

**TOPEKA**

**JULY 2025**

# Health & Wellness

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**MAGAZINE**

## **SAFE SUMMER FUN IN THE SUN**

**Fun and Healthy Activities  
To Get Active This Summer**



**Enjoying the Produce of Summer**  
New Health & Wellness Info at the Library

**Messages From The Universe**  
Know Your Heat Safety Tips

**Helping Topekans Live Happier, Healthier Lives Since 2015!**



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

## SYMPTOMS

## TREATMENT / FIRST AID

### HEAT CRAMPS

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

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

### HEAT EXHAUSTION

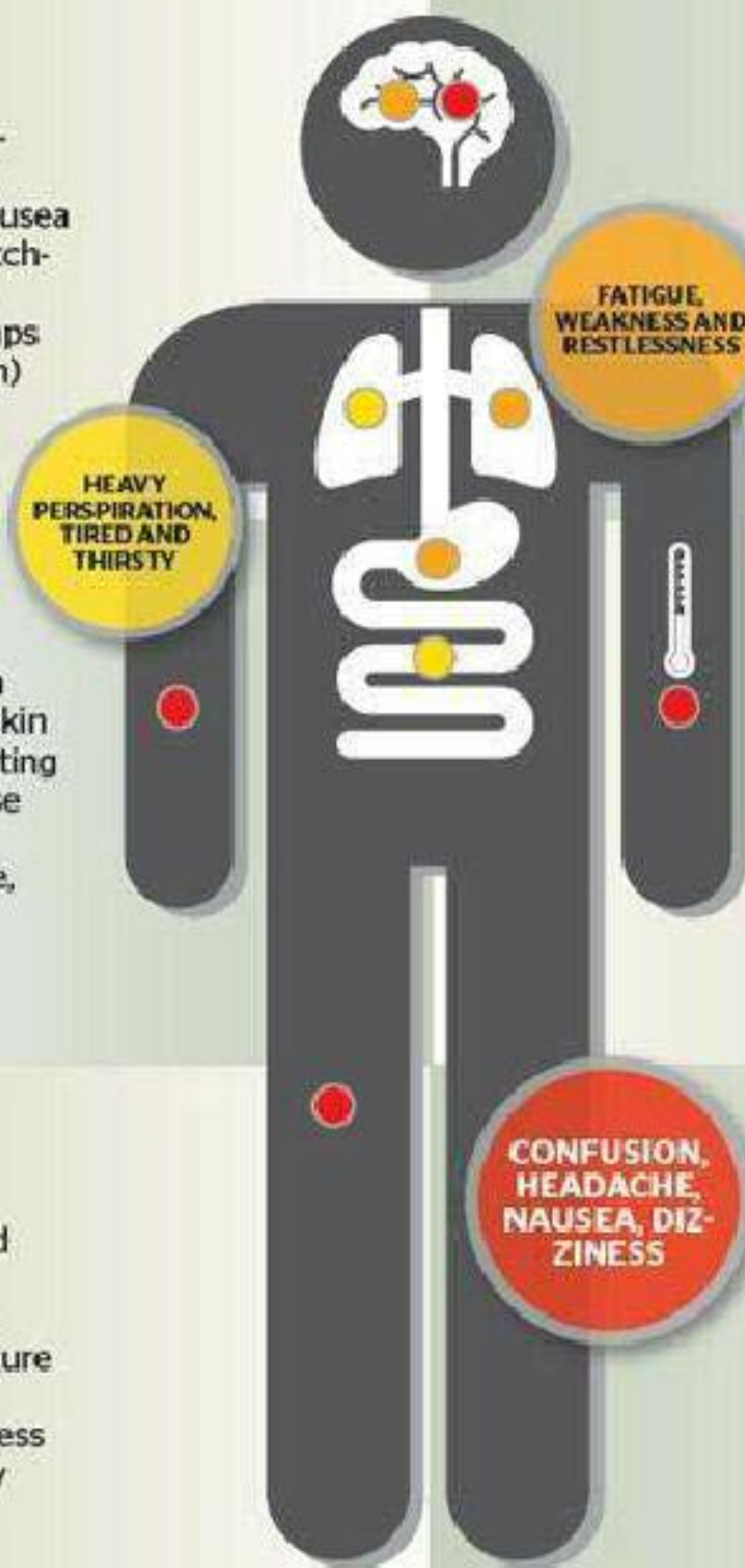
- > Profuse perspiration
- > Cold, clammy, pale skin
- > Headache and vomiting
- > Weak, but rapid pulse
- > Poor coordination
- > Normal temperature, but faintness

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

### HEAT STROKE

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

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







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## ON THE COVER:

Our cover this month features young ladies being active, while being safe in the summer heat. Read more about this and other healthy living topics in the following pages. (Photo: Pexels-Andrea Placquadio)

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

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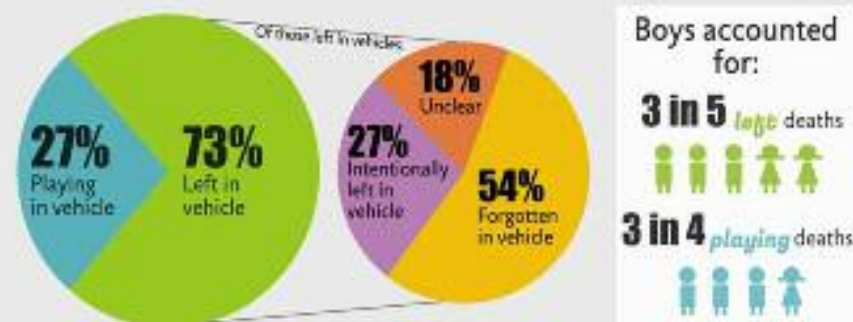


## Heatstroke Deaths of Children in Vehicles

BY THE NUMBERS NHTSA (2013)

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

BY CIRCUMSTANCE Guard (2009)



BY AGE Guard (2009)



TIPS NHTSA (2012)

**Never** leave children in a vehicle unattended, even with the windows cracked, even "for a minute"

**Always** check the backseat when exiting the vehicle (put your phone or your purse in the backseat to create a reminder system)

**Always** keep vehicle doors and trunks locked and keys out of reach

**Make** an agreement with your childcare provider to always call you when your child is absent

**Call 911** if you see a child alone in a vehicle

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



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# Protecting Your Spine on Summer Road Trips

Summer is a great time for road trips, whether visiting family or heading out for a fun vacation. But sitting in a car for hours can leave you with a stiff neck, tight shoulders, or a sore back.

The good news? A few simple changes can help you stay comfortable behind the wheel. Here's how to keep your body feeling good while you travel.

## 1. Adjust Your Seat

Before you start driving, take a minute to set up your seat. Sit with your back supported and your knees level with or slightly lower than your hips.

Move your seat close enough so you don't stretch to reach the pedals. Sitting like this helps protect your spine and prevents slouching.



## 2. Support Your Lower Back

Be sure to use the lumbar support built into your seat. If your seat doesn't have one or it isn't supportive enough, try rolling up a towel or using a small pillow behind your lower back to help you sit taller and stay more comfortable during your trip.

## 3. Relax Your Grip on the Wheel

Gripping the steering wheel too tightly can make your shoulders and upper back ache. Try to keep your hands relaxed, with your elbows slightly bent. If your shoulders feel tense, take a deep breath and let them drop down.



## 4. Take Stretch Breaks

Even with good posture, your body isn't made to sit for hours without moving. Try to stop every 1-2 hours to get out, walk around, and stretch. Focus on your legs, hips, and shoulders to keep your muscles loose.



## 5. Drink Water

Staying hydrated can help your muscles and joints feel better during long drives. Keep water nearby and take small sips regularly. Your body will thank you later!

Don't let a road trip leave you sore. With these easy tips, you can protect your spine, avoid pain, and enjoy your summer travels. And if you need help feeling your best before or after your trip, chiropractic care can help get you back on track. Book your next appointment before your adventure begins!



*Helping you become an even better version of yourself,*

**Dr. Amber Beckley**

Chiropractic is one of the largest primary-contact health care professions today. Chiropractors provide non-invasive, hands-on health care that serves to diagnose, treat, and help prevent disorders and conditions relating to the spine, nervous system, and musculoskeletal system.

Chiropractors use a combination of treat-

ments, which are tailored to the specific individual needs of the patient. After taking a complete history and providing a detailed diagnosis to the patient, Dr. Beckley will develop and carry out a treatment plan, as well as recommend rehabilitative exercises. Dr. Beckley may also suggest nutritional, dietary, and lifestyle modifications to help the patient reach their health goals. Dr. Beckley believes in addressing the patients overall health and not just their specific symptoms. She is focused on how a patient's musculoskeletal system and nervous system function in relation to the whole body.

Dr. Beckley is a certified yoga instructor and offers classes at Beckley Chiropractic & Wellness.



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**Amber N. Beckley, D.C.**

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## **Where are the Dead? Do We have a Immortal Soul?**

Is man mortal or immortal? “*Shall mortal man be more just than God?*” **JOB 4:17** (Man is Mortal)

Can the soul of man die? “*The soul that sinneth, it shall die.*” **EZEKIEL 18:4** (all mankind have sinned)

How did God FORM the Soul? “*..the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul.*” **GENESIS 2:7** (Caucus + Breath = Soul)

What happens when a person dies? “*Then shall the dust return to the earth as it was: and the spirit shall return unto God who gave it.*” **ECCLESIASTES 12:7** (The Soul does not exist-we Sleep)

Where does every person go when he dies? “*All go unto one place; all are of the dust, and all turn to dust again.*” **ECCLESIASTES 3:20** (the Dead Sleep Awaiting one of two Resurrections)

Is there any intelligent part of man that lives on after death? “*....his breath (spirit) goeth forth, he returneth to his earth; in that very day his thoughts perish.*” **PSALM 115:17** (no Awareness - Asleep)

Does man know anything after death? “*The living know that they shall die: but the dead know not anything....Also their love, and their hatred, and their envy, is now perished..*” **ECCLESIASTES 9:5-6** (Nothing)

When does Jesus declare that every man will receive his reward? “*For the Son of man shall come in the glory of His Father with His angels; and then He shall reward every man according to his works.*”

**MARRHEW 16:27** (All Rewarded at the Second Coming of Jesus Christ for His Saints)

The Only Way we can live forever? “*He that believeth on the Son hath everlasting life: he that believeth not the Son shall not see life; but the wrath of God abideth on him.*” **JOHN 3:36** (One True Christ)

The Churches have **LIED** to us – we **do not** have a soul that has Immortality

**God only has immortality**(1 Timothy 3:16) \*\*\* God promised “**Eternal Life**” (Revelation 22:14)

**We shall eat from the “Tree of Life”** (1 John 2:25) **throughout Eternity**

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**STROKE KILLS.**  
**BE FAST! Call 911.**

Know the Signs:

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

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



**IT'S THE LAW!**

- A vehicle can legally pass a bicycle on the left, given there is at least 3 feet of space between the cyclist and the vehicle.
- Vehicles can only legally pass on the left, and can't move back to the right until clear of the cyclist.
- Vehicles may pass bicycles in a no passing zone as long as it's safe to do so.



# Celebrating You, your Family, and Friends in July

July is a warm and festive month that offers a perfect opportunity to celebrate life with family and friends. Celebrating together has profound health benefits that enhance our overall well-being and creates lasting bonds.



Rebecca Wharton

## Physical Health Benefits

As you share meals with loved ones, share healthy recipes to support healthier eating habits. Preparing and enjoying nutritious dishes together fosters better dietary choices to physical health and well-being.



Positive social interactions also enhance your immune function through joy and laughter shared during celebrations. Less stress hormones increases the production of antibodies that help the body fend off illness.

## Mental Health Benefits

Spending time with supportive family members and friends creates a sense of comfort and security that reduces stress and anxiety. The support of loved ones helps us navigate life's challenges with greater ease and resilience.

Celebrations are filled with joy and laughter, which boosts mood and increases levels of serotonin, the "feel-good" hormone. Laughter is a natural antidepressant that helps promote a more positive outlook on life.



Engaging in conversations and activities with others stimulates the brain, improving cognitive function and memory. Social interactions challenge the mind, keeping it active and sharp.

## Emotional and Social Benefits

Celebrating together strengthens bonds with family and friends. These connections provide emotional support, fostering a sense of belonging and reducing feelings of loneliness.

Being part of a community or group celebration creates a sense of belonging. This feeling of connectedness enhances self-esteem and confidence, contributing to overall emotional well-being.

Celebrations create lasting memories that can be cherished for years to come. These shared experiences strengthen relationships and provide a sense of continuity and tradition.

## Fostering a Sense of Oneness

Celebrations in July can be an opportunity to include everyone, regardless of background or beliefs. Embracing diversity and inclusivity fosters a sense of oneness and unity.

Working together to plan and execute celebrations can promote teamwork and cooperation. Collaboration creates a shared sense of purpose and achievement.

Celebrating with loved ones encourages gratitude and appreciation for the people in our

lives. Expressing gratitude can enhance relationships and promote a positive, supportive environment.



July is a wonderful time to celebrate life with family and friends, embracing the warmth and joy of togetherness. By fostering a sense of oneness, we can support each other and enhance our overall wellness.

Whether it's a simple gathering or a grand celebration, the connections we nurture this month can create lasting bonds and enrich our lives in countless ways. So, let's celebrate each other, cherish our relationships, and enjoy the many health benefits of togetherness!

*—Rebecca Wharton, RN, Master of Science in Nursing in Public Health, CPT, is a Certified Functional Nutrition Coach offering one-on-one Nurse Coaching to help you regain healthy body function through Food, Mindset, and Movement. She can be reached at thefunctionalnursecoach@gmail.com or 913-298-1092.*



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# Healthy Living, Amazing Food, Extraordinary People!

As the summer sun warms Kansas, it's the perfect time to make plans and secure your spot at these life-changing, plant-based living festivals and retreats. Each of them is within about an hour of Topeka and set to inspire, educate, and delight. If you are plant curious or simply in search of delicious food, inspiring healthy-living presentations and meaningful connections, these events offer something for everyone.

## Thrive Alive! Vegan Fest, Williamsburg, Kansas | Sept 18-22, 2025

If you're looking for an all-inclusive festival with food, lodging or camping and live music, the Thrive Alive! Vegan Fest is for you. This inaugural event is a celebration of vibrant health and compassionate living, drawing vendors, speakers, and festival goers from across the Midwest and beyond. You'll meet and learn from a wide range of local, and internationally recognized influencers who are on the forefront of the health, justice and environmental movements. With expert talks on sustainable living, animal rights, and



holistic wellness, a silent disco, intimate hands-on workshops, activities for kids and families, plus live music with headlined by Reggae artist Mike Love and folk musician Paul Izak. Thrive Alive strikes the perfect balance between fun and purpose. Expect a bustling marketplace filled with vendors offering cruelty-free goods, and of course an incredible array of plant-based eats.

Why attend? To sample the best of vegan Kansas, meet passionate change makers, and make new friends that will support you living your most inspired and thriving life. [ThriveAliveFest.com](http://ThriveAliveFest.com)

## The Whole Planet Spirituality Retreat – Unity Village, MO | October 16–19, 2025

If you're seeking a deeper connection to yourself, others, and the planet while embracing a plant-based lifestyle—look no further than the Whole Planet Spirituality Retreat

at Unity Village, Missouri. Nestled on the peaceful, historic grounds of Unity Village, this three-day retreat offers a one-of-a-kind opportunity to nourish both body and soul.

A wellness getaway in a sacred space for transformation. With a rich schedule of activities including yoga, meditation, inspiring spiritual talks, and guided nature walks. Every meal is thoughtfully prepared to reflect the retreat's core values of compassion, mindfulness, and non-violence.

One of the most anticipated highlights of this year's retreat is keynote speaker Timber Hawkeye, bestselling author of *Buddhist Boot Camp*. Known for his gentle wisdom and down-to-earth approach to mindfulness, Timber brings a message of simplicity, clarity, and inner peace that resonates across spiritual traditions. His talks are not only deeply moving—they're often life-changing. Whether you're brand new to meditation or already walking a spiritual path, Timber's presence and teachings will offer profound insight and inspiration for living with intention and authenticity.

The Whole Planet Spirituality retreat draws seekers from all walks of life rooted in various spiritual traditions, as well as those simply curious to explore what it means to live more consciously and compassionately. No dogma, no pressure—just a welcoming space to be exactly who you are.

Curious what the experience is really like? Visit [TheSpiritualForum.org/retreat](http://TheSpiritualForum.org/retreat) to learn more and watch a short video of past attendees sharing heartfelt reflections. Their stories paint a beautiful picture of community, healing, and connection.

Why Attend? To spend a weekend in October that will uplift your spirit, feed your soul, and leave you feeling deeply refreshed.

## Midwest Soul Vegfest KCMO, October 4-5, 2025

Rounding out the season is the dynamic Midwest Soul Vegfest, a vibrant celebration of plant-based culture and Black excellence in the heart of Kansas City Missouri. This powerful event shines a spotlight on the intersection of food

justice, wellness, and community empowerment, particularly within communities of color.

It's free to attend, and enjoy live performances, soul-stirring speakers, and see an incredible lineup of soul food-inspired vegan cuisine. Think BBQ jackfruit, mac & "cheese," collard greens, and sweet potato pies, all 100% plant-based and 100% delicious.

Midwest Soul Vegfest is more than a food festival, it's a cultural gathering, activist platform, and wellness expo rolled into one. It's a place where plant-based living is celebrated as a joyful, accessible path to healing and liberation.

Why attend? To celebrate heritage, health, and community through delicious food and inspiring connection. [MidwestSoulVegfest.com](http://MidwestSoulVegfest.com)



## Let the Good Vibes Grow

These three events represent the diversity, vitality, and joy of the plant-based movement. Whether you're drawn to the high-energy fun of Thrive Alive!, the introspective calm of the Whole Planet Retreat, or the rich cultural tapestry of Midwest Soul Vegfest—there's something this summer for every flavor of vegan enthusiasm. So mark your calendars, grab a friend (or go by yourself, you'll make new friends!) and get ready to experience the best of what the compassionate lifestyle has to offer. Live, in-person, and unforgettable.

—By JoAnn Farb

JoAnn Farb is a former microbiologist with a global pharmaceutical company, and the author of *Compassionate Souls – Raising the Next Generation to Change the World, and Get off Gluten*. She speaks nationally and lives in Lawrence where she teaches about the benefits of the Whole-Food Plant-Based Lifestyle. She can be reached through her website at [www.JoAnnFarb.com](http://www.JoAnnFarb.com).



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- Sep. 11: **POWER Luncheon, 11:30-1**
- Oct. 9: **POWER Luncheon, 11:30-1**
- Nov. 13: **POWER Luncheon, 11:30-1**



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# Messages From The Universe

**Y**ou may not realize that you are mimicking a transistor radio.....

What does that mean exactly?

## Input Overload

You are receiving 2,000,000 bits of information every second and, like all of us, you only process 124 bits. Your mind distorts or deletes the excess information that it deems unnecessary. It is input overload.

## Clearing the Internal Conversations with Ourselves

Meanwhile, the universe in all its infinite wisdom is sending you messages, and the best way to receive these messages is to clear the chatter in our brain. Clear the negative self-talk, the delusional wishes, and the judgement. Clear the fear and the sadness. Choose to find a quiet place to just BE. BE with nature, BE with yourself, BE with God. If you struggle with this, I have several different ways to help.

Even though I learned over a decade ago to quiet my own mind – to be still and listen to the important messages around me – there are still messages that I miss. Last I checked... I am still in human form.

## Coming Face To Face with an Owl Opened My Eyes!

This last week, the universe was a little in my face. A Barred Owl came barreling fast in flight towards me while I was opening the door to my back deck; he was focused on my face – peering into my soul, no doubt. I let out a startling scream. It is not every day that I am face to face with an owl. While I received a portion of the messages, apparently I missed a few.

Four days later, the same owl sat patiently on the railing of the deck, awaiting my presence.

Then he perched on a nearby tree and, again, stared into my soul. Well, that was “eye opening” – and that was the message.

Open my eyes to what I have not been willing to look at about myself and others. Take the blinders off. This owl carried the message from the universe: to look beyond the surface of any situation. Look deep. This message is not just for me; it is for you too!

## Self-Reflection

- What situation are you presented with right now that calls (hoots) you to look at it from another point of view?
- How can you approach this part of your life in a different way?
- What patterns are keeping you stuck?
- If you could release a pattern, to have a different outcome, would you?
- What if I told you, it was easier to release a pattern than what you were led to believe?
- What if it was simply the belief system that you were given as a child that has you stuck today?

If you want guidance in releasing old patterns of behavior to lead your best life, and you are coachable, then you can achieve whatever you can dream of. My mom told me that.... So, I know it is true!

*Let me help you  
live your best life!*

–Rev. Jodi Suson, MBA, Organizational Behavior, Human Behaviorist, Nutritionist, Board Certified NLP Master Practitioner, Amen Clinics Brain Health Professional, Master of Divine Intervention Spontaneous Remission, Quantum Energy Healer, Aromatherapist, Reiki Master, Medical Intuitive, Podcast



Owls symbolize wisdom and knowledge. They have the ability to navigate the night and perceive things others might miss. Barred owls can be seen as spiritual guides when you face a challenge. They remind us to trust our inner light and wisdom. Owls are viewed as messengers between this world and the spiritual world.

- Rev. Jodi Suson

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Rev. Jodi uses a multi-modal method to self-healing. Her approach stems from her personal health journey and working with Chiropractors, and practitioners of Functional Medicine, Traditional Chinese Medicine, Masters of Divine Intervention-Spontaneous Remission, and other holistic practitioners. Jodi found the solutions that are both the most effective and the most affordable. Jodi@SusonEssentials.com 847-738-0242





# How You and Yours Can Have Safe Summer Fun in the Sun

**S**ummer is the season of sun-kissed memories – backyard barbecues, sandy beaches, bike rides and late-night stargazing. However, the warmer months bring unique safety challenges that can catch active families off guard if they're not prepared.

From sunburns to scraped knees and dehydration to bug bites, summer's surprises don't have to slow you down. With a few simple precautions and the right tools on hand – like reliable first-aid essentials – you can make safety second nature and keep your focus where it belongs: on making the most of every sunny moment.

Here are a few smart, easy tips from the experts at CURAD to help your family stay protected from the sun, heat, water hazards and the inevitable bumps and bruises from outdoor play.

## Shield Your Skin from Harmful Rays

The summer sun can be harsh, making it important to take steps to prevent sunburn, even if it's partly cloudy or overcast. If you plan to be outside for more than 15 minutes, apply a broad-spectrum sunscreen with an SPF of at least 30 before heading outdoors. Remember to reapply to all exposed skin – including overlooked spots like your ears, neck and tops of feet – every two hours, or more often if you're swimming or sweating.

Wearing protective clothing, such as wide-brimmed hats, sunglasses and light, long-sleeved shirts, can also help shield you from harmful UV rays. When possible, seek shade



## Keep the Fluids Flowing in the Heat

During the summer months, the heat can quickly lead to dehydration, which can cause dizziness, headaches and even heat stroke. Drink plenty of water throughout the day, even if you don't feel thirsty, to stay hydrated. Aim for at least 8-10 glasses of water (8 ounces each) each day, or more if you're going to be spending an extended amount of time outdoors or engaging in physical activities like hiking, biking or playing sports.

during peak sun hours, typically 10 a.m.-4 p.m., to minimize direct exposure.

## Be Prepared for Summer Scrapes

Accidents can happen anytime, especially during active summer days. Having a well-stocked first-aid kit, including bandages, antiseptic wipes and ointments, can help you quickly address minor cuts, scrapes and blisters.

It's important to have the right bandages on hand for every situation. Bandages made with breathable and lightweight fabric and a four-sided seal are perfect for those hot summer days. While bandages infused with natural ingredients like soothing aloe vera, vitamin E and baking soda offer a fresh approach to healing.

Proven to aid in faster healing, hydrocolloid bandages, like those infused with aloe vera from the CURAD Naturals line, offer waterproof protection that helps cushion and seal out dirt and germs for multiple days. By sealing in moisture, hydrocolloid bandages help promote the optimal healing environment.

Keeping a refillable water bottle with you can make it easier to stay hydrated on the go and replenish the water your body loses through





sweat. In addition to water, consuming hydrating foods like watermelon, strawberries, cantaloupe, cucumbers and bell peppers can help maintain your fluid levels and regulate your body's temperature. Also avoid excessive consumption of caffeinated or alcoholic beverages, which can contribute to dehydration.

### Keep Pesky Insects at Bay

Summer evenings are perfect for outdoor activities, but they can also attract mosquitoes, ticks and other pests. Protect yourself and your family by applying insect repellent on top of your sunscreen to all exposed skin and loose-fitting clothing. Reapply as needed, according to the instructions on the package.

Repellant fans, candles, torches and bracelets may be good alternatives to spray or roll-on insect repellants. Wearing long sleeves and pants, especially in wooded or grassy areas, can also help prevent bug bites. Remember to check for ticks after spending time outdoors and, if found, promptly remove them by using clean tweezers and pulling straight upward. Avoid twisting, squeezing or burning ticks, which can lead to the release of saliva or cause the head to break off.

### Have Fun in the Water, Safely

Summer is the perfect time to hit the pool, beach or lake, but remember to prioritize safety while enjoying the water. Always swim in designated areas and never swim alone. If supervising children, ensure they are within an arm's reach and wearing properly fitting flotation devices.

Avoid alcohol when swimming or supervising swimmers, as it can impair your judgment and reaction times, and be aware of your surroundings, including weather conditions and water currents. Enrolling kids in swimming lessons can also contribute to a safer experience in the water.

Visit [Curad.com](http://Curad.com) for even more resources to help you and your family safely enjoy

many fun summer adventures.

### Building Your Summer Scrape Kit

A summer first-aid scrape kit can be a lifesaver for those inevitable bumps, bruises and blisters. Keep your family's kit in a waterproof case and in an easily accessible place, such as your car, pool bag or home first-aid cabinet. Make sure to keep it stocked with essentials for cuts, scrapes, burns, blisters and beyond, such as:

- Antiseptic wipes for cleaning wounds
- Antibiotic or antimicrobial ointment to help prevent buildup of bacteria
- Bandages like CURAD Naturals Hydrocolloids with Aloe Vera to treat minor cuts, scrapes and blisters
- Non-latex gloves to protect hands from dirt

and germs

- Hydrocortisone cream for bug bites and rashes
- Sunscreen to help prevent sunburn
- Aloe vera gel for sunburn relief
- Water bottles to stay hydrated
- Ear drops for preventing or treating swimmer's ear
- Insect repellent to help prevent bug bites
- Tweezers for removing splinters and pests
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# How to Recognize Under-Fueling and How to Fix It

**C**alorie restriction or simply not eating enough to support your workouts can not only affect your running, but your overall health.

Many people turn to running for weight loss, often cutting calories while upping physical activity. Others may cut calories in hopes of seeing performance benefits, considering the common misconception that lighter is faster. Both scenarios can be detrimental to performance, especially if you're training for a marathon, according to recent research on more than 1,000 Boston Marathon participants.

Published in the British Journal of Sports Medicine, the study looked at the association between low-energy availability (LEA)—defined as a state that occurs when an athlete's calorie intake doesn't match their energy expenditure—and race performance, as well as medical events during the Boston Marathon.

Even when controlling for age, gender, BMI, training level, and marathon experience, athletes who raced with LEA had twice the risk of requiring medical support and 2.8 times the risk of a major medical encounter such as severe electrolyte and fluid disorders, says lead author Kristin Whitney, M.D., sports medicine specialist and medical director of Boston Children's Hospital Injured Runners Clinic. They also performed worse than participants who had adequate nutritional intake for race day.

Previous, small studies have found links between LEA and negative health and performance outcomes, but this was the largest study to date on the topic—and the first one performed at a real-world marathon event. The findings

should drive more awareness of the negative effects of calorie restriction, says Whitney, who is also a Boston Marathon runner herself and serves on the Boston Marathon medical committee.

"Our study is the first to demonstrate a link between nutritional 'under-fueling' with slower race performance times and increased risk of requiring medical support during the marathon," she tells Runner's World.

"Historically for this sport, the assumption has been that 'lighter is faster' but our findings underscore the message that 'fueling is faster' instead," Whitney says. "Unfortunately, LEA is very common in the running community; in our survey of athletes registered for the 2022 Boston Marathon, 42 percent of female runners and 18 percent of male runners had LEA indicators."

What are those indicators and how can you make sure you're fueling enough to avoid these detrimental performance effects? Here's everything you need to know about low energy availability and how to eat to adequately fuel for your runs and races.

## Tips for Fueling Adequately and Avoiding Low Energy Availability

### 1. Look Out for Symptoms

Addressing LEA begins with knowing the range of potential symptoms, says Tara Collingwood, RDN, a sports dietitian and ACSM-certified personal trainer in Orlando, Florida. She tells Runner's World that paying closer attention to indicators like performance declines, mood shifts, and reduced motivation can be helpful for spotting LEA in early stages.

### 2. Personalize Your Plan

Fueling for performance starts with understanding your individual nutritional needs, says Cassandra Burke, RDN, a sports dietitian, USAT-certified endurance coach, and NASM-certified personal trainer. Ideally, it helps to consult a registered dietitian who specializes in sports performance, she tells Runner's World.

"Avoid using your training buddy's nutrition plan," she adds. "Your body and training demands are unique, so your fueling strategy should be, too."

For those who aren't seeing a dietitian, avoiding LEA involves making sure you get three meals and two snacks per day, that you don't skip meals, and that you fuel up both before and after a run, Burke says.



### 3. Fuel Before Training

Deciding what to eat before a run or a race is part of fueling for performance, says Collingwood. This will also require a personalized approach—for example, playing around with which foods provide energy without causing stomach issues while you run. But a good rule of thumb is to consume at least 3 grams of carbs per pound of bodyweight daily in the five to seven days before a major race.

During training, make sure to consume prerun snacks or meals, especially before you head out for long runs or any workout lasting longer than 60 to 90 minutes.

### 4. Eat for Recovery

Another major factor for avoiding LEA is postrun nutrition, Burke adds. You should prioritize postworkout intake to replenish glycogen and support muscle repair and recovery—even if you're not hungry after exercise.

"For example, a post-training meal should include carbs and protein within 30 to 60 minutes after training," she suggests. "In your daily nutrition, focus on nutrient-dense foods that deliver carbs, fats, protein, and essential micronutrients like calcium and vitamin D to support your health and performance. Monitoring trends, such as race results, may provide insight into your energy availability over time."

Examples of foods that provide these nutrients include Greek yogurt, oatmeal, tart cherries, avocado toast, cottage cheese, and salmon over rice.

### The Bottom Line on Low Energy Availability

Although LEA and RED-S (relative energy deficiency in sport) may be common, Whitney is hopeful that the study's results can bring meaningful changes to the sport, and raise awareness of these issues for individual athletes.

"The scope of this study speaks to the Boston Athletic Association's and the Boston Marathon community's commitment to making a positive impact on athlete health and performance, and continuing to lead endurance sport forward in a positive direction," she says.

*By Elizabeth Millard | Photo by Thomas Hengge*

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# Healthy Recipes to Gear Up for Summer

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

## Mediterranean Roll-Ups



This wrap makes for a flavorful, tasty lunch that is also a great vegetarian option. It can be made and ready-to-eat in 5 minutes or less.

### Ingredients

- whole wheat flour tortillas (10-inch) 1 large
- hummus 1/4 cup
- ready-made tabouli 1/4 cup
- romaine lettuce (chopped) 1 leaves
- alfalfa or bean sprouts 1/2 cup
- tomato(es) (chopped) 1 large

### Directions

Lay the flour tortilla flat on a cutting board or plate.  
Spread the hummus and tabouli in a long row, side by side down the center of the tortilla.  
Add romaine lettuce on top.  
Add sprouts and chopped tomatoes on top  
Get ready to roll! Starting from the edge of a long side, roll it up.  
Cut it in half and enjoy immediately or wrap it tightly in plastic wrap to enjoy later.

#### Optional additional step:

To eat this as an appetizer, wrap it in plastic wrap and let it “set” in the refrigerator for 2–3 hours. Remove the plastic wrap and cut the rolls into 1-inch slices, using a sawing motion. Serve cut side up on a platter.

### Nutrition Information (Servings: 2)

Per serving: 170 calories; fat 8g ; carbohydrates 23g; protein 6g; sodium 340g; sugars 3g; fiber 3g  
Source: [diabetesfoodhub.org](https://diabetesfoodhub.org)

## Greek Vegetable Pita Pizzas



A tasty blend of Mediterranean and pizza come together in this Greek vegetable pita pizza! Packed with nutrient-rich vegetables like red peppers, olives, shallots, and artichokes, this quick and easy recipe comes together in under 15 m

### Ingredients

- whole wheat pita (4-inch diameter) 4 small
- jarred low-sodium pizza sauce 1 cup
- reduced-fat Italian shredded cheese 1/4 cup
- Kalamata olives (sliced) 1/4 cup
- roasted red peppers (sliced thin) 1/4 cup
- marinated artichoke hearts (chopped) 1/4 cup
- shallots (thinly sliced) 1
- reduced-fat feta cheese (crumbled) 2 oz
- fresh basil (julienned) 1/2 cup

### Directions

Preheat the oven to 400 degrees F.  
Top pita bread with sauce, olives, peppers, artichokes, shallot, and Italian cheese.  
Bake in the oven until the cheese melts and the pita is crispy, 7–8 minutes.  
Remove from the oven and top with feta and fresh basil.

### Nutrition Information (Servings: 8)

Per Serving: 140 calories; fat 1g; carbohydrates 19g; protein 6g, sodium 300g; sugars 3g; fiber 3g  
Source: [diabetesfoodhub.org](https://diabetesfoodhub.org)

## Peanut Butter Blondies with Cacao



If you love peanut butter cups, you’ll love these diabetes-friendly peanut butter blondies with cacao!

### Ingredients

- sunflower or avocado oil (divided) 3 table spoons + 1/2 teaspoon
- unsalted butter (melted) 2 tbsp
- pitted dates (about 1 cup) 5 oz
- no-added-sugar apple butter (spread) 2/3 cup
- eggs 1 large
- vanilla extract 1 1/2 tsp
- almond extract 1/4 tsp
- no-added-salt-or-sugar peanut butter 1/2 cup
- sea salt 3/4 tsp
- whole-wheat pastry flour 3/4 cup
- cacao nibs (or to taste) 2 tbsp

### Directions

Preheat the oven to 350 degrees F. Lightly brush the bottom and sides of an 8-inch square baking pan with 1/2 teaspoon of the oil. Line just the bottom with parchment paper. Alternatively, use a silicone baking pan.  
Add the remaining 3 tablespoons oil, the butter, and dates to a blender container. Cover and blend until just combined. Add the apple butter, egg, and vanilla and almond extracts and blend again until a smooth, pudding-like consistency forms, at least 1 minute on high speed.

Transfer the batter to a medium mixing bowl. Add the peanut butter and salt and stir until combined. Add the flour and stir until combined. Add the cacao nibs and stir until evenly combined.

Evenly spread the batter in the prepared pan. Bake until springy to the touch, about 25 minutes.

Allow to cool in the pan on a rack. When cool, cut into 16 squares and serve. Or store in the refrigerator for up to 1 week or the freezer for up to 2 months.

### Nutrition Information (Servings: 16)

Per serving: 150 calories; fat 10g; carbs 15g; protein 3g; sodium 110g; sugars 8g; fiber 3g  
Source: [diabetesfoodhub.org](https://diabetesfoodhub.org)



# Rinse and Repeat: Enjoying the Produce of Summer



(Ivanhoe Newswire) —

Studies show that 75 percent of non-organic produce has pesticides, and while 86 percent of Americans wash their produce before eating it, washing may not get rid of all of it.

A peaches delicate skin makes it easy for chemicals to get inside. One report found 36 types of pesticides on strawberries. Pesticides were found on 91 percent of cherries. And when it comes to spinach and other lettuces some reports claim they are contaminated with what are considered the most potent pesticides used on foods.

“The outer layer of the fruit and vegetable is a membrane and that’s permeable, which means that the pesticide can soak inside the produce, and it can be very difficult to remove,” said Steven Burroughs, Instructor University of Central Florida in the Department of Health Sciences.

Despite all of this, the CDC says washing your produce is one of the safest things to do if you plan on eating it.

First, wash your hands with soap and warm water for at least 20 seconds.

“By using 10 seconds of water, you’re able to keep the integrity and structure of the fruit



and vegetable so that you get the best quality and remove some of the pesticides as best as you can,” explained Burroughs.

If you’re still feeling a bit unsure, buy organic produce.

“The USDA ensures that organic fruits and vegetables don’t have chemicals,” said Burroughs.

So be sure to wash up and enjoy the sweet treats of summer.

Studies show that pesticide residue may lead to decreased sperm quality, disrupted menstrual cycles, increased miscarriage

risk and increased risk of birth defects.



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# Fun and Healthy Activities To Get Active This Summer

Summer is the perfect time to enjoy the great outdoors and engage in various sports and activities to get active, which is essential for both physical and mental well-being. Before beginning any exercise or stretching routine, you should consult with a qualified healthcare professional.

## Beach Volleyball

One activity to try this summer is beach volleyball. This sport is a popular choice to play during the summer months as it creates a fun atmosphere to enjoy a competitive game and develop camaraderie amongst others while giving you an opportunity to improve your physical fitness. Beach volleyball can be enjoyed by people of all ages and provides various benefits such as improving your endurance and hand-eye coordination.

Serving and diving for the ball can be exhilarating, but it is important to practice proper form to avoid any injuries pertaining to the shoulder and knee. An effective warm-up regimen with dynamic stretches, a light warmup, and strengthening exercises for the shoulders and core can also reduce the risk of injury as well. Running back and forth for each volley can be a ton of fun, but you'll also want to practice safe habits by wearing adequate sunscreen and drinking plenty of fluids to ensure you're hydrated.

## Kayaking or Paddleboarding

Kayaking and paddleboarding are water activities that can work wonders as a full body workout. Both activities provide a way to challenge your body and explore the waters around you.

Before heading out on the water, we recommend familiarizing yourself with the proper techniques for kayaking and paddleboarding and wearing a fitted life jacket when engaging in either activity. It's also a good idea to let your friends and family members know when you're about to head out, and when they should expect to hear back from you.

Don't hesitate to ask them if they'd like to come along as well, because kayaking and paddleboarding can be fun for groups.

## Swimming

Swimming is a low-impact activity that provides a great way to stay in shape and to stay cool during the hot and



humid summer season. It is an aerobic exercise that provides a variety of physical and mental benefits, such as improving sleep and one's overall mood.

Beach and water activities are a staple of summer fun, but they also come with their own set of risks. Before diving in, it is essential to warm up your muscles and stretch properly to prevent strains, sprains, or other common injuries.

## Hiking

The first of these fun land sports or activities to do to get physically active during the warm season is hiking. This outdoor activity provides an opportunity to explore new trails and take in the scenery around you. Hiking trails are a good way to get active because you can choose trails that match your fitness level.

## Biking / Cycling

Speaking of trails, biking is also a great way to stay active this summer. Whether you're hitting the trails or cycling around your neighborhood, bike safety is paramount. You should always wear a helmet, obey traffic laws, and make sure your bike is properly fitted to your body to reduce the risk of injury.

## Adventure Challenges

If you are looking for a way to seek more excitement this summer, then adventure-based challenges might be for you!

## Obstacle Courses

An example of a popular challenge to try this summer would be obstacle courses. Regardless of the type of ob-

stacle course, they can be great for involving all your senses and test your strength and endurance as you progress through various challenges.

## Rock Climbing

Rock climbing is another good activity if you are looking to be challenged mentally and physically. Like obstacle courses, rock climbing can help you engage in cardio, relieve stress, and build confidence.

## Family-Friendly Activities

Getting the whole family involved in summer sports can be a rewarding experience. Activities like frisbee and mini golf can be fun and competitive for all ages and abilities. The great news is that many family-friendly activities also have low barriers to entry so you don't need to be an expert to have fun. Ultimate Frisbee is a fun and fast-paced game that can provide a quality workout for all members of the family as you run around and throw the frisbee. Mini golf is a classic summer pastime that provides entertainment for the whole family. Both can help with improving hand eye coordination and motor skills.

## Safety Tips

Participating in summer sports and activities can be fun if proper safety measures are considered and utilized. Here are some tips to keep in mind to stay safe and injury free:

- Make sure you stay hydrated before, during and after any physical activity to prevent dehydration.
- Warm up before participating in any activity or sport.

Stretching and a light warmup beforehand can help prepare the body for physical activity and reduce the risk of injury.

- Take the necessary precautions to protect your skin from the powerful sun rays. This can be done by applying sunscreen with SPF 30 or higher, wearing sunglasses or investing in hats.

## Injury Management

Even with the best precautions, injuries can still occur. If you experience a sprain, strain, or other sports-related injury, tune into the needs of your body and seek attention from a healthcare professional. When dealing with an injury, set aside time for your body to heal by reducing activities that aggravate the injury and seeking physical therapy to address aches and pains you're dealing with.

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# Why you need dental insurance in retirement.

## Medicare doesn't pay for dental care.<sup>1</sup>

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

## Early detection can prevent small problems from becoming expensive ones.

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## Previous dental work can wear out.

Your odds of having a dental problem only go up as you age.<sup>2</sup>

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

Unexpected bills, like \$190 for a filling, or \$1,213 for a crown<sup>3</sup> can be a real burden, especially if you're on a fixed income.

1 "Medicare & You," Centers for Medicare & Medicaid Services, 2025. 2 "Aging changes in teeth and gums", medlineplus.gov, 4/17/2022. 3 American Dental Association, Health Policy Institute, 2020 Survey of Dental Fees, Copyright 2020, American Dental Association.

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# Spiritual Wellness

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

## Restored, so that...

**F**or I will restore health to you and heal you of your wounds,' says the Lord.

*Jeremiah 30:17 (NKJV)*

Whether you are on a journey to get in better shape and improve your health or if you are battling a life-threatening illness, God wants to heal you.

Many people commit to getting healthy at the beginning of the year. Most New Year's resolutions include things like losing weight, eating better, and starting an exercise program.

Those are all great intentions, but when they stand alone, outside of the overall picture of your life, they are bound to fail.



God is our Creator and therefore He is our Help and our Healer. He is the one who knows how we need to live our lives, even how we eat and exercise, so that we can live our best lives.

Oftentimes, we set these goals because we want to look a different way, to look "better," to be accepted or to fit in. Sometimes we realize we need to set goals because we've failed to take care of ourselves, of the body God entrusted to us. Over time, people tend to fall into habits that aren't so good for them.

God wants to restore us. Not only does He want to restore our physical health but also our spiritual and mental health as well. He wants to restore us to a healthy version of ourselves so that we can live the life He's called us to live. It is difficult to ask the Lord,

"What's Next?" and be ready to obey when we lack energy and stamina, and when we don't feel good about ourselves.

I don't know where you are on your healthy living journey. But, if you feel like you've fallen off the wagon, so to speak, or gotten off track, God wants to restore you to health. He wants to restore you to health so that you are free to be who He created you to be. He has a plan and a purpose for you.

If you are fighting a battle of deteriorating health due to severe illness or disease, God is your healer. I don't know how He will choose to heal you, but I know He can and He will, in His way and in His time. He has a plan for you, and there is purpose in where you are right now.

No matter where you are today and what kind of healing or restoration you need, know that your Creator knows exactly what you need and is ready to heal and restore.

*We serve a mighty God!*

### Action Step

Spend time with your Healer each day this week. Implement one new healthy habit and practice it daily, then get ready for Him to show you what's next.

—Marsha Apsley /  
[faithandfitness.net](http://faithandfitness.net)





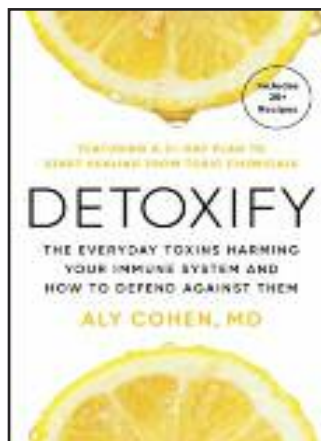
# New Health & Wellness Info at the Library

By Alex Henault

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

**Detoxify:** the everyday toxins harming your immune system and how to defend against them – by Aly Cohen; Simon Element; 2025 New Books 613.22 COH

Immune conditions and autoimmune diseases are on a meteoric rise in our modern-day world with the biggest triggers existing all around us. With an environment laden with untested and unregulated chemicals, radiation, and light and noise pollution, these immune disrupting chemicals (IDCs) trigger our bodies to go haywire and develop chronic conditions. And while variables like age, medication use, and overall health status factor into the performance of one's immune system, doctors are struggling to help their patients find livable solutions for their chronic illness. In *Detoxify*, integrative rheumatologist Dr. Aly Cohen, with over twenty years practicing on the front lines of clinical medicine, proposes a life-saving solution to minimizing disrupting immune system triggers and activating the body's natural detoxification systems. Using clear and accessible language, Dr. Cohen demonstrates the surprising ways in which environmental toxins impact our bodies, linking specific symptoms and illnesses to everyday exposures. You'll uncover what's lurking in our water, food, personal care products, and household goods. More importantly, you'll discover simple and affordable steps to lead a more toxin-free life. Dr. Cohen empowers us no matter our lifestyle or budget, to make small, practical shifts that can substantially increase our quality of life and help to thwart future health risks. Featuring Dr. Cohen's 4A's of environmental health navigation, full-body survey to assess toxin risk, as well as a 21-day plan to significantly reduce environmental exposure and enhance your detoxification process, this book is packed with valuable resources, including lab test recommendations, DIY household cleaner and personal care recipes, Dr. Cohen's Detoxify Food Pyramid, and over two dozen



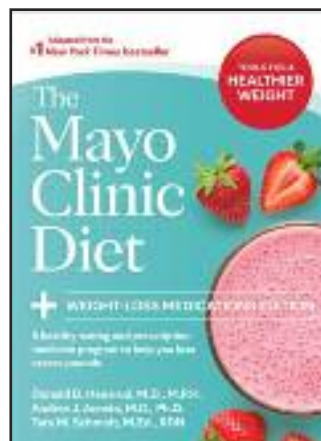
delicious, detoxifying recipes. Detoxify is your ultimate guide for making easy and practical lifestyle changes that can alleviate chronic illness, strengthen your immune system, and ultimately extend your lifespan.

**The Mayo Clinic Diet:** a healthy-aging and prescription medicine program to help you lose excess pounds – edited by Donald D. Hensrud; Mayo Clinic Press; 2025 New Books 613.25 MAY

This new edition of *The Mayo Clinic Diet* combines brand-new information on the safe and effective use of prescription weight-loss medications with the time-tested, no-nonsense approach of the Mayo Clinic eating plan. Designed to support people who are using prescription medications to lose weight and who want to make lasting lifestyle changes, *The Mayo Clinic Diet: Weight-Loss Medications Edition* offers expert advice to help you successfully manage your weight. To help you eat healthy for life, the Mayo Clinic approach to weight management helps you add five habits, break five habits, and try five bonus habits, all of which are proven to help people maintain a healthy weight. From these habits you'll develop a long-term weight maintenance plan.

**Walk Yourself Well:** step into a healthier, happier you – by Nina Barough; DK Publishing; 2025 New Books 613.7176 BAR

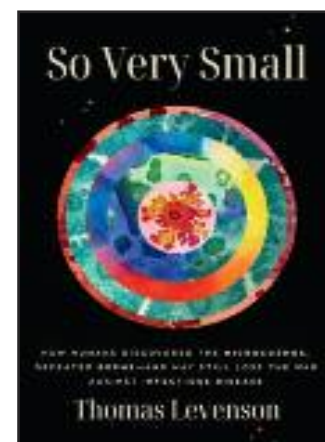
In *Walk Yourself Well*, walking expert Nina Barough will teach you how to make the most out of every step--from mastering your technique and setting your pace to walking in different climates and terrains. Go that extra mile, and get inspired, with Nina's motivational training programs, research backed



tips to get the most out of every step, plus inspirational walks from around the world for every level. Whether you want to improve your health, increase your fitness, or boost your mood, walking has a host of benefits, with no fuss and no expensive gym membership required. So lace up your shoes, program your smartwatch, and step into a fitter, healthier you.

**So Very Small:** how humans discovered the microcosmos, defeated germs – and may still lose the war against infectious disease – by Thomas Levenson; Random House; 2025 New Books 614.4 LEV

Two out of three soldiers who perished in the Civil War died of infected wounds, typhoid, and other infectious diseases. But no doctor truly understood what was happening to their patients. Twenty years later, the outcome might have been different following one of the most radical intellectual transformations in the history of the world: germ theory, the recognition that the tiniest forms of life have been humankind's greatest killers. It was a discovery centuries in the making that transformed modern life and public health. This revolution has a pre-history. In the late-sixteenth century, scientists and hobbyists used the first microscopes to confirm the existence of living things invisible to the human eye. So why did it take two centuries to make the connection between microbes and disease? As Thomas Levenson reveals in this globe-trotting history, the answer has everything to do with how we see ourselves. For centuries, people in the west, believing themselves to hold God-given dominion over nature, thought too much of humanity and too little of microbes to believe they could take us down. When scientists finally made the connection by the end of the 19th-century, life-saving methods to control infections and contain outbreaks soon followed. The next big break came with the birth of the antibiotic era in the 1930s. And yet, less than a century later, the promise of the antibiotic revolution is already receding from years of overuse. Why? In *So Very Small*, Thomas Levenson follows the thread of human ingenuity and hubris across centuries--along the way peering into microscopes, spelunking down

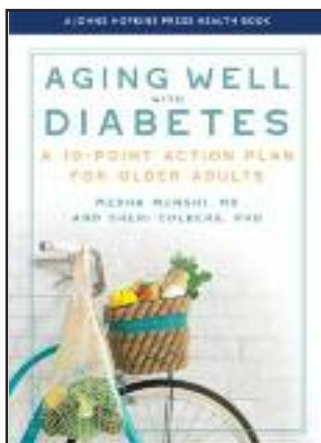




sewers, traipsing across the battlefield, and more--to show how we came to understand the microbial environment and how little we understand ourselves. He traces how and why ideas are pursued, accepted, or ignored--and hence how human habits of mind can, so often, make it terribly hard to ask the right questions.

**Aging Well with Diabetes:** a 10-point action plan for older adults – by Medha N. Munshi; John Hopkins University Press; 2025 New Books 616.462 MUN

In *Aging Well with Diabetes*, Dr. Medha Munshi and Dr. Sheri Colberg provide practical advice to redefine living with diabetes in later life. As experts in geriatric care and diabetes management, they introduce a clear and accessible 10-step action plan to help you manage diabetes effectively while enhancing your overall vitality and independence.



**How to Sleep Like a Caveman:** ancient wisdom for a better night's rest – by Merijn van de Laar ; Mariner Books; 2025 New Books 616.8498 LAA

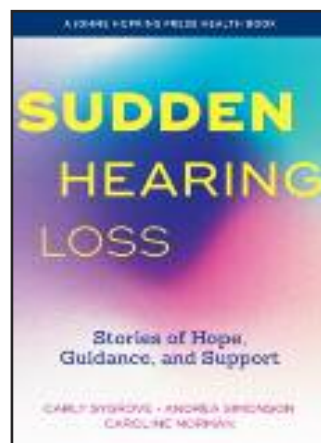
We spend roughly a third of our lives in bed, but for millions of us, not all of that time is spent sleeping. We strive for eight hours per night, only to lie awake thanks to stress, our ever-present devices, a new baby, or that 4pm coffee you thought you needed. As sleep scientist and recovering insomniac Merijn van de Laar shows, we're hardly the first to experience this. When homo sapiens evolved hundreds of thousands of years ago, when saber-toothed tigers were their biggest nighttime worry, wakefulness served to protect one's tribe at night. Research shows these episodic sleep patterns even gave our ancestors an evolutionary advantage. We can look to their example for guidance in improving our sleep health, too: how our sleep patterns change as we age, the benefits of communal sleep, the importance of environmental factors such as temperature and light. While our myriad gadgets may distinguish us from early humans, understand-



ing the ways our brains evolved to rest can chart the course toward a better night's sleep. Drawing from emerging science, archaeological research into our ancestors' habits, and close observation of contemporary hunter-gatherer cultures, *How to Sleep Like a Caveman* explains everything from why we sometimes jerk awake at night--likely a remnant of having slept in trees--to why our efforts to "optimize" our sleep schedules might just be a fool's errand. The result is a surprising, accessible new framework for thinking about sleep--the way we were designed to.

**Sudden Hearing Loss:** stories of hope, guidance, and support – by Carly Sygrove; John Hopkins University Press; 2025 New Books 617.8 SYG

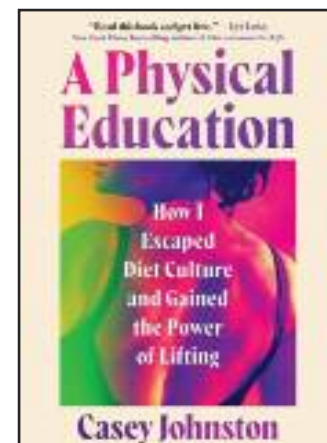
Sudden hearing loss can strike anyone at any time, leaving individuals and their loved ones grappling with confusion, fear, and isolation. In this comprehensive and compassionate guide, Carly Sygrove, Andrea Simonson, and Caroline Norman share personal narratives and insights to help readers affected by this life-altering condition to cope with their new reality. Drawing from their own experiences with sudden hearing loss and the testimonies of more than 60 individuals from around the world, the authors describe the immediate emotional impact, the desperate search for answers, and the various paths to adaptation and recovery. With heartfelt stories and practical advice, *Sudden Hearing Loss* offers readers not only a wealth of information but also a sense of community and understanding. Whether you are personally affected or supporting a loved one, this book provides the guidance and hope needed to navigate the challenges of sudden hearing loss.



**A Physical Education:** how I escaped diet culture and gained the power of lifting – by Casey Johnston; Grand Central Publishing; 2025 New Books 613.713 JOH

*A Physical Education* traces Casey Johnston's journey of calorie restriction and obsessive cardio--making herself small in almost every way--to finding healing through the (unexpected) practice of lifting weights. As she progresses, carrying groceries and closing heavy doors become easier. As she diligently practices checking in with how she feels, she begins to question not only how she has treated her body, but how she sees herself and the world. This growth also fuels a deeper

understanding: how the mainstream messaging she received about women's bodies has seeped into almost every other area of her life. Combining wit, rage, and a reporter's eye for detail, Johnston recounts how she learned the process of rupture, rest, and repair--not just within her cells and muscles, but within her spirit. A love letter to the science of female strength, this is a book for anyone who's ever longed to return home to their own body.



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**Contact Lissa Staley:**

[estaley@tscpl.org](mailto:estaley@tscpl.org)

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# Healthy Event Calendar for Greater Topeka

**Send events to [info@TopekaHealthandWellness.com](mailto:info@TopekaHealthandWellness.com). See complete calendar on website.**

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

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

**BREAD BASKET FARMERS MARKET**— Every Saturday 7:30am-1pm in the West Ridge Mall parking lot, south end.

**DOWNTOWN TOPEKA FARMERS MARKET** - Saturday's thru Oct., 7:30am-noon, 6th & Harrison. Fresh fruits & vegetables, herbs, arts & crafts, flowers, baked goods & more.

**LAWRENCE FARMERS MARKET** - Sat. 7:30-11:30, 824 New Hampshire Street. Starting Apr. 12.

**MONDAY FARMERS MARKET**— Mondays 7:30-11:30am, May 12 thru Sep. 29, 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.

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

**CARBONDALE FARMERS MARKET** - every Wed. 4-6pm in Carbondale City Park. Vendor-grown or vendor-produced. 785836-7887

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

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

**MONTHLY FARMERS /FLEA MARKET**— 3rd Saturdays, 8-2, Meriden Antique Threshers, 8275 K4 Hiway.

**FIRST FRIDAY FARM & ART MARKET**— Every First Friday through Sep., 4-10pm, Great Overland Station. For info: [communityevents@snco.gov](mailto:communityevents@snco.gov) or 785-251-6945

**SPLASH PAD FOUNTAINS**— Everyg Plaza, Sun. 12-6, and 11-1 & 4-8 on most weekdays.

**"PICKIN' ON THE PRAIRIE"**, a FREE Acoustic Jam at Great Overland Station every Sunday 1-3pm. Info: 785-251-6944

**WOODSHED MARKET**— Sundays 9-2, 1901 N. Kansas Ave. every Sunday from 10-3pm

**FAMILY NIGHT AT COSMOS COURT**— Tuesdays, 5-11pm, Cosmos Court, 909 S. Kansas Ave. Get a 16" Pizza, 2 side salads, and 4 cups of ice cream for only \$30! Also available: hot dogs, soup and more, plus table games, etc.

**FRIDAY NIGHT FUNNIES**— Fridays at Cosmos Court, 909 S. Kansas. Weekly comedy show is only \$15, or two for \$25.

**CORNER MARKET**— 2nd Saturdays. 29th & Adams. 50+

Vendors, food trucks, music, kids activities,

**SATURDAY CRUISE NIGHTS**— 5-9pm: 1st Sat: Spangles, 29th & Topeka Blvd (Cruise the Blvd!); 2nd Sat: Fairlawn Plaza; 3rd Sat: The Dugout, 17th & Fairlawn; 4th Sat: The Pad; 5th Sat: The Dugout.

**CARS AND COFFEE**— 10-Noon, Saturdays at Classic Bean; alternate Saturdays at Fellowship Bible Church, 10th & Urish.

**WOODSHED MARKET: NOTO EDITION 2ND SATURDAYS**— 10-4, in NOTO.

**SPLASH PAD YOGA AT EVERYG PLAZA**— Every Tuesday at 7pm.

**SUNRISE JAZZERCISE**— Everyg Plaza, Saturdays. 9-10am

**EATS AND BEATS**— Thursdays, 6-9pm, Everyg Plaza. Food trucks

**SUMMERWEEN TRICK OR TREAT**— Jun. 26, 6-8:30pm, NOTO Arts District. Free candy! Come in costume, live music, food trucks. Sponsored by MARS.

**EATS AND BEATS**— Jun. 26, 6-9pm, Everyg Plaza. Big Harry Blues Band, Blacktop Thunder

**DREAM ACRES CRUISIN 4 CHARITY CAR SHOW**— Jun. 28, 9-7, Forest Park, 3158 SE 10th St. Food trucks, vendors, live auction, more

**FARM TO FORK FESTIVAL**— Jun. 28, 3-10pm, 605 Cedar St., Perry, KS. Vendors, live music, kids activities

**NORTH TOPEKA COMMUNITY BAND CONCERT**— June 30, 7:30-9pm. Garfield Park Gazebo, 1600 NE Quincy

**LOPEZ/CRUZ FIREWORKS SHOW**— July 3, 6:15pm, Sante Fe Park

**SOUNDS OF LIBERTY**— July 2, 7pm, Everyg Plaza. Topeka Cello Collective summer concert

**SPIRIT OF KANSAS FIREWORKS & BLUES FESTIVAL**— July 4, 9am-11pm, Lake Shawnee - Reynolds Lodge. Live music, kids activities, vendors, food trucks, car show, fireworks at 10pm.

**WALNUT VIEW 4TH OF JULY PARADE**— July 4, 9-1, SE 34th Terr. & SE Arbor Dr & SE Burton.

**INDEPENDENCE DAY CELEBRATION**— July 4, 10am, Grace Cathedral

**COLLINS PARK NEIGHBORHOOD JULY 4TH PARADE**— July 4, 11am.

**STRAIGHT FROM BRANSON—A GARTH TRIBUTE**— July 22, 7pm. Coming to us from the Nashville Roadhouse Theater in Branson. This show is currently ranked the #2 rated show in Branson by Trip Advisor.

**MUSIC IN THE PARK**— July 6, 7pm, Gage Park Amphitheatre. Santa Fe Band

**EATS AND BEATS**— July 10, 6-9pm, Everyg Plaza. Dead City Rockers, Basement Melons

**SUMMERTIME BLUES**— July 16, 7-9pm, Gage Park Amphitheatre. The Coots, Tod's BBQ Food Truck

**EATS AND BEATS**— July 17, 6-9pm, Everyg Plaza. Ramona Clay, Restless Native

**HAYMAKERS SUMMER CONCERT**— July 18, 6pm, Redbud Park.

**FOR THE CULTURE**— July 24, Townsite Plaza.

**EATS AND BEATS**— July 24, 6-9pm, Everyg Plaza. Jack Wagoneers, Blazing Mojo

**MUSIC IN THE PARK**— July 27, 7pm, Gage Park Amphitheatre. Santa Fe Band

**PANCAKE FEED AT SHAWNEE CO. FAIR**— July 26, 7-12, Stormont Vail Events Ctr. \$% all you can eat.

**EATS AND BEATS**— July 31, 6-9pm, Everyg Plaza. Cover-smith, Howard Mahan Band

**MARK TRAMMELL QUARTET**— Aug. 1, 7pm, Wanamaker Woods Nazarene Church, 3501 SW Wanamaker Road. Doors open at 6pm. Concert begins at 7pm. No tickets are necessary. There will be a free-will "love offering" received during the concert. 785-273-2248; [office@wnnaz.org](mailto:office@wnnaz.org); [wnnaz.org](http://wnnaz.org)

**HHHS FOOD TRUCK NIGHT**— Aug. 2, 4-6pm. Live music, **TOUCH A TRUCK**— Aug. 2, 9-11am, Christ Lutheran Church, 3509 SW Burlingame. Free snacks for all. Free book for first 100 kids.

**EATS AND BEATS**— Aug. 7, 6-9pm, Everyg Plaza. Lazy Wayne Band, Bill Horn Band

**EATS AND BEATS**— Aug. 14, 6-9pm, Everyg Plaza. Delta Haze, Paradize Band

## ONGOING EVENTS / MEETINGS

**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](http://www.hopeandhealingacademy.com)

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

**THE HEAT**— FREE fitness classes for the community. Located at Florence Crittenton Services Center for Integrative Health, 5423 SW 7th St. [www.flocritkansas.org](http://www.flocritkansas.org)

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



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**MARK TRAMMELL QUARTET**

Concert at The Woods  
August 1  
7:00 pm

3501 SW Wanamaker Rd. • 785-273-2248 • [office@wnnaz.org](mailto:office@wnnaz.org)

- Doors open at 6pm
- Freewill Offering



**SENIOR FIT & FUN PROGRAM** - Every Mon., Wed., and Fri at 1:30 at Pleasant Hills United Methodist Church, 4525 NW Button Rd., 785-246-1737.

**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 LIONS CLUB** - 1st Mondays at Noon - 1 pm at The Capper Foundation, 3500 SW 10th Ave. Park on the North side. RSVP by Fri. for lunch/pay at the meeting. Visitors welcome. TopekaLions.org/contact-us to RSVP.

**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 madondaily@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. Contact Dave, davemathias@sbcglobal.net, or Betsy Thompson, betsyjthompson@gmail.com.

**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.

**HEALING AFTER LOSS TO SUICIDE (HeALS)** - Topeka support group meets the 1st and 3rd Tuesdays from 6:30-8, at 1st Congregational Church, 17th and Collins. For info: Topeka.heals@gmail.com or 785-380-9309.

**CAREGIVERS GROUP** - Caring Hearts of Hope meet 2nd & 4th Tuesdays from 5:30-6:30pm at Highland Heights Christian Church. Encouragement in God's word & prayer as well as conversation & sharing. Open to all who care for others with debilitating illnesses or injuries. For info, go to "Weekly Class List" at highlandheightscc.com or 785-379-5642.

**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 income required, 1st come 1st served. 785-234-1111 RandelMinistries.com

**VIP LUNCHEON FOR SENIORS** - Every Wed., 10:45 bible study and meal at Noon, Topeka Church of the Brethren, 3201 NW Rochester Rd. FREE lunch with Christian fellowship, devotions & entertainment provided by Topeka North Outreach, Free will donation. 785-224-8803; vip@topekanorthoutreach.org

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

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

**TOPEKA COSMOPOLITAN CLUB**: The Club that fights Diabetes -- Meetings: first three Thursdays of every month, 12 noon, at the Topeka Country Club.

**BRIDGE GROUP** - 1st & 3rd Thu. 1- 3:30pm, at Our Savior Lutheran Church, 2021 SW 29th. Make arrangements 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.

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

**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.

**CELEBRATE RECOVERY** - Every Fri., 6pm, 1912 Gage Blvd. A Christ-centered program, based on 8 principles found in Jesus' Sermon on the Mount. Applying these Biblical principles, become free from addictive & dysfunctional behaviors. crtopekaks.org.

**TOPEKA NAR-ANON FAMILY GROUP** - For families & friends who are affected by someone else's narcotic addiction. Every Mon. @ 7pm; Every Sat. at 10am. First Baptist Church, 3033 SW MacVicar, Enter Door A, Room 211. www.naranonmidwest.org

**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

**AL-ANON** is a support group for families and friends of alcoholics. For information on meetings in the Topeka area, call 785-215-1045 or email ais-topeka@kansas-al-anon.org. All correspondence is confidential

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

**Send your event information to:**

**info@TopekaHealthandWellness.com**

**See complete updated calendar at**



**TopekaHealthandWellness.com**

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Free Admission; Order lunch from menu if desired.

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

Save the Dates!

- Aug. 14: POWER Luncheon, 11:30-1
- Sep. 11: POWER Luncheon, 11:30-1
- Oct. 9: POWER Luncheon, 11:30-1
- Nov. 13: POWER Luncheon, 11:30-1



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





# Health & Wellness Marketplace

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

## MEDICAL

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

## MENTAL HEALTH - ADDICTION

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

## OFFICE SPACE FOR RENT

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

## FINANCIAL HEALTH



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6040 Bob Billings Parkway, Suite B  
Lawrence 785-832-8838

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