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JUNE 2026

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MAGAZINE

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**Top 9 Tips for Improving
MEN'S HEALTH**

**Top 5 Diet
Tips for Men**

**5 Ways For Busy
Dads To Be Fit
With Their Kids**



9 Ways to Ensure a Stress-Free Family Vacation
Community Can Help You Maintain a Healthy Lifestyle

Why the Sun is Our Friend
Could This Be the Secret to Running Faster?

Helping Topekans Live Happier, Healthier Lives Since 2015!

Men's Health Month

JUNE

Leading Causes of Death Among Men:

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1. Unintentional injuries
2. Suicide
3. Homicide

1. Unintentional injuries
2. Heart Disease
3. Suicide

AGES 35 - 44

AGES 55 - 64

1. Cancer
2. Heart Disease
3. Unintentional injuries

1. Heart Disease
2. Cancer
3. Chronic Lower Respiratory Disease

AGES 65+

TAKE PROACTIVE STEPS:

Schedule an annual physical and talk to your doctor about what screenings are right for you.

Source: CDC, 2011





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ON THE COVER:

Our cover this month features a Dad working out with his daughter. For Men's Health Month, we feature ways for men to prioritize their mental and physical health.

Read more about this and other healthy living topics in the following pages.

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Pool and Beach Safety Steps for Summer

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

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

With children, constant supervision is key:

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

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

Other tips to keep in mind:

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

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

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

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

Top Nine Tips for Improving Men's Health

Let's face it, men are often hesitant to talk about their health concerns or visit the doctor.

That needs to change. According to the Centers for Disease Control and Prevention, men die at higher rates than women from heart disease, cancer, diabetes, influenza/pneumonia, kidney disease, accidents, and suicides. Early detection and treatment can improve your odds of surviving illnesses.

Many of the major health risks that men face can be prevented with a healthy lifestyle, and a healthy lifestyle can start with one small choice. Make your first one today! Here are nine tips to get you started:

Move. Men need at least 150 minutes of moderate aerobic activity, or 75 minutes of vigorous aerobic activity, each week. Moderate activities include brisk walking and mowing the lawn. You should still be able to have a conversation while doing these activities, but not quite hold an extended musical note of your favorite song. Vigorous activities include running, swimming laps, singles tennis, bicycling at least 10 mph, or jumping rope. Add strength and resistance training exercises (body weight or gravity alone is fine) at least twice a week, and include all major muscle groups, doing one set of 10 repetitions per exercise.

Say no to tobacco. Quitting smoking improves your health and lowers your risk of heart disease, cancer, lung disease, and other smoking-related illness. Avoid secondhand smoke. Don't vape, chew tobacco, or use other tobacco products. They all increase your risk of cancer.

Control stress. Stress is part of life. Focus on taking care of yourself. Talk to friends and loved ones. Let them know how you're feeling and how they can help. Don't use drugs or alcohol in an attempt to deal with your stress.



They create more problems than they solve.

Eat better. Reduce your consumption of processed and packaged foods. Stick to shopping for what's on the outside aisles of the grocery store. Pick one dietary indiscretion – something you don't need to eat -- and cut back. Eat more fruits, vegetables, and nuts. Instead of beef, try fish, chicken, turkey, or pork. Ditch the soda.

Drink water. Increase your water intake when you are more physically active in hot or cold climates, running a fever, or have diarrhea or are vomiting. If your urine is clear, you're appropriately hydrated. Carry a reusable water bottle throughout the day and sip from it regularly. Refill it when empty. When eating out, substitute water with a wedge of lemon or lime for a sugar-sweetened beverage.

Get plenty of sleep. Sleep hygiene is crucial to your health. Go to bed and get up around the same time every day. Sleep in a cool, quiet, dark place. Don't watch TV or use

your phone in bed. You should aim for seven or eight hours of sleep per night.

Prevention first. Cancer screening tests can spot disease early, when it's easier to treat. And immunizations can prevent many illnesses from impacting you at all. If you have any concerns, visit your doctor before they become major issues.

Nurture positive relationships. Be present with your loved ones. Stop staring at electronic screens and live in the moment with those around you. Help others. Be kind. Smile and laugh more. Complain less.

Use mindfulness. Consider activities that allow for self-reflection. Mindfulness apps can help start you on this process. Meditation, yoga, and other “centering” activities can further expand your mind. At the end of your day, reflect about something you learned and how you can use that to improve your tomorrow.

– Air Force Reserve Lt. Col. Christopher W. Bunt, M.D.

5 Ways For Busy Dads To Be Fit WITH Their Kids

I've been part of the fitness community for over two decades now, but things have changed a lot for me since I started working out regularly. The main thing being that I'm now a father of four young children (all under the age of four!) so I'm busier than I've ever been in my life.

When I was a kid my dad had a gym in our garage that he used with regularity, so fitness was something I saw from my dad's example as a normal part of life. I grew up idolizing him and always wanted to have my own home gym, but I've lived in Los Angeles for the last decade where space and time constraints have always made it difficult for me to have a consistent home routine.

In March of 2020 gyms in LA closed [due to the Covid-19 pandemic] so I decided it was time to take a chance and start the home gym I always wanted. I started simple, with a bench and a set of dumbbells. My workout time has always been a priority to me and honestly, I was worried that being at home more would mean that my busy schedule and family life would squeeze out my workout time. Especially since I have the four young children at home.

To my surprise, not only was I able to consistently workout at home, I also enjoyed my workouts at home more than I did when I was going to the gym. I even started incorporating my kids into my programs and they started enjoying the family workouts too. Now they are the ones keeping me consistent because they regularly ask me when we can do a family workout.

FAMILY FITNESS TIP: Many adults haven't considered that their children can be incredible accountability partners in fitness, nutrition, Bible reading, prayer and more. And – it's a two-way street where the parents can begin to teach and grow a child's understanding of and value in accountability. Use your social media to document and celebrate the ways you are fit WITH your children.

My workout time now is just as much of a priority as it has ever been; maybe even more so because now it's not just my time it's also family time. You might be a busy dad (or mom) too, so let me encourage you, there are ways to make sure your health and fitness are a priority. Here are five ways I've personally found to incorporate my kids into my workout programing.

1. MAKE FITNESS A COMPETITION

Most parents know that one of the easiest ways to get kids to do something is to make it into a competition; the



same is true for fitness. I'm competitive by nature and my kids definitely picked that up from me. Our house sits on a hill and my workouts routinely take me to the hill for some form of exercise. Now my kids join me and a week doesn't go by that my three-year-old doesn't challenge me to race up or down our hill. In fact, she usually wins! We all end up getting a workout and somehow I don't even mind losing.

2. JUST KEEP LIFTING

I'm usually a very organized and regimented type of person when it comes to my workouts. I want to have a certain number of sets and reps in mind so I know when I've finished.

But that doesn't always work when you have a three-year-old, two-year-old twins, and their one-year-old little sister running around. Sometimes things get crazy. My plan



on days like that goes out the window and instead I just lift. I don't count sets, I don't count reps, and I don't rest. I just pick some equipment and make sure I'm moving something for 20-30 minutes. It keeps my heart rate up and keeps the kids entertained, which I count as a win-win.

3. USE YOUR KIDS AS WEIGHTS

One of my favorite ways to make sure I get my workout done when I'm busy with the family is to incorporate them into the workout. That means I use my kids as weights.

It works well because my son loves being used as a medicine ball and my daughter loves anything that seems like a "horse ride." To them it's like being at a theme park and to me its like

being at a gym with a very active dumbbell selection. In the end everybody is happy.

4. TAKE YOUR WORKOUT ON THE ROAD

One of the great things about being fit WITH your kids is that it is a good way for the kids to burn off some energy.

We live near the beach so sometimes my wife and I will take the kids to the sand and let them run around while we use a suspension trainer or resistance bands to grab a workout. A park is also a good choice. We've found that anywhere that has space for the kids to run or a different environment for them to explore while we grab a few reps can work as a gym.

5. MAKE FITNESS FUN

This one is a no brainer, but it's important to state anyway. If your children have fun with fitness they are more likely to embrace it. The same goes for you. The more you enjoy your workouts the more likely you are to sustain a workout program long term, so make fitness fun.

A workout doesn't have to be the traditional day to day grind of lifting weights over and over. Use your imagination and remember that even if you can't enjoy your workouts, at least your kids can!

I hope this encourages all of you busy dads and moms out there. If I can do it, you can too. I thought that having four children who are all less than four years old would keep me from being able to exercise, but instead they are the reason I do. Try a few of these ideas for yourself and I bet you'll find that not only your fitness but also your relationship with your kids will be better for it.

–Faithandfitness.net

WE ALL ARE AT WAR WITH THE DARKNESS OF THIS WORLD TODAY!

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Today, brothers and sisters, In-Christ Jesus, it is time to sound the alarm and blow the trumpet in Spiritual Zion. (God's Spiritual People who obey "His Commandments and have the Testimony of Jesus").

Revelation 12:17. And the "Testimony of Jesus" is "the Spirit of Prophecy". **Revelation 19:10.**

The prophecies in **Revelation** and **Daniel** are being relived and experienced in today's society and throughout the world. Only the Spirit of God can open our understanding and give us the "eye salve" needed to "discern the signs of the times". Jesus said, (**Matthew 16:1-4**) **"1. The Pharisees also with the Sadducees came, and tempting desired him that he would shew them a sign from heaven. 2. He answered and said unto them, When it is evening, ye say, It will be fair weather: for the sky is red. 3. And in the morning, It will be foul weather to day: for the sky is red.... O ye hypocrites, ye can discern the face of the sky; but can ye not discern the signs of the times? 4. A wicked and adulterous generation seeketh after a sign...."** (**Ezekiel 20:12**) **"...I gave them my Sabbaths (7th Day), to be a sign between me and them, that they might know that I am the LORD that sanctify them"**. The Following= a End Time Prophetic SIGN!!

Beware!! A "false revival" is taking place in America today which is disguised as "Making America a Christian Nation Again". When this country was founded in 1776 AD our forefathers declared this country to be a "Christian Nation" founded on the BIBLE. Their Truths were Biblical Truths, coming from Europe, fleeing Catholicism persecution, therefore, they worshipped on Sunday. In the 1840's God sent messengers to these Sunday Churches with the message of "Christ's Our Righteousness". This message included the 4th Commandment to keep Holy the Sabbath Day, the 7th day, Saturday.

The Sunday churches rejected the message: "come back and follow the Lamb in obeying His 10 Commandments" (especially the 4th Commandment). and therefore departed from Jesus and Present Day Truth. These churches are looking EAST toward Israel as fulfilling last day prophecies: when in reality America is fulfilling last day prophecies and these churches should be looking WEST, at America: at Trump and the Vatican!. Today, as ancient Israel rejected their Messiah so these Sunday Churches have rejected the 7th Day Sabbath, therefore, rejecting Jesus Christ Himself, as did the Jews. This is Present Day Truth as it is in Christ Jesus. Armageddon is about WORSHIP: we are servants to whom we obey. **Romans 6:16** **"16. Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness?"** In other words, Sunday is a counterfeit, therefore sin: Saturday is genuine BY GOD! (Genesis 2:1,2)

This "false revival" is NOT founded on Biblical Truths but rather on man's traditions and the Roman Catholic Church: who changed the 7th day (Saturday) Sabbath to the 1st day of the week (Sunday)

"538AD through 1798AD" (1,260 years) the Papacy ruled during the "Dark Ages". (Prophetic)

Quotes: (1) "Sunday is a Catholic institution, and its claim to observance can be defended only on Catholic principles...From beginning to end of Scripture there is not a single passage that warranted the transfer of weekly public worship from the last day of the week to the first"..--

-Catholic Press, Sydney, Australia, August 1900. (2) "We hold upon this earth the place of God

Almighty"---Pope Leo XII, in an Encyclical Letter, dated June 20, 1894. (3) "The Pope is not only the representative of Jesus Christ, But he is Jesus Christ, hidden under veil of flesh."---The Catholic National, July 1895.

This is Blasphemy!! Claiming TO BE GOD!! Let there be no doubt: This is Anti-Christ! The Papacy (Popes) are who changed God's Holy Day to Sunday!!! Amen.

We are to keep the 7th Day Sabbath (Saturday): "In the Spirit" and NOT "In the Letter".

"In the Spirit" means the Holy Spirit controlling your Heart and Mind:

- (1) Surrender ALL the Will to God, ALL sinful desires, ALL Selfishness.
- (2) Obey His 10 Commandments in the Heart and Mind: will be seen in the outward.
- (3) Have Desire-do the Father's Will: Faith Proven by Works, as did Jesus & Abraham.

Avoiding Liver Disease, the Fifth Leading Cancer in Men

The liver is one of the most vital, yet often overlooked, organs in the body. It clears toxins from the body, stores energy and helps with immunity. There are many good reasons to take steps to improve our liver health, and none is bigger than helping lower the risk of liver cancer.

“Liver cancer doesn’t get as much attention as some other cancers, but it’s serious,” said Yikyung Park, a cancer researcher and professor in the Division of Public Health Sciences at WashU Medicine in St. Louis. “Although it’s not one of the most common cancers, it is a leading cause of death from cancer, ranked fifth in men and seventh in women.”

Key causes of liver cancer include heavy alcohol drinking, infection with the viruses hepatitis B or hepatitis C, and scarring of the liver, called cirrhosis. Smoking, obesity, diabetes and a condition called fatty liver disease also increase risk. Many of these factors can overlap with each other. But there is good news.

“Liver cancer is preventable,” Park said. “Reducing risk factors and getting regular medical care are important, especially for people who know they already have some type of liver disease.”

Work on boosting liver health with these steps:

- **Get a screening test for hepatitis B and hepatitis C.** Infection with these viruses can damage the liver and increase the risk for cancer. It’s recommended that all adults get a simple blood test for each. It’s usually just a one-time appointment.
- **Get vaccinated for hepatitis B.** This is a safe and effective way to prevent infection with hepatitis B. Although most U.S. adults have been vaccinated, many have not. Encourage new parents and expectant parents to follow guidelines and protect their children with the vaccine as well.



- **Limit alcohol.** Zero is best. With the many other risks from moderate drinking, not drinking is the healthiest choice overall.
 - **Maintain a healthy weight.** Focus on healthy eating and physical activity. Weight gain and obesity increase the risk of a condition called fatty liver disease, which is an increasingly common cause of liver cancer.
 - **Don’t smoke.** Liver cancer is one of many cancers caused by smoking.
- ting to a healthier weight -- can lower the risk of liver disease and the risk of liver cancer.”

“Simple actions can have real benefits,” Park said. “Knowing hepatitis B and hepatitis C status and making lifestyle changes -- like not smoking, eating a healthy diet and get-



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9 Ways to Ensure a Stress-Free Family Vacation

Many families are gearing up for their annual vacations, whether its jetting overseas or road-tripping. But family trips don't always play out exactly as envisioned, especially when the whole family is in close quarters—constantly, 24/7, for a week. Gulp.

If you're afraid of taking getaways with your gaggle of kiddos and partner, you're not alone. But there are major benefits to traveling with those you love most. Not only will you bond through mutual shared experiences in new, unfamiliar places, but getting out of your typical routine fosters deeper, more meaningful conversations and helps everyone to reap a little (much-needed) R&R.

Here are tips for a less stressful travel experience.

1. Decide on a Mutual Trip Goal

Whether it's relaxing on the beach, exploring a new destination, or learning a new skill, the purpose of a vacation can take many different forms. Agreeing on a mutual trip goal (for example, "try one new food every day of the trip") before leaving will ensure everybody's on the same page, according to travel expert Wendy Perrin. Having aspirations for adventures will have everyone working in together, and will cut back on the arguments you have.

2. Allow for Everybody's Temperaments

Think beforehand about what it is that throws individuals in your crew off. You know your family, so you know which triggers will inevitably cause crankiness or discomfort. Do what you can to prevent it from the start, as much as possible, Perrin recommends. For instance, if you're taking a long, grueling flight, don't jump right into an activity—allow for some adjustment time upon arrival. Do your kids get hangry—especially after spending a few hours in a museum? Make sure to pack snacks and plan meals ahead so the group never gets too hungry. Planning the trip with everybody's dispositions and skill sets in mind can prevent bad behavior and grumpiness from both the kids and adults.

3. Always Carve Out Meaningful Time With Your Spouse

Indulging in one-on-one time with your partner or spouse while away can help the trip feel more therapeutic. Choosing a family-friendly resort or a cruise with a kids club is one way to work in couple's time, and tiring the kids out during the day can mean alone time—or even a date night—later in the evening, Perrin advises. If you're comfortable leaving the kids on their own in a hotel room, find a night to rent them a movie and order in room service, then sneak out for a bite just the two of you. (It'll feel like a treat for the kids too! #freedom).



4. Limit Screen Time

Deciding as a family to limit screen time on vacation will ensure everyone is present and engaged during the trip. And Perrin means everyone in the family: so mom and dad, it's time to let go of that mighty attachment to your iPhone. Adults should tell their Facebook friends they'll share photos when they return, and kids' electronics should be limited to long flights or car rides. If the kids are antsy during down time on vacation, encourage them to write or draw in a travel journal.

5. Don't Sweat the Small Stuff

There will pretty much always be hiccups you can't plan ahead for, but acting out and dramatizing it will only add to disappointment. "You want to be the kind of person who can turn lemons into lemonade, but we all get handed lemons when we travel. Figure out how to make the best of it, and turn it into something good," Perrin explains. Not only will this help you have a less stressful time, it'll show your kids a great example of how to handle disappointments, snafus, and changes of plan—something they'll carry with them for life.

6. Come Up With Safety Game Plans Before You Leave

Many parents worry about safety when bringing their most precious cargo with them on a trip overseas, or even stateside. The key to easing your worry and helping to make your vacation feel more secure is active communications—before you take off. As travel blogger Lisa Niver explains, arm your kids with information on how to find help if they need it and the details of where they're staying. "If you are traveling in a country where you do not speak the language, take a card from the hotel before you leave that has the address and phone number in the local language," she suggests. You can think of it the same way you teach your children their home address, phone number, and parents' names. Niver also suggests coming up with a meeting place for crowded areas so you never

lose one another: this could be a coffee shop in a main square, a police station, and so on.

7. Maintain Family Traditions Away From Home

Some people are born to live their life on the fly, galavanting from one place to another on a whim. Others prefer the comfort and security of home and enjoy the familiarity of a routine. If you're more on the second team, you can still experience the magic of traveling within your comfort zone by bringing some "home" with you. Niver says that packing a favorite stuffed animal, journal, book, tea bags, coffee, and other essentials you may not be able to find abroad can ease nerves. Another tactic is to maintain your rituals, whether that's reading a book with your kids before bed or having family breakfast at a table.

Staying at an apartment-style hotel or Airbnb makes it easier to replicate that homey feeling with fully equipped kitchens and home-like amenities. You'll have more room to spread out, while still being able to take advantage of hotel staff and amenities.

8. Consider a Travel Agent

Before you start thinking of your grandparents who used travel agents "back in their day," remember this profession is experiencing a reemergence. Much like you would hire someone to repair your car or file your taxes, agents are experts in wanderlust and have relationships that lead to a better vacation. This could be saving money on tickets to events, helping you get upgraded on a flight or hotel, and being your go-to person if any hiccups happen. As travel agent Janice Strand explains, her job is to share her expertise so you don't have to worry. "Finding a great agent is like finding that hairdresser you would follow anywhere," she says. "With unexpected world events from airplane groundings, hurricanes in addition to strikes and weather, your travel agent is your connection to rebook or make changes quickly when things don't go as planned."

9. Share Responsibilities

Life coach and frequent flier Elizabeth Pearson reminds couples that happy duos make for happy families. And if one person feels as if they are tasked with planning every last detail while their partner catches up on Netflix, an argument is bound to happen. Instead, she suggests splitting up vacation duties. "Maybe one of you oversees packing snacks, electronics, and books to ensure a road trip or flights with plenty of distractions. The other may be in charge of parking the car, checking bags, and ushering kids to the washroom," she says. "The odds of a fight with your partner will drastically decline if you both have set expectations for one another before you leave the house."

—By Lindsay Tigar | realsimple.com

Community Can Help You Achieve and Maintain a Healthy Lifestyle

The need for supportive community is often overlooked when shifting one's diet. If you are making significant lifestyle changes and hoping to stick with them long term, having the support of others can be an important factor for success. Though I and many others who have been vegan for decades not only find it easy, but also consider this lifestyle to be one of the greatest blessings of our lives – in part because of how it improved or maintained our health, I have also met people who told me, that they tried going vegan...but it didn't work for them...they didn't feel right and just knew they needed to eat some animal protein. I've seen it suggested that cases like this are evidence that meat and dairy can be addictive for some, just like smoking or drugs. But I suspect that something else might be going on too.



For most of human evolution not being excluded from our tribe was critical to survival. As a result, fear of exclusion is baked into our DNA. That's why when our beliefs or behaviors put us at odds with friends, family, church or social group, the pressure to change back or fit in, can feel intense. It can also present as anxiety or low energy, which can then morph into other symptoms. Rarely does anyone consciously connect such "dis-ease" to their need to belong! The clever brain will then use such an experience as a reason to not stay vegan.

For 30 years, my family attended in-person vegan gatherings that educated and supported us, often driving across the country to gather with "our tribe." When I was raising my vegan children in Kansas, where we knew few other vegans locally, these gatherings were essential. They reminded us that others



shared our healthy and humane values. They sustained us living the lifestyle we wanted to live, in spite of living in a world that didn't much support what we were doing.

Today, potlucks and vegfests are more common, but they are not necessarily structured to foster the intimate, grassroots connections that help people form real bonds, which then support their healthy lifestyle. What we need are multi-day gatherings where people share meals, have fun, and experience joy! This is why I'm encouraged by a new generation of vegan gatherings intentionally designed to prioritize joy, fun, connection, and belonging, alongside education.

After years of dreaming of such an event, we now have one – and even better – it's located just about an hour drive away. Though people of all ages attend, this local event is appealing to younger vegans because it feels



culturally vibrant, emotionally intelligent, and genuinely fun! Throughout the week when I was there last year, people told me again and again, it was life-changing for them, because they felt they belonged.

Many of the speakers and musicians at last year's retreat are returning – along with some new ones, (See the line up at www.VibrantVeganFest.com) and it's all taking place on a beautiful wooded property with a variety of housing options. Delicious plant-based meals are included in the ticket price.

Watch the 4-minute video recap (on the Vibrant Vegan Website) of last year's fest for a glimpse into what can happen when people are given the space to be fully themselves within a compassionate community, and to feel nourished with wonderful food, while being inspired to live more healthfully.

When people eat together, move together, and imagine a kinder world together, embracing a whole food plant based diet is not a challenge – it's home.

-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.

How to Thrive Building Lasting Habits During Major Life Changes

For busy parents juggling work and family, professionals starting a new job, and adults moving, divorcing, or becoming caregivers, major life transitions can turn even simple routines into a daily scramble. The core tension is real: stressful life changes drain energy while demanding new decisions, and old habits either fall apart or tighten in unhelpful ways. Yet disruption also creates personal growth opportunities, because the mind is already updating what feels normal. With the right perspective, this season can become a reset for self-improvement during change, leading to habit transformation and steady positive lifestyle shifts.

Why Transitions Make New Habits Easier

When life changes fast, your emotions and environment get a reset at the same time. Habit discontinuity means the old cues that used to trigger autopilot routines are disrupted, so you are not fighting the same default patterns. Add neuroplasticity, your brain's ability to adapt, plus a natural surge of motivation, and you become more open to new routines than in a stable season.

This matters because you can use the disruption as leverage instead of seeing it as lost ground. Many people try to “go back to normal” and end up exhausted. A better play is to install a few simple anchors while your mind is already updating what feels automatic.

Think about the first month at a new job. You are already learning systems, calendars, and routes, so adding one small habit can fit more easily. The fact that 94.37% of those enrolled, engaged with the apps, first 30 days reflects how receptive people can be early on. With that window clear, career changes become a practical plan: barriers, strategies, then a research-backed next move.

Plan a Career Pivot That Fits Your New Chapter

When your routines are already in motion, a career shift can become one of the most meaningful habits to re-design during a transition. Changing careers often works because it meets a life change head-on: you adapt to new realities, reassess what matters most, and open doors to renewed purpose and growth. Instead of treating uncertainty as a setback, a pivot can turn it into a practical opportunity to realign your work with your current priorities, whether those priorities are stability, flexibility, impact, or learning.

To make that move with more confidence, it helps to stay informed about current career and job trends, especially as the market evolves and new roles, skills, and pathways appear. Research also suggests a tough backdrop: amid rising burnout and dissatisfaction, many employers are emphasizing external hiring over developing existing talent, which can deepen skills gaps and limit growth for both workers and organizations. Knowing this context



can help you interpret what you're experiencing, and plan your next step with clearer eyes. If you want a research-based starting point for understanding these barriers and opportunities, explore the UOPX career institute. With that bigger picture in mind, you can anchor your transition by building a few steady, repeatable habits that keep you grounded day to day.

Habits That Keep You Steady Through Change

Major life changes can make every decision feel high-stakes, so your goal is to build anchors, not perfect plans. These habits turn “I'm overwhelmed” into “I have a next step,” helping you stay consistent long enough for new routines to stick.

Two-Minute Mindful Reset

- What it is: Practice noticing present experience with acceptance for two minutes, focusing on breath and sensations.
- How often: Daily, before work or bed.
- Why it helps: Mindfulness-based interventions show significantly lower perceived stress after practice.

Daily “One Win” Journal

- What it is: Write one win, one worry, and one next action.
- How often: Daily.
- Why it helps: It turns emotion into information and reduces mental clutter.

Three-Block Movement Routine

- What it is: Walk, stretch, or do bodyweight moves for 10 minutes.
- How often: Three times weekly.
- Why it helps: Movement boosts mood and gives you a reliable energy baseline.

Weekly Support Check-In

- What it is: Send a message and schedule one call or coffee.
- How often: Weekly.
- Why it helps: Support makes challenges feel shared and decisions feel clearer.

Sunday Micro-Plan

- What it is: Pick three priorities and time-block the first tiny step.
- How often: Weekly.
- Why it helps: You build momentum without overcommitting during uncertainty.

Common Questions About Habits in Life Transitions

Q: What if I keep resisting the habit even though I want it?
A: Resistance is often your brain asking for safety, not proof you lack discipline. Shrink the habit until it feels almost too easy, then attach it to something you already do (after coffee, after brushing teeth). Make “showing up” the win, not doing it perfectly.

Q: How long does it realistically take for a new habit to stick?
A: Most people need longer than a few weeks. The median time for habit formation ranges from 59 to 66 days, and some routines take much longer. Pick a 10-week window and focus on consistency over intensity.

Q: How do I handle emotional ups and downs without falling off track?

A: Plan for turbulence by keeping a “minimum version” you can do on hard days. If emotions spike, do one calming action first, then return to the smallest step. Progress counts when life is loud.

Q: What should I do when motivation drops suddenly?
A: Treat motivation like weather and rely on a simple script: “When it's 7pm, I do two minutes.” Use environment cues, reminders, and a tiny reward (tea, music, a checkmark) to make repetition easier.

Q: How can I track habits without turning it into another stressful task?

A: Use one place and one metric, like a weekly grid with Xs or a phone note with dates. Track identity actions, not outcomes: “moved my body,” “wrote one sentence,” “texted support.” Review once a week and adjust, not judge.

Sustaining Positive Habits Through Change, One Next Step at a Time

Major life changes can scramble routines, drain motivation, and make consistency feel impossible right when stability matters most. The way through is embracing change proactively with a steady, compassionate mindset, focusing on identity, small commitments, and empowerment through transitions rather than perfect execution. Over time, that approach builds resilience and turns short-term effort into long-term behavior change that holds up under pressure. One next step, repeated, becomes a new identity. Choose one habit to practice today, make it easy enough to repeat tomorrow, and track it simply. This matters because sustaining positive habits creates steadier energy, clearer decisions, and a stronger sense of control in any season of life.

—Sheila Johnson

Could This Be the Secret to Running Faster?

In the running world, there are lots of workout options to have at the ready if you want to get faster: race-pace repeats, tempo and threshold runs, and VO₂ max efforts. But there's another option lots of runners tend to overlook. It's called critical velocity training—and it's key to boosting your speed without beating up your body, according to exercise physiologist Tom Schwartz, PhD, a running coach and founder of Tinman Coaching who popularized the approach. Here's how to slot it into your training.

What Is Critical Velocity Training?

Critical velocity training raises your lactate threshold, the level at which a byproduct of exercise called lactate accumulates in your blood faster than your body can clear it. Improving this metric is important, because it can help hard paces feel easier, which allows you to run faster, and it helps you hold those faster paces for longer.

The general rule of thumb for lactate threshold is that it's a pace you can sustain for roughly 60 minutes. It's not something you can hold all day, but it's also not a pace that'll leave you totally breathless.

Schwartz read about lactate threshold training when he was in college and decided to give it a shot in an attempt to improve his own running.

"I found that it did okay," he said. "I felt that it gave me good endurance, but I just didn't have the leg power necessary to sustain the kind of pace [needed] in a race. I felt like I had one gear, so to speak. I couldn't move any faster."

So, he decided to dig a little deeper into something he was already experimenting with, a metric he called critical value but would later refer to as "critical velocity" when he started using it in coaching.

Critical velocity running feels a little harder than running at lactate threshold. If lactate threshold is the pace you can maintain for one-hour, critical velocity is one that most runners can sustain for 30 to 35 minutes, a little longer or shorter depending on fitness levels and distance experience, Schwartz says.

"Critical velocity is about 4 to 5 percent higher," he says.

In effort level, CV falls between lactate threshold pace and your all-out VO₂ max pace. To find it, you can input your race results at distances ranging from 2,000 meters to the 10K in the calculator on Schwartz's site to find your critical velocity pace.

The crux of critical velocity training is that it has you running at the hardest pace you can maintain before your body starts to struggle due to the fatigue-related byproducts of exercise. Another way to think about it: CV is the fastest you can run comfortably and in control without having to gasp for air.

The Benefits of These Workouts

A bunch of beneficial physiological changes occur when doing critical velocity training, including recruiting your fast-twitch muscle fibers, developing more energy-producing mitochondria, and stimulating more capillaries that can help bring nutrients and oxygen into your cells and take exercise byproducts out of them, Schwartz says.

By running slightly faster than your lactate threshold, you can also efficiently improve that metric: "Critical velocity improves your lactate threshold more than running at lactate threshold," Schwartz says. It can boost your VO₂ max and running economy, too, he adds.

It's tricky to dig into research on critical velocity because many studies don't use the term "critical velocity," but the intensities tested in some studies overlap with what CV looks like in practice, according to Schwartz.

Critical velocity training seems to work your body in a highly effective "middle zone," per Schwartz: You're going hard enough to help with oxygen delivery and utilization, but it's still controlled enough so you can put in your reps without burning out too quickly.

If you stick with slower work like lactate threshold, "you'll still demand a lot of oxygen at a given pace," he says. "So you'll be a one-trick pony; you'll have a pace that you can sustain, but you can't go any faster than that."

All in all, in comparison with lactate threshold training, "critical velocity provides more return on investment," Schwartz says. And because it has you running more slowly and controlled than you would in very high-intensity workouts like VO₂ max routines, it's a more sustainable practice for runners in the long term, he believes.

"They're not gasping for breath, their legs are not heavy, and they can do enough repetitions of it, enough minutes of it [to elicit change]," he says. "They can repeat it week after week and basically the body starts transforming."

Which Race Distances Does Critical Velocity Training Work Best For?

"If you can improve the speed at which you're running along at a submaximal heart rate or submaximal lactate, it's very likely that pretty much everything that you're racing will improve," Schwartz says.

In fact, he's seen runners have success with critical velocity training in racing distances from 3,000 meters all the way up to the marathon—and even with some ultramarathoners,



too. So whether you're racing a 5K, 10K, or going longer, critical velocity is something you can consider adding to your training.

The Workout You Need to Try

The amount of total time you spend running at critical velocity pace during your workouts depends on your fitness level, per Schwartz. Beginners may want to stick to 12 to 15 minutes; intermediate runners 18 to 21 minutes; and advanced runners 21 to 24 minutes, up to 27 minutes or so.

Here's what this could look like for an intermediate runner:

- Warmup: 6-8 minutes of easy running, followed by 6 x 20-second strides with 20-second recovery, and finished with a 2-minute easy jog
- CV work: 6-7 x 3 minutes at CV pace, with 1-minute recovery between (slow jog or fast walk)
- Cooldown: 12-15 minute jog

"Think of critical velocity as your aerobic cruising speed," Schwartz says. "It's comfortably hard, but not where you get to the point where it starts getting out of control and you're gasping."

When to Do These Workouts

The beauty of critical velocity workouts is you can—and should—do them year-round, says Schwartz. Because they're not overly stressing your body, your recovery time is lower than it would be for workouts with harder efforts where you're really pushing.

"You can do them week after week, which is unlike VO₂ max training, which you cannot do for multiple weeks in a row because your body would get destroyed," he says.

He recommends runners include a CV workout nearly every week of the year, particularly when you are in a competitive season or have a race on the horizon. "You need to include it, in my opinion, if you really want to be serious about reaching your potential," he says.

Regular critical velocity workouts allow you to see continued progress, he says, including increasing your average speed.

As for when to slot it in during your week? CV workouts can check the "speed day" box in your workout plan. And if you're worried this will have you missing out on other types of workouts—say, hard, breathless efforts when you're running VO₂ max pace or running up hills—one of the benefits of critical velocity training is that you can tack on other workout components to it to make sure you're challenging your body in a variety of ways.

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Top 5 Diet Tips for Men



By Diana Rodriguez, *everydayhealth.com*

Since nearly three out of every four men are either overweight or obese, maybe you are determined to start making healthier lifestyle choices. Your food choices directly affect your risk for weight problems, and your health in general.

Here are some simple tips to motivate you to fuel your body with a healthy diet.

1. Read Nutrition Labels

Reading package labels is a must to keep from sabotaging a healthy diet with oversized portions and unhealthy ingredients in processed foods. "A lot of the time there are three to four servings per package," said White — not just one. Avoid foods with trans fats and limit sugars; less than 7 grams per serving is a good idea. Look for high-fiber foods, which contain more than 3 grams of fiber per serving. And remember that the more fresh foods you add to your diet, rather than processed lunch meats or prepackaged meals, the easier it is to ensure that you're getting essential daily nutrients.



2. Keep Cooking Simple

When you're following a healthy diet and cooking at home, make

sure your preparation methods are also healthy. Bake, grill, steam, or sauté foods rather than breading and deep-frying them, suggested White. Cook with healthy fats, such as olive or canola oil instead of butter, and season with fresh or dried herbs, not salt. Order food prepared in these healthful ways when you eat out, too.

3. Avoid Diet Boredom With New Foods

Adding new and unusual tastes to your meals helps you to stay interested in eating right and ensures that you're getting a wide variety of nutrients. If you eat only a narrow range of foods, even foods that are good for you, you could become deficient in some vitamins and minerals, which can lower your energy level. In addition to lean protein and low-fat dairy staples, experiment with exotic fruits and vegetables and different types of whole grains. Try eating quinoa as a side dish or having oatmeal or shredded wheat for breakfast.



4. Pay Attention to Serving Sizes

A serving of meat isn't that whopping one-pound steak you may like to grill up for dinner — an appropriate serving size for meat is actually only 4 ounces, said White. In addition to using measuring tools and possibly a food scale to weigh portions, be sure to carefully calculate the serving size of any packaged food by using the information on the nutrition label. At restaurants, White sug-



gested safeguarding your diet by eating only half your portion and taking the rest home to enjoy the next day.

5. Tweak Your Diet With More Fruits and Vegetables

A healthy diet can be a work in progress. Meat may have been your main staple, but as you improve your health, continually improve your nutrition as well. Find simple ways to fit in more fresh fruits and vegetables and eat less meat. White suggested snacking on celery sticks with peanut butter or carrots with fat-free ranch dip. Other easy ways to improve your diet include bulking up sandwiches with tomatoes and fresh greens, topping whole-wheat pasta with steamed seasonal vegetables, and slicing fruit into your morning cup of yogurt or smoothie. Your food calories will leave you more satisfied as well as help you maintain a healthy weight.



TOP 10 THREATS TO MEN'S HEALTH

<p>1</p> <p>Prostate Cancer The CDC reports that prostate cancer is the most common cancer among men in the United States, aside from non-melanoma skin cancer.</p> 	<p>2</p> <p>Heart Disease Heart disease is the number one cause of death for men in the United States, according to the CDC.</p> 
<p>3</p> <p>Testicular Cancer The American Cancer Society reports that almost half of all testicular cancer cases occur in men between the ages of 20 and 34.</p> 	<p>4</p> <p>Colorectal Cancer Colorectal cancer is the third leading cause of death in U.S. men and women, according to the American Cancer Society.</p> 
<p>5</p> <p>Lung Cancer According to the American Cancer Society, at least 80 percent of lung cancer deaths are linked to smoking.</p> 	<p>6</p> <p>Diabetes According to Jaber Hakeem Medicine, diabetes affects 13 million U.S. men, compared to 12.6 million U.S. women.</p> 
<p>7</p> <p>Alcohol Approximately 63 percent of adults have reported drinking alcohol in the last 30 days. Moreover, men were two times more likely than women to engage in binge drinking during the same time period, according to the CDC.</p> 	<p>8</p> <p>Depression and Suicide The National Alliance on Mental Illness (NAMI) reports that more than 16 million men in the United States experience at least one major depressive episode each year.</p> 
<p>9</p> <p>COPD Men who smoke are 12 times more likely to die from COPD in comparison to their non-smoking counterparts.</p> 	<p>10</p> <p>Unintentional Injuries More than 187,000 people die from injuries each year, according to the CDC.</p> 

9 FITNESS TIPS FOR MEN



#1 WORKOUT WITH A FRIEND

We all know how difficult it can be to stick to a regular workout routine, but if you have a friend that is counting on you to be there, you won't want to let them down and cancel.

Also working out with a friend is fun and you'll motivate each other to keep going. If you have a friend that is more fit than you are, you'll also challenge yourself to keep up with them.

#2 SET GOALS FOR YOURSELF



Before you start, have a clear goal in mind of what you want to accomplish. Do you want to build muscle or lose weight or maybe both. Whatever the goal is, write it down. They should be specific, attainable and measurable.

Don't set goals that are unrealistic, because you'll just get disappointed if you don't reach them.

#3 START OFF SLOW

If you're new to working out, start out slow and then progress.

Pushing too hard, too soon could result in you injuring yourself and winding up on the couch and unable to exercise.



#4 SCHEDULE YOUR WORKOUTS

Just like you schedule business meetings and time with your family, it's important to schedule your workouts. You wouldn't cancel an important business meeting so make your workouts equally as important. Put it on the calendar and stick to it.

#5 GET THE PROPER EQUIPMENT

Whatever workout you choose to do, you're going to need some sort of equipment. It could be a new pair of running shoes, and comfortable clothes or a set of weights. Don't waste your money on things you don't need, and only buy what actually applies to the workout you want to do.



#6 STRETCH

Stretching is such an important component to your workout. It's always good to stretch before and after each workout, to prevent injury.

If you really want to get a good stretch and increase your flexibility, try taking a yoga class. Yoga is not just for girls, lots of guys practice yoga. It helps with strength and stamina, improves circulation, calms you down and it just makes you feel good.



#7 HIRE A TRAINER

Don't think of this as a cost, think of this as an investment in your health and fitness. If you are serious about getting in shape, hiring a personal trainer is a great way to do it. Not only do you get their expertise, but you'll also have someone there to push and motivate you, and keep you accountable.

#8 TAKE YOUR MEASUREMENTS




Take measurements before you start your exercise program, and then once a month while you're doing it. This way you can properly track if you're losing inches or gaining inches in the places you want. Write everything down and even take pictures so you also have a visual reference for your progress.

#9 HAVE FUN

If you're not having fun with your exercise routine, you're not going to want to keep doing it, so choose activities that you enjoy. If you hate running but love to play basketball then do that as your cardio workout. You'll burn a ton of calories and have fun doing it. There are so many ways to get a good workout in without it feeling like a workout, you just have to be imaginative.

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- 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.

Healthy Family Recipes for the Spring

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

Healthier Swedish Meatballs



A lighter, healthier version of a classic!

Ingredients

- 1 tablespoon olive oil
- ½ sweet onion, grated
- 1 pound ground sirloin
- ½ pound ground pork
- ¾ cup seasoned panko bread crumbs
- 1 egg
- 1 tablespoon milk
- 1 teaspoon garlic powder
- 1 teaspoon salt
- ½ teaspoon freshly ground black pepper
- 4 dashes Worcestershire sauce, divided
- 4½ cups reduced-sodium beef broth, divided
- 1 tablespoon reduced-sodium soy sauce
- 1 tablespoon finely chopped fresh rosemary
- ¼ cup cornstarch
- ⅓ cup Greek yogurt
- 2 tablespoons chopped fresh parsley

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Heat olive oil in a pan over medium-high heat. Saute onion in the hot oil until transparent, 5 to 7 minutes. Remove from heat and let cool.

Combine ground sirloin, ground pork, bread crumbs, onion, egg, milk, garlic powder, salt, pepper, and 2 dashes Worcestershire sauce in a bowl. Form into 1-inch meatballs. Place onto a baking sheet.

Bake in the preheated oven until no longer pink in the centers, about 20 minutes.

Pour 4 cups beef broth, soy sauce, rosemary, and remaining Worcestershire sauce into a large skillet. Bring to a simmer.

Pour remaining beef broth into a measuring cup

and whisk in cornstarch. Pour mixture into the sauce and stir until thickened. Add meatballs to the sauce and stir in Greek yogurt. Top with parsley and serve.

Nutrition Information (Servings: 4)
442 calories; 21.7 g total fat; 136 mg cholesterol; 1088 mg sodium. 25.3 g carbohydrates; 38.5 g protein.

Source: [allrecipes.com](https://www.allrecipes.com)

Zucchini Taco Skillet



This healthy taco skillet uses zucchini and lean ground beef.

Ingredients

- 1 teaspoon olive oil
- ¾ pound lean ground beef
- 1½ tablespoons reduced-sodium taco seasoning mix
- ¾ teaspoon kosher salt
- 1 (14.5 ounce) can no-salt-added fire-roasted tomatoes with juices
- 1 (14 ounce) can reduced-sodium black beans, rinsed and drained
- 1 cup fresh corn kernels
- ½ cup water
- 3 cups spiralized zucchini
- ⅓ cup shredded Cheddar cheese
- ¼ cup chopped green onion

Directions

Heat oil in a large skillet over medium heat. Add beef; cook for 4 minutes, stirring to break up lumps. Increase heat to medium-high. Add taco seasoning and salt; cook, stirring often, until meat is browned, about 2 minutes more. Stir in tomatoes, beans, corn, and water; bring to a simmer, stirring occasionally. Simmer until slightly thickened, about 5 minutes.

Stir in zucchini. Reduce heat to medium-low and cook, covered, until zucchini is just tender, about 3 minutes. Divide among 4 bowls. Top servings with cheese and green onion.

Cook's Note:

To make your own salt-free taco seasoning, combine

1/4 cup chili powder, 2 tablespoons ground cumin, 1 tablespoon cornstarch, 1 tablespoon garlic powder, 1 tablespoon kosher salt, 1 tablespoon paprika, and 2 teaspoons dried oregano, and 1/2 teaspoon cayenne pepper in an airtight container. Keeps for up to 3 months.

Nutrition Information (Servings: 4)
331 calories; 17.2 g total fat; 69 mg cholesterol; 689 mg sodium. 21.5 g carbohydrates; 26.2 g protein.

Source: [allrecipes.com](https://www.allrecipes.com)

No-Bake Healthy Brownies



Power-packed, nutritious, no-bake brownies.

Ingredients

- 1 cup pitted dates
- ½ cup almonds
- ½ cup pecans
- 3 tablespoons cocoa powder
- 1 tablespoon chia seeds
- 1 pinch salt

Icing:

- 2 tablespoons coconut oil
- 2 tablespoons unsweetened cocoa powder
- 1 teaspoon honey

Directions

Place dates in a bowl and cover with hot water until fully submerged. Let dates soak until softened, about 10 minutes. Transfer to a colander to drain.

Line a baking pan with parchment paper.

Combine almonds, pecans, cocoa powder, and chia seeds in the bowl of a food processor; pulse until blended. Add dates and salt and process until smooth. Transfer to the prepared baking pan.

Mix together coconut oil, cocoa powder, and honey for the icing. Spread on top of brownies..

Nutrition Information

 (Servings: 6)

180 calories; 12.2 g total fat; 0 mg cholesterol; 21 mg sodium. 19.1 g carbohydrates; 3.2 g protein.

Source: [allrecipes.com](https://www.allrecipes.com)

Not Just a Woman's Disease: Osteoporosis in Men



(Ivanhoe Newswire) —

Approximately 10 million Americans have osteoporosis and another 44 million have low bone density, placing them at increased risk. Yet nearly 80% of older Americans who suffer bone breaks are not tested or treated for osteoporosis. While women have it more often, it's just as dangerous for men.

It makes your bones weak and brittle.

"It's a silent condition," described Christine Jablonski, MD, director of the Bone Health and Osteoporosis Foundation for the Orlando Health Jewett Orthopedic Institute.

Osteoporosis: it commonly occurs in the hip, wrist or spine and is responsible for an estimated two million broken bones per year!

"There's low bone mass and there's disrupted, microarchitecture of the bone, which makes you more likely to break with minimal to no trauma," explained Dr. Jablonski.

Over the age of 50, one in two women will break a bone due to osteoporosis compared to one in four men, but...

"It's not even on the radar for most men or for most clinicians when they're treating their male patients," said Dr. Jablonski.

Two million American men have osteoporosis, and men over 50 are more likely to break a bone from it than to get prostate cancer, and men are more likely than women to die within a year after breaking a hip.



"After hip fracture, there's about a 20 percent one-year, 20 to 30 percent one-year mortality. And I think it's more quoted as more like 30 percent with men," Dr. Jablonski told Ivanhoe.

So what can you do?

"Getting enough calcium, making sure your vitamin D is optimized," said Dr. Jablonski.

She says salmon and sardines with bones as well as green leafy vegetables, dairy, and tofu are all very good sources of calcium.

Weight-bearing exercises like walking and hiking, as well as muscle-strengthening activities build bone and improve balance. If you develop those habits, you can have healthy bones and reduce the risk of osteoporosis.

You might notice a few changes in your body that mean your bones are losing strength or density. The warning signs include losing an inch or more of your height, changes in

your natural posture, like stooping or bending forward more and lower back pain. Around one in three adults over 50 who don't have osteoporosis have osteopenia. This means your bone density is lower than it should be for your age. Osteopenia can progress to osteoporosis if it's not treated.

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Grounding/Earthing for Mental Health and Body Wellness

As the warmth of June approaches, nature beckons us to step outside and engage in nature. If you suffer from conditions like chronic pain, inflammation, insomnia, jetlag, depression, or anxiety, nature is the best place to connect and restore balance to your mind and body. Grounding, also known as earthing, involves making direct contact with the Earth's surface and absorbing its natural energy.



Rebecca Wharton

Mental Health Benefits

Outside activities like gardening are inherently calming and meditative. By connecting with nature and completing rewarding tasks, your stress hormone levels, cortisol, are reduced. Gardening encourages mindfulness as you focus on the present moment, improving concentration, mental clarity, and a sense of accomplishment and purpose.

Gardening has also been linked to increased levels of serotonin, the "feel-good" hormone, which can alleviate symptoms of depression and anxiety.

The tranquility of a garden provides a peaceful escape from the hustle and bustle of daily life.



Emotional and Social Benefits

Gardening fosters a deep connection with nature and people, which creates feelings of gratitude, awe, and appreciation, enhancing overall emotional well-being.

Many cities have community gardens where everyone works together to tend the garden and share produce. Whether you're sharing gardening tips with neighbors or participating in community garden



projects, these interactions strengthen social bonds and create a sense of belonging.

As you watch your garden flourish and produce flowers, fruits, or vegetables, you will experience a sense of pride and achievement, boosting self-esteem and confidence.

June is a wonderful time to immerse yourself in the joys of grounding through nature. Whether you take a walk on a nature trail, have a sprawling garden or a small balcony garden, the act of tending to plants and spending time outdoors significantly enhances your physical, mental, and emotional health.

Embrace the beauty of June, connect with the Earth, and cultivate a healthier, happier you through the simple yet profound practice of grounding!



What is Grounding/Earthing

The Earth's surface carries a subtle electrical charge that positively affects our health. By walking barefoot on grass, soil, or sand, or by engaging in activities like gardening, we can experience this soothing energy.

Physical Health Benefits

Gardening is a physically engaging activity that involves various movements such as digging, planting, and weeding. These actions provide a full-body workout, improving cardiovascular health, increasing strength, and enhancing flexibility.



Your skin is in contact with the sun for Vitamin D synthesis that aids in bone health, immune function, mood regulation, and sleep health. When you garden, you are also exposed to healthy microorganisms in the soil that strengthen your immune system against pathogens, allergens and autoimmune conditions.

Growing your own food saves you money, the food has better taste and is more nutrient dense straight from the vine, and the reward of picking something you grew is almost like Christmas morning with each harvest.

—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 thefunctional-nursecoach@gmail.com or 913-298-1092.



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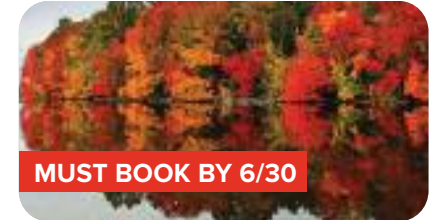
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Why you need dental insurance in retirement.

Medicare doesn't pay for dental care.¹

That's right. As good as Medicare is, it was never meant to cover everything. That means if you want protection, you need to purchase individual insurance.

Early detection can prevent small problems from becoming expensive ones.

The best way to prevent large dental bills is preventive care. The American Dental Association recommends checkups twice a year.

Previous dental work can wear out.

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

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

Unexpected bills like \$299 for a filling ... \$1,471 for a crown³ 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. ³FairHealth, Inc. National average dental fees. Data current as of July 2025; subject to change.

When you're comparing plans ...

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

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

DENTAL Insurance

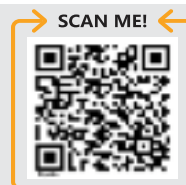
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Spiritual Wellness

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

The Sun is Our Friend

Genesis 1:16 tells us “God made two great lights – the greater light to govern the day and the lesser light to govern the night.”

The sun is a reflection of the eternal essence of God. We need the sun, and must learn to embrace it, not fear it.

God designed us to absorb light. The absorption of sunlight triggers a cascade of events in the body critical to our health, including the regulation of sleep hormones, liver detoxification and the well known production of vitamin D.

“Just as God made plants, animals and us; He also made the sun to be our life-force that governs our planet and brings life to His creations. After all, “God is Light.” -1 John 1:5

Vitamin D is a hot topic for good reason. The “sunshine vitamin” is known to reduce the risk of all major diseases, including cancer. Vitamin D is especially crucial for bone development. Without sunshine, children are at risk for developing rickets, a bone malformation disease.

So, why all the confusion? Is the sun friend or foe? Why have people lived in the sun for thousands of years without astronomical rates of skin cancer that we see today? Why are we using more sunscreen than ever and yet we still see increasing rates of skin cancer? God called His creation “good” and so it is imperative that we trust His Word and His design and look deeper at what is really going on.

Two major factors to consider:

1. To absorb sunlight in a healthy way, we must have a healthy body.

When we eat man-made junk food, sugar, and

synthetics found in processed foods, your body becomes burdened with toxins. The body will eliminate these toxins in every way it can,

one of them being the largest organ of your body, the skin. Unhealthy skin is not able to properly absorb the sun and leads to sunburn. Lathering up with synthetic sunscreen can be dangerous, as most sunscreens are filled with toxic man-made chemicals and the sun will bake these chemicals into your skin.

If we eat God-created healthy foods, loaded with leafy greens, healthy fats and rich in antioxidants, you will absorb light, strengthen the immune system, cleanse your blood, heal your liver, strengthen your bones and absorb light the way God intended from the beginning!

2. We must honor the power of God’s design. The sun is very powerful, so use caution and avoid over-exposure especially if your skin is weak from a diet high in processed foods. Morning sun is best, between sunrise and 11 am. Start with 10-15 minutes of sunshine at first, and increase each day until you get at least an hour. Wear light colored clothing and wide-brimmed hats for protection. Other options to



VAUGHN LAWRENCE
Owner,
Spiritual Health

Designed for Health



assist the skin are natural sunscreens that are coconut oil based and supplementing with Astaxanthin, a powerful antioxidant found in algae.

Ideally we should use the summer months to build our body’s supply of vitamin D to last us through the winter. In the winter supplement with cod liver oil, one of the few food sources of vitamin D. Vitamin D3 is another natural source from cholecalciferol, a pale yellow oil found in sheep’s wool, however the best sources have always been the sun and cod liver oil. It is important to avoid Vitamin D2, the synthetic version found in most “fortified foods”.

God gave us the sun to be life-giving. Using sunscreens and sunglasses block the essence of God from entering our body and doing what it was designed to do. So, throw away the chemical sunscreens, eat healthy foods and absorb sunlight the way God designed you! Your rewards will be happiness, a stronger immune system and long-term disease prevention.

Thank you God for the sun...”Light is sweet, and it pleases the eyes to see the sun.” Ecclesiastes 11:7



–Vaughn Lawrence is a natural health care practitioner, herbalist and owner of Spirit of Health who lives by their motto:
“We Love God. We Love People.
We Love Health.”

New Health & Wellness Info at the Library

By Alex Henault

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

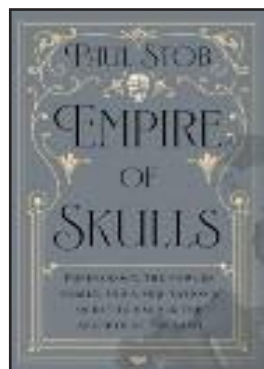
Good Grief, Pass the Bread, Mom is Dead: a memoir – by Angela Nissel; Amistad; 2026 New Books 610.84 NIS

Angela Nissel always wanted her mother's approval. But two defining events created a barrier between them: renouncing Christianity and being admitted to a psychiatric ward—events that mirrored failed parenting to her mother. Beating her depression, Angela moved to Los Angeles where she quickly achieved success as a television writer but soon after found herself dead broke and enduring a painful divorce. It was at this low point that she received heartbreaking news: her mother had cancer. Angela moves her mother to Los Angeles where she attempts to hide foreclosure notices and her live-in boyfriend while also trying to save her mother's life with everything from crystals to celebrity doctors. Still, her mother succumbs to her cancer. In this poignant and hilarious memoir, Angela chronicles her odyssey as she tries to remain "strong" like her mother in the face of grief. Delightfully self-deprecating, unsparing in its honesty, yet filled with wacky humor and joy, *Good Grief, Pass the Bread, Mom is Dead*, is an unforgettable portrait of love, yearning, loss, and resilience that reveals the indelible power of introspection to save our lives.



Empire of Skulls: phrenology, the Fowler family, and a new nation's quest to unlock the secrets of the mind – by Paul Stob; Counterpoint; 2026 New Books 610.9 STO

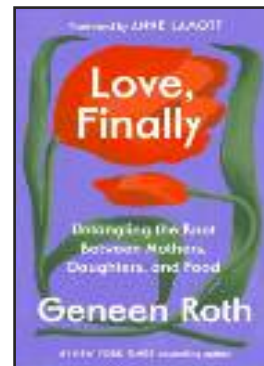
During the contentious and progressive antebellum era, the Fowler family preached a gospel of self-improvement to a nation eager to embrace its foundational beliefs. For the first time, this new "science" of phrenology offered all Americans the ability to improve their station by un-



locking their innate mental and emotional truths. Revered politicians, quirky celebrities, infamous criminals, and social outcasts all found their way to the Fowlers for skull readings. Brimming with the energy to change the world, the Fowlers connected phrenology to practically every aspect of life in the young nation—from abolition to women's rights, temperance to prison reform, spiritualism and mesmerism to vegetarianism and sexual education. But there was a dark side to this fad and to the Fowlers, and soon nefarious forces co-opted this once-hopeful sensation to justify racism and xenophobia. Phrenology's complex history stands as a commentary on the dreams and follies of the American republic. Though phrenology (and the Fowlers) ran afoul of the tide of history, its aspirational insistence on an individual's ability to improve oneself became embedded in the fabric of the nation.

Love, Finally: untangling the knot between mothers, daughters, and food – by Geneen Roth; The Dial Press; 2026 New Books 613.2 ROT

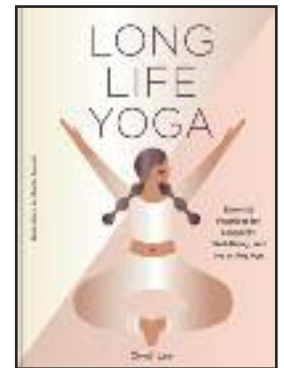
For nearly four decades, Geneen Roth has been a trusted and beloved voice, guiding women on how to give up dieting, end compulsive eating, and tune into their intuition. Her books have sold millions of copies and her workshops have months-long waiting lists. But only recently, after surviving a devastating breast cancer diagnosis and realizing that she or her mother might die before repairing the rift between them, Roth decided to face the reality that her relationship to her body and the food she eats are inextricably bound to her relationship with her mother. And, Roth discovered, this is true for almost every woman. For years, Roth has been telling women to listen to the intuitive voice inside themselves. But what if that voice is not theirs at all—what if it is the voice of their mothers? And what if, though it professes love, it's actually harmful? Determined to learn to distinguish between the intuition that is her own and the deeply-internalized prodding, often critical voice of her mother, Roth began working with a ninety year-old spiritual advisor named Coco. Blind, nearly deaf, and preternaturally empathetic, Coco helped Roth to untangle her sense of self from her mother's judgement. For the first time, Roth was able to separate what her mother had led her to believe about herself from her truer inner-knowing. Now, living from that deeper place, the things that



once kept her stuck, haunted, compulsive, or uncomfortable are set free. In *Mothers, Daughters, and Food*, Roth reveals how our mothers influence our beliefs about ourselves. She walks readers through a specific process to help them untangle those thoughts and she provides a roadmap to a healthier emotional and physical place. Written in her signature style—funny, self-aware, spiritually-wise—*Mothers, Daughters, and Food* is a must-read for anyone seeking to heal their relationships with food, their families, and themselves.

Long Life Yoga: essential practices for longevity, well-being, and joy at any age – Cyndi Lee; Chronicle Books; 2026 New Books 613.7046 LEE

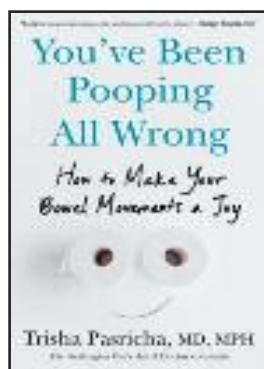
In this essential guide to health and well-being, world-renowned yoga teacher Cyndi Lee provides simple, empowering yoga practices to help you feel your best at any age. Yoga has proven benefits at every age, including increasing one's lifespan. Set yourself up for success by starting your yoga practice for longevity now. Whether you're dealing with aches and pains, stress, sleep issues, or simply looking for ways to feel healthier and more fulfilled, these pages are brimming with techniques proven to improve the quality of your life. For absolute beginners, seasoned practitioners, and everyone in between, this practical guide includes more than 100 poses and simple-to-follow sequences to support the essential elements of vitality and longevity. Organized to allow you to choose a particular focus area, or combine those that meet your needs, each chapter provides specific poses, sequences, and tips for: strength, flexibility, balance, energy, calm, inflammation, restoration, and more!. Featuring hundreds of helpful illustrations paired with expert tips and sidebars featuring accessible meditations, breathing exercises, and relaxing rituals, *Long Life Yoga* makes it simple to enrich your daily routine with proven well-being techniques to live a long, healthy, joyful life.



You've Been Pooping All Wrong: how to make your bowel movements a joy – Trisha Pasricha; Avery; 2026 New Books 616.3 PAS

Welcome to the easy-to-digest user's manual for your body's unsung hero: the gut. Leading Harvard gastroenterologist, Dr. Trisha Pasricha takes us on a riotous deep

dive into our own bowels with new insight from neuroscience, enteric biology, and physiology for an actionable framework to make pooping a breeze. No one would expect you to have stunning teeth if you were never shown a toothbrush. You would struggle to fall sleep if you never knew how to turn off the bedroom lights. But no one talks about the fundamentals of pooping, and so many—even the highest of achievers—spiral into a quagmire of poor habits and toilet-anxiety. *You've Been Pooping All Wrong* will teach you: What is a "normal" bowel movement? What do different colors mean? Is there a wrong way to sit? Is there a better way to wipe? The intricate connection between your brain and your gut: Why do you suddenly need to find the restroom right before your turn at karaoke and why does stress make you constipated? How to harness your gut's microbiome to boost your health: How does your lifestyle influence your microbiome and how can your microbiome, in turn, reshape you? The three Ps of having a perfect poop: A simple framework to transform your bowel habits based on years of gastroenterological expertise. And much more... Here, you'll learn the tools to achieve bowel consistency, ease, and—yes, joy—so that your gut flows on autopilot and you live your life without obsessing about the toilet: in short, poophoria.



No-nonsense Skincare: an expert guide to healthier skin – by Erum Ilyas; Johns Hopkins University Press; 2026 New Books 616.5 ILY

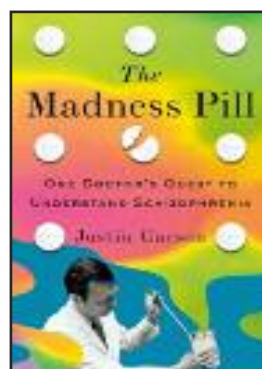
This book is a comprehensive guide that addresses skincare concerns for every part of the body and for every stage of life. Written by a leading dermatologist, it combines scientific insights, practical advice, and easy-to-follow routines to help readers achieve healthy skin.



The Madness Pill: one doctor's quest to understand schizophrenia – by Justin Garson; St. Martin's Press; Harvest; 2026 New Books 616.8572 GAR

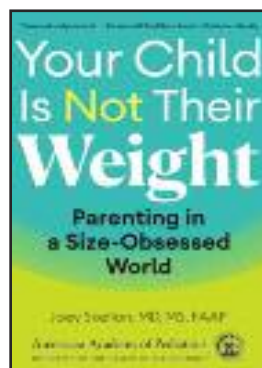
A rollicking history of the life and work of an unheralded genius: Dr. Solomon Snyder, whose experiments with mind-altering drugs helped change the way we think about the causes and treatments of schizophrenia. In the 1950s, the field of psychiatry had nothing to show for it-

self. While polio was being cured, antibiotics were being discovered, and cancer research was developing, the mental health world had no wins. Asylums were full and nobody had figured out how to fix insanity—specifically schizophrenia, the severest mental illness. Scientists became convinced that if they could engineer a pill to create madness, then they could cure it. Centered around Solomon Snyder, the psychiatrist who ultimately did identify the madness pill, and the community of doctors and researchers he worked with, *THE MADNESS PILL* recounts the drug-fueled quest to cure schizophrenia. A wunderkind who started medical school at 19, Snyder worked steadily for decades to replicate the illness, ultimately finding in 1970 that amphetamines could trigger a schizophrenia-like state by flooding the brain with dopamine. Five years later, he went on to discover the dopamine receptor and proved that antipsychotic drugs work by disabling dopamine neurons. Snyder's dopamine hypothesis inspired a generation of researchers to part ways with psychoanalysis and look for the biological basis of schizophrenia and other mental disorders. Using first-hand research and interviews, *THE MADNESS PILL* is at once a raucous history and insightful portrait of a remarkable scientist who turned psychiatry into a respected science by transforming how mental illness is treated.



Your Child Is Not Their Weight: parenting in a size-obsessed world – by Joey Skelton; American Academy of Pediatrics; 2026 New Books 618.93 SKE

If you've been told your child needs to lose weight, you know how hard it can be. You love your child just as they are and want them to feel good about themselves and their body. But, you may also have very legitimate concerns about weight-related bullying, anti-fat bias, and possible long-term health issues. While there are no easy answers, *Your Child Is Not Their Weight* offers compassionate and realistic parenting advice to help improve your child's overall health without compromising their happiness or self-esteem. Leading pediatric obesity medicine specialists, Joey Skelton, MD, MS, MD, and his team, Dara Garner-Edwards, MSW, LCSW, and Melissa Moses, MS, RDN, LDN, have in-depth medical expertise



as well as decades of practical, hands-on experience working with families like yours in their clinic. Their family-focused approach acknowledges that body weight is a complex issue, that diets almost always fail, and that eating disorders are a real risk—even, and maybe especially, for children in bigger bodies. But, they also share exactly how you can make a big difference for your child by focusing on healthy habits, outdoor play, and your own unconditional love for your child. You will be empowered to address weight concerns while making sure your child never doubts that they are loved and wonderful, regardless of the unrealistic body images and weight bias that the world so often perpetuates. *Your Child Is Not Their Weight* will help you discover a better way forward, together

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Healthy Event Calendar for Greater Topeka

Send events to info@TopekaHealthandWellness.com. See complete calendar on website.

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

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

WOODSHED MARKET – Sundays 9-2, 1901 N. Kansas Ave.

DOWNTOWN TOPEKA FARMERS MARKET - Saturday's April 4 thru Oct., 7:30am-noon, 6th & Harrison. The open-air market is full of fresh fruits and vegetables, herbs, arts & crafts, flower, home-baked goods and more.

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

TOUCH A TRUCK – May 30, 10-12, West Ridge Mall

DOGGIE DATE NIGHT – May 30, 6-8pm, Every Plaza

SILENT AUCTION AND CARNIVAL – May 30, 3pm, Countryside UMC, 3221 SW Burlingame. Games, face painting, a bounce house, and more

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.

WELCOME SUMMER VENDOR SHOW – May 30, 10-6, West Ridge Mall. Indoor vendor market.

SPRING VENDOR EVENT – May 31, 11-6, HyVee. Featuring local vendors, food trucks!

SANTE FE BAND CONCERT – May 31, 7pm, Gage Park Amphitheatre

BIBLE CHAT – Jun. 2, 1-2pm, Kansas Ave. UMC, 1029 N. Kansas Ave. All are welcome to join for an open forum Bible study! Come deepen your understanding of scripture & grow through shared reflection & discussion.

NORTH TOPEKA COMMUNITY BAND CONCERT – Jun. 2, 7:30pm, Garfield Park Gazebo

ING NETWORKING GROUP – Jun. 3, 11:30am at IHOP north. All welcome, free to attend, order from menu if desired.

EATS AND BEATS – June 4, 6-9pm, Every Plaza. Switch in Time with Tyler Swain

HHHS FOOD TRUCK NIGHT – June 5, 4-8pm, 5720 SW 21st. Food and local bands. Bring a lawn chair. Helps homeless animals

GNOME HOME CLASS – Jun. 5, 4-8pm, HHHS, 5720 SW 21st St. Join us during Food Truck Night for a hands-on fundraiser that's a little magical...a GNOME HOME building class to raise funds for the shelter!

BLOCK PARTY – Jun. 5, 5-9pm, Kaw Valley Bank parking lot, 1110 N. Kansas Ave. Free live music and food! Chance Encounter and Glory Days Pizza, plus Pineapple Dream. Free face painting and balloon artists too! While supplies last!

FIRST FRIDAY AT CONSTITUTION HALL – Jun. 5, 5-8pm, 429 S. Kansa Ave. Constitution Hall will be open as part of the citywide art walk. Stop in, explore the space, and experience a place where history happened.

FRIDAY NITE BITES – Jun. 5, 234 Main St, Carbondale. Food Truck event

FIRST FRIDAY MUSIC IN REDBUD PARK - June 5. Stephanie Teagarden & Own Two Feet.

WOODSHED 1ST SATURDAYS MARKET – June 6, 9-2, Woodshed Event Center.

HEARTLAND SALUTE TO AMERICA 250 – Jun. 6, 7:30am-2pm, Museum of the Kansas National Guard, 125 SE Airport Dr., Forbes Field. Pancakes/Biscuits & Gravy 7-9, military equipment displays, Topeka Big Band 9am, patriot parade 10am, Sante Fe Band 11am, Cookout meal 11-1, kids activities, face painting, food truck 11-2, inflatables WWII battle re-enactment 1 & 2pm

DOORSTEP'S NEIGHBORFEST – June 6, 10am-2pm, 5973 SW 25th St. Food trucks, 5K FunRun at 9am, car show, fire truck, storm chaser vehicle, raffles, family fun zone, face painting, inflatable. www.Doorsteptopeka.org.

NEIGHBORHOOD HANGOUT MARKET – Jun. 6, 11-3, 29th Oakley Shopping Center. Baked goods, produce, food trucks, flowers, homemade cloths, vendors. Dogs welcome.

NAMI WALK – June 6, 11-1, West Ridge Mall. Registration on-site begins at 10 a.m. The day will also include remarks from several people, along with storytelling, an art display and a scavenger hunt. Find details and register at NAMIWalks.org/Kansas.

CUSTOMER APPRECIATION CAR SHOW – Jun. 6, 8-12, Lux Auto Detailing, 660 NE 24 Highway. Show cars, classics, hot rods, etc. Food, drinks, giveaways, etc.

MULVANE ART FAIR – Jun. 6; 10-5 & 7: 10-3, 1700 SW College Ave. Over 85 fine art booths, Food trucks, Live music, Special guest instructor in the Art Lab Outdoors, Interactive art experiences

SUMMER KICK-OFF – Jun. 6, 2-8pm, Crestview Park, 4901 Shunga Drive. Faith Temple Church presents Talent Show, Live Music, Live DJ, Bounce Houses, Face Painting, Balloon Animals, Kickball Tournament, Great Food, Mechanical Bull, Cornhole, Raffles & More!) Info: faithtemple1952@gmail.com; 785-235-1384. KFG97.7FM / UpperRoomRadioOnline.com

GRAND OPENING – Jun. 7, 10am. New businesses Opal Out West boutique and Soda Rodeo dirty soda, 1929 SW Gage

JUNE FELLOWSHIP – Jun. 7, 5-7pm, Central Park Christian Church, 1535 SW Clay. Fast-paced game of Speed Friending and find out all kinds of interesting facts about the other attendees. Make new friends during this entertaining activity AND enjoy an ice cream sundae bar! Ice cream will be provided, you bring your favorite toppings and goodies.

C5Alive "POWER" LUNCHEON – June 11, 11:30-1, at Celtic Fox. Featuring Ryan Wynne from Doxazo. Free admission. Meals available from menu if desired. Please RSVP to info@C5Alive.org so we know how many to expect. Open to the public - bring a friend!

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

EATS AND BEATS – June 11, 6-9pm, Every Plaza. Milltown Band opening for Villians Dance

250TH BIRTHDAY PARTY – Jun. 11, 5:30-7pm, House2Home, Fairlawn Plaza. Melissa Rau, Topeka sculptress: Her Uncle Sam statute will be on display in the store. It is amazing. Come listen to her tell you how she creates all her outstanding works of art! July 4th décor on sale.

TOPEK RENAISSANCE FESTIVAL – June 12-14 at The Woodshed Event Center. Step into a world of magic, adventure, and merriment! Jousting,

Birds of Prey, Live armored combat, Fire performers, archery, axe throw, pony rides. Separate Pirate Bar for adults. Flinthaven Fae Ball Friday evening, Main festival Sat & Sun 10-6. \$16 per day, \$30 weekend pass. VIP Experience \$100: Admission all 3 days, VIP Tent - Feast like royalty, private shaded seating at shows. Camping available.

ANNUAL SIDEWALK SALE – Jun. 12, 10-5, Fairlawn Plaza. Free Snow Cones while supplies last from 11-10. Music by Colin Nichols

INDOOR GARAGE/TREASURE SALE – Jun. 12-13, 8:30-3, 5221 SW West Dr. Women's Club of Topeka.

CORNER MARKET – June 13, 10-3, 29th & Adams. Vendors and kids activities.

GARAGE SALE & BAKE SALE - June 13, 8am-4pm, Kansas Ave United Methodist Church, 1029 N Kansas Ave, inside Fellowship Hall. Fundraiser for Children/Youth ministry. Lots of good bargains!

JUNE MARKET – Jun. 13, 10am, The Marketplace at West Ridge Mall. Local vendors.

ANNUAL MAETA TRUCK AND CAR SHOW – Jun. 13, Meriden Antique Engine and Threshers Assn. 8275 KS-4 Hiway. Flea market too.

OPENING CAR SHOW – June 13, Heartland Motorsports Park. Free admission to the public.

HHHS RUMMAGE SALE – Jun. 13, 9-1, 5720 SW 21st.

HELLO SUNSHINE SUMMER EVENT – Jun. 13, 10-2, Rolling Hills Christian Church, 4530 NW Hiawatha Pl. Face painting, bouncy houses, kid games, food trucks, giveaways

SECOND SATURDAY FREE CONCERT – Jun. 13, 7:30pm, Celtic Fox, 118 SW 8th Ave. Kansas City's own Rock Party LIVE

SUMMERTIME BLUES – Jun. 17, 7-9pm, Gage Park Amphitheater. Featuring Howard Mahan

ING NETWORKING GROUP – Jun. 17, 11:30am at Celtic Fox. All welcome, free to attend, order from menu if desired.

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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.

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KMCPA.com • www.TopekaEndoCenter.com

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MENTAL HEALTH - ADDICTION TREATMENT - Adult Crisis Services
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HEALTHY MARKETING

PLACE YOUR AD HERE! Starting at \$25/mo.
Contact: info@TopekaHealthandWellness.com

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.tsopl.org

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