roasted vegetables and sprinkle with Romano cheese.

Nutrition Information (Servings: 6)

Per Serving: 406 calories; fat 15g; carbohydrates 54g; protein 14g, sodium 252g

Source: allrecipes.com

Sweet Roasted Red Pepper Hummus



Serve this spicy red pepper hummus with pita bread!

Ingredients

- 1 (15 ounce) can garbanzo beans, drained
- 1 (4 ounce) jar roasted red peppers
- 3 tablespoons lemon juice
- 1 ½ tablespoons tahini
- 1 clove garlic, minced
- ½ teaspoon ground cumin
- ½ teaspoon cayenne pepper
- ¼ teaspoon salt
- 1 tablespoon chopped fresh parsley

Directions

In an electric blender or food processor, purée garbanzo beans, red peppers, lemon juice, tahini, garlic, cumin, cayenne, and salt. Use long pulses to process until mixture is fairly smooth and slightly fluffy, scraping down the sides in between pulses. Transfer to a serving bowl and refrigerate for at least 1 hour or up to 3 days.

Return to room temperature and sprinkle with chopped parsley before serving.

Nutrition Information (Servings: 8)

Per serving: 64 calories; fat 2g; carbs 10g; protein 3g; sodium 370g

Source: allrecipes.com

New Health & Wellness Info at the Library

By Elizabeth Phelps

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

What to do when your child isn't talking: expert strategies to help your baby or toddler talk, overcome speech delay, and build language skills for life – by Nicola Lathey; The Experiment; New Health Books 616.861 LAT

Help your little one overcome childhood speech delay--with expert guidance and simple strategies you can use at home. For parents of young children, speech milestones are monumental--from baby babble to first words to full sentences. It's natural to worry when they don't arrive "on schedule" or when your little one seems to lag behind their peers.

Organized by major milestones from birth to age four, this don't-panic guide will empower you to: Identify early signs of speech delay and possible causes-- "glue ear," tongue tie, suspected autism, or simply your child's individual pace of learning. Help your child practice specific speech sounds and words that they find tricky with fun activities, from classic clapping games to filling a "story sack." Get to the root of toddler tantrums, chronic shyness, unclear speech, stuttering, social anxiety, and other issues stunting your child's self-expression.

Unlock your menopause type: personalized treatments, the last word on hormones, and remedies that work – by Heather Hirsch; St. Martin's Essentials; New Health Books 618.175 HIR

Given that millions of women have entered menopause each year since the dawn of time, it's crazy that menopause still feels

like uncharted territory for the women who are going through it. Dr. Heather Hirsch is committed to changing that. This book helps women cut through the informational noise and learn how to manage their symptoms most effectively by identifying their personal Menopause Type(s).

This is not a one-size fits all solution. Unlocking Your Menopause Type features a helpful quiz to identify women's individual Menopause Type(s) such as: Premature; Sudden; Full-Throttle; Mind-Altering; Seemingly Never-Ending; and Silent. Each type gets a full prescription for exercises, diet and strategies to regain mental focus and make menopause a regulation part of maturity rather than a rollercoaster ride of unexpected symptoms and discomfort.

Brain energy: a revolutionary breakthrough in understanding mental health--and improving treatment for anxiety, depression, OCD, PTSD, and more – by Christopher Palmer; BenBella Books, Inc.; New Health Books 616.89 PAL

This is the book that will forever change the way we understand and treat mental health. If you or someone you love is affected by mental illness, it might change your life. We are in the midst of a global mental health crisis, and mental illnesses are on the rise. But what causes mental illness? And why are mental health problems so hard to treat? Drawing on decades of research, Harvard psychiatrist Dr. Chris Palmer outlines a revolutionary new understanding that for the first time unites our existing knowledge about mental illness within a single framework: Mental disorders are metabolic disorders of the brain.

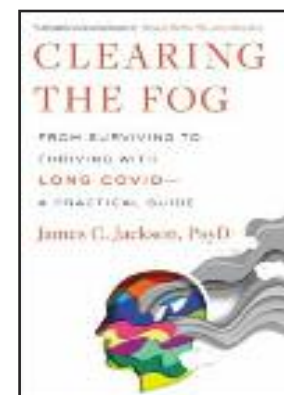
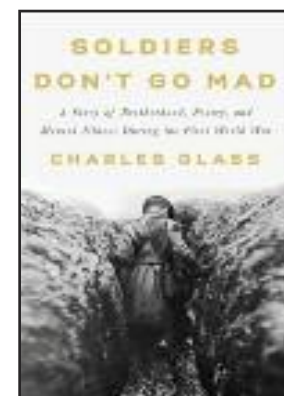
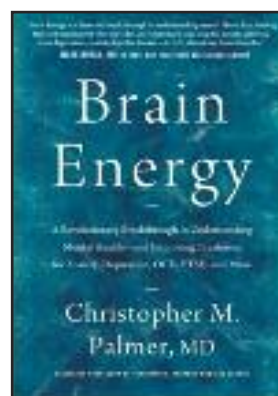
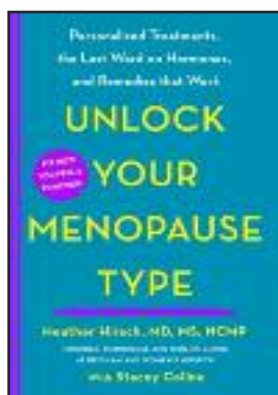
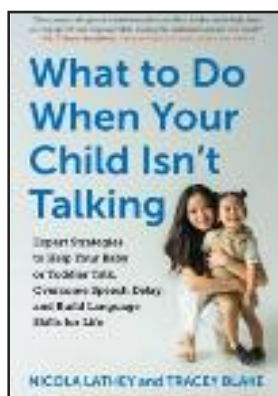
Brain Energy explains this new understanding of mental illness in detail, from symptoms and risk factors to what is happening in brain cells. Palmer also sheds light on the new treatment pathways this theory opens up, which apply to all mental disorders, including anxiety, depression, ADHD, alcoholism, eating disorders, bipolar disorder, autism, and even schizophrenia. Brain Energy pairs cutting-edge science with practical advice and strategies to help people reclaim their mental health.

Soldiers don't go mad: a story of brotherhood, poetry, and mental illness during the First World War – by Charles Glass; Penguin Press; New Health Books 616.8521 GLA

Journalist Charles Glass spotlights WWI soldier-poets Wilfred Owen and Siegfried Sassoon in this intriguing study of post-traumatic stress disorder and its treatments. Before they met at Craiglockhart War Hospital in Scotland, Owen and Sassoon had served on the front lines in France. Owen began exhibiting signs of "shell shock" after a German artillery shell exploded two yards from his head and he spent the next several days in a hole in the ground near the rotting corpse of another officer. Meanwhile, Sassoon, a decorated soldier and published poet, had refused to return to the front after being hospitalized for gastroenteritis; the military determined he was suffering from a nervous breakdown and sent him to Craiglockhart. Glass details treatments prescribed, including "ergotherapy" (vigorous mental and physical activity), "talking therapy," and dream interpretation, and notes that patients were encouraged to confront their "phantoms" through poetry. Success meant returning to the front, however, and Owen was killed in France in 1918. An immersive look at the healing power of art and a forceful indictment of the inhumanity of war.

Clearing the fog: from surviving to thriving with long Covid--a practical guide – by James Jackson; Little, Brown Spark; New Health Books 614.58 JAC

Early in the Covid-19 pandemic, the shocking mortality figures obscured the fact that death is not the only adverse outcome of the virus. Today, as many as 30 percent of Covid-19 survivors still experience symptoms long after their acute illness has passed, with cognitive and mental health problems especially



prominent. For long haulers, this struggle with Long Covid has irrevocably changed their lives. Many have lost their ability to work, attend school, and look after their children. They often feel misunderstood and dismissed by others. Their once-full lives are now filled only with doctors' appointments that seem more and more futile. Through moving stories as well as hands-on guidance, this book will help long haulers understand their current situation while offering multiple ways to address it, make sense of it, and move through it with the goal of thriving instead of merely surviving.

The in-between: unforgettable encounters during life's final moments – by Hadley Vlahos; Ballantine Books; New Health Books 610.8756 VLA

Talking about death and dying is considered taboo in polite company, and even in the medical field. Our ideas about dying are confusing at best: Will our memories flash before our eyes? Regrets consume our thoughts? Does a bright light appear at the end of a tunnel? For most people, it will be a slower process, one eased with preparedness, good humor, and a bit of faith. In this book, Vlahos shares from her palliative/hospice work, some of the impactful experiences she's had with the people she's worked with: from the woman who never once questioned her faith until she was close to death, to the older man seeing visions of his late daughter, to the young patient who laments that she spent too much of her short life worrying about what others thought of her, while also sharing her own fascinating journey.

The menopause reset: get rid of your symptoms and feel like your younger self again – by Mindy Pelz; Hay House, Inc; New Health Books 618.175 PEL

A transformational plan for women who find themselves struggling through their menopausal years and who may be experiencing sudden symptoms such as sleepless nights, irritable moods, unexplained anxiety, trouble retrieving words, weight gain, and hot

flashes. How great would it feel to wake up feeling rested; have a brain that is calm, joyful, and clear; and to finally lose weight in an easy and sustainable way? The good news is that there is a way for you to do all of this and more.

The menopause companion: a beginner's guide to owning your transition from peri to post – by Sasha Davies; Roost Books, an imprint of Shambhala Publications, Inc.; New Health Books 618.175 DAV

It's one of the most important, least discussed events that happens for half the population. It's a physiological and psychosocial event, a cultural construct, and a deeply personal experience all woven together in a jumbled knot. It's menopause. But why is there so much mystery surrounding the topic? This accessible and to-the-point guide makes the entire landscape of menopause—not just the physiology—more transparent. If what you need is a level-headed friend to help walk you through the litany of fears to face, questions to ask, and practical decisions to make throughout your transition, this guidebook offers no-nonsense, straightforward, medically backed information about what to expect and what you can do about it.

Wonder drug: the secret history of Thalidomide in America and its hidden victims – by Jennifer Vanderbes; Random House; New Health Books 610.804 VAN

In 1959, a Cincinnati pharmaceutical firm, the William S. Merrell Company, quietly began distributing samples of an exciting new wonder drug already popular around the world. Touted as a sedative without risks, thalidomide was handed out freely, under the guise of clinical trials. But in 1960, FDA medical reviewer Frances Kelsey quickly grew suspicious. When she learned that the drug was causing severe birth abnormalities abroad, she and a team of dedicated doctors, parents, and journalists fought tirelessly to block its authoriza-

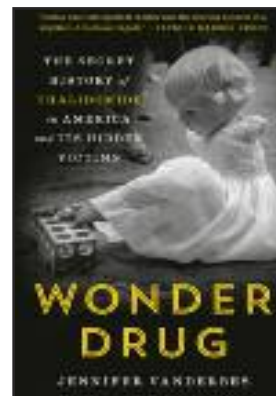
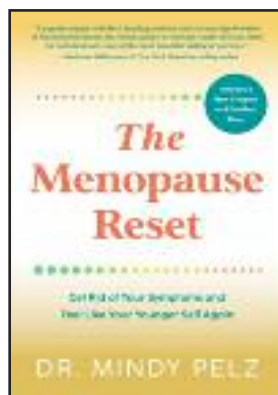
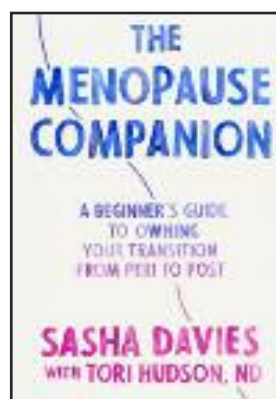
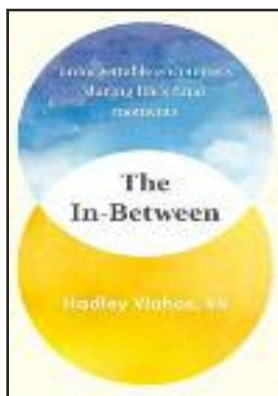
tion in the United States and stop its sale around the world.

Jennifer Vanderbes set out to write about this FDA success story only to discover a sinister truth that had been buried for decades: For more than five years, several American pharmaceutical firms had distributed unmarked thalidomide samples in shoddy clinical trials, reaching tens of thousands of unwitting patients, including hundreds of pregnant women. Scores of Americans had likely been harmed by the drug. Deceived by the pharmaceutical firms, betrayed by doctors, and ignored by the government, most of these Americans had spent their lives unaware that thalidomide had caused their birth defects. Now, for the first time, this shocking episode in American history is brought to light.

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HEALTH INFORMATION

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

785-580-4400. www.tscpl.org

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Healthy Event Calendar for Greater Topeka

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

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

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

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

PICKIN' ON THE PRAIRIE BLUEGRASS JAM, every Sunday 1-3:00, Potwin Drug Store, Old Prairie Town, 785-215-6997 for info. Milkshake for the month of August is GIMME'S'MORE

CRAFTY, SKILLED OR CREATIVE VOLUNTEERS NEEDED to develop outdoor lighted displays at Ward Meade Park events. Contact Elsie, 785-256-2920

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

ARCHAEOLOGY PROVES THE BIBLE IS TRUE! - Israel Uncharted Summer Series: July 31, 7-9pm, Journey Bible Church, 13700 W 151st ST, Olathe, Ks; Aug. 1, 7-9pm, Fellowship Church, 116 S Washington St, Raymore, MO; Aug. 2, 6:30-8:30pm, MidContinent Public Library, 1000 NE Colbern Rd., Lee's Summit, MO. Israel Uncharted is a pro-

gram by Dwight & Anita Widaman of Metrovoicenews.com, and their nonprofit Visionisrael.org, which sponsors trips to Israel. 816-524-4522

FOCUS ON HUMAN TRAFFICKING— August 1st - Stigma & Diversity, 9:30-10:30am, Sunflower Foundation on the former Menninger Campus, 5820 SW 6th. Prevention and Resiliency Services (PARS) and Safe Streets present a community education event, designed to spark engagement, increase awareness and understanding, and empower the community to be informed and vocal on challenges faced in Topeka. RSVP - <https://tinyurl.com/2p4yse37>

EATS AND BEATS— Aug. 3, 6:30-8:30pm, Every Plaza. Paradise Band

CONCERT FOR A CHILD— Aug. 3, 6:45-9pm, 4341 US 40 Hwy. Rick Faris & The Faris Brothers. Benefits pediatric services at Capper Foundation. Food trucks.

FRIDAY FLICKS— Aug. 4, 8pm at Every Plaza. "Harry Potter and the Sorcerer's Stone." Bring a blanket or lawn chair & get comfy. Food trucks on hand.

JAYHAWK THEATRE OPEN HOUSE, Aug. 4, 6pm. Tours every 30 minutes Register at <https://historic-jayhawk-theatre-inc.dm.networkforgood.com/forms/jayhawk-theatre-open-house-friday-august-4>

FIRST FRIDAY FREE FLICKS— Aug. 4, 7pm, "Running the Bases," Kansas Avenue United Methodist Church, 1029 N. Kansas Ave.

NATIONAL NIGHT OUT EVENTS— Aug. 5. National Night Out events throughout Topeka and Shawnee County. For info 266.4606 or info@parstopeka.org.

NATIONAL NIGHT OUT EVENT— Aug. 5, 5-7pm, Big Brothers Big Sisters parking lot, 2348 SW Topeka Blvd. Free food, drinks, games for all ages. Bring lawn chair.

NATIONAL NIGHT OUT EVENT— Aug. 5, 6-8pm, Tecumseh UMC, 334 SE Tecumseh Rd. Food, fun & games. Win kids prizes at back-to-school carnival.

NATIONAL NIGHT OUT EVENT, Aug. 5, 6-8pm, Kansas Avenue United Methodist Church, 1029 N. Kansas Ave. Free food while supplies last.

TOUCH A TRUCK— Aug. 5, 9-11am, Christ Lutheran Church, 3509 SW Burlingame Rd. www.christlcms.org. Free event. Free book for first 100 kids.

CRUISING BACK TO SCHOOL— Aug. 6, 10-2, Fairlawn Church of the Nazarene, 730 SW Fairlawn. Car show, lawn games, free hair cuts & braids, face painting, school supplies. <https://bit.ly/3rjizpc>

TOPEKA TACO & MARGARITA FESTIVAL— Aug. 5, 11am-5pm, Vail Events Ctr. Doors open at 12 for \$10 General Adm. (VIPs - \$45 at 11am) Live pro wrestling, shopping, live DJs. Aimee.craig@oakviewgroup.com. Tickets: <https://www.ticketmaster.com/event/06005ECAC2754CED>

STATION 9 ¾ - Aug. 5 & 6, 10-4 at Great Overland Station. Magic, mirth & merriment!

FREE WOMEN'S SELF DEFENSE SEMINAR— Aug. 5, 3-5pm, Vigilance Martial Arts, 1801 Wanamaker in the Mall. RSVP at <https://forms.gle/xqKRZbv9QqArFsYJ7>

785 SHOW-DOWN CAR SHOW— Aug. 5, 1-6pm, 2029 SE 29th St. Free back to school supplies for kids

BACK TO SCHOOL BASH— Aug. 5, 11am-1pm, ReHome at Forbes Field. Save big on back to school supplies.

FOOD TRUCK NIGHT— Aug. 5, 4-8pm, HHHS, 5720 SW 29. Delta Haze and food trucks. Helps homeless animals.

TOUCH A TRUCK— Aug. 5, 9-11am, Christ Lutheran Church, 3509 SW Burlingame. Free snacks for all. Free book for first 100 kids.

MUSIC IN THE PARK— Aug. 6, 7pm, Gage Park Amphitheater. Sante Fe Band

DOG SWIM AT SHAWNEE NORTH AQUATIC CENTER— Aug. 7, 4-7pm.

TOPEKA JOB FAIR— Aug. 8, 12:30-3pm, Crestview Comm. Ctr.

EATS AND BEATS— Aug. 10, 6:30-8:30pm, Every Plaza. Lazy Wayne Band

C5Alive "POWER" LUNCHEON— Aug. 10, 11:30-1, OMNI Circle Group, 1301 SW Topeka Blvd. Featured Speaker: Michael Odupitan of OMNI Circle Group. Cost: \$15 for C5 members & first-time guests who RSVP, \$17 at the door. \$20 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!
SAVE THE DATE: C5 POWER Luncheon, Sep. 1, 11:30-1, featuring Shelly Brush, Healing Hearts Ministries. SPONSORED by Christians For Life.

TRM INFORMATION MEETINGS - Aug. 10, 9-11am and Aug. 22, 11:30am-1:30pm, N. Topeka Baptist Church, 123 NW Gordon. Topeka Rescue Mission Ministries is hosting a series of informational meetings in response to the increased concerns in the community about issues surrounding homelessness. These meetings will be factual, transparent, truthful, and a time for the commu-



nity to come together and dialogue on the concerns.

INDIA MELA—Aug. 11, 6-10pm, Everygy Plaza. A celebration of Indian culture

SUNNY DAYS VENDOR FAIR—Aug. 12, 10-4, Owl's Nest, 29th & Adams.

TOPEKA JAZZ WORKSHOP—Aug. 13, 3-5pm, Topeka Library

SUMMERTIME BLUES CONCERT SERIES—Aug. 16, 7-9pm, Gage Park Amphitheater. Howard Mahan Band.

EATS AND BEATS—Aug. 17, 6:30-8:30pm, Everygy Plaza. Big Rick and Soul'd Out

NOTO Summer Concert series—Project 11—Aug. 18, 7-10pm. Jazz musician Luke Sheibmeir.

KNIGHTS OF COLUMBUS PULLED PORK DINNER—Aug. 19, 5:30pm, Christ the King Church, 5973 SW 25th St.

EATS AND BEATS—Aug. 24, 6:30-8:30pm, Everygy Plaza. Carswell and Hope

GATHER TOPEKA—Aug. 25, 6-8pm, Everygy Plaza. An awesome show put on by Kidz Blitz, with food trucks and fun for the whole family.

FAMILY MOVIES ON THE LAWN "Do You Believe?"—Aug. 25, 9pm, Harvest Family Fellowship, 522 SW Polk. Popcorn & koolaid provided, bring your lawn chairs.

TOPEKA FOOD TRUCK FESTIVAL—Aug. 27, 11-5, Gage Park.

LAST SUNDAY FREE BREAKFAST BUFFET—Aug. 27, 9am–12pm, Philip Billard Post 1650, 3110 SW Huntoon. Free pancakes & sausage, eggs, coffee, juice, and sometimes biscuits & gravy. Donations accepted and will go to helping vets in the Topeka area.

EATS AND BEATS—Aug. 31, 6:30-8:30pm, Everygy Plaza. Soul Rebel and the Beast

KANSAS CITY RENAISSANCE FESTIVAL—Sep. 2 - Oct. 15, 10am-7pm; Weekends only plus Labor Day and Monday Oct. 9. 628 N 126th St., Bonner Springs, KS. www.KCrenFest.com. 913-721-2110 (email voice@cox.net to see how to get free tickets from Metro Voice!)

BREAKTHROUGH HOUSE GOLF TOURNEY—Sep. 7, Cypress Ridge. 11am Registration, Noon lunch, 12:30pm Shotgun. 4-person scramble. Sponsors & golfers needed. For info: 785-840-8733 or bblevins@breakthroughhouse.org

GARDEN GLOW—Sep. 8-24, 7-10pm. Experience the Ward-Meade botanical garden and Old Prairie Town's historic buildings at night with hand-crafted electric light displays. Enjoy the evening with live music on Friday and Saturday nights, ice cream and a corn hole game. Adm. is \$5, with children 5

and under free. No pets allowed.

HOLY SMOKIN JAMBOREE—Sep. 9-10, Mother Teresa Catholic Church, 2014 NW 46th St. family-friendly event with great food, drinks, 5K run, car show, bingo, cake walk, crafts, raffles, silent auction, and live music

3RD ANNUAL TOPEKA FALL FEST—Sep. 16, 10am-3pm, at the Great Overland Station. 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 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 info, email info@C5Alive.org.

CIDER DAYS FALL MARKET—Sep. 23-24, Exhibition Hall - Stormont Vail Events Center. Explore over 250 makers, creators, artisans and pickers at this weekend filled with amazing shopping, unique food and live entertainment. Early Bird Tickets (\$8) are being sold at all Topeka Dillons locations; ReHome (out at Forbes Field); and at the ticket box office at the event center. The tickets will go on sale August 3rd. Tickets will be \$10 at the door the day of the event.

YOUTH FOR CHRIST GOLF CLASSIC—Sep. 25, 9:00 reg.; 10:00 shotgun start, Lake Shawnee. Several sponsorship levels available. Lots of prizes! 785-232-8296 or topekayfc.org

CASTING CROWNS IN CONCERT—Oct. 6, 7pm, TPAC. TopekaPerformingArts.org

ONGOING EVENTS:

HOPE AND HEALING ACADEMY harnesses the power of horses to transform the human spirit. They are expanding services to address the needs and experiences of first responders and members of the armed forces. For info, call 785-224-4232 or go to www.hopeandhealingacademy.com

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

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

Aug. 10, 11:30-1: "POWER" Luncheon at Omni Circle Group, 1301 SW Topeka Blvd.

Featuring: Michael Odupitan, founder & CEO of Omni Circle Group.

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

• Sep 14: POWER Luncheon, 11:30-1
• Sep. 16: Topeka FALL FEST, 10-3 at Great Overland Station
• Oct. 12: POWER Luncheon, 11:30-1
• Nov. 9: POWER Luncheon, 11:30-1

Save the Dates!

For info: www.C5Alive.org or [Facebook.com/C5Alive](https://www.facebook.com/C5Alive)

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THE HEAT – FREE fitness classes for the community. Located at Florence Crittenton Services Center for Integrative Health, 5423 SW 7th St. www.flocritkans.org Sun. 4-5 pm Yoga; Mon. 12-12:45pm Cardio Remix; Mon. 5:30-6:15pm STRONG™; Tue. 12:15-1:15pm Restorative Yoga; Tue. 5:30-6:15pm Zumba®; Wed. 5:30-6:15pm Cardio Sculpt; Thu. 12:15-1:00pm Pilates + CIRCL Mobility™; Thu. 5:30-6:15pm Zumba®; Fri. 12-12:45pm POUND

MONDAY FARMERS MARKET – Mondays 7:30-

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

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

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@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: cornerstonetopeka.com. 478-2929

TOPEKA NEEDLEWORK GUILD - Every Mon. (except holidays) 9a-11a in the Menninger Room of the Topeka Public Library. Bring a project to work on as we share our needleworking skills and ideas. All are welcome to drop in.

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

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

TAI CHI FOR HEALTH – Mon. 10-11 at Lowman United Methodist Church and Thu. 9:30-10:30 at Topeka Zoo. No training needed, just watch & follow. Contact Madon Daily at 505-424-8989 or madondailey@gmail.com. To Join from Home via Zoom, contact Madon for the Zoom link.

PICKLEBALL – Mon. & Wed, 1-3pm, First Baptist Church, 3033 SW MacVicar Ave. Park on West Side, where the gym is located. Contact Dave Mathias, davemathias@sbcglobal.net, or Betsy Thompson, betsyjthompson@gmail.com.

SHEPHERD'S CENTER BOOK CLUB - 1st & 3rd Mon. 2-4pm at Westminster Presbyterian Church, 1275 SW Boswell Ave. Contact Pat Kirkman at pat-tyk696@yahoo.com.

SMS - STRENGTH, MOBILITY, STABILITY EXERCISE GROUP (SMS) Mon. 9-9:30am, Arbor Court, 4200 SW Drury Lane. Tue. & Thu, 9-9:30am, Rosehill Place, 3600 SW Gage Blvd # 97. Tue & Thu, 10-10:45, Grace UMC, 2627 SW West-

ern Ave. Call Anne Crawford at 785-273- 4527 or email anne.crawford@cox.net.

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

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.

DUPLICATE BRIDGE - Tuesdays and Thursdays at 12:30PM at The Woman's Club of Topeka, 5221 SW West Dr. Bill Gates and Warren Buffett play duplicate bridge! It is great for brain health. Email janescola@hotmail.com.

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

LAWRENCE TUESDAY MARKET – Tuesdays, May 4-Oct. 26, 4-6pm, South Park, 1141 Massachusetts

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

"HEALING AFTER THE SUICIDE OF A LOVED ONE" ("HEAL") – or Survivors of Suicide" (SOS). 1st & 3rd Tue., 6:30-8pm, Zoom meeting 1st Tue, and in-person meetings 3rd Tue. at First Congregational Church, 1701 SW Collins. No cost to attend. Informal meetings. Contact: Topeka.heals@gmail.com or Sandy at 785-249-3792

NARVE Meeting (Nat'l Assn of Railroad Veteran Employee) - 2nd Tuesday of each month at Grace Episcopal Church, 701 SW 8th Ave - 9:30AM. Enter on NW corner.

CAREGIVERS GROUP - Caring Hearts of Hope meet 2nd & 4th Tuesdays from 5:30-6:30pm at Highland Heights Christian Church. This group will root its encouragement in God's word and prayer as well as conversation and sharing. Open to all those who care for others with illnesses such as Alzheimers, dementia, cancer or other debilitating illnesses or injuries. For dates & info, go to "Weekly Class List" at highlandheightsscc.com or 785-379-5642.

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. No ID or proof of



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www.RandelMinistries.com

HAND AND FOOT CANASTA - 2nd & 4th Tue., 2-4pm, St. David's Episcopal Church, 3916 SW 17th St. Must arrive before 2pm and stay for the entire game. Email Caroline Huff at lillbopper1@gmail.com or call 228-2447.

MEXICAN TRAIN DOMINOES - 1st & 3rd Tue., 2-4pm, St. David's Episcopal Church, 3916 SW 17th St. Do not come before 1:45pm. Email Ottie Reed, reed7111@gmail.com, or Mary Adkins, marycatkeeper@gmail.com

MAP GROUP (MEMOIRS, ANCESTRY, PHOTOS) - VIA ZOOM - 4th Wed. 10-11:30am. Contact Rich McReynolds at rlm4017@gmail.com. A Zoom link will be sent to you.

FAMILY HISTORY WRITING GROUP - 2nd Wed. 10-11:30am, Lowman United Methodist Church, room 12. Do you have great family stories to tell and want to pass them down to the next generation but don't know where to start? shepherdstopeka@yahoo.com

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

CARBONDALE FARMERS MARKET - every Wed. 4-6pm in Carbondale City Park. Vendor-grown or vendor-produced. For info: Mary at 836-7887.

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

LINE DANCING - 2nd & 4th Thu. 1:30-3:30 at First Baptist Church, 3033 SW MacVicar Ave. Contact Karen Botkin at 785-945-6785 or Jim Baer at 785-256-2432 or jim-baer73@gmail.com to register.

BRIDGE GROUP - 1st & 3rd Thu. 1- 3:30pm, at Our Savior Lutheran Church, 2021 SW 29th St. To play, arrangements must be made by Mon. 5pm with Joan Arterburn at 408-5174.

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.

PROSTATE CANCER SUPPORT GROUP - First Thursday, 3pm, St Francis Hospital, Room 300 on 2nd floor. For info: Jim 785 806 3266

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

TOPEKA TWILIGHT LIONS BRANCH CLUB - 3rd Thursdays at 7pm at Lakeview Church of the Nazarene, 2835 SE Croco. Social gathering, guests welcome. Topekalions.org

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, flea market.

PERRY LECOMPTON FARMERS MARKET - Fridays 4-6:30pm, Bernie's/Cenex parking lot, Ferguson & Hwy 24

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.

DOWNTOWN TOPEKA FARMERS MARKET - Saturday's April 2 to Oct. 29, 7:30am-noon, 12th & Harrison. The open-air market is full of fresh fruits and vegetables, herbs, arts & crafts, flower, home-baked goods and more.

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

MOTHER TERESA'S FARMERS MARKET - Saturdays, July 1 - Sep. 9, 8:30-11:30am, 2014 NW 46th St.

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

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

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!

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. talkherb-swithus@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., 1pm, Auburn Commu-nity Center. Foot-stomping, hand-clapping tunes.

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.

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.

Register NOW for Breakthrough House's 9th Annual Golf Tournament

**Let's Play Golf! Pay it forward
while helping support Mental
Health Recovery**

Please join us for our Annual
Breakthrough House Golf Tournament
benefitting our programs that enrich the lives
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Where...

Cypress Ridge Golf Course
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785-251-6870



When...

Thursday, September 7, 2023

11:00 - Registration Opens
11:30 - Best Putt Competition
12:00 - Lunch and Live Auction
12:30 - Shotgun Start - Four Person Scramble

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Call Brian Blevins at 785-840-8733

or email bblevins@breakthroughhouse.org

or visit www.breakthroughhouse.org



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