

**TOPEKA**

**SEPTEMBER 2025**

# Health & Wellness

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**MAGAZINE**



## HEALTHY AGING

What to expect,  
what you can do

Unpacking the Mindset Behind Everyday Complicity  
What Is Blocking Blood Flow & Resulting in Dis-Ease?

Your Guide to Eating Healthy Carbs  
Family Wellness Through Chiropractic Care

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# Healthy AGING Month



## eat a healthy & balanced diet

- Enjoy a diet filled with lowfat protein and dairy, whole grains and lots of fresh fruits and vegetables
- Cut down on unhealthy foods that are processed and high in sugar and fat as your body begins to store them easier and they are linked to heart disease and diabetes
- Add extra fiber into your diet--it can help lower your risk of heart disease, type 2 diabetes and cancer as well as keeping your colon working as it should



## stay active & fit

- Regular exercise can reduce your risk of heart disease, diabetes, arthritis pain, and even anxiety and depression
- Find a physical activity that you enjoy, whether it's bicycling, yoga, swimming, or strength training
- Incorporate elements of aerobic exercises to get your heart pumping, strengthening exercises to prevent muscle loss, stretching to keep you flexible, and balance exercises to prevent falls as you get older

## get regular checkups

- One of the best ways to stop health problems is to catch them before they start, or at least in the early stages
- Getting regular checkups is the best way to spot health problems and disease so that your chances of a cure and recovery are much greater
- Work with your doctor to decide what tests and screenings you will need based on your age, lifestyle habits, family history, and your personal medical history



## decrease stress & stay relaxed



- People who are depressed, guilty, or anxious are more likely to have major health problems than people who have a healthy outlook on life
- Lack of sleep and fatigue from being tense all day can harm your overall health
- Stop smoking as it harms nearly every organ of the body and leads to lung cancer, lung disease, heart and blood vessel disease, stroke, and cataracts as well as speed up the aging of your skin

# STAY HEALTHY

**"It's never too late to start exercising!"**

## REGULAR EXERCISE

### HELPS IMPROVE YOUR

- mood
- energy level
- overall well-being

### CAN LOWER YOUR RISK OF

- heart disease
- some cancers
- diabetes
- dementia



## WALKING

is probably the easiest exercise.

All you need is 30 MINUTES A DAY 5X A WEEK

YOU CAN  
BREAK  
THAT UP

MORNING

10

AFTERNOON

10

EVENING

10

## Improve Your Balance

### 4 Basic Exercises



#### KNEE BENDS Hold on to a sturdy chair or countertop

- 1
  - Keep back straight
  - Lower body and bend knees
  - Raise body back up
  - Repeat 10-15 times



#### HEEL RAISES Hold on to a sturdy chair or countertop

- 2
  - Stand straight
  - Raise up on toes slowly
  - Lower heels to ground slowly
  - Repeat 10-15 times



#### SIDE LEG RAISES Hold on to a sturdy chair or countertop

- 3
  - Keep back straight
  - Raise one leg out to side
  - Return leg to standing
  - Repeat 10-15 times
  - Switch sides



#### SIT TO STAND Use a sturdy chair

- 4
  - Sit in chair, feet on ground
  - Stretch both arms out front
  - Rise up to standing position
  - Sit back down
  - Repeat 10 times







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**PUBLISHER:** Lee Hartman 785-640-6399

Lee@TopekaHealthandWellness.com

**SALES & MARKETING:** 785-380-8848

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## ON THE COVER:

Our cover this month features women of various ages who are committed to healthy aging practices. Read more about this and other healthy living topics in the following pages.

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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](mailto:info@TopekaHealthandWellness.com).

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AN EVERYDAY HEALTH INFOGRAM

# CHILDHOOD OBESITY BY THE NUMBERS

Many U.S. kids are overweight or obese, and most don't exercise.



Source: CDC





# NOW

IS OUR MOMENT.



Now is the moment we've been waiting for. With new treatments emerging in the fight against Alzheimer's and all other dementia, now is the time for hope. Now is the time for action. Help us keep the momentum going in your community at the Alzheimer's Association Walk to End Alzheimer's®, the world's largest fundraiser to fight the disease.

**REGISTER AT ALZWALKNEKS.ORG**

## **2025 Walk to End Alzheimer's – Northeast, KS**

**Saturday, September 27, 2025**

**Lake Shawnee, Shelter #1**

**3400 SE Leisure Lane**

**Topeka, KS**

**Site Opens: 8:00 a.m.**

**Ceremony: 9:00 a.m.**

**Walking Begins: 9:30 a.m.**

**alzwalkneks.org**

*For more information contact Margaret Haden at 785.447.0434 or mhaden@alz.org*

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# Family & Kids Wellness Through Chiropractic Care

**A**t Beckley Chiropractic, we know that every stage of life brings its own challenges—and chiropractic care can support your family through them all. From toddlers taking their first steps to teens balancing sports and school, and parents trying to keep up with busy schedules, keeping the spine healthy makes a huge difference.

## Why it matters for kids:

Children's bodies grow and change rapidly. Daily stressors like heavy backpacks, sports, long hours at desks, and even tumbles on the playground can affect their posture and nervous system. Gentle chiropractic adjustments can:

- Encourage healthy growth and spinal development
- Reduce headaches, ear infections, and sleep issues
- Improve focus and behavior in the classroom
- Boost immune system function during cold and flu season

## Why it matters for parents & families:

Life is busy, and your body often takes the brunt of it. Chiropractic care helps parents and grandparents:

- Relieve tension, aches, and pains from work or caregiving
- Restore energy and flexibility for family activities
- Reduce stress and improve sleep
- Stay active, strong, and well for years to come

When your spine is aligned, your body can heal and function the way it was designed to. That means fewer sick days, more energy, and a healthier foundation for the whole family.

This month, we encourage you to make family wellness a priority—because when one family member feels their best, everyone benefits.

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 treatments, which are tailored to the specific individual needs of the patient. After tak-



ing 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.

## Also offering:

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- Massage therapy • Detoxification
- Spinal decompression therapy • Yoga classes

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**www.BeckleyChiropractic.com**

## Prenatal Yoga Class

**Class Details**

**Instructor:** Dr. Amber Beckley, - 200 RYT Certified Yoga Instructor

**Length:** 6 - 45minute sessions (Every other Thursday)

**Time:** 5-5:45pm

**Location:** Beckley Chiropractic & Wellness, 216 SW 7th St Topeka, KS 66603

**Cost:** \$25 per class

**Bring:** Yoga mat, water bottle, comfy clothes and an open heart

Join Dr. Amber Beckley for a deeply supportive and empowering 6-session Prenatal Yoga Series, designed to help expecting mothers connect with their bodies, their breath and their growing babies.

Held every other week, each session offers intentional movement, mindful breathwork and education tailored to the changing needs of pregnancy. Whether you're in your first trimester or preparing for birth, these classes offer physical support, emotional grounding and a safe space to connect with other moms-to-be.

**Each Session Will Focus on:**

**Session 1: Grounding & Breath**  
Learn how to connect with your breath and body to calm the mind and reduce stress during pregnancy and labor.

**Session 2: Pelvic Floor & Core Support** - Yoga ball work  
Explore gentle movements that support core stability and pelvic alignment to ease discomfort and prepare for birth.

**Session 3: Posture & Low Back Relief**  
Focus on relieving tension in the lower back, improving posture and maintaining balance as your body changes.

**Session 4: Sleep & Stress Relief**  
Unwind with restorative poses and calming breathwork to promote better sleep and relaxation.

**Session 5: Labor Prep & Mind-Body Connection**  
Gain tools and confidence for labor through visualization, breath techniques and hip opening sequences.

**Session 6: Connection & Celebration**  
Celebrate your strength and journey in a nurturing group circle, incorporating gentle flow, reflection and gratitude.



**Why Prenatal Yoga?**

Prenatal yoga supports physical comfort, emotional well-being and preparation for labor and motherhood. Dr. Beckley's holistic approach blends chiropractic knowledge with movement and mindfulness to help you feel confident and cared for throughout your pregnancy.

Go to  
**beckleychiropractic.com** and  
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SIGNS OF JESUS' SECOND COMING - THE TIME IS VERY NEAR

25 SCRIPTURES -- PREPARE TO MEET THY GOD

**POLITICAL** **Luke 21:25-28** “...men’s hearts failing them for fear...” Fear & perplexity: distress of nations. **Matthew 24:6,7; Joel 3:9-14; Revelation 11:18** “...nations are angry...nation shall rise against nation...but the time is not yet...” Wars and rumors of wars. **1 Thessalonians 5:2,3** “...comes as a thief in the night...” Great efforts for peace. **SOCIAL** **Daniel 12:4** “...to and fro...increased” Increase in knowledge; rapid travel. **2 Timothy 3:1-5** “...lovers of own selves...unthankful...lovers of pleasures more than God....” Moral decay. **James 5:1-8** “...you have nourished your hearts...” Conflict between capital and labor..

**PHYSICAL** **Revelation 6:12** Lisbon earthquake (1755) greatest earthquake ever recorded. **Matthew 24:7** “...and these are the beginning of sorrows.” Famines & pestilences; earthquakes **Matthew 24:29; Joel 3:15; Revelation 6:12** “...immediately after the tribulation of those day (dark ages)” Dark Day; Moon like Blood (May 19, 1780). **Matthew 24:37-41** Greatest meteorite shower (falling stars) ever recorded (November 13, 1833).

**RELIGIOUS** **Matthew 24:4,5; 2 Peter 3:3,4** “...hidden man of the heart....meek and quiet spirit...” False christs and teachers; evolutionary theories. **1 Timothy 4:1; Revelation 6:14** “...every island and mountain moved out of place...” Spiritualism; Satanist churches; interest in the occult. **Luke 18:8** Lack of simple faith.. **Matthew 24:12** Lack of true love. **Matthew 24:14** Gospel preached in all the world. **WATCH & PRAY**

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# Celebrating September's Healthy Aging Month: A Guide to Lifelong

September marks Healthy Aging Month, a time dedicated to raising awareness about the positive aspects of growing older and encouraging individuals to take proactive steps towards maintaining their health and well-being as they age.

This month serves as a reminder that aging can be a vibrant and fulfilling journey, filled with opportunities to enhance physical, mental, and emotional health.

Let's explore some practices that can help reduce the risk of Alzheimer's, cancer, and cholesterol, as well as those that improve mental health!



Rebecca Wharton

## Reduce the Risk of Alzheimer's

**1. Stay Mentally Active:** Engaging in activities that challenge the brain, such as puzzles, reading, or learning a new skill, can help keep the mind sharp and reduce the risk of Alzheimer's.

**2. Exercise Regularly:** Physical activity increases blood flow to the brain and reduces the risk of cognitive decline. Aim for at least 30 minutes of moderate aerobic exercise at least 5 times per week. Sitting is the new smoking, so MOVE your body!

**3. Healthy Diet:** The Mediterranean diet, rich in fruits, vegetables, whole grains, and healthy fats, has been linked to a lower risk of Alzheimer's. Incorporating omega-3 fatty acids found in fish like wild caught salmon, is also beneficial.

## Reduce the Risk of Cancer

**1. Avoid Tobacco:** Smoking is a leading cause of cancer. Quitting smoking can significantly reduce the risk of developing cancer. Each inhale of tobacco cuts off oxygen to your circulation and organs, increasing your blood pressure to accommodate the change. You are also breathing in over 700 chemicals per drag.

**2. Limit Alcohol Consumption:** Excessive alcohol intake is linked to various types of cancer. Moderation is key, with recommendations generally suggesting no more than one drink per day for women and two for men. Your liver is the only filter your body has, and it is constantly filtering out toxins from the environment. Alcohol STOPS metabolism so the liver can process the alcohol.

**3. Maintain a Healthy Weight:** Obesity increases the risk of several cancers. A balanced diet and regular exercise can help maintain a healthy weight.

## Reducing Cholesterol

**1. Heart-Healthy Diet:** Incorporate foods that are low in

saturated fats and high in fiber, such as fruits, vegetables, and whole grains. Foods rich in omega-3 fatty acids, like wild caught fish, can also help lower cholesterol.



**2. Regular Exercise:** Physical activity can help lower LDL (bad) cholesterol and raise HDL (good) cholesterol. Aim for a mix of aerobic exercises and strength training.

**3. Avoid Trans Fats:** Found in many processed foods, trans fats can raise cholesterol levels. Check food labels and avoid products containing partially hydrogenated oils.

## Practices Benefiting Mental Health

**1. Mindfulness and Meditation:** Practices such as meditation, journaling, coloring, gardening, dancing, box



breathing, tai chi, and yoga can reduce stress, improve mood, and enhance overall mental well-being.

**2. Social Connections:** Maintaining strong social ties can improve mental health and longevity. Engage in social activities, join clubs, or volunteer to stay connected with others who have a positive impact on your life.

**3. Adequate Sleep:** Quality sleep is crucial for mental health. Aim for 7-9 hours of sleep per night to help regulate mood and cognitive function. Use blue light filters or



glasses on your devices, turn down overhead lights a couple hours before bedtime, and only use your bed for sleep and intimacy. Your bed is a sacred place for rest.

**4. Professional Support:** Don't hesitate to seek help from mental health professionals if needed. Therapy and counseling can provide valuable support and coping strategies.

Healthy Aging Month is a wonderful opportunity to focus on adopting habits that promote long-term health and well-being. By incorporating these practices into daily life, individuals can reduce the risk of Alzheimer's, cancer, and cholesterol-related issues while enhancing their mental health.

Remember, it's never too late to start making positive changes that can lead to a healthier, more fulfilling life as you age. Celebrate this September by taking steps towards a vibrant and healthy future!

—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](mailto:thefunctionalnursecoach@gmail.com) or 913-298-1092.



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# The Oppressor Within: Unpacking the Mindset Behind Everyday Complicity

In last month's column, "Turning Trauma into a Superpower," I shared how my work as a microbiologist for a pharmaceutical company (which had me touring animal labs and farms) inspired me to travel down the plant-based path and how I was pleasantly surprised to find this helped with my lifelong struggles with food addiction.

Now I'd like to share how as I got farther along in this journey, I was inspired to write a play, which got a staged reading at a national conference, where it was filmed. It is my hope that after reading this month's article, you will be curious enough to look at my play (the script and video are posted on my website). It takes something that happened to me right here in Kansas, and uses it as an opportunity to make visible, a recurring dynamic that harms all of us, by juxtaposing my story with some historical events. The theme I seek to explore is how humans have the ability to rationalize or ignore specific injustices. I include myself in this too. While I *did* walk away from a job with extraordinary pay and benefits in order to not be a cog in a machine doing things I found morally problematic – I also realize I was very privileged to even feel that I had that option. Had I been a single mother with little support, or buried in debt, I might not have walked away.

That's why, my intent is not to judge others, but rather to shine a light on something that I believe if it was more openly discussed, could actually help mitigate this harmful dynamic. The fact is that even though the world has dictators and tyrants, those bad actors couldn't inflict near the level of harm that they do, without lots of normal, average, people going along with them. The sad reality is that "good




ADMIT ONE

ADMIT ONE

JUST IS

Do average, even "good" people drive injustice? How can we be sure that we are not facilitating oppressive systems? Audience discussion to follow this staged reading.

*"I was rather disappointed that fellow Christians would see my nonviolent efforts as those of an armorer."*  
Martin Luther King Jr.





people" *just like us*, are critical facilitators of oppression. More conversations about this possibility -- and especially cultivating our own ability to see what I think of as the, "oppressor mind set" *in one's self*, could do a lot to prevent injustice. And that is what my play, "Just Is" is about.

For example, when considering atrocities like Tuskegee, or the internment of Japanese-Americans – if we assume



that those who perpetrated these, were somehow different from the rest of us, (ie had some distinguishing moral deficit) then we miss an opportunity to prevent future injustices. Because the reality is – given appropriate social/cultural/economic incentives, the majority of us ARE capable of going along with terrible things that harm others, just as Yale Psychologist Stanley Milgram's famous experiments demonstrated. But here is something that I did not understand until more recently...that often the people supporting problematic policies actually believe that by doing so, *they are supporting some greater good*. (Google the article online: *The day I understood the 'good German'* by Rafaeli to explore this further.)

I loved Rafaeli's essay – not just because it articulated what

I have experienced – that good people are often the key to facilitating injustice, but also because it confirmed my more recent observation that often they are motivated to go along with harmful things *because* they believe they are facilitating some "greater" good. For a recent example – consider how those steering our institutions reacted to COVID with policies, which not only failed to reflect actual science, but fired and vilified good doctors and nurses hailed as heroes the year before, bankrupted small busi-



nesses, disrupted a generation of school children's education, and skyrocketed depression and addiction. All this while facilitating the greatest upward transfer of wealth ever. Yet when anyone tried to point these things out, or suggested that COVID policies might have more harms than benefits, they were smeared or censored. This all was able to happen because lots of good people supported the authoritarianism and censorship believing them "necessary" to, "save lives."

So that's the back story to the play. I would love to see a local theater group or social studies class use my play as a catalyst for discussions or to raise awareness. Go to this page: <https://joannfarb.weebly.com/justis.html> where I have posted the entire script of my play, "Just Is." You can also watch the 30-minute video of it being read on stage with props.

-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).



JoAnn Farb



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# What Is Blocking Blood Flow And Resulting In Dis-Ease?

**I**t is those everyday habits and behaviors that we think are fine.... Until we learn that it is not.

Today I am going to share about a few things. Bras and the technology like wireless earphones, and cells phones. What could they possibly have in common?

Both are blocking the blood flow...that's what. This will result in the dysfunction of your body. *Interested in learning more?*

## Let's start with bras.

We are victims of fashion and societal expectation of what we "should" and "should not" do. Yet, most of the programming is leading us to an early grave. If you want different outcomes, you must choose different patterns of behavior.

Since I was a robust woman (235 pounds) for 2 decades, during my "sick journey" my bras often time became too tight. Even if I bought the right size bra, it did not matter because I had so much inflammation, that the bra soon became too tight cutting off the blood flow and my body's ability to detox. That can result in the Big "C."

My mom, when she was alive, used to fit women for bras in her bridal store, and she always told me that most of us women wear our bras too tight. We live in a culture that says that we must wear bras. I was flat chested (pancake boobs), 12 years old and outfitted for a bra. Not a good plan. However, as I have grown wiser, I found a different way to play. I wear fitted tank tops (not too tight) and that typically will hold "the girls" in place.

Many women complain to me that their boobs sag. Well, if you gave your boob blood flow, it would feed your cells and the girls would have a much better chance of staying "perky." I stopped wearing bras in 2011 after breast reduction surgery and tossed them out completely in 2021.

## Men, listen in...

If you are wearing underwear that is too tight, you can have fertility issues, as tight underwear will hold the testicles too close to the body and potentially overheat. I think you get the picture. Tight clothing is not a good idea. For a deeper dive, you can read the book "Dressed To Kill," author Sydney Ross Singer and Soma Grismaier.

## Technology Will Clump Your Blood Cells

The technology is super safe...right? Not even. When you hold a cell phone at your ear, as we were all trained to do, it will clump your blood cells and it only takes minutes for that to happen. Then the clumped cells may not carry oxygen as efficiently, which could affect metabolism leading to blockages in small blood vessels. This area of the body is also connected to the vagal nerves which carry



signals between your brain, heart and digestive system. They're a key part of your parasympathetic nervous system. Vagus nerve damage can lead to food not moving into your intestines, racing thoughts, your nervous system will struggle to stay in a state of rest and digest. Plus, your brain is supposed to detox while you are sleeping, that vagal nerve is the pathway. If it is clogged, guess what, your brain has nowhere to dump the toxins. So where will they go? Toxins are stored in our fat cells and the brain is 70% fat. So, I hope you are seeing the light now.

Men, don't carry the phone in your pants pockets and women, don't store that phone by your breast either. Just understand that wherever you put the phone is where you will have the blood flow problem. Consider that breast cancer and prostate cancer are on the rise and you can modify your behavior to achieve a different outcome.

## It is all connected

I have a spoiler alert for you. I was studying the meridians of the body; using targeted redlight therapy to support someone who had a gallbladder issue. Remember, the whole body is connected and we can't just focus on parts; rather we focus on how they are all related. One of the meridian points on the body that needed to be released is right under the breast line where we would ordinarily wear a bra. So, not only are you giving yourself



breast issues you are setting yourself up for gallbladder or liver issues, too! If you are cutting off the flow of energy in the body, that means that eventually, your body will suffer and result in dis-ease.

What are some easy solutions? I have used several products that help us get into a state of rest and digest (parasympathetic state), increase micro-circulation, and mitigate EMF – the electrosmog from our technology. You can learn more by scanning the QR codes.

Need an appointment? 15-minute Free Consults are my thing.

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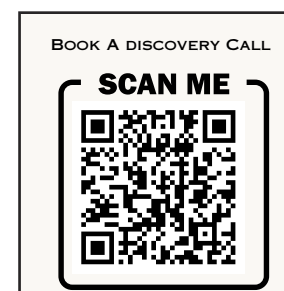
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# Healthy Aging: What to expect, what you can do

**W**onder what's considered a natural part of the aging process? Here's what to expect as you get older — and what you can do about it.

You know that aging will likely cause wrinkles and gray hair. But do you know how aging will affect your teeth, heart and sexuality? Find out what changes to expect as you continue aging — and how to promote good health at any age.

## Your cardiovascular system

### What's happening

The most common change in the cardiovascular system is stiffening of the blood vessels and arteries, causing your heart to work harder to pump blood through them. The heart muscles change to adjust to the increased workload. Your heart rate at rest will stay about the same, but it won't increase during activities as much as it used to. These changes increase the risk of high blood pressure (hypertension) and other cardiovascular problems.

### What you can do

To promote heart health:

- Include physical activity in your daily routine. Try walking, swimming or other activities you enjoy. Regular moderate physical activity can help you maintain a healthy weight and lower your heart disease risk.
- Eat a healthy diet. Choose vegetables, fruits, whole grains, high-fiber foods and lean sources of protein, such as fish. Limit foods high in saturated fat and salt.
- Don't smoke. Smoking contributes to the hardening of your arteries and increases your blood pressure and heart rate. If you smoke or use other tobacco products, ask your doctor to help you quit.
- Manage stress. Stress can take a toll on your heart. Take steps to reduce stress, such as meditation, exercise or talk therapy.
- Get enough sleep. Quality sleep plays an important role in the healing and repair of your heart and blood vessels. Aim for seven



to nine hours a night.

## Your bones, joints and muscles

### What's happening

With age, bones tend to shrink in size and density. This weakens them. Age-related bone changes also might cause you to become a bit shorter. Muscles tend to lose strength, endurance and flexibility. That in turn can affect coordination, stability and balance. These changes raise the risk of falls. Falling with weaker bones makes it more likely that you could break a bone.

### What you can do

To help bones, joints and muscles stay healthy:

- Get enough calcium. Adults should aim to get at least 1,000 milligrams (mg) of calcium a day. Women age 51 and older, and men 71 and older should aim to get 1,200 mg a day. You can get calcium from foods such as dairy products, broccoli, kale, salmon and tofu. If you find it hard to get enough calcium from your diet, ask your doctor about calcium supplements.
- Get enough vitamin D. Adults up to age 70 should aim to get 600 international units (IU) of vitamin D a day. Adults older than 70 should aim to get 800 IU a day. Sources of vitamin D include tuna, trout, salmon, eggs, vitamin D-fortified milk and vitamin D supplements. The body



also makes vitamin D when exposed to direct sunlight.

- Include physical activity in your daily routine. Weight-bearing exercises can help you build strong bones and slow bone loss. These exercises include walking, jogging, tennis, climbing stairs and weight training.
- Don't abuse substances. Smoking tobacco and drinking too much alcohol can lessen bone mass and raise the risk of fractures. If you smoke, get help quitting. If you drink alcohol, you'll likely feel its effects more strongly as you get older. That can raise the risk of serious injuries from falls and car accidents. Ask your healthcare professional how much alcohol might be safe for your age, sex and general health.

## Your digestive system

### What's happening

Age-related structural changes in the large intestine can result in more constipation in older adults. Other contributing factors include a lack of exercise, not drinking enough fluids and a low-fiber diet. Medications, such as diuretics and iron supplements, and certain medical conditions, such as diabetes, also might contribute to constipation.

### What you can do

To prevent constipation:

- Eat a healthy diet. Make sure your diet includes high-fiber foods, such as fruits, vegetables and whole grains. Limit high-fat meats, dairy products



and sweets, which might cause constipation. Drink plenty of water and other fluids.

- Include physical activity in your daily routine. Regular physical activity can help prevent constipation.
- Don't ignore the urge to have a bowel movement. Holding in a bowel movement for too long can cause constipation.

## Your bladder and urinary tract

### What's happening

Your bladder may become less elastic as you age, resulting in the need to urinate more often. Weakening of bladder muscles and pelvic floor muscles may make it difficult for you to empty your bladder completely or cause you to lose bladder control (urinary incontinence). In men, an enlarged or inflamed prostate also can cause difficult emptying the bladder and incontinence.

Other factors that contribute to incontinence include being overweight, nerve damage from diabetes, certain medications, and caffeine or alcohol consumption.

### What you can do

To promote bladder and urinary tract health:

- Go to the toilet regularly. Consider urinating on a regular schedule, such as every hour. Slowly, extend the amount of time between your toilet trips.
- Maintain a healthy weight. If you're overweight, lose excess pounds.
- Don't smoke. If you smoke or use other tobacco products, ask your doctor to help you quit.
- Do Kegel exercises. To exercise your pelvic floor muscles (Kegel exercises), squeeze the muscles you would use to stop passing gas. Try it for three seconds at a time, and then relax for a count of three. Work up to doing the exercise 10 to 15 times in a row, at least three times a day.
- Avoid bladder irritants. Caffeine, acidic foods, alcohol and carbonated beverages can make incontinence worse.
- Avoid constipation. Eat more fiber and take other steps to avoid constipation, which can worsen incontinence.



## Your memory and thinking skills

### What's happening

Your brain undergoes changes as you age that may have minor effects on your memory or thinking skills. For example, healthy older adults might forget familiar names or words, or they may find it more difficult to multitask.

### What you can do

You can promote cognitive health by taking the following steps:

- Include physical activity in your daily routine. Physical activity increases blood flow to your whole body, including your brain. Studies suggest regular exercise is associated with better brain function and reduces stress and depression — factors that affect memory.
- Eat a healthy diet. A heart-healthy diet may benefit your brain. Focus on fruits, vegetables and whole grains. Choose low-fat protein sources, such as fish, lean meat and skinless poultry. Too much alcohol can lead to confusion and memory loss.
- Stay mentally active. Staying mentally active may help sustain your memory and thinking skills. You can read, play word games, take up a new hobby, take classes, or learn to play an instrument.
- Be social. Social interaction helps ward off depression and stress, which can contribute to



your doctor.

## Your eyes and ears

### What's happening

With age, you might have difficulty focusing on objects that are close up. You might become more sensitive to glare and have trouble adapting to different levels of light. Aging also can affect your eye's lens, causing clouded vision (cataracts).

Your hearing also might diminish. You might have difficulty hearing high frequencies or following a conversation in a crowded room.

### What you can do

To promote eye and ear health:

- Schedule regular checkups. Follow your doctor's advice about glasses, contact lenses, hearing aids and other corrective devices.
- Take precautions. Wear sunglasses or a wide-brimmed hat when you're outdoors, and use earplugs when you're around loud machinery or other loud noises.



—By Mayo Clinic Staff



# New Study Suggests We've Been Thinking About the 10 Percent

**M**ost distance runners know the 10 percent rule: Don't increase your weekly mileage by more than 10 percent. If you do, you might get injured.

But new research suggests that axiom could use a revision, suggesting runners shouldn't necessarily limit increases to their weekly mileage to 10 percent—they should limit their daily mileage increase to that percentage.

It all began when Rasmus Oestergaard Nielsen, Ph.D., an associate professor of epidemiology at Aarhus University and senior author on the study, started to question the traditional 10 percent rule after his lab couldn't produce results that backed it up.

We looked at 10 different datasets over the years, and they didn't support this gradual increase narrative," he says. "We couldn't figure out what was going on."

As a runner himself, Nielsen is no stranger to overuse injuries, and having worked in physical therapy clinics, he's talked to a lot of injured runners, too. He quickly started to realize there was a pattern.

"I'd hear people say, 'I went to a single running ses-

sion, and I really just did too much,'" he says. "When I looked at my own injury experience, that's also what I did at times: In one run, I just did way too much."

Prompted by this anecdotal data, Nielsen decided to look at whether mileage increases from run to run could predict overuse injuries.

## A New Take On the 10 Percent Rule

For the recent study, published in the British Journal of Sports Medicine, Nielsen and his team recruited more than 5,000 injury-free runners who agreed to share their Garmin GPS watch data and complete a weekly injury questionnaire for 18 months.

Using the watch data, the researchers performed three calculations: changes in mileage from week to week; acute-to-chronic workload ratios (which involves dividing the most recent week's mileage by the average of the previous three weeks); and the most recent running session's mileage relative to the longest run in the past 30 days. By incorporating injury data from the questionnaires, they then looked for correlations between injury risk and changes in mileage either by week or by individual run.

By the end of the study, more than a third of the runners reported an injury, with a significant majority of injuries classified as overuse injuries. Study findings showed no significant correlation between mileage changes week over week or acute-to-chronic workload and injury risk. However, when runners increased a single run by more than 10 percent of the longest run they'd done in the past 30 days, their injury risk rose dramatically.

For small spikes in distance (10 to 30 percent longer), runners' injury risk increased by 64 percent. For moderate spikes (30 to 100 percent longer), it was 52 percent. And for

large spikes (doubling your longest run in the past 30 days), the risk rose to 128 percent.

"This is a really big paradigm shift," Nielsen says. "The narrative in clinical practice and in textbooks says that overuse injuries develop gradually over time. Instead, our data suggests maybe these injuries can develop in a single session."

## What This New Approach Could Mean for You

The study suggests runners limit increases in individual sessions to no more than 10 percent of the longest run completed in the past 30 days. This is reasonable guidance from a public health perspective considering injury is a common reason why so many runners fail to stick with the sport.

But what about those training for a race—do these findings mean it's time to chuck existing training plans out the window?

Not necessarily, says Greg Laraia, a running coach and board-certified athletic trainer at Manhattan-based physical therapy and coaching clinic Motivny.

"There are a million other factors that play into someone's injury risk and what they can handle for a training plan," he says. Changes in frequency, duration, time, stress, terrain and even running shoes are all things to consider, he explains. Essentially, doing too much of anything that stresses the body in a way it's not used to could increase injury risk.




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# Healthy Recipes for the Fall Season

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

## Easy Turkey Chili



This may be the world's easiest one-pot chili.

### Ingredients

- black pepper 1/2 tsp
- salt 1/2 tsp
- cumin 1 tsp
- chili powder 1 tbsp
- no-salt-added diced tomatoes 1 14.5-ounce can
- yellow onion (peeled and diced) 1 small
- bell pepper, any color (diced) 1
- lean ground turkey 1 lbs
- nonstick cooking spray 1

### Directions

Add cooking spray to a stock pot over high heat. Add the turkey and sauté until just cooked through, about 7-8 minutes.

Add the remaining ingredients and bring to a boil. Reduce to a simmer for 15 minutes.

Serve hot or cool to room temperature, then store in an airtight container in the refrigerator for up to one week or package in freezer bags in one cup increments for up to 3 months.

### Nutrition Information (Servings: 4)

Per serving: 170 calories; fat 2g ; carbohydrates 11g; protein 28g; sodium 430g; sugars 5g; fiber 3g

Source: diabetesfoodhub.org

## Pesto Pork Tenderloin



The bright nutty flavor of pesto combined with pork tenderloin makes this an easy dinner.

### Ingredients

- pork tenderloin (trimmed) 1 lbs
- prepared pesto (divided) 2 tbsp
- Olive oil cooking spray 1 coat
- garlic (crushed) 2 clove
- yellow onion (sliced) 1/4 cup
- broccolini 9 oz
- grape or cherry tomatoes 20 whole

### Directions

Preheat the oven to 450 degrees F. Line a sheet pan with foil and spray it with cooking spray.

Place pork tenderloin on a cutting board. With a sharp knife, slice vertically down the center of the pork tenderloin, being careful to not go all the way through. Open the pork like a book and flatten it with your hands.

Spread 1 tablespoon of the pesto over the opened pork tenderloin and fold it back over. Spread the other tablespoon over the outside of the pork and let it sit for 30 minutes to an hour.

Place 1 teaspoon of olive oil in a large skillet and heat it over medium heat. Once the skillet is hot, carefully place the pork in the skillet and let it cook for about 5 minutes, until you can easily lift it from the skillet and it is browned. Turn it over and brown the other side, about 5 minutes.

Remove it from the skillet and place it on one end of the prepared sheet pan. On the other end, spread out the broccolini, onions, garlic, and tomatoes. Spray them lightly with olive oil.

Place the pan in the middle of the oven and roast for about 20 minutes, until the pork registers 145 degrees F on an instant-read thermometer and the broccolini and tomatoes are lightly browned.

Remove from the oven and cover the vegetables lightly with foil. Place the pork on a cutting board and let it rest for about 10 minutes before slicing into thin medallions.

### Nutrition Information (Servings: 4)

Per serving: 160 calories; fat 8g; carbs 15g; protein 9g; sodium 60g; sugars 82; fiber 32

Source: diabetesfoodhub.org

## Pumpkin-Banana Muffins



Start your morning with a sweet, diabetes friendly treat with these pumpkin-banana muffins. Lower in carbs than store-bought muffins, pair this with a cup of coffee for the perfect start to your day.

### Ingredients

- white whole wheat flour 1 1/2 cup
- brown sugar 1/3 cup
- baking soda 1 tsp
- salt 1/2 tsp
- pumpkin pie spice 2 tsp
- eggs 2
- pumpkin puree 1 cup
- canola oil 3 tbsp
- banana(s) (mashed) 1 small
- vanilla extract 1 tsp
- walnuts (finely chopped) 1/4 cup

### Directions

Preheat the oven to 350 degrees F and line a muffin tin with liners.

Mix flour, sugar, baking soda, salt, pumpkin pie spice in a large bowl.

In a small bowl, mix together the eggs, pumpkin puree, oil, banana, and vanilla.

Pour the wet ingredients into the dry ingredients and stir to combine. Gently fold in the walnuts.

Scoop the batter into muffin tins and bake for 18-20 minutes, until a toothpick comes out clean.

**Nutrition Information (Servings: 12) 6**

Per Serving: 140 calories; fat 7g; carbohydrates 20g; protein 3g, sodium 220g; sugars 7g; fiber 3g

Source: diabetesfoodhub.org



# Back to School: Homework Help On A Budget



(Ivanhoe Newswire) —

**B**ack to school season is here and while some students ease right back in, others struggle to keep up. Tutoring can help boost confidence and grades, but it can also be expensive.

Whatever the struggle, tutoring can make a big difference. Research shows one-on-one support can improve test scores by an average of 12 percent.

But that extra help can come at a cost. A typical tutor session ranges from 40 to 80 dollars an hour. But we found ways to get your child the help they need without breaking the bank.

First: try an online tutor: they typically charge 20 to 30 percent less. Also, you might want to consider signing up for a pre-paid package that includes a set number of tutoring hours. They will cost less per session. Another way to save money is to try small group tutoring sessions. Or book a shorter session such as 30 to 45 minutes as opposed to a whole hour.

There are also some free tutoring resources online.

SchoolHouse.World is a platform for free,



peer-to-peer tutoring where anyone can receive live help and pay it forward by becoming a tutor themselves. CovEducation (coved.org) partners with local organizations to provide free tutoring and mentoring. And UPchieve.org is a non-profit that provides free online one-on-one high school tutoring to those who need it.

Remember, the right support can make all the difference, and you don't have to spend a fortune to get it.

According to a Pew Research Center report, the number of students receiving tutoring services has increased significantly over the past few years, mostly due to COVID.

About one in five upper-income parents have hired a tutor to help their child with distance learning.




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# Your Guide to Eating Healthy Carbs

**M**aking the right choice isn't as hard as you may believe. Think of carbs as raw material that powers your body. You need them to make sugar for energy.

They come in two types: simple and complex. What's the difference? Simple carbs are like quick-burning fuels. They break down fast into sugar in your system. You want to eat less of this type. Complex carbs are usually a better choice. It takes your body longer to break them down.



## Read the "Fine Print"

Nutrition labels offer an easy way to spot added sugar, the source of simple carbs that you want to cut back on. Just look for words that end in "ose." The chemical name for table sugar is sucrose. Other names you might see include fructose, dextrose, and maltose. The higher up they appear in the ingredients list, the more added sugar the food has.

## Just Avoid Simple Carbs?

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



## Get Smart About Bread

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

## What About Fruit?

They're sweet, which must mean they have simple carbs, right? That's true, but they're still a healthy choice. They've got fiber in them, which helps slow the breakdown of sugar. Plus, most are a good source of nutrients like vitamin C and potassium. Fruits with skins you can eat, such as pears, apples, and berries, are especially high in fiber.



## Watch What You Drink

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



## Think Fall

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



## Sweeten With Caution

You can quickly load up on simple carbs if you're not careful about what you stir into your hot drink or put on your oatmeal. Go easy on brown sugar, maple syrup, honey, and molasses. And don't overdo it on fancier-sounding sweeteners, like turbinado and agave nectar. They're also sources of simple carbs.



## Bring on the Beans

They're a good way to get complex carbs. Whether you choose kidney, white, black, pinto, or garbanzo, beans have lots of fiber. While you're on that aisle in the grocery store, think about picking up some lentils or split peas, another way to add complex carbs to your diet.



## A Guilt-Free Treat

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



## Great Grains to Try

Maybe you've heard of quinoa, the whole grain from South America. Some other new-to-you whole grains are becoming more widely available, and they can be a good choice to get complex carbs in your diet. Some grains to look for are millet, a staple from Africa and Asia, bulgur, which is used in Middle Eastern dishes, and triticale, a hybrid of wheat and rye.



## Which Kind of Rice?

Which should you choose? White rice is a "refined" grain, meaning it has lost some key nutrients during processing, like fiber. But brown rice is a whole grain, a good source of complex carbs.





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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.

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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...**

## The Gym Confessional

**S**ome of the most incredible outcomes happen in the most unlikely of places. Take my gym for example. They have several group exercise rooms, a spin room, the cardio room, and another room with selectorized weight machines and various other gear. Then there's the free weight room. AND THEN there's the iron pit or what we now fondly call the gym confessional.

To get to the iron pit you go past the water fountain, down the hall and at the back of the building you literally go down steps into the "pit". There you'll find more free weights along with squat racks, deadlift platforms, sleds and more - A LOT MORE! Here, even though there's AC, you'll find a big shop fan blowing. Gym chalk isn't just allowed it's encouraged. - so that you can grab hold of your greater potential. The pit is known for some serious lifting by both men and women and for some seriously tough gym attitude too. It's a place with it's own culture, which is why the gym confessional became such a powerful counter culture.

You'll find my friend Chet Priest in the iron pit usually 3 times per week. Guy's call him "Priest the Beast" and for good reason. He's huge. He's never pursued getting his pro card. Said he didn't need it - didn't want it. Maybe that's why people are often surprised to discover that he's even a huger Christ follower, with, I can tell you, the hugest amount of humility and grace.

The iron pit was on the verge of being closed by management. Frequent and loud profanity, wandering eyes, lots of lust topped with arrogance, lies

and mean spirited behavior was the reputation of the pit. Yeah it was bad and some of the worst there were puzzled how Priest could push so hard right along with them and yet never join in any of the ugliness. It drove 'em crazy.

One day, with a guy spotting him and several others watching, the Beast squatted a new personal best — barely. In the midst of his lift, Andre, yelled from behind, "Come on man, for Christ's shake, show us what your F\*\*\*in' made of!" With the lift successfully complete, and everyone now cheering, Chet returned the weights to the rack, looked at Andre and gently said, "For your sake, Christ died." The room got real still — real fast. Priest then looked at everyone and continued, "Christ died for all of us that we could be made new." Then he started to walk out of the room.

Andre scoffed with a smirk on his face, "Bless me Father, for I have sinned. It has been ... too long — maybe never, since my last confession."

Priest slowly, quietly and yet deliberately turned around and looked directly into Andre's eyes. Everybody thought he was going to beat the crap out of him. In that long silent moment we all stood stunned and caught off guard. The fan roared. Andre's head dipped as he repeated the grave truth, "I... I HAVE sinned." Chet walked up to him and gave him a big bear hug — and I swear I've never seen Andre weep like he did that day, first with pain and regret, then with repentance, and most notably with joy as he experienced God's grace that day. To this day Andre still calls that moment his personal best.

That was a few years ago and all of us since then have found that the gym confessional isn't just a place to lift heavy. It's become our place to be accountable to each other, repent and grab hold firmly to God.



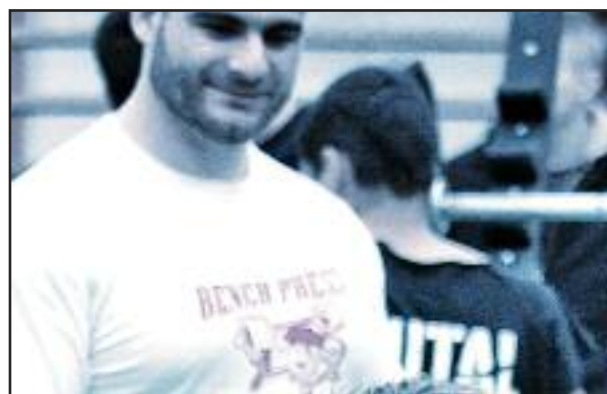
### THINK ABOUT IT

Your gym may not be the 'iron pit' but chances are you've seen more going on than just physical exercise. In fact, if you're honest, some of what's going on is going on inside your own head. Take a moment to look directly into you. Give it a long silent moment. What is the culture of your heart?

In this story humility and grace are two qualities identified that give Chet Priest a reputation of loving Jesus. What Jesus qualities do you want people to see in you? How do you communicate and demonstrate those qualities?

Sometimes life circumstances can come together to create a pivotal point. On a spiritual level that point can be the Spirit of God calling you to be obedient and be used of God for His purpose. In this scenario it was Andre's choice words spoken in the presences of others as Chet was in a physically challenging moment that led to Chet speaking faith-building life-giving words. What extreme or dramatic moments with others have you experienced? In those moments how has God's Spirit moved on you? How did you respond? What was the outcome?

The concept of making a sincere confession, whether to God alone or in the presence of someone is difficult for many. What challenges do you face in this regard? What does it mean to have a mindset that is freed by God? Identify the qualities you would need in an individual or small group to pursue deeper fellowship and accountability. How would you grow in God if that was a consistent part of your lifestyle?





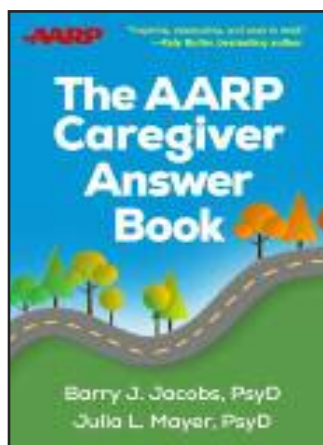
# New Health & Wellness Info at the Library

By Alex Henault

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

**The AARP Caregiver Answer Book** – by Barry J. Jacobs, Julia Mayer; The Guildford Press; 2025 New Books 610.84 JAC

If you're among the millions of people annually who take on the role of providing unpaid care to family, friends, or neighbors, you are sure to face tough questions. How do I coordinate the care my loved one needs? How can I get other relatives to pitch in?

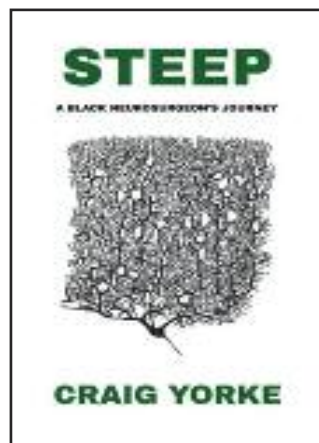


Who pays for all this? Husband-and-wife psychologists Barry J. Jacobs and Julia L. Mayer--who have counseled family caregivers for over 30 years and cared for their own aging parents for a decade--have answers. Written in a Q&A format, this easy-to-navigate guide is packed with information, problem-solving and coping ideas, resources, stories, and communication tips. Drs. Jacobs and Mayer compassionately address everything you need to know to help your parent, spouse, or other care receiver. From managing family conflicts to hiring aides to optimizing end-of-life care, this is a book to return to at every step of the journey.

**Steep: A Black Neurosurgeon's Journey** – Craig Yorke; Flint Hills Publishing; 2025 New Books 610.92 YOR

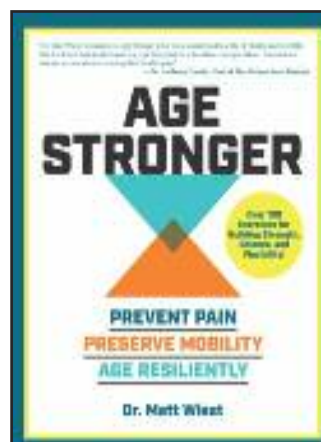
A kid from Boston's ghetto becomes a neurosurgeon. His ancestors insist he avenge centuries of pain with a life of infinite success, but he and his elite education find their way to an unlikely destination, where he wrestles with his history and the armored identity it has imposed. Steep traces an odyssey from a poor Boston neighborhood to a neurosurgical practice in Middle America -

a story of resilience and self-discovery that will resonate with anyone who has ever wrestled with their past and its demons as they chased the American Dream. Yorke's story will resonate with anyone who's run from their past, anyone whose world feels too small.



**Age Stronger: Prevent Pain, Preserve Mobility, Age Resiliently** – by Matt Wiest; Fair Winds Press; 2025 New Books 613.70446 WIE

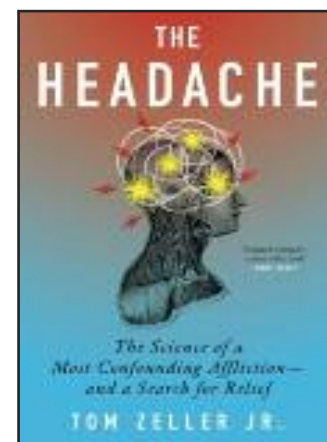
Looking to feel stronger and more flexible as you age? Aging Stronger is your program for doing just that, complete with photo-illustrated step-by-step instructions. People worldwide are living longer but they aren't living better. Chronic illness and obesity are on the rise and basic mobility issues are the most common disability of getting older. The biggest predictor of aging well is strength and mobility. While accounts on social media giving short-form workouts abound, quick fixes don't work and they will likely get you injured. The body must be worked in a systematic way that builds and preserves strength for functional movement and flexibility. This book gives you the plan to do it successfully. Written by top strength and rehab expert Matt Wiest, Aging Stronger gives you: A realistic and sustainable 3-tier functional fitness approach that relieves the nagging aches and pains you've learned to endure; A program that will build strength and mobility for your later years; Simple exercises broken down with



step-by-step instructions so you can understand how to do each move safely and effectively; 200 full-color photographs showing proper form. Avoid fragility and age stronger with this accessible guide at your side.

**The Headache: The Science of a Most Confounding Affliction – And a Search for Relief** – by Tom Zeller Jr.; Mariner Books; 2025 New Books 616.8491 ZEL

Virtually everyone has experienced a headache--a nuisance arising from occasional stress or as payback for last night's overindulgence. But for hundreds of millions of people, headaches are a different beast. From blinding migraines to severe headache disorders known as 'clusters,' recurring head pain can upend entire seasons of life. And perhaps owing to the ordinariness of the very word 'headache,' these disorders are frequently trivialized. In *The Headache*, veteran science journalist Tom Zeller Jr. takes readers on an odyssey both intimate and panoramic, through his own decades-long struggle with excruciating head pain, and across the scientific landscape of a group of disorders that is--to the chagrin of sufferers--as much a curse as a cultural punchline. He visits cutting-edge clinics; interviews dozens of doctors, neurologists, and fellow headache patients; participates in clinical trials for multimillion-dollar new medicines; and even experiments with psilocybin in search of relief. Along the way, Zeller traces the longer arc of mystery around headaches, from prehistoric skull surgery to Virginia Woolf's assertion that, in the throes of a migraine, 'language runs dry,' to reveal how headaches became one of the most under researched afflictions in medicine--and how that is slowly starting to change. With warmth, wit, and infectious curiosity, Zeller's search for the

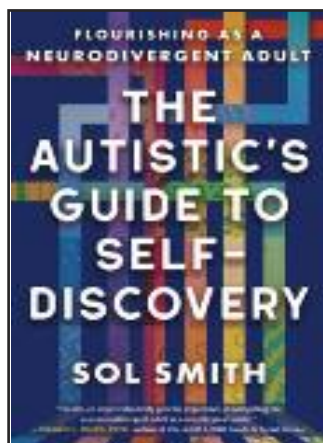




origins of his own headaches becomes a journey into the inner workings of the human nervous system, and an illuminating look at the nature of pain itself.

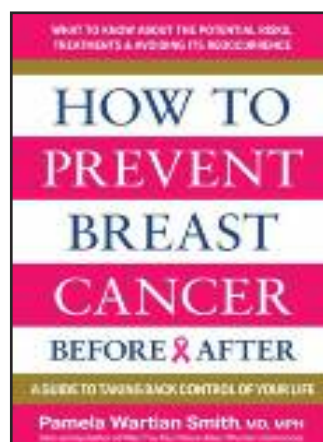
**The Autistic's Guide to Self-Discovery: Flourishing as a Neurodivergent Adult** – by Sol Smith; New World Library; 2025 New Books 616.85882 SMI

A guide to self-acceptance and empowerment for autistic adults. Through research, practical advice, and personal anecdotes, the book helps readers embrace their neurodivergence, navigate social challenges, and lead fulfilling, authentic lives.



**How to Prevent Breast Cancer: Before & After: A Guide to Taking Back Control of Your Life**—by Pamela Wartian Smith; Square One Publishers; 2025 New Books 616.994 SMI

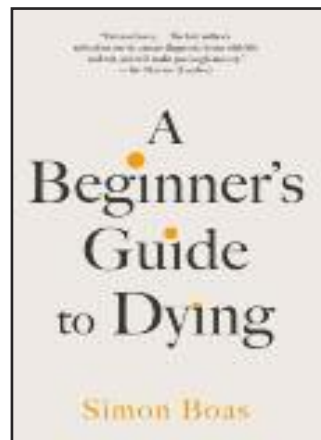
Each year, over 300,000 women in the United States alone are diagnosed with some form of breast cancer, yet that doesn't tell the whole story. Today, more than 4 million women worldwide are living with this disease—both during and after treatments. Knowing that 1 in 8 women will develop this disease in their lifetime, bestselling health author Dr. Pamela Wartian Smith has written this book to answer the many crucial questions women may have about this cancer. The book is divided into two sections. Part 1 looks at the basics—the nature of this illness, how it is diagnosed, and the various forms it may take. It then looks at the conventional treatments now available, including surgery, radiation, and hormonal and



chemotherapy protocols. Part 2 examines the risk factors that may bring on this type of cancer—the ones that cannot be changed (such as age, gender, and genetics), and those that can be changed (including cigarette addiction, poor diet, obesity, and more). This section explains why these factors are harmful, and what you can do to minimize or eliminate these risks entirely. It also focuses on the immune system. The human body has a natural defense against diseases, including cancers. By knowing how to maximize this first line of protection, you stand your very best shot at being able to help prevent breast cancer—or its potential reoccurrence.

**A Beginner's Guide to Dying** – by Simon Boas; Vintage Books; 2025 New Books 616.99431 BOA

In his mid-40s, aid worker Simon Boas was diagnosed with incurable cancer – it had been caught too late, and spread throughout his body. But he was determined to die as he had learned to live – optimistically, thinking the best of people, and prioritizing what really matters in life. This book traces Boas' exploration of this practice.



**Millennial Menopause: Preparing for Perimenopause, Menopause & Life's Next Period** – by Lauren A. Tetenbaum; Ulysses Press; 2025 New Books 618.175 TET

Menopause is often misunderstood, under-discussed, and even stigmatized. For millennial women, navigating this next chapter may seem daunting. How can you find surety and balance within all of the noise? How can you pinpoint what is an old wives' tale and what is fact based in modern science? In Millennial Menopause, this generation finally has the handbook it deserves a fresh, relatable, and empowering guide to understanding modern menopause. From hormonal changes and mental health to the impact on careers, sex lives, and friendships, Millennial Menopause covers it all. With real-life anecdotes, professional advice, and important discussions on how menopause is (and isn't)

portrayed in the media, this book encourages millennial women to advocate for themselves, embrace their bodies, and navigate this phase with confidence. Whether you're just starting to wonder "What's next?" or already feeling the effects, this book offers practical tips, expert interviews, and a much-needed sense of sisterhood. After all, this isn't just the end of one chapter – it's the beginning of an empowered new era.

Get These Books, DVDs and More! Search for and request books, movies and more using your library card at <http://catalog.tscpl.org> or call (785) 580-4400.

Check out our article [“Find Healthy Reading Options while you are Safer at Home”](#) at [tscpl.org](http://tscpl.org). Learn about our Curbside Pickup, delivery through TSCPL @ Home, and our many digital options through Libby, Overdrive, Hoopla, and Flipster.

Checkout and download ebooks, digital audiobooks, streaming exercise videos and motivational tunes with your library card at [tscpl.org/downloads](http://tscpl.org/downloads) or [tscpl.org/downloads/ebooks](http://tscpl.org/downloads/ebooks).



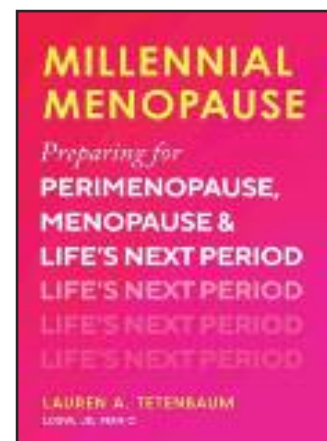
**Contact Lissa Staley:**

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

**Topeka & Shawnee County  
Public Library**

**1515 SW 10th Ave., Topeka, KS 66604**

**785-580-4400 • [www.tscpl.org](http://www.tscpl.org)**





# 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.

**MONDAY FARMERS MARKET**—Mondays 7:30-11:30am, May 12 thru Sep. 29, Topeka & Sh. Co. Library, 10th & Wash-

burn. (closed Memorial Day & Labor Day)

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

**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.

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

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

**WOODSHED MARKET**—Sundays 10-3, 1901 N. Kansas Ave.

**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

**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;

**SPLASH PAD YOGA - EVERYGY PLAZA**—Tue 7pm.

**EATS AND BEATS**—Thursdays, 6-9pm, Everygy Plaza. Food trucks and music

**GAGE PARK FOUNDERS FEST**—Aug. 29-30. Friday, the Kansas Children's Discovery Center will be open for free from 9-5. Saturday, enjoy free train rides & carousel rides, rec & roll van, free zoo admission, food trucks and more.

**ICT COMIC CON AND SCIENCE FICTION EXPO**—Aug. 30-31, 225 W Douglas, Wichita. Home for all things science fiction, comics, literature, movies and horror films with artists, writers, movie industry guests, including Heather Thomas (Fall Guy), Wrestler Hacksaw Jim Duggan, Olivia D'Abo (Conan the Destroyer), Jack O'Halloran (Superman I & II), Jeff East (Superman the Movie)! [www.ictcomiccon.com/](http://www.ictcomiccon.com/)

**TOUCH A TRUCK**—Sep. 6, 9:30-1:30, Everygy Plaza

**WALK FOR APRAXIA**—Sep. 6, 10-1, Garfield Park Shelter House. Donate or register by visiting the official Topeka Walk for Apraxia site here: [community.apraxia-kids.org/topekawalk](http://community.apraxia-kids.org/topekawalk)

**KANSAS CITY RENAISSANCE FESTIVAL**—Sat. & Sun., Aug. 30 - Oct 12, 10am - 7pm PLUS Mondays, Sep. 1, 10am - 7pm and Oct. 13, 10am - 5pm. [www.kcrenfest.com](http://www.kcrenfest.com). FB @KansasCityRenFest 913-721-2110 (email [voice@cox.net](mailto:voice@cox.net) to see how to get free tickets from Metro Voice!)

**ING NETWORKING GROUP**—Sep. 3, 11:30am at Cosmos Court, 909 S. Kansas Ave. All are welcome, free to attend, order from menu if desired.

**STUDIO 1108 RIBBON CUTTING**—Sep. 4, 11am, 534 Kansas Ave, Suite 1108. Studio 1108 is a community of wholesome, mindful & energizing practices for all, a haven for mind, body, and soul through sound healing, Reiki, yoga, meditation, and more. Come celebrate with us, meet our founders and practitioners, explore the beautiful space, learn about our classes, services and enjoy light refreshments.

**HUFF 'N PUFF HOT AIR BALLOON RALLY**—Sep. 5-7, Huntoon & Fairlawn. Balloon launches, vendors, & more. No admission, no parking fee. Please—no drones, no pets.

Weather permitting. Contact: [gpbcpres@gmail.com](mailto:gpbcpres@gmail.com); [www.huff-n-puff.org](http://www.huff-n-puff.org)

**HOLY SMOKIN JAMBOREE**—Sep. 6-7, Mother Teresa Catholic Church, 2014 NW 46th St. family-friendly event with great food, drinks, car show, bingo, cake walk, crafts, raffles, silent auction, and music by THE BASH Saturday night. 5K run/walk and poker run and cornhole tourney on Saturday. Outdoor Mass and live auction on Sunday. Wristbands for all-day kid games & inflatables! [www.holysmokinjamboree.org!](http://www.holysmokinjamboree.org!)

**MUSEUM AFTER HOURS**—Sep. 10, +6:30pm, Kansas Museum of History, 6425 SW 6th Ave. This month will feature our partnership with Dimensional Innovations (DI) ahead of opening a re-envisioned Kansas Museum of History. Together with the DI team, museum director Sarah Bell, and exhibits director, Nate Forsberg, will share the story of the long-awaited renovation. Register for the in-person event: <https://forms.office.com/g/dPMEDVHGtE>. A behind the scenes tour will be available before the program starts. Tickets can be purchased for \$5/person upon arrival.

**C5Alive "POWER" LUNCHEON**—Sep. 11, 11:30-1, featuring Barry Feaker. Free admission. Meals available from menu if desired. Please RSVP to [info@C5Alive.org](mailto:info@C5Alive.org) so we know how many to expect. Open to the public - bring a friend!

**SAVE THE DATE: C5 POWER Luncheon**, Oct. 9, 11:30-1.

**TIM HAWKINS LIVE**—Sep. 11, 7pm, TPAC. Tim's humor captures the quirks of family life, marriage, and more.

**NIGHT OF PRAISE FUNDRAISER**—Sep. 12, 6:30pm, Fellowship Bible Church. Fundraiser for TRM Ministries featuring worship bands from Fellowship Bible Church and others.

**YOUTH FOR CHRIST  
ANNUAL GOLF CLASSIC**

**Tournament of  
Champions  
for Teens**

**Monday September 22nd**

**SUPPORT MINISTRY  
TO AREA TEENS**

**LAKE SHAWNEE GOLF COURSE  
4 PERSON 18 HOLE SCRAMBLE**

**ENTRY FEE: \$600 PER TEAM OR  
\$150 PER INDIVIDUAL**

**REGISTRATION BEGINS AT 8:00 A.M.  
SHOTGUN START: 9:00 A.M.**

**YOUTH FOR CHRIST  
GIVE LIFE TO YOUR STORY**

**SIGN UP AND SPONSORSHIP  
INFORMATION ONLINE AT:  
[www.topekayfc.org/event/yfc-annual-golf-classic](http://www.topekayfc.org/event/yfc-annual-golf-classic)**

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

**KAREN PECK & NEW RIVER**

Concert at The Woods

**Oct. 3, 7pm**

• Doors Open at 6pm  
• Freewill Offering

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

**OPEN WEEKENDS SEPT. 26 THRU NOV. 1**

**FRIDAY, SATURDAY, and SUNDAY!**

**FIREWORKS EVERY FRIDAY NIGHT!**

**Fall Family Fun**

One pumpkin at a time...

Com Maze, Sunflower Photos, Pig Races, Paintball Shooting Gallery, Apple Cannons, Pumpkin Patch, Hayrides, Kid's Games, Gemstone Mining, Unique Fats & Special Events All Season Long!

[www.garysfarmfest.com](http://www.garysfarmfest.com) • Grantville, KS 66429 • 785-246-0800



Free Entry, Please consider bringing a Non-Perishable food item, Diapers or Baby Food.

**NEHEMIAH FEST XIX** – Sep. 12-14, Smith's Fork Park, Smithville, MO. Christian Music & Camping Festival. [www.nehemiahfest.com](http://www.nehemiahfest.com).

**GREAT SERTOMA DUCK RACE** – Sep 13, 10am. It's all online – follow the fun on Facebook! Adopt your duck for just \$5 and you could win Ford Edge SEL, diamond bracelet, coffee for a year, a shot at one million. [www.duckrace.com/topeka](http://www.duckrace.com/topeka)

**HISTORIC TOPEKA CEMETARY FALL TRACTOR FESTIVAL** – Sep. 13-14, 9-4, 1601 SE 10th. Showcase your tractor and equipment, see the equipment on display and enjoy the beautiful grounds.

**CAR SEAT CHECK LANE EVENT** – Sep. 13, 9-12, Shawnee County Health Department, 2600 SW East Circle Drive. Inspect the child restraint; confirm that the child restraint is correct for the size, weight, and age of the child; provide hands-on instruction on how to install and use the child restraint in the vehicle;

**PRINCESS PARTY – STRAIGHT FROM BRANSON** – Sep. 13, 2pm, Cosmos Court, 909 S. Kansas Ave.

**BRITISH INVASION – STRAIGHT FROM BRANSON** – Sep. 13, 2pm, Cosmos Court, 909 S. Kansas Ave. tribute to rock and roll acts from across the pond that started the Rock & Roll revolution in the U.S.! Stones, Elton, Beatles and more....

**TOPEKA SPIRIT FAIR – BODY & SOUL REJUVENATION FAIR** – Sep. 13, 10-5 & Sep. 14, 10-3, Woodshed Event Center, 1901 N. Kansas Ave. Tickets \$3. [www.geminivibeskansas.com](http://www.geminivibeskansas.com)

**13TH ANNUAL 5K WALK/RUN** – Sep. 13, 8:30am, Crestview Shelter House. Benefits Shawnee County Suicide Prevention Coalition.

**PERRY FALL FESTIVAL AND GARDEN TRACTOR PULL** – Sep. 13, 9am, Front St. in Perry. Also Car & Bike Show, vendors, photo booth, ride the train, inflatables, balloon art, henna art, caricatures, putt-putt, cornhole tournament and live music with Buck Creek and Cleveland Blue!

**VBP VETTES 7TH ANNUAL CORVETTE SHOW** – Sep. 13, 8am-3pm, Furniture Mall of Kansas at West Ridge Mall. Vendors, light show, food trucks, prizes

**CELTIC FOX 2ND SATURDAY PARTY** – Sep. 13, 7pm.

**HEADING HOME: A 21st Century Pilgrimage** – Sept. 14, 6pm, Nelson-Atkins Museum Auditorium, 4525 Oak St. Kansas City, MO. A documentary spanning 2,000 years and 4,000 miles through the world's most breathtaking churches and cathedrals to see how artists worked with theologians. From Jerusalem's Holy Sepulchre to London's Temple Church. [www.Culturehouse.com/upcoming-events](http://www.Culturehouse.com/upcoming-events)

**GAGE PARK MEMORIAL CAR AND TRUCK SHOW** – Sep. 14, 10-2, Benefits The War on Terrorism Monument. Food Trucks Available. 785-969-0565,

**ING NETWORKING GROUP** – Sep. 17, 11:30am at Wings, Etc. All are welcome, free, order from menu if desired.

**SUMMERTIME BLUES** – Sep. 17, 7-9pm, Gage Park Amphitheatre. Velvet Blues Revue, Carnival Cravings Food Truck

**NOTO'S SCALLYWAGS & SHENANIGANS** – Sep. 19, 5pm. Check in at NOTO Escapes between 5-8 pm to grab yer treasure map, then explore the finest local taverns. Complete yer scavenger hunt and unlock the chance to win prizes. Don't forget to don yer finest pirate attire for the costume contest. First 25 to sign up ye shall receive a free Pirate Pub Crawl T-shirt

**PAXICO BLUES FESTIVAL** – Sep. 20, 11-8, Mill Creek Antiques, 102 Main St., Paxico

**CIDER DAYS FALL MARKET** – Sep. 20-21, Exhibition Hall - Stormont Vail Events Center. Explore over 250 makers, creators, artisans and pickers.

**HILLSBORO ARTS & CRAFTS FAIR** – Sep. 20, 9am-4pm. Over 300 vendors from across the nation, bake sale, German food & Kaffeehaus, Midwestern Creative Art Market. [hillsboroartsandcraftsfair.org](http://hillsboroartsandcraftsfair.org).

**KANSAS BOOK FESTIVAL** – Sep. 20, 9-4, Washburn University. Hear 50+ authors discuss their fiction, nonfiction, poetry, and children's books, including winners of major U.S. writing awards. Purchase a signed copy. Browse at outdoor vendor booths. Donate a used or new book to improve libraries at Kansas jails. Grab a chili dog or tropical treat from the food trucks, then sit and listen to live music. Free event. [www.kansasbookfestival.com](http://www.kansasbookfestival.com)

**YOUTH FOR CHRIST GOLF CLASSIC** – Sep. 22, 8:00 reg.; 9:00 shotgun start, Lake Shawnee. Several sponsorship levels available. Lots of prizes! 785-232-8296 or [topekayfc.org](http://topekayfc.org)

**GARY'S FARM FEST** – Sep. 26-Nov. 1, Fri. - Sat. - Sun., 5991 17th St. Grantville, KS. 8 Acre Corn Maize, Pig Races, Corn Pit, 2 Jumping Pillows, Giant Slides, Animals, and more. Home Made Curly Fries, Hamburgers, Brats, Turkey Legs, Apple Cider Slushy and Fireworks every Friday at 9pm!. [garysberries.com](http://garysberries.com), [garysfarmfest.com](http://garysfarmfest.com); 785-246-0800

**GREAT PLAINS RENAISSANCE & SCOTTISH FESTIVAL** – Sep. 27-28, 6501 W21st St. N, Wichita. Sedgwick County Park with jests and jousts, aerial acrobatics, falconry and fire breathing daredevils, bagpipes and belly dancers, singing pirates, knights and knaves, The Wichita Highland Games, Celtic music, kings and queens, Vikings and vagabonds. \$17 Adm. [www.greatplainsrenfest.com/onlineickets/](http://www.greatplainsrenfest.com/onlineickets/)

#### MYERS TOURS: TRAVELERS

**GET-TOGETHER** – Sep. 27, 1-4pm at Viking Grill, Room 2. Get together and reminisce about the fun and crazy times you had on the trips in the past. Light refreshments will be served.

**FALL FESTIVAL AND SWAP MEET** – Sep. 27-28, 7am-4pm, Meriden Antique Engine and Threshers Association, 8275 K-4 Highway.

**KANSAS HONEY FESTIVAL** – Sep. 27, 9am, Old Prairie Town at Ward-Meade Historic Site & Botanical Garden. Live music and entertainment, Kids' games and family-friendly activities, Educational exhibits, Food and craft ven-

dors, Beekeeping demos and hands-on learning opportunities.

**CARBONDALE FALL FESTIVAL AND STREET DANCE** – Sep. 27, 2-10pm, Main Street, Carbondale. Street Shopping Vendors, Bingo at the Library, Parade, Kiddie Corner, Color Dash, Cornhole Tournament and the Steve Kile Band!

**KAREN PECK & NEW RIVER** – Oct. 3, 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)

**LIVERPOOL LEGENDS** – Oct. 3, 7:30pm, TPAC

**TOPEKA ALL HALLOWS RENAISSANCE FESTIVAL** – Oct. 25-26, 10-6, Woodshed Event Ctr. grounds. Step back in time in 12 acres of wooded & grassy wonderland. Jousting, Pirates, Vikings, D&D Quest, mermaids, live entertainment, axe & arrow games, petting zoo, kids zone, costume contest, Gnome Home contest, face painting and much more! See Topeka Renaissance Festival facebook page for details.

## 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.flocritkans.org](http://www.flocritkans.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@tscpl.org](mailto:nhonl@tscpl.org)

**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

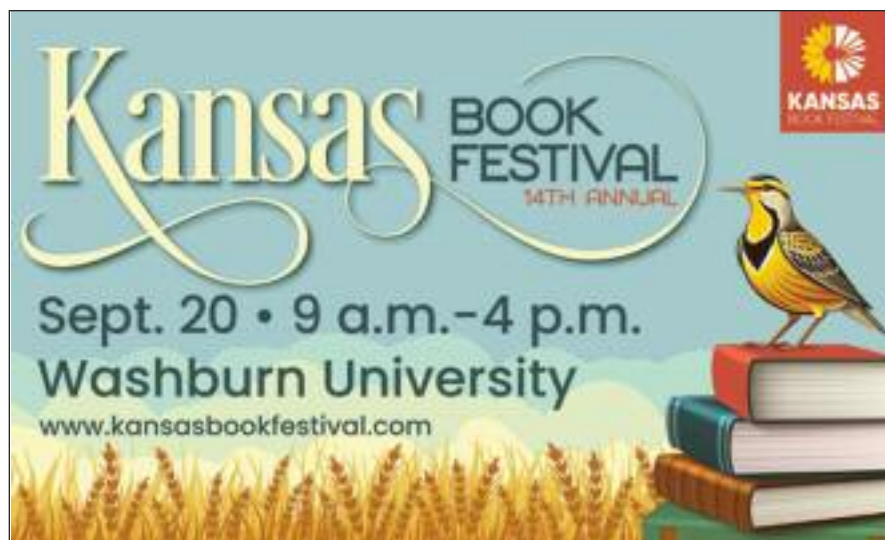
**TRAIL LIFE & AMERICAN HERITAGE GIRLS TROUPS** - Every Mon. 6pm, Cornerstone Comm. Church, 7620 SW 21st. Faith-based scouting programs for kids age 5-18. Reg: [cornerstonetopeka.com](http://cornerstonetopeka.com). 478-2929

**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](http://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 [madondailey@gmail.com](mailto:madondailey@gmail.com). To Join from Home via Zoom, contact Madon for the Zoom link.

See complete updated calendar at  
[TopekaHealthandWellness.com](http://TopekaHealthandWellness.com)





# Health & Wellness Marketplace

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

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## HEALTH ADVERTISING

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## HOME CARE AND HOSPICE

**PHOENIX HOSPICE & HOME CARE** - providing hospice & home care services built on innovation, skill, and Christ-like values of compassion, honesty, and patience. 2945 SW Wanamaker Dr., Suite B, 785-260-6444.

## HEALTH INFORMATION

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

Call 785-580-4400  
or visit [www.tscpl.org](http://www.tscpl.org)

## COMMUNITY CARE LINE

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