

TOPEKA

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Health & Wellness

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MAGAZINE



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Helping Topekans Live Happier, Healthier Lives Since 2015!

Don't Ignore Signs of Stroke

With summer heat and stress, symptoms of a stroke are important to look out for.

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

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

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

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

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

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

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

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

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



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– StatePoint



STROKE KILLS.

BE FAST! Call 911.

Know the Signs:

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

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



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PUBLISHER: Lee Hartman 785-640-6399

Lee@TopekaHealthandWellness.com

SALES & MARKETING: 785-380-8848

info@TopekaHealthandWellness.com

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ON THE COVER:

Our cover this month features a young girl on her way to the first day of school.

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.

Getting Kids Under 12 Emotionally Ready for School

TIP #1

DAILY ROUTINES HELP KIDS FEEL SAFE AND CONFIDENT

- ☛ Plan regular times for healthy meals, play, and homework every day.
- ☛ Kids need 9-12 hours of sleep every night to help them learn.
- ☛ Get clothes and backpacks ready for school the night before.
- ☛ Set aside regular one-on-one time, without screens, to do something relaxing and fun with your child.

Put away electronics one hour before bedtime to relax together and get ready for a good night's sleep.

TIP #2

BUILDING CONNECTION BOOSTS CONFIDENCE

- ☛ Visit the school together to meet teachers and see where your child will be spending their day.
- ☛ Talk to your child about what they can expect before the school year starts. If they are nervous, let them know it's normal.
- ☛ Have a buddy for bus rides or carpools to make going to school easier.
- ☛ Reduce bullying by forming positive connections in after-school and mentoring programs.

Praise your child.

"Thank you for helping set out your school clothes for tomorrow!" or "Great job packing your backpack!"

Practice positive self-talk.

Say "I can try this" instead of "I can't do this."

TIP #3

TALKING ABOUT THEIR FEELINGS BUILDS TRUST

- ☛ Ask your child: what was the best thing about your school day?
- ☛ Acknowledge their feelings, even when emotions are tough because of conflict or disappointment.
- ☛ Practice coping skills such as belly breathing.

Talk about their feelings

"It's okay to feel..." & "I'm so glad you told me about..."

Try belly breathing together!

Put both hands on your belly, breathe in slowly through your nose, then breathe out slowly through your mouth.

TIP #4

YOU KNOW YOUR CHILD BEST. IF YOU THINK YOUR CHILD NEEDS MORE HELP:

- ☛ Talk to your child's teachers about how you can support their needs at school.
- ☛ If your child's feelings are affecting their sleep or school, talk to school behavioral health staff or their doctor about ways to help.

- ☛ Consider a health check-up to stay up to date on your child's routine health care.

Unlock Your Energy This Fall: How Chiropractic Care Can Help You Live Your Best Life

As the days grow shorter and schedules become busier, it's easy to slip into survival mode. Between work, school, sports, and the demands of everyday life, many people simply try to make it through the season.

But what if this fall could be different?

This fall, don't just settle for getting through the season – choose to rise. Let chiropractic care help unlock your body's full potential so you can show up **stronger** in every part of your life.

Your body is designed to move, adapt, and recover. When your spine and nervous system are functioning well, they support healthy movement and help your body perform at its best. Chiropractic care helps restore proper joint motion, reduce stress on the body, and support overall function so you can continue doing the things you love.

Fall is the perfect season for a fresh start. Whether you're cheering from the sidelines at your child's soccer game, tackling a new fitness goal, enjoying crisp morning walks, or simply keeping up with the demands of a busy family, how you feel physically affects every part of your life. Investing in your health today can help you move with greater confidence, stay active, and enjoy the season to its fullest.

True wellness isn't built by one big decision – it's created by the small choices you make every day. Prioritize movement. Nourish your body with wholesome foods. Get enough restorative sleep. Manage stress intentionally. And don't overlook the health of your spine and nervous system. To-

gether, these habits create the foundation for a healthier, more energized life.

This season, make a commitment to yourself. Don't wait until pain slows you down before taking action. Choose to rise. Choose to invest in your health. And choose habits that help you become the strongest, healthiest version of yourself – this fall and beyond.

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

Chiropractors use a combination of treatments,

which are tailored to the specific individual needs of the patient. After taking a complete history and providing a detailed diagnosis to the patient, Dr. Beckley will develop and carry out a treatment plan, as well as recommend rehabilitative exercises. Dr. Beckley may also suggest nutritional, dietary, and lifestyle modifications to help the patient reach their health goals.

Dr. Beckley believes in addressing the patients overall health and not just their specific symptoms. She is focused on how a patient's musculoskeletal system and nervous system function in relation to the whole body. Dr. Beckley is a certified yoga instructor and offers classes at Beckley Chiropractic & Wellness.

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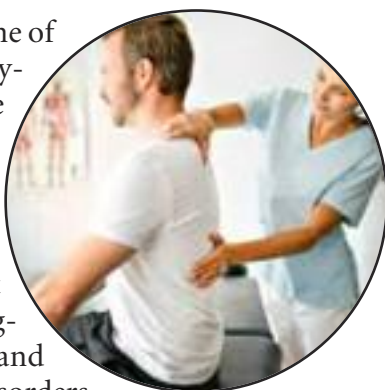
Dr. Amber Beckley

Amber N. Beckley, D.C.
Doctor of Chiropractic
(785) 234-5056

office@beckleychiropractic.com



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Christ Our Righteousness Ministry

"...the repairer of the breach, the restorer of paths to dwell in." Isaiah 58:12

Note: the "breach" is in the Law of God (10 Commandments) - change Sabbath into Sunday Worship

35 SCRIPTURES IN DEFENCE OF THE 10 COMMANDMENTS—GOD'S HOLY LAW

1. PURPOSE FOR THE LAW (10 COMMANDMENTS)

Romans 2:20 "An instructor of the foolish, a teacher of babes, which hast the form of knowledge and of the truth in the law." The Law is the Truth!!

Romans 3:20 ".....For by the law is the knowledge of sin" Where there is no law; there is no sin; then no need for Jesus (churches have done this)!!

1 John 3:4 ".... sin is the transgression of the law." We would not know sin except the Law shows us our sin and our need for Jesus!!

Romans 6:16 "know ye not...servant ye are to whom ye obey... sin unto death...obedience unto righteousness." We serve God or the devil—your choice

Romans 7:7 "....I had not known sin, but by the law: for I had not known lust, except the law said, Thou shalt not covet". The Law Points us to a Saviour!!

The Law (10 Commandments); given to show man his need for God; the law is the Order & Justice of God's Kingdom. No Law No Peace!!

2. WHO WANTS TO DO AWAY WITH GOD'S LAW?? (10 COMMANDMENTS)

In heaven it was Lucifer and on this earth it is the Government, the Churches, the Schools and our Homes!!! **GOD HELP US.**

Romans 7:8,9 "....For without the law sin was dead....when the commandment came, sin revived, and I died." do away with law is to do away with sin!!

James 1:25 "....the perfect law of liberty....being not a forgetful hearer, but a doer of the work, this man shall be blessed."Obey the Law: Liberty to live

1 John 5:2,3 "This is the love of God, Keep his Commandments...his commandments are not grievous." Love God & Man is the fulfillment of the Law.

Yes Lucifer wanted to do away with the Law in heaven and today the churches also want to nail the law to the Cross of Christ

3. LET US PUT TO REST THE CONTROVERSY OVER GOD'S LAW?? (10 COMMANDMENTS)

Matthew 5:17-19 "Think not that I am come to destroy the law...: I am not come to destroy, to fulfil." Jesus didn't do away with the Law – MAN DID!!

Luke 16:17 "And it is easier for heaven and earth to pass, than one tittle of the law to fail." These are Jesus's words!! Nothing to be removed from law

Romans 5:13 "....but sin is not imputed when there is no law." If there is no law there can be no Justice in God's Kingdom as in our world – no peace!

Romans 4:14,15 "....Because the law worketh wrath: for where no law is, there is no transgression." The law condemns the sinner! No Law No Sinner

Matthew 15:9 "But in vain they do worship me, teaching for doctrines the commandments of men"... Saturday is the Sabbath – Not Sunday by man!

Hebrews 13:8 "Jesus Christ the same yesterday, and to day, and for ever". Jesus Never Changes! Sunday churches are always changing.

Romans 7:14 "For we know that the law is spiritual: but I am carnal, sold under sin." The Law is Spiritual! Sinful man cannot change to Sunday.

1 John 2:6 "He that saith he abideth in him ought himself also so to walk, even as he walked." Jesus obeyed the Law and showed us how we can!

It is obvious why sinners want to put away the Law of God – It is condemnation to the sinner – It is Liberty for those who Trust and Obey.

4. THE LAW (10 COMMANDMENTS) IS THE STANDARD OF JUDGEMENT

Romans 2:12-13 "....as many as have sinned in the law shall be judged by the law." Moses gave the Law to man! Man wants to do away with the Law

James 2:12 "So speak ye, and so do, as they that shall be judged by the law of liberty." The Law work 2 ways: Liberty to live Obey or condemnation!

Matthew 7:21 "....enter kingdom of heaven, but he that doeth the will of my Father." The Will of our Father is to obey His 10 Commandments! All 10

Ecclesiastes 12:13-14 ".....Fear God, and keep his commandments...this is the whole duty of man." Mind accepts the Law: Heart Loves the Law!

Psalms 19:7 "The law of the Lord is perfect, converting the soul." The Law is a transcript of God's Character: God is Love: Law teaches Love!

Romans 7:11 "For sin, taking occasion by the commandment, deceived me...." The commandments: the Law reveals sin! Sin is a Deceiver!!

Romans 7:12 ".... the law is holy, and the commandment holy, and just, and good." Now Why would God do away with His Law? HE DIDN'T!!

Matthew 15:3 "Why do ye transgress the commandment of God by your tradition." Sunday worship is a tradition of man! BREACH 7th Day Sabbath

1 Timothy 1:7-10 "the law for the lawless, disobedient...ungodly...sinners...murderers...hars...." The Curse of the Law: the sinner must die, 2nd Death!

The Law they want to destroy; will Judge them in the end!! Today, Jesus has Mercy & Salvation for you. Come in Truth & Spirit.

5. ONLY WAY POSSIBLE TO KEEP THE LAW (10 COMMANDMENTS) IS BY THE SPIRIT— THE INNER MAN: MIND & HEART

Romans 7:25 "....So then with the mind I myself serve the law of God; but with the flesh the law of sin." Here is the Christian battle! Within! Sin within

Hebrews 10:16-17 "This is the covenant—I will put my laws into their hearts, & in their minds will I write them." The Law In our Mind and Heart

Romans 7:22 "For I delight in the law of God after the inward man." God looks at Inner man (mind and heart) compare with Truth, Law & Gospel

Proverbs 7:1-3 "....keep my commandments, and live; & my law as the apple of thine eye." We are to love the law: the law teach love to God & man!

1 John 2:2-3 "And hereby we do know that we know him, if we keep his commandments." To know his Law is to know God: His Character!

2 John 6 "And this is love, that we walk after his commandments." First four commandments – love God: last 6 commandments – love neighbor!

The Holy Spirit Living Within Our Heart and Mind is the only way humans can obey the law of God – We can because Jesus Did!!

THE REWARD FOR THOSE WHO OBEY GOD'S LAW?? (10 COMMANDMENTS) IN THEIR HEART AND MIND

Revelation 22:14 "blessed are they that do his commandments, that they may have right to the tree of life—enter through the gates." Obey & live!

Matthew 19:170 "....if thou wilt enter into life, keep the commandments." The Law is Good, Just, Holy & Spiritual; the law is eternal as God is!

1 John 3:22 "And whatsoever we ask, we receive of him, because we keep his commandments, and dopleasing in his sight." Abraham Obeyed God!

Romans 2:13-14 "....the doers of the law shall be justified." Christ came to save us FROM our sins! Obedience is Godliness & Righteousness & Life.

Those who have the Faith of Abraham shall live. Faith Shown By Works of Obedience, and Trust in Jesus Our Lord!!

Call for a FREE Book at 720-318-3771

Create a Multipurpose Wellness Room

Busy parents juggling work, family schedules, and personal health often know exactly what they need, movement, recovery, and quiet, but struggle to make it fit inside a real home. The tension is constant: a spare room becomes a cluttered catch-all, workout gear competes with comfort, and the space never feels right for any routine. Home remodeling for wellness turns that problem into a plan by creating multipurpose wellness rooms that flow between a fitness recovery relaxation space without chaos. With the right approach, home wellness design benefits show up as consistency, calmer energy, and versatile home exercise areas that actually get used.

What a Flexible Wellness Space Really Means

A flexible wellness space is a room designed for changing needs, not a single “perfect” setup. It supports movement, recovery, and calm by making it easy to switch modes without resetting the whole room. Think of it as a decision filter: if something limits options, it probably does not belong.

This matters because your body and mind respond to friction. When the room adapts to your day, you show up more often and you feel less pressure to do it “right.” Small choices like ventilation count too, since indoor air is often two to five times more polluted than the outdoors.

Picture a spare room that hosts a quick workout at 6 a.m., a stretch session at lunch, and a quiet reset at night. A movable bench, soft lighting, and clear floor space let the room flex with you. With flexibility clear, you can protect comfort by planning for repair surprises during remodeling.

Plan for Breakdowns So Your Wellness Routine Stays On Track

Once you’ve defined what “flexible” means for your wellness room, it helps to protect the behind-the-scenes systems that keep it usable day after day. When a single space supports workouts, recovery, and relaxation, your home’s heating, cooling, and electrical systems can end up working a little harder, more frequent temperature adjustments, fans or AC running longer, and equipment drawing power regularly. That extra use doesn’t mean anything is “wrong,” but normal wear and tear can add up over time, and an unexpected breakdown can quickly derail the comfort and consistency you’re building.

A home warranty service agreement is one way to add cost predictability while you remodel and after you’re using the room: if a covered essential system fails, it can help with the repair or replacement so you’re not hit with an out-of-the-blue expense. If you want a clear sense of what coverage can look like, this overview fills you in



nicely. With that peace-of-mind piece considered, you can move into the practical design choices, layout, storage, lighting, and materials, that make the room feel calm, capable, and clutter-free.

Plan a Wellness Room That Switches Modes Easily

With the behind-the-scenes essentials accounted for, you can shape the room itself. This process helps you plan a space that moves smoothly between sweating, stretching, and slowing down, without constant rearranging or visual clutter.

1. Choose your primary outcome first

Start by choosing one primary outcome such as performance-first, recovery-first, relaxation-first, or longevity-first. This decision acts like a filter for every layout and purchase choice so you do not build a beautiful room that is frustrating to use. You can still support other modes, but one priority keeps the plan simple.

2. Map three zones and a clear pathway

Sketch the room as three flexible zones: an open movement zone, a recovery zone, and a calm corner for breathwork or meditation. Leave a simple walkway so you are not stepping around gear to change modes. If space is tight, make the movement zone the “default” and let the other zones fold out from storage.

3. Build storage that resets the room in two minutes

Choose storage that hides equipment fast: closed cabinets for visual calm, a vertical rack for mats and bands, and one labeled bin for small items. Put the most-used tools at arm height and the bulky items low, so putting things away feels easy after a workout. The goal is a quick reset so relaxation is always available.

4. Layer lighting for workout and wind-down

Create at least two lighting scenes: brighter, even light for training and softer, warmer light for recovery and relaxation. Use dimmable bulbs or plug-in dimmers so you can change the mood without rewiring. Aim lights away

from mirrors and screens to reduce glare and help your eyes settle.

5. Choose durable, quiet, easy-clean materials

Prioritize flooring and finishes that handle sweat, movement, and cleaning: resilient flooring, washable paint, and moisture-tolerant fabrics. Add a large exercise mat or interlocking tiles in the training zone to protect floors and reduce noise. Confirm each surface can be wiped down quickly so the room stays fresh with minimal effort.

Wellness Room Remodel Questions Homeowners Ask

Q: What if my wellness room ends up feeling cluttered or “busy”?

A: Choose fewer, better tools and make storage non negotiable. Aim for a “clear floor” rule: if it cannot be put away in two minutes, it does not live in the room. One closed cabinet or a simple shelving wall can calm the whole space.

Q: How can one room realistically support workouts and relaxation?

A: A multipurpose wellness room is designed to shift with you, so the room works like a system, not a pile of gear. Use a flexible anchor like a foldable bench or rolling cart, then set up quick “modes” with lighting and a few grab-and-go items.

Q: Should I remodel a full room if I only have a small spare space?

A: Yes, if you define the use clearly and keep the footprint honest. Start with one open area for movement and a compact recovery setup like a mat, bolster, and a small speaker.

Q: How do I keep the room clean without turning it into another chore?

A: Pick wipeable surfaces and keep a small cleaning caddy in the room. A two step routine works well: quick wipe after sweat sessions, then a deeper clean once a week.

Make One Wellness Upgrade That Supports Fitness and Recovery

It’s easy to want a room that does everything, workouts, calm, storage, while worrying about cost, space, and upkeep. The way through is a motivational home design mindset: prioritize what supports your body most, then make changes that are flexible, durable, and easy to maintain. When that approach guides your choices, the benefits of wellness remodeling show up in daily consistency, smoother transitions between effort and rest, and an integrated fitness and recovery space that actually gets used. Build the room for the routine you’ll repeat, not the fantasy you’ll visit.

—Sheila Johnson

Whole Grains Linked to Lower Cancer and Heart Disease Risk

Healthy eating could prevent more than 80,000 cancer cases each year in the United States and help even more people prevent heart disease and diabetes.

One simple way to eat better is to add more whole grains, because as many as nine in 10 people aren't getting the amounts recommended for health and wellness, said Dr. Graham A. Colditz, associate director of prevention and control at Siteman Cancer Center at Barnes-Jewish Hospital and WashU Medicine in St. Louis.

Wheat, oats, rice, corn and barley offer the most benefit when they are whole grains — that is, when they include the three key parts of the natural grain kernel: bran, germ and endosperm. Bran and germ are rich in fiber, vitamins, minerals and other healthy compounds. When the bran and germ are removed during processing, they become refined grains.

The new dietary guidelines for Americans recommend focusing on eating whole grains over less-healthy refined grains. Whole-wheat bread and brown rice are classic whole-grain foods compared to their refined versions, white bread and white rice. Most adults should aim for two to four servings of whole grains a day, with one serving equaling a half cup of cooked oatmeal, a cup of dry breakfast cereal or a slice of bread.

Colditz recommends these options:

Snacks

- Whole-grain pretzels, whole-grain pita chips and whole-grain crackers
- Whole-grain granola with Greek yogurt
- Air- or pan-popped popcorn

Breakfast

- Oatmeal or whole-grain oat dry cereal
- 100 percent whole-wheat toast



- Whole-wheat or whole-grain buckwheat pancakes

Lunch

- Whole-wheat spaghetti or whole-wheat pasta salad
- Sandwich with 100 percent whole-wheat bread
- Rice bowl with brown rice

Dinner

- Soup or stew with added barley or brown rice
- Burrito with whole-wheat tortilla and brown rice
- Whole-grain veggie burger with whole-wheat bun
- When eating out, ask about whole-grain options for bread, buns, tor-

tillas, fillings or side dishes. They may not always be listed on menus, or if they are, may not be highlighted. But they're becoming more common options at many restaurants and can be an easy way to sneak more whole grains into our days.

"Adding more whole grains to our weekly menus can help us do just that," Colditz said. "It can take a little extra time and effort to make the switch. But it's 100 percent worth it."

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Can Fasting Save Your Life?

In a world where chronic disease is common, and awareness about the risks and the costs of pharmaceutical products is growing, many are searching for natural ways to not just feel better, but actually reverse disease, and not have to take drugs for the rest of their life. One approach that has attracted growing scientific interest is medically supervised water fasting. While fasting has been practiced for thousands of years for spiritual and cultural reasons, modern science demonstrates that, when conducted with appropriate supervision, it offers significant health benefits.

Water fasting involves consuming nothing but water for a prescribed period. Because the body

portant as the fast itself.

Done correctly, fasting can cure high blood pressure, type two diabetes, lower inflammation and support the body's own healing after an injury more effectively and quickly than almost any other intervention. Increased mental clarity, improved energy after recovery, and the motivation to follow a healthier lifestyle are common after a fast. Fasting has also been shown to be highly effective for autoimmune diseases, vaccine injuries and even some cancers.

Next month, one of the world's leading authorities on medically supervised water fasting, Dr. Alan Goldhamer, the founder of the True North Health Center in Santa Rosa, California, will be coming to our area. For more than four decades, Dr. Goldhamer and his team have supervised thousands of fasts, helping patients address conditions ranging from hypertension, dyslipidemia, and type 2 diabetes to autoimmune disorders and obesity through fasting combined with a whole-food, plant-based diet. I have been to True North Health Clinic myself. It was not only life-changing in terms of the health reboot that I got, but I also met really interesting people who had come there from all over the world, and I witnessed them getting extraordinary results too. And, my stay there including the medical testing was less than the cost of an all-inclusive resort vacation!

If you'd like to learn more, Dr. Goldhamer's best-selling book, **Can Fasting Save Your Life?** explores both the science and the practical application of therapeutic fasting. Written for a general audience, the book explains how fasting affects the body, reviews the research behind its benefits, and shares compelling patient stories that illustrate the remarkable potential of this treatment. You will have a unique opportunity to hear directly from this internationally recognized expert when Dr.



Alan Goldhamer comes here to speak at the Vibrant Vegan Fest (VibrantVeganFest.com) in Kansas City. Attendees will have the chance to learn about the latest research and have many opportunities to ask Dr. Goldhamer questions.

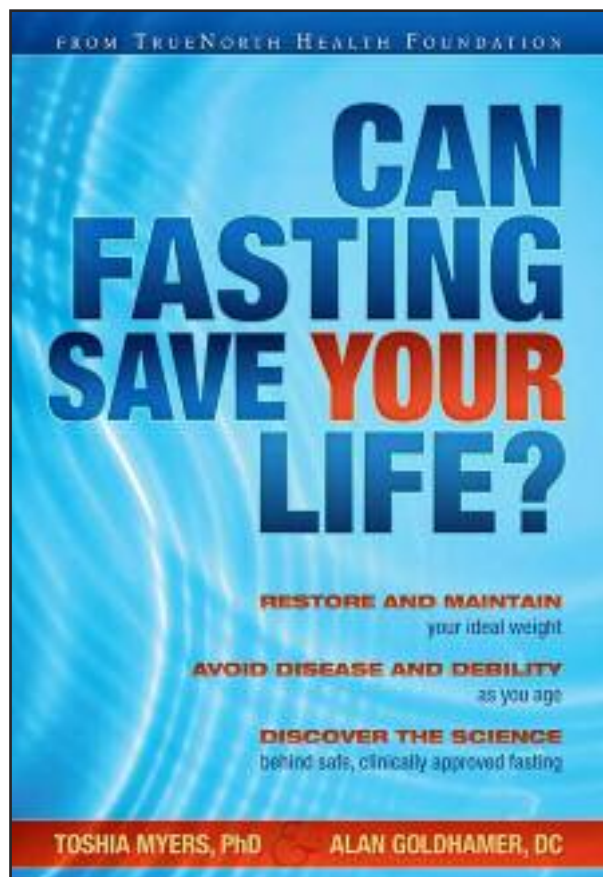
Whether you are curious about fasting, interested in improving your health, or simply want to hear from one of the pioneers in the field, this promises to be an engaging and educational event and the chance to discover why so many people are asking an important question: Can fasting save your life?

-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.



JoAnn Farb



undergoes profound physiological changes during a fast, those who take blood pressure or diabetes drugs can quickly be at risk of overdosing without a professional helping them to ween off the drugs safely as the healing from the fast progresses. This is why patients need to be carefully evaluated beforehand, monitored throughout the fast and guided through both a preparatory period and a gradual re-feeding process, which are just as im-

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When Should You Take Run Breaks?

During the last few long runs of my current half marathon training, I've been taking breaks.

The humidity combined with the relentless heat have been regularly interfering with this training block. I know short stops during long runs are acceptable, but when do these breaks become too long and detrimental to my training? Because isn't the whole point of a long run to build endurance and keep moving continuously?

I spoke to an expert who explained that what matters is the purpose of the break.

"The long run serves a physical purpose in that it is exposing you to that longer distance so your body has the opportunity to become more familiar with those longer distances," says Emily Saul, MS, a licensed mental health counselor in Boston who works with athletes. "I would call taking a break, as in physically stopping your run, a tool—you can use that tool to be helpful for you, or you can use that tool in a way that is disruptive or not beneficial to you."

And so for our collective peace of mind, let's look at the breakdown.

Breaks as a Helpful Tool

A long run can be scary, especially if its mileage swells to numbers you haven't run in a long time or perhaps ever. So if you're thinking about breaks

as intervals, where you cover a specific distance before slowing down or shortly stopping to, for example, sip water, it could be a positive thing, Saul says. "It does help to break the work into smaller pieces, which then makes it easier for your brain to go, 'Oh, that small chunk, that's doable, that's not scary, that's not overwhelming—of course I can do that,'" she adds.

The point is that these breaks should be structured. "Tell yourself, 'Every 30 minutes, I'm just going to stop, let my heart rate come down, make sure I'm hydrating, and then I'm going to continue on,'" Saul says. "Or I can even build in certain run/walk intervals, but do that in a predictable way, so it's not whenever I get tired, I'll walk, and then if I feel like running again, I'll run."

To Account for Running Conditions

Something to keep in mind is that training plans are not god. "What we forget is that whatever is written on that paper is written in total absence of the context of where you are and what temperature it is, what the humidity is," Saul says, adding that you can use an online calculator if you prefer to run by pace so that you have an adjusted number you feel good about. "The other thing that I encourage people to do is to not be afraid, especially from a mental perspective, of simply slowing things down, focusing more on the effort—whatever the effort you would normally feel during this type of run, seek to feel that same feeling." What's most important in the end is time on feet.

At Runner's World, they say that a good rule to follow is to slow down by 20 to 30 seconds per mile for every 5 degrees above 60 Fahrenheit. When we experience temperatures reaching triple digits, short breaks should absolutely become a part of the long-run strategy, a short reprieve when you let your body cool down and the heart rate decrease (heat forces the heart to pump faster to circulate blood to the skin so the body can cool itself).

Other Acceptable Breaks

Unless you're training for a specific time



goal and are prescribed to run at a specific pace, a long run is meant to be conversational and low-stress. It's perfectly fine if you take a short break to hydrate, fuel, use a bathroom, stretch, stay safe amid traffic, or walk.

Breaks as a Disruptor

Long runs are designed to build fatigue resistance and help you understand what race day will feel like. They're also helping you build mental endurance and feel comfortable with the continuous time spent in motion, so you're confident that you can keep going when the effort starts feeling hard. We're creatures of habit, so getting used to stopping due to, say, minor aches and pains (or no reason at all) could lead to your mind stopping your body from performing at its best on race day.

If you're stopping for extended periods, excessive fatigue, pain or dizziness, or no reason at all, these breaks can hinder endurance adaptations and race-day performance—but also can be a cue that perhaps you're trying to do too much too soon.

Bottom Line

As for me, I will keep breaking up my long run for as long as we're experiencing this excessive heat. I know it's important to practice drinking and eating on the move if interrupted running is my race-day strategy, so every so often, I make sure to test how much I need to slow down and in which pocket my gels are most accessible. For the rest, I slow down without worries.

— By Pavlina Cerna

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Back-to-School Tips for Families in 2026

Before it's time to head back to school, use these tips to help ensure your child has a safe, healthy and happy year.

Make the first day of school easier for kids.

- Take your child to visit the new school or classroom before the first day of school. Attend any orientations you can and take an opportunity to tour the school. Also consider taking your child to school a few days prior to class to play on the playground to help them feel comfortable. Many children get nervous about new situations, including changing to a new school, classroom or teacher. It can be helpful to rehearse heading into the new situation.
- Remind your child that teachers know that students may be nervous about the first day of school; they will make an extra effort to make sure everyone feels as comfortable as possible. If your child seems nervous, ask them what they are worried about and help them problem-solve ways to master the new situation.
- Point out the fun aspects of school starting to help your child look forward to the first day of class. Talk about how they will see old friends and meet new ones, for example.
- Find another child in the neighborhood you child can walk to school or ride with on the bus. If you feel it is needed, drive your child (or walk with them) to school and pick them up on the first day. Get there early on the first day to cut down on unnecessary stress.

Develop a healthy sleep routine.

- Help your child adjust to earlier bedtimes a week or two before the new school year starts, just to help them ease into new routines. Set a consistent bedtime for your child and stick with it every night. Getting enough sleep is critical for kids to stay healthy and be successful in school. Not getting enough sleep is linked with lower academic achievement, as well as higher rates of absenteeism and tardiness. (See Healthy Sleep Habits: How Many Hours Does Your Child Need?)
- Create a bedtime routine that is consistent to help your child settle down and fall asleep. For example, a calming pre-bedtime routine may involve a bath/shower, reading with them, tucking them in and saying goodnight.
- Have your child turn off electronic devices well before bedtime. Try to have the home as quiet and calm as possible when younger children are trying to fall asleep.

Plan for safe travel to & from school.

Review the basic rules with your student and practice any new routes or modes of transportation:

Taking the school bus

- Remind your child to wait for the bus to stop before approaching it from the curb. Kids should always board and exit the bus at locations that provide safe access to the bus or to the school building. Make sure your child walks



where they can see the bus driver (which means the driver will be able to see them, too).

- Remind your student to look both ways to see that no other traffic is coming before crossing the street, just in case somebody does not stop as required. Encourage your child to actually practice how to cross the street several times before the first day of school.
- If the school bus has lap/shoulder seat belts, make sure your child uses one at all times when in the bus. (If your child's school bus does not have lap/shoulder belts, encourage the school system to buy or lease buses with lap/shoulder belts). See Where We Stand: Safety Restraints on the School Bus for more information. Your child should not move around on the bus.
- Check on the school's policy regarding food on the bus. Eating on the bus can present a problem for students with allergies and also lead to infestations of insects and vermin on the vehicles.
- If your child has a chronic condition that could result in an emergency on the bus, make sure you work with the school nurse or other school health personnel to have a bus emergency plan. Try to do this before the first day of class.

Safe driving & carpooling to school

- All passengers should wear a seat belt or use an age- and size-appropriate car seat or booster seat. Keep your child riding in a car seat with a harness as long as possible and then ride in a belt-positioning booster seat. Your child is ready for a booster seat when they have reached the top weight or height allowed for their seat, their shoulders are above the top harness slots, or her ears have reached the top of the seat.
- Have your child ride in a belt-positioning booster seat until the vehicle's seat belt fits properly (usually when the child reaches about 4' 9" in height and is between 8 to 12 years of age). This means that your child is tall enough to sit against the vehicle seat back with their legs bent at the knees and feet hanging down and the shoulder belt lies

across the middle of the chest and shoulder, not the neck or throat; the lap belt is low and snug across the thighs, not the stomach.

- Children younger than 13 years old should ride in the rear seat of vehicles. If you must drive more children than can fit in the rear seat (when carpooling, for example), move the front-seat passenger's seat as far back as possible and have the child ride in a booster seat if the seat belts do not fit properly without it.
- Remember that many crashes happen while novice teen drivers are going to and from school. Remind your teen to wear their seat belt, limit the number of teen passengers, and do not allow eating, drinking, cell phone conversations (even when using hands-free devices or speakerphone), texting or other mobile device use to prevent driver distraction. Familiarize yourself with your state's graduated driver's license law and consider the use of a parent-teen driver agreement to facilitate the early driving learning process. See here for a sample parent-teen driver agreement.

Biking to school

- Practice the bike route to school before the first day of school to make sure your child can manage it.
- Always wear a bicycle helmet, no matter how short or long the ride.
- Ride on the right, in the same direction as auto traffic and ride in bike lanes if they are present, and use appropriate hand signals.
- Make sure kids know the "rules of the road," respect traffic lights and stop signs.
- Wear bright-colored clothing to increase visibility. White or light-colored clothing and reflective gear is especially important after dark.

Walking to school

- Make sure your child's walk to school is a safe route with well-trained adult crossing guards at every intersection. If

your child will need to cross a street on the way, practice safe street crossing with them before the start of school.

- Be realistic about your child's pedestrian skills. Because small children are impulsive and less cautious around traffic, carefully consider whether or not your child is ready to walk to school without adult supervision. Children are generally ready to start walking to school at 9 to 11 years of age.
- In neighborhoods with higher levels of traffic, consider organizing a "walking school bus," in which an adult accompanies a group of neighborhood children walking to school.
- Bright-colored clothing or a visibility device, like a vest or armband with reflectors, will make your child more visible to drivers.

Provide health food options during the school day.

- Children who eat a nutritious breakfast function better. They do better in school, and have better concentration and more energy. Some schools provide breakfast for children; if yours does not, make sure they eat a breakfast that contains some protein. If your child does not have time to eat, send them with a grab and go snack like a granola bar.
- Many children qualify for free or reduced price food at school, including breakfast. The forms for these services can be completed at the school office. Hunger will affect a child's performance in class.
- Many school districts have plans which allow you to pay for meals through an online account. Your child can get a card to "swipe" at the register. This is a convenient way to handle school meal accounts.
- Look into what is offered inside and outside of the cafeteria, including vending machines, a la carte, school stores, snack carts and fundraisers held during the school day. They should stock healthy choices such as fresh fruit, low-fat dairy products and water. Learn about your child's school wellness policy and get involved in school groups to put it into effect. Also, consider nutrition if your child will be bringing food to eat during school.
- Choose healthier beverage options such as water to send in your child's lunch. Each 12-ounce soft drink contains approximately 10 teaspoons of sugar and 150 calories. Drinking just one can of soda a day increases a child's risk of obesity by 60%.

Consider backpack safety.

- Choose a backpack with wide, padded shoulder straps and a padded back.
- Organize your child's backpack to use all of its compartments. Pack heavier items closest to the center of the back. The backpack should never weigh more than 10% to 20% of your child's body weight. Go through the pack with your child weekly, and remove unneeded items to keep it light.
- Remind your child to always use both shoulder straps. Slings a backpack over one shoulder can strain muscles. Adjust the pack so that the bottom sits at your child's waist.

Prevent bullying at school.

Bullying or cyberbullying is when one child picks on an-



other child repeatedly. Bullying can be physical, verbal, or social. It can happen at school, on the playground, on the school bus, in the neighborhood or through mobile devices like cell phones.

When your child is bullied

- Alert school officials to the problems and work with them on solutions.
- Teach your child to be comfortable with when and how to ask a trusted adult for help. Ask them to identify who they can ask for help.
- Recognize the serious nature of bullying and acknowledge your child's feelings about being bullied.
- Help your child learn how to respond by teaching your child how to:
 1. Look the bully in the eye.
 2. Stand tall and stay calm in a difficult situation.
 3. Walk away.
- Teach your child how to say in a firm voice:
 1. "I don't like what you are doing."
 2. "Please do NOT talk to me like that."
- Encourage your child to make friends with other children.
- Support outside activities that interest your child.
- Make sure an adult who knows about the bullying can watch out for your child's safety and well-being when you cannot be there.
- Monitor your child's social media or texting interactions so you can identify problems before they get out of hand.

When your child is the bully

- Be sure your child knows that bullying is never OK.
- Set firm and consistent limits on your child's aggressive behavior.
- Help your child learn empathy for other children by asking them to consider how the other child feels about the way your child treated them. Ask your child how they would feel if someone bullied them.
- Be a positive role model. Show children they can get what they want without teasing, threatening or hurting someone.
- Use effective, non-physical discipline, like loss of privileges.
- Focus on praising your child when they behave in positive ways such as helping or being kind to other children as opposed to bullying them.
- Develop practical solutions with the school principal, teachers, school social workers or psychologists, and parents of the children your child has bullied.

When your child is a bystander to bullying

- Encourage your child to tell a trusted adult about the bullying. Encourage your child to join with others in telling bullies to stop.
- Help your child support other children who may be bullied. Encourage your child to include these children in activities.

Secure before & after school child care.

- During early and middle childhood, children need supervision. A responsible adult should be available to get them ready and off to school in the morning and supervise them after school until you return home from work.
- If a family member will care for your child, communicate the need to follow consistent rules set by the parent regarding schedules, discipline and homework.
- Children approaching adolescence (11- and 12-year-olds) should not come home to an empty house in the afternoon unless they show unusual maturity for their age.
- If alternate adult supervision is not available, parents should make special efforts to supervise their children from a distance. Children should have a set time when they are expected to arrive at home and should check in with a neighbor or with a parent by telephone.
- If you choose an after-school program for your child, inquire about the training of the staff. There should be a high staff-to-child ratio, trained persons to address health issues and emergencies, and the rooms and the playground should be safe.

Support good homework & study habits.

- Some children need extra help organizing their homework. Checklists, timers, and parental supervision can help overcome homework problems.
- Create an environment that is homework-friendly starting at a young age. Children need a consistent workspace in their bedroom or another part of the home that is quiet, without distractions, and promotes study.
- Schedule ample time for homework. Build this time into choices about participating in after school activities.
- Establish a household rule that the TV and other electronic distractions stay off during homework time. Supervise computer and internet use.
- Take steps to help ease eye fatigue, neck fatigue and brain fatigue while studying. It may be helpful to close the books for a few minutes, stretch and take a break periodically when it will not be too disruptive.
- If your child is struggling with a particular subject, speak with their teacher for recommendations on how to help your child at home or at school. If you have concerns about the assignments your child is receiving, talk with their teacher.
- If you believe your child would benefit from special education services, submit a request to your school for an Individualized Education Program evaluation. Your pediatrician can help draft a letter of this request.

—American Academy of Pediatrics Council on School Health

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BEFORE



AFTER

CRACKS IN THE BASEMENT?

Healthy Recipes for Back to School

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

School Lunch Bagel Sandwich



This sandwich mixes the goodness of bagels with the crunch of dill pickles. I came up with this sandwich for my son who loves bagels and cream cheese but I felt his favorite needed something extra to really make it a lunch. This is kid-tested good, and you can alter the veggies according to what your child likes.

Ingredients (Servings: 1)

- 1 tablespoon herb and garlic flavored cream cheese
- 1 multigrain bagel, split and toasted
- 2 thin slices Cheddar cheese
- 2 slices dill pickle
- 1/4 cup shredded carrot
- 1 leaf lettuce

Directions

Spread the cream cheese on the toasted bagel. Layer the Cheddar cheese, pickle slices, carrot, and lettuce onto one half of the bagel, then top with the remaining bagel half. Cut the sandwich in half and wrap with plastic wrap or aluminum foil. Place the sandwich in a lunch bag with an ice pack.

Nutrition Information

Per serving: Calories: 474 kcal; Total Fat: 16 g; Carbohydrates: 66.8 g; Protein: 20 g; Cholesterol: 44 mg; Sodium: 1055 mg

Source: allrecipes.com

Back to School Chicken



A simple soy sauce and brown sugar marinade, with hints of lemon and garlic, are the perfect salty-sweet complement to rich salmon fillets.

Ingredients (Servings: 4)

- 2 tablespoons peanut oil
- 2 tablespoons sherry
- 2 tablespoons soy sauce
- 1 egg white
- 1 tablespoon corn starch
- 1 teaspoon red pepper flakes
- 3 skinless, boneless chicken breast halves, thinly sliced
- 3 cloves garlic, chopped
- 1 cup chicken broth
- 1 (14.25 oz) can baby corn, drained
- 1 cup snow peas
- 1 cup peanuts
- 3 bunches green onions, chopped
- 1 tablespoon sesame oil

Directions

Whisk peanut oil, sherry, soy sauce, egg white, cornstarch, and red pepper flakes together in a large bowl. Add chicken, toss to coat, and marinate for 30 minutes. Remove chicken from marinade, shake to remove excess, and discard marinade. Cook and stir garlic in a large skillet or wok until fragrant, about 1 minute. Stir marinated chicken pieces into skillet; cook and stir until cooked through, about 5 minutes. Stir chicken broth, baby corn, snow peas, peanuts, green onions, and sesame oil into chicken mixture and cook until heated through, about 10 minutes.

Nutrition Information

Per serving: Calories: 512 kcal; Total Fat: 31 g; Carbohydrates: 30.8 g; Protein: 32 g; Cholesterol: 50 mg; Sodium: 859 mg

Source: allrecipes.com

High-Fiber, High-Protein Breakfast Bars



Wheat germ, flaxseed, protein powder, peanut butter, & oats make this a healthy start to the day!

Ingredients

- cooking spray
- 1 1/2 cups quick-cooking oats
- 1/4 cup wheat germ
- 1/4 cup ground flax seed
- 2 tablespoons vanilla-flavored hemp protein powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 3 bananas
- 1/4 cup peanut butter (such as Jif®)
- 2 tablespoons honey
- 1 teaspoon vanilla extract
- 1/4 cup natural peanut butter, or to taste

Directions

Preheat oven to 375 degrees F (190 degrees C). Line an 8x8-inch baking dish with aluminum foil, letting foil hang down over the sides of the pan; spray pan with cooking spray. Stir oats, wheat germ, flax seed, protein powder, cinnamon, and salt together in a bowl. Mash bananas in a separate large bowl and stir 1/4 cup peanut butter, honey, and vanilla extract into bananas, mixing well. Stir dry ingredients into banana mixture and spread into the prepared baking dish. Bake in the preheated oven for 20 minutes. Spread 1/4 cup natural peanut butter over top. Continue baking until lightly browned on the edges and set, 10 more minutes. Let cool in the pan and lift bars onto a work surface using aluminum foil as handles. Cut into bars, wrap in plastic wrap, and store in refrigerator.

Nutrition Information (Serves: 12)
Per serving: Calories: 169, Fat: 7.6g; Cholesterol: 0mg; Sodium: 148mg; Carbohydrate: 21.3g; Fiber: 3.6g; Protein: 6.2g

Source: allrecipes.com

When Heat Turns Deadly: What You Need to Know



(Ivanhoe Newswire) —

The summer heat is on and it's getting hotter and deadlier. Kids are among the most vulnerable. From the playground to football practice, extreme temperatures can turn dangerous — fast.

Fires, floods, hurricanes and tornado's — all dangerous — but extreme heat kills more people in the U.S. than any other weather event.

Last year at least seven teen athletes died during summer practice.

"It has to do with how long you're in the heat, how intense the heat load is, what you're doing in the heat," explained Thomas Clanton, PhD, medical physiologist at the University of Florida.

He is a leading expert in heat stroke.

"People who have experienced heat stroke, they have about a three to four times higher incidence of heart disease, about a four-time greater incidence of kidney disease and about a two times greater incidence of severe liver disease," Prof. Clanton told Ivanhoe.

Clanton says your cells remember the heat stress and it can have a lasting imprint. That's why it's critical for parents to know the signs.

"About 80 percent of the people with heatstroke actually go unconscious," said Prof. Clanton.



Children heat up faster than adults, that's why you need to make sure you have a place too cool off. For kids, fluid management is key. Make sure they're hydrated, take frequent shade breaks, watch closely for warning signs such as confusion, rapid breathing and headache, and remember, as temperatures rise, so does the risk.

Scientists expect temperatures to continue to rise since burning of fossil fuels, such as oil and gas traps heat from leaving our atmosphere, driving many local communities to promote increased use of clean energy sources instead. But remember: if a child stops sweating, collapses, or acts confused — call 911 immediately.

Dehydration does more than just make you thirsty. Even mild dehydration can affect your body, causing headaches, fatigue, dizziness and trouble concentrating. As fluid levels drop, your

blood volume can fall, making your heart work harder and sometimes leaving you lightheaded. In more serious cases, dehydration can contribute to heat exhaustion or heat stroke which is why experts say staying hydrated in hot weather is critical.

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Back to School for Adults: Embracing Lifelong Learning & Personal Growth

As the school bells ring and children don their backpacks, it's a perfect time for adults to embrace the "back to school" spirit. While our days of formal education might be behind us, the journey of learning and self-improvement is a lifelong adventure.



Rebecca Wharton

By setting a positive example, we not only enrich our own lives but also inspire the younger generation to value continuous growth.



Here are some ways to embark on this journey of self-improvement:

1. Digital Detox: Reclaim Your Time

In our digital age, it's easy to get lost in the endless scroll of social media and notifications. Studies have shown that watching thirty second clips or reels on social media decreases your attention span and affects your ability to focus.

Consider setting aside specific times during the day to unplug. Use this newfound time to engage in activities that nourish your mind and soul. For instance, replace screen time with reading a new book, coloring in an adult

coloring book, or doing sudoku. Whether it's a novel that takes you on a journey or a non-fiction that expands your knowledge, reading and puzzles are a powerful tool for mental growth.

2. Learn a New Language: Expand Your Horizons

Learning a new language is not only a fun challenge but also a way to connect with different cultures. It enhances cognitive abilities and opens up new opportunities, both personally and professionally. There are numerous apps and online courses available that make language learning accessible and enjoyable.

Imagine the joy of ordering a meal in French or conversing with a Spanish-speaking friend in their native tongue and plan a nice vacation so you can practice your new skills and make new friends!

3. Culinary Adventures: A Rainbow on Your Plate

Food is not just fuel; it's an experience. Challenge yourself to try a new healthy recipe that includes at least three colors of the rainbow. For example, a vibrant salad with red bell peppers, orange carrots, and green spinach not only looks appealing but also provides a range of nutrients.



Cooking is a creative outlet that can bring joy and health benefits, and it's an excellent way to bond with family and friends.

4. Exercise Routine: Move with Motivation

Physical activity is crucial for anti-aging, detoxification, mental health, heart health, and overall well-being. Starting a new exercise routine can be invigorating, especially when shared with an accountability buddy. Whether it's jogging in the park, joining a dance class, or practicing yoga, having someone to motivate and support you can make a significant difference. Exercise not only strengthens the body but also boosts mental health, reducing stress and enhancing mood.

Setting an Example for the Next Generation

As adults, our actions speak louder than words. By prioritizing learning and self-care, we set a powerful example for our children and young ones around us. They learn to value education, health, and personal growth by observing our commitment to these principles. Encourage them to join you in activities like cooking or exercising, turning these moments into family bonding experiences.

In conclusion, the "back to school" season is a reminder that learning doesn't stop with age. By embracing new challenges and nurturing our well-being, we continuously evolve into better versions of ourselves.

Let's seize this opportunity to grow, inspire, and lead by example, creating a legacy of lifelong learning and self-improvement for generations to come.

—Rebecca Wharton, RN, Master of Science in Nursing in Public Health, CPT, is a Certified Functional Nutrition Coach. She can be reached at 785-274-9844.



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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.

When you're comparing plans ...

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

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

¹"Medicare & You," Centers for Medicare & Medicaid Services, 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.

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

Back-to-School Nutrition Empower Your Kids Through Better Food

August is "back-to-school" month and that means back to the school cafeteria. More and more parents are realizing the critical link between what we eat and our overall health. Children who eat nutritious foods simply function better, do better in school, have better focus, have better behavior and are sick less often. The public school cafeteria certainly does not cater to good health and unfortunately, not much has changed over the last few decades in spite of mounds of research showing how critically important our food choices are to our health and well being.

For example, I decided to pull up the lunch calendar for our local school district. Keep in mind this is a menu for elementary school children who are in the prime years of physical and mental growth and learning. Here is a sample of the food offered during a typical week:

Biscuits & gravy, fruit juice, macaroni & cheese, fish sticks, pancake on a stick (really?), breakfast pizza, tater tots, sweet bread, toasted cheese, chicken nuggets.

God designed the body to eat fruits, vegetables, whole grains, nuts, seeds and quality animal meat. This menu is full of processed man-made foods. The example I often use is to consider your family dog, cat or fish. What if you fed your pet the above menu? How long do you think your pet would survive? If we wouldn't do this to our animals, why would we ever feed this to our children?!? This is the reason any decent cat or dog food must contain vitamins and minerals. This is a reflection of how lost our American culture is related to understanding health and nutrition.

Fortunately a few are pioneering the way to

restoring health in our schools. In 1997, a study was done in Appleton, Wisconsin where a school completely changed their menu from standard American fare to fresh, organic foods. The school, Central Alternative High School, showed immediate improvement in test scores and behavior throughout the school. The story of the Appleton project has been documented on a short DVD, **Impact of Fresh, Healthy Foods on Learning and Behavior.**

Here is an excerpt from their website:

Principal LuAnn Coenen is amazed at the change she has seen in her school. Each year principals are required to file a report with the state of Wisconsin, detailing the number of students who have: dropped out, been expelled, been found using drugs, carrying weapons or who have committed suicide. Since the start of the program, she reported, the numbers in every category have been "zero."

Mary Bruyette, a teacher at the high school, believes "If you've been guzzling Mountain Dew and eating chips and you're flying all over the place I don't think you're going to pick up a whole lot in class." She reports that the students are now calm and well behaved. "I don't



have to deal with the daily discipline issues; that just isn't an issue here."

Can you imagine? A school where the grades are good, kids don't drop out and there are no behavior issues. It seems like a fantasy, but nutrition was the answer! Here are some tips for healthy back-to-school options:

1. Consider home-schooling. This puts you in control of your children's health and nutrition.
2. Pack a lunch. Give your children healthier options made from whole unprocessed foods...that actually taste good! Learning what healthy foods your child likes will hopefully prevent the infamous trading or throwing away of lunch items.
3. Call the school district. Are things ever going to change if parents don't cry out about this? By remaining silent you are allowing the government and the food industry to determine your children's future health.

Children are our future. We are already seeing record levels of sickness and disease in our youth, and the biggest reason is poor nutrition. You have the opportunity to sow into your children and future generations through life giving foods provided by God.

—Vaughn Lawrence



New Health & Wellness Info at the Library

By Alex Henault

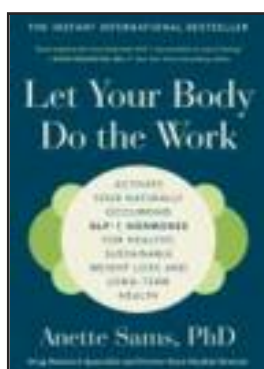
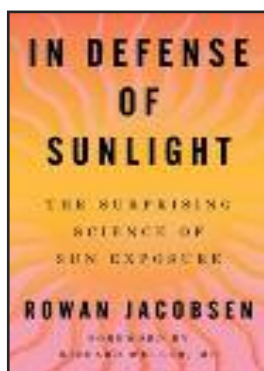
Fulfill your prescription for information at the library's Health Information Neighborhood, where wellness knowledge is at your fingertips.

In Defense of Sunlight: The Surprising Science of Sun Exposure – by Rowan Jacobsen; Scribner; 2026 New Books 613 JAC

A quiet revolution is transforming our understanding of sunlight's effects on human health. For decades, a 'zero-sun' policy has characterized our approach to sun protection, advising us to stay out of the sun whenever possible and apply sunscreen daily to any skin that might be exposed, rain or shine, summer or winter, indoors or out. But recent studies have proved that this policy is thoroughly mistaken and that this prolific misunderstanding is causing us to miss out on many of the health benefits of sun exposure. In this incisive work, acclaimed journalist Rowan Jacobsen presents the growing case for the importance of modest sun exposure for our health and well-being. Aided by the most up-to-date studies on the effects of sunlight on human health, Jacobsen presents a much-needed, lucid assessment of not only what the sun can do for us, but how a lack of sun could actively be harming us.

Let Your Body Do the Work: Activate Your Naturally Occurring GLP-1 Hormones for Healthy, Sustainable Weight Loss and Long-Term Health – by Anette Sams; Ten Speed Press; 2026 New Books 613.25 SAM

A handbook for activating your body's naturally occurring weight-loss hormones without relying on medication.

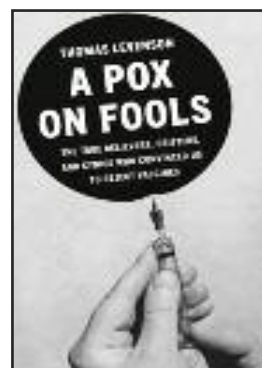


Barre Workouts – by Andrea Leigh Rogers; John Wiley & Sons, Inc.; 2026 New Books 613.715 ROG

In *Barre Workouts For Dummies*, international fitness founder of Xtend Barre, Andrea Rogers, delivers a revolutionary new guide that combines ballet-inspired precision with intense strength and resistance training that doesn't require any weights. Rogers explains, in a way that's accessible for fitness pros and beginners alike, how to improve your strength, posture, and body with safe, effective exercises. The book provides step-by-step instructions for full-body routines, strength-focused techniques, and mindfulness practices specifically tailored to make you look, feel, and move better.

A Pox on Fools: The True Believers, Grifters, and Cynics Who Convinced Us to Reject Vaccines – Thomas Levenson; Random House; 2026 New Books 614.47 LEV

Since the advent of smallpox inoculation in the eighteenth century, the idea that a disease introduced to the body in some lesser, weakened form might prevent full-blown infection has been one of the greatest public health insights of the modern era, inspiring the invention of numerous vaccines and saving countless human lives. But, just as humanity acquired the god-like power to stop infectious disease in its tracks, some feared we had gone too far, leading to the skepticism that has hijacked public health discourse today. In three sweeping essays written for our current moment of scientific mistrust, Thomas Levenson searches for the origins of the most common arguments against vaccines: that they are unnatural; that they are more dangerous than the



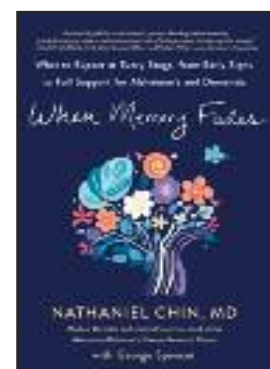
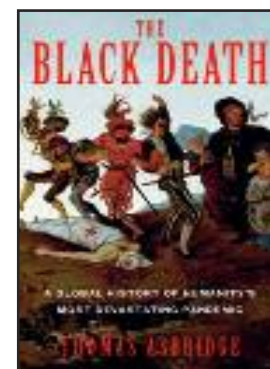
illnesses they claim to prevent; and that they are an affront to freedom. Each arose from the earliest development of particular vaccines and the campaigns to distribute them. Even as the pattern repeats, Levenson reveals how innocent that skepticism initially was and, in each case, how very human fears and questions ultimately turned into something darker, where no truth would be enough to overcome the doubt. Searing but ultimately empathetic, *A Pox on Fools* explores the human impulse to question and wonder--sometimes past the point at which the very act of questioning turns deadly.

The Black Death: A Global History of Humanity's Most Devastating – Thomas S. Asbridge; Random House; 2026 New Books 614.5732 ASB

A sweeping history of the Black Death that shows how the deadly plague affected not just Europe, but much of the medieval world. The book follows the pandemic's impact on places like London, Cairo, and Florence, exploring how Christians, Muslims, and Jews faced fear, loss, and survival during one of history's deadliest disasters. Through personal stories and historical detail, it reveals both the devastation caused by the plague and the resilience people showed in overcoming it.

When Memory Fades: What To Expect at Every Stage, From Early Signs to Full Support for Alzheimer's and Dementia – by Nathaniel Chin; St. Martin's Essentials; 2026 New Books 616.831 CHI

A geriatrician whose perspective on his specialty changed when his own father was diagnosed with dementia provides clear, calm questions to ask and tasks to tackle--as well as what not to worry about--from the



first moments of concern. When Nate Chin's father, also a doctor, began to feel his mind slipping, even a family as knowledgeable and capable as theirs was knocked back on its heels, disorganized, and unsure of what to do first. Chin, who in addition to his practice, became one of his father's primary caregivers until he died, determined to figure out the best way to move forward, for his own family, his patients, and now for everyone else. **WHEN MEMORY FADES** is clear, smart, and cuts through the understandable impulse to grasp at ineffective treatments. From the first concerns that something might be wrong right through to the toughest stages of the disease, Chin gives granular information and frames topics that help readers figure out how to think about what's happening: How to distinguish normal signs of aging from clinical dementia; How to plan and run a family meeting; How to avoid delaying assessment; Navigating the medical exam; Why focus on the early stages/transition period to full disease can be determinative to both quality of patient life and interactions; How to set new routines and healthy habits; Day to day patient care; Community and connection, and how to maintain them; A reframing: dying of Alzheimer's is just dying.

One Scan Changed My Life: How One Woman's Story Will Change the Way We Detect Lung Cancer – by Shira Kupperman Boehler; Skyhorse Publishing; 2026 New Books 616.99424 BOE

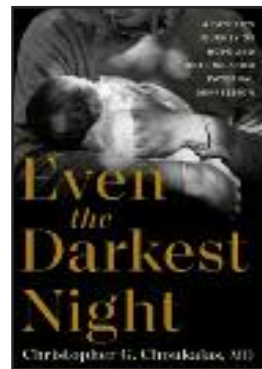
She was forty-four, the picture of health--a devoted mother of four, a daily runner, a kale enthusiast who never smoked a day in her life. But when she signed up for a routine health scan "just to be safe," she discovered the unthinkable: fast-growing stage I lung cancer. In her searing and hopeful memoir, Shira Kupperman Boehler tells the story of how one moment upended everything--and how it may have saved her life. As she navigates surgery, recovery, and the emotional aftershocks of a diagnosis that "shouldn't" have happened, she uncovers a staggering truth: by the time most lung cancers are found, it's too late--not because we can't detect them earlier,



but because our health system doesn't. Part personal journey, part urgent call to action, **One Scan Saved My Life** shines a light on the silent epidemic affecting millions of Americans--including nonsmokers, women, and young adults--who are excluded from current screening guidelines. With clarity and conviction and backed by the input of medical and policy experts, Shira makes a powerful case for expanding early-detection policies and rethinking how we define "risk." A story of resilience and the power of speaking up, **One Scan Saved My Life** asks one simple question that could change everything: What if prevention didn't come too late?

Even The Darkest Night: A Father's Journey of Hope and Healing From Paternal Depression – by Christopher Choukalas; Harmony; 2026 New Books 618.76 CHO

After a traumatic birth nearly claimed his wife's life, anesthesiologist and intensive care physician Christopher Choukalas should have felt grateful. His twin daughters were healthy, his wife had survived, and they had started a family. But instead of joy, Choukalas found himself spiraling--spending long evenings in the garage, unable to face the chaos and emotional strain inside his home. Caught between caring for his wife, deciphering the needs of his newborns, and confronting painful childhood memories, his world began to unravel. Despite clear signs--racing thoughts, anxiety, sleeplessness, panic attacks, and emotional distance from his children--Choukalas failed to recognize he was suffering from a serious condition. Like many men, he internalized his pain, hoping it was just the "baby blues" and would fade with time. His turning point came when his wife, exhausted with his behavior and "checked-outness," urged him to seek help. Even though he's a doctor, he had missed the fact that he ticked off every symptom of paternal depression. Through intensive therapy, medication, and the support of a fathers' group, Choukalas began to understand his need for control and the lingering hurt from his own father's absence. Slowly, he rebuilt his connec-



tion with his wife and children and found healing. Even the **Darkest Night**, Choukalas's powerful memoir, sheds light on the hidden struggles of fatherhood. With raw honesty and emotional insight, it challenges the silence and stigma surrounding men's mental health, especially in the early years of parenting. A much-needed voice and new understanding for fathers navigating love, identity, and healing in the shadows of expectation

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Contact Lissa Staley:

estaley@tscpl.org

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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.

LAWRENCE FARMERS MARKET – Sat. 7:30 – 11:30am, 824 New Hampshire St

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.

ART SHOWING – through Aug. 30, OpenStudios Lawrence, 745 New Hampshire. Artists Brandt Minden & Toni Brou have a studio/storefront through the end of August. Brandt has joyful geometric paintings from \$40 as well as affordable nature photo prints. Toni has cards, magnets, ornaments, prints and paintings with positive imagery, and as her well-known sun assemblages (as seen on CBS Sunday Morning) from \$48. Thursday/Friday: 11a-7p; Saturday 9a-3p; Sunday 11a-3p. They will be participating in Final Fridays in Lawrence July 31 and August 28. <https://openstudioslawrence.org/>

TOUCH A TRUCK – Aug. 1, 9-11am, Christ Lutheran Church, 3509 SW Burlingame. Free snacks for all. Free book for first 100 kids.

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

ING NETWORKING GROUP – Aug. 5, 11:30am at IHOP North. Free to attend, order from menu if desired.

LIVE AT LUNCH – Aug. 5, 11-1, Everygy Plaza. Dayve Juckett, food trucks

FIRST FRIDAY MUSIC IN REDBUD PARK – Aug. 7, 6-9pm. The Coots.

EATS AND BEATS – Aug. 6, 6-9pm, Everygy Plaza. Caleb Nelsen opening for Platinum Express

HHHS FOOD TRUCK NIGHT – Aug. 7, 4-8pm, 5720 SW 21st. Food and local bands. Bring a lawn chair. Helps animals.

TALL CORN FESTIVAL – Aug. 7-9, Rossville, KS. Contests, games, bingo, food, ice cream social, parade, drumline, petting zoo, craft booths, pancake breakfast, inflatables, beer garden

NATIONAL NIGHT OUT – Aug. 8, 12-4, Ag Hall, 17th & Topeka blvd. Food trucks, car show, touch a truck, face painting, resource fair, karaoke

CORNER MARKET – BACK TO SCHOOL – Aug. 8, 10-3, 29th & Adams parking lot. Vendors, food and more!

TENNESSEE TOWN'S 20TH ANNUAL BASKETBALL TOURNAMENT – Aug. 8, 9am, The King's Court (at the corners of Lincoln & Munson). Registration deadline: Thurs. Aug 6th). Plus Live Entertainment and Games! Everything is FREE! Bring a folding chair, a hat, & water! Info: 785-235-1834

INDIA MELA – Aug. 8, 5-9pm, Everygy Plaza. Food, dancing, music, henna and cultural celebration.

SECOND SATURDAY CONCERT SERIES – Aug. 8, 8-11pm, Celtic Fox Downtown on 8th Street, featuring Milltown Band

LIVE AT LUNCH – Aug. 12, 11-1, Everygy Plaza. David Hamann, food trucks

C5Alive "POWER" LUNCHEON – Aug. 13, 11:30-1, at Celtic Fox. Featuring John "Iron Man" Cantrell. 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, Sep. 10, 11:30-1, Celtic Fox, featuring Chad Parks, award-winning wrestling coach for for Shawnee Heights, also involved in coaching football and FCA.

EATS AND BEATS – Aug. 13, 6-9pm, Everygy Plaza. Into the Gray opening for Landrush

FRIDAY FLICKS – Aug. 14, 7pm, Everygy Plaza. "Indiana Jones-The Last Crusade" is showing. Food Trucks on hand: Dj's Catering, Kona, Carnival Cravings. Kids activities. Movie starts at 8pm.

ING NETWORKING GROUP – Aug. 19, 11:30am at Dough-boyz Pizza. All welcome, order from menu if desired.

SUMMERTIME BLUES – Aug. 19, 6-9pm, Gage Park Amphitheatre. East of Abilene, Bobby's Food Co, Unique Treats.

LIVE AT LUNCH – Aug. 19, 11-1, Everygy Plaza. Jackie Myers, food trucks

SMART MARKETING MADE SIMPLE FOR SMALL BUSINESSES – Aug. 19, 11-4, 101 N. Topeka Ave, Burlingame, KS. Join the KU Small Business Development Center for an interactive, hands-on workshop designed for small business owners, startups, and community supporters. FREE to attend - <https://ksbdc.ecenterdirect.com/signup>. Register by Aug. 14

EATS AND BEATS – Aug. 20, 6-9pm, Everygy Plaza. Delta Haze opening for Paradise Band

CIRCUS GOLDEN STAR – Aug. 20-23, Westridge Mall. Big Top adventures! Book online & save: CircusGoldenStar.com/tickets/

GAGE PARK HISTORY WALK – Aug. 21, 6-8pm, Mini Train Station. Gage Park is the crown jewel of Topeka's parks and has a history to match! Hear the tales of the Old Gage Park Pool, Camp Curtis, and meet the people who helped bring the park to the modern attraction you see today. All Ages. Fee: \$3

MIDWEST DEMO KINGS CAR AUDIO COMPETITION – Aug. 22, 11-4, Woodshed Event Center, 1901 N. Kansas Ave. Multiple classes, loud music all day, all makes & models

LIVE AT LUNCH – Aug. 26, 11-1, Everygy Plaza. Justwynmoore, food trucks

VEIL EVENTS BRIDAL SHOW – Aug. 23, 1-4pm, The Beacon

EATS AND BEATS – Aug. 27, 6-9pm, Everygy Plaza. Blacktop Thunder opening for Mark & the Sharks

TOPEKA FOOD TRUCK FESTIVAL – Aug. 30, 11-5, Gage Park. Games, entertainment, food trucks galore!

HERITAGE FESTIVAL – Aug. 29, 11-8, Ozawkie City Park. Live music, food, vendors and more

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

FIRST FRIDAY MUSIC IN REDBUD PARK – Sep.

4, 5-8pm. Stephanie Teagarden: Tyler Swain.

ING NETWORKING GROUP – Sep 5, 11:30am at IHOP North. All welcome, free to attend, order from menu if desired

HUFF 'N PUFF HOT AIR BALLOON RALLY – Sep. 5-7, Huntoon & Fairlawn. Balloon launches, vendors, & more. No admission, no parking fee. Please – no drones, no pets. Weather permitting. Contact: gpbcpres@gmail.com; www.huff-n-puff.org

C5Alive "POWER" LUNCHEON – Sep. 10, 11:30-1, at Celtic Fox. Featuring Chad Parks, award-winning wrestling coach for for Shawnee Heights, also involved in coaching football and FCA. 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, Oct. 8, 11:30-1, Celtic Fox.

FRIDAY FLICKS – Sep. 11, 7pm, Everygy Plaza. "Mean Girls" is showing. Food Trucks on hand: La Creperie Co., Pineapple Dream, Taqueria Mexico Lindo. Kids activities. Movie at 8pm.

HOLY SMOKIN JAMBOREE – Sep. 12-13, Mother Teresa Catholic Church, 2014 NW 46th St. family-friendly event. Great food, drinks, bingo, cake walk, crafts, raffles, silent auction, and live music Saturday night. Car show, 5K run/walk and poker run and cornhole tourney on Saturday. Outdoor Mass & live auction Sunday. Wristbands for all-day kid games & inflatables! Register at www.holysmokijamboree.org/

SUMMERTIME BLUES – Sep. 16, 6-9pm, Gage Park Amphitheatre. Brody Buster, Tod's BBQ, La Creperie. Free event.

ONGOING EVENTS / MEETINGS

SK8AWAY LEARNERS SESSIONS - Every Sat. morning 11-1, Sk8away, 815 Fairlawn Family fun environment and the best deal in town, \$8 per person but an adult skates for free with paid child! sk8away.net; 785-272-0303; manager@sk8away.net



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PARKINSON'S SUPPORT GROUP meets 1st Thursday every month at 5:30 pm, Midland Hospice House, 200 SW Frazier. Jean Barton 785-478-9045.

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

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

THE HEAT – FREE fitness classes for the community. Located at Florence Crittenton Services Center for Integrative Health, 5423 SW 7th St. www.flocritkans.org

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

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

SENIOR STRETCHING EXERCISES - Mon. – Wed. – Fri., 9:30-10:15am, Seaman Community Church, 2036 NW Taylor St. Enter east side of Fellowship Hall. No charge. 785-249 -1666

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

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

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

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

DUPLICATE BRIDGE - Tuesdays and Thursdays at 12:30PM at The Woman's Club of Topeka, 5221 SW West Dr. janescola@hotmail.com.

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

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

GRANDPARENT/RELATIVE CAREGIVER SUPPORT GROUP – 3rd Tue., 6:30-8pm, 2nd floor meeting room, St. Francis Hosp, 1700 SW 7th. For info: Sharla, 286-2329; Jennie (English/Spanish) 231-0763.

FREE MOBILE FOOD DISTRIBUTION – 4th Tue. through Nov., 9am, 1231 NW Eugene St. No ID or proof of income required, 1st come 1st served. 785-234-1111 RandelMinistries.com

VIP LUNCHEON FOR SENIORS – Every Wed., 10:45 bible study and meal at Noon, Topeka Church

of the Brethren, 3201 NW Rochester Rd. FREE lunch with Christian fellowship, devotions & entertainment provided by Topeka North Outreach, Free will donation. 785-224-8803; vip@topekanorthoutreach.org

HOPE HOUSE FREE COMMUNITY CLOTHING BANK – Wed. 6-8pm, and Sat. 10-12, weather permitting. Oakland Church of the Nazarene: 939 NE Oakland
OPERATION BACKPACK – 1st Thurs., 6pm, , Indian Creek Elementary, 4303 NE Indian Creek Rd. Volunteers gather to assemble Weekend Snack Sacks for low-income students. Topeka North Outreach. 286-1370.

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

NICOTINE ANONYMOUS – Every Fri., 6:30pm, Town & Country Christian Church Renaissance Room, 4925 SW 29th St., use west door cross red foot bridge. A fellowship of men & women helping each other to live free of nicotine. No fees. 402-321-486; Laboomaha@att.net.

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

SEX TRAFFICKING INFORMATION - 785-230-8237

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

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

STROKE SUPPORT GROUP – 1st Fri of every month from 4-5pm in cafeteria of Kansas Rehab Hospital, 1504 SW 8th Ave. Meet other stroke survivors, their families, and hear guest speakers. (785)232-8553 with questions.

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

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

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

TOPEKA COSMOPOLITAN CLUB: The Club that fights Di-

abetes -- Meetings: first three Thursdays of every month, 12 noon, at the Topeka Country Club.

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

HHHS Volunteer Program - Volunteers help keep animal's environments clean and enriching, socialize with and read to cats, walk dogs, and more. Apply at hhhstopek.org.

SMS - STRENGTH, MOBILITY, STABILITY EXERCISE GROUP (SMS) Mon. 9-9:30am, Arbor Court, 4200 SW Drury Lane. Tue. & Thu, 9-9:30am, Rosehill Place, 3600 SW Gage Blvd # 97. Tue & Thu, 10-10:45, Grace UMC, 2627 SW Western Ave. Call Anne at 785-273- 4527 or anne.crawford@cox.net.

HARVESTER FREE MOBILE FOOD DISTRIBUTION - 3rd Sat. each month, 10-11am, Oakland Church of the Nazarene: 939 NE Oakland

OSTOMY SUPPORT GROUP – First Tuesday of each month at St. Francis Health, 1700 SW 7th St, Meeting Room, 2nd floor, 6:00 – 7:30 PM. Anyone with an ostomy may attend. Providing education and ongoing support. Call 295-5555
FIBROMYALGIA & CHRONIC FATIGUE SYNDROME SUPPORT GROUP – 2nd Tue., 7-9pm. First Congregational Church, 17th and Collins. For info: Randy at 785-969-4038 or TopekaCFS@outlook.com.

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HEALTH INFORMATION

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

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