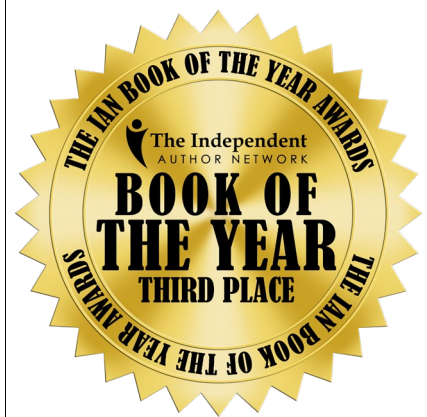
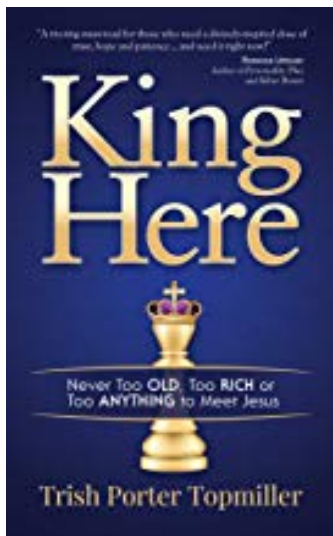


## Olympian's Poignant Book Shows the Inspiring Power of Faith -- Despite Suffering the Tragic Loss of Her Family & Her Dad's Opioid Addiction and Suicide

**Trent Dimas, Esq; Olympic Champion, XV Olympiad, Gymnastics:** “Topmiller kept me engaged and had me wanting to know more. To me, this life story inspires with a hope that it’s never too late for anyone...but the time to connect with people is now. *King Here*’s message is as compelling as I’ve heard and lends thought to the question of all questions: what is the meaning of life?”

**Florence Littauer, author of *Personality Plus* and *Silver Boxes*:** “A riveting must-read for those who need a divinely inspired dose of trust, hope and patience...and need it right now!”

**Terry Whalin, author of *Billy Graham*:** “Your own faith will be strengthened. Every reader can profit from the sayings, insights and stories, I loved this book.”



Trish Porter Topmiller knows of the discipline, sacrifice, and hard work it takes to succeed in life. She is a world record-holding athlete who participated in the Olympics. She also knows it takes faith to move forward in the face of obstacles and adverse conditions. Trish desperately called upon her faith to help her father, once a successful businessman and adventurer, who fell under the spell of depression and opioid addiction. He ended up taking his life at age 82.

In a new book penned by Trish, *King Here: Never Too Old, Too Rich, or Too Anything to Meet Jesus*, the story of her dad, Chuck King is told, providing insights on how anyone could fall on hard times and how difficult it is to make a comeback. Trish helped him turn to God, something he’d shunned his whole life. But in the last year of his life, with the help of his faith, he began to come out of his dark hole, but ultimately his death proved just how difficult that road back really was.

*King Here*, is not only about finding faith and hope, but about the strength and courage it takes to handle what comes our way. In a five-year period, from 2012-2017, Trish was confronted with the loss of her husband of 20 years, also an Olympian, and her son, Connor, 15, a U.S. National Fencing medalist at the time. They perished in an airplane accident. A few years later her stepmother died at



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age 60 after a battle with addiction. A year after, her father overdosed after a long bout with depression, cancer and addiction.

Chuck King (he used to answer his phone, “King, here”) was raised by a pair of alcoholics. His father took uppers in the morning to get out of bed and downers at night to go to sleep. But Chuck rose above his circumstances, was a gifted athlete, and accelerated in school. He built up a successful career in developing industrial and office buildings and expanded into venture capital. He also co-founded a company that became the world’s largest capacity gamma sterilizer of medical disposables. At one point he was worth millions of dollars. But when his investments plummeted during the Great Recession, losing over 97% of his wealth, he felt depressed and got hooked on opioids. It was almost a decade-long fog for a man who used to be a workaholic, the guy who hiked mountains, balloon-raced, sail boated, motorcycled, car-raced, and flew on the Concorde. His life became reclusive.

**Trish, an award-winning author, is available to share her insights on:**

- What we should do when seeking to help an opioid-addicted family member or friend.
- How even the wealthiest, most successful, and happiest people can fall into depression or addiction.
- Why we need to do more to fight addiction in seniors.
- How one can find faith, the power of prayer, and a relationship with God even later in their life, no matter their circumstances.
- How one can overcome the loss of a loved one, whether a parent to suicide or a husband and son to a tragic accident.
- The life lessons she learned as a world record-holding athlete and Olympian.

*King Here* concludes on an inspiring note, laying out the steps one can take to help others find faith, showing it’s never too late to renew a relationship with God.

“He was a man who’d achieved so much, yet now he felt he had no purpose. He had no hope,” said Trish, just before he turned to God. “We too often think, and act, like people are too old, rich, or addicted to meet Jesus, but we forget that we serve a loving and powerful God. We can’t lose hope that others can find a way back.”

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## About The Author



Trish Porter Topmiller is a 1988 U.S. Olympian in the high jump, former world record holder for women ages 40-44 in the high jump, and multiple times U.S. National and World Masters Champion. Breaking the gender barrier, she became the first girl to play in Little League Baseball in Northern California. She also serves as New Mexico Olympians and Paralympians President.

She is the award-winning author of two books, including *King Here*, and *Rekindle Your Dreams*, in which she shares her insights into the practical steps for making dreams happen.

She is a frequent speaker and guest on radio and television programs and has been the subject of interviews in the *Wall Street Journal*, *USA Today*, *Los Angeles Times*, *Today's Christian Woman*, *Family Life Radio*, and many others.

Trish has a bachelor's degree in business marketing from the University of Oregon

She also has worked with the media promoting various sports events for over thirteen years and is involved in the Fellowship of Christian Athletes. She attends Woodmen Valley Chapel in Colorado Springs, Colorado, and Sagebrush Church in Albuquerque, New Mexico.

Trish lost her husband of 20 years (Pat Porter, two-time U.S. Olympic team member) and son Connor (15 years old, U.S. National Fencing medalist) in a plane accident in 2012, and recently also lost her father to an addiction-induced suicide.

She married James Topmiller in 2016 and has a wonderful daughter, Shannon, who is a nationally competitive figure skater. Her blended family also includes two step children, a daughter-in-law and a granddaughter.

For more information, go to: [www.TrishPorterTopmiller.com](http://www.TrishPorterTopmiller.com).



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# Trish Porter Topmiller

## Q&A

### *King Here*

- 1. What inspired you to write *King Here*?** I did not set out to write a book. I was preparing to talk at my Dad's funeral and I looked at his life; the outrageous adventures, his business success, all the tragedies, and then the miracles. I realized his life was like an amazing puzzle and only God knew the puzzle box top. That's when the outline came to me. He affected so many people and generations and once home, I was compelled to continue writing and it began to take shape and grow. I wanted information about publishing, so I contacted Terry Whalin who wrote Billy Graham's biography. He said it was a story that I needed to share with people beyond my family.
- 2. Your dad was very wealthy, perhaps worth hundreds of millions before the Great Recession. Then he lost 97% of his wealth in the stock market crash. How did that put him into a tailspin?** Dad thought his financial fortress was invincible. His worth and value was in money and making it. He lost it so quickly and there was nothing he could do to stop it from happening. He was powerless and couldn't control it. Then he said his back started hurting. When he went to the doctors they gave him pain pills; OxyContin and oxycodone. (Narcotics, opioids, which are highly addictive). He got prescriptions from several doctors, large quantities with lots of refills. He slept twenty-one hours a day often not getting out of bed until 2pm. He laughed as he called his bedroom "The Bat Cave" because it was so dark with blackout window shades, which he never opened.
- 3. So your dad was depressed for years and was addicted to opioids. How challenging was that for you and your family to see, knowing what a vibrant, full-of-life guy he had always been?** It was incredibly difficult. We had a father who loved taking us on adventures and now he didn't get out of bed, for years. It affected all of us and we hated the grandchildren seeing him this way. I had very few arguments with my dad, except in the early years over boyfriends. Now we fought often. He said things that were pretty harsh to my brothers and me. It was hard seeing him not functioning or living life. He had this beautiful home and family and it was all going to waste. He stopped everything; traveling, family vacations, working out, and seeing people. This was a totally different person, not the father I knew.
- 4. Your step-mom, 20 years younger than your dad, also fell into an addictive spell and died at age 60. But this didn't serve as a wake-up call for your dad?** We wish it had a radical change but it didn't. Getting a strong willed 81 year old man to change is very hard. He felt really bad about his wife's death and he didn't handle death well, he never had. He didn't know what to do. However, over the year, he did make some changes with the help of his new care taker Beth Anne, "the Nazi" as Dad called her. He started eating better and she decreased his medications slowly. She insisted on opening up his window shades for part of the day. She gave him things to look forward to like going to grandchildren's sporting events or to my brothers' houses for dinner. He started getting up earlier each day.
- 5. What did you try to do to help your dad?** We all tried to help Dad. Even my kids talked to him about going to rehab. My brothers met with an addiction specialist. I wrote him cards, told him how much we needed him and wanted him to get better. I tried to find out what was wrong with his back and encourage him to do physical therapy and exercise. We tried to get him to decrease the pain pills and to





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get out of bed. We told him he had so much to live for and we all loved him. I made him a photo album that included everything he did for my kids, his sayings “Chuckisms”, and what he taught us. It expressed how important he was to us.

6. **As a successful Olympic high jumper, you know the courage and self-discipline needed to commit to achieving a goal. Your kids have been competitive athletes as well. How did you call upon that intense training and inner strength to handle your father?** I think part of being an Olympic athlete, able to defy the odds, means I am relentless. I’m persistent and don’t give up easily. This was not a quick solution. I think my dad saw that with my pursuit of him and his health. Unfortunately, he probably didn’t always like that aspect of me and wished I would just leave him alone and let him do what he wanted. I asked lots of questions, I’d research different areas of health but often I didn’t get great answers. As in my training, I tried not to give up. I was often pretty upset by things and it was difficult for me, but I wasn’t there day in and day out because I lived further away.
7. **Tragically, while your dad was suffering from addiction and depression, you lost your husband, also a two-time Olympian and son to a plane crash. Did you feel deeply alone at that time? How did you find a way to handle this, immense pain?** Losing half my family, my guys, in an instant was absolutely devastating, incredibly painful beyond words. The Lord, family, friends and my eleven year old daughter, Shannon, got me through this difficult time. I lived by clinging to “I trust you Lord”. I knew I wasn’t alone but the pain was so incredibly deep and I would often keel over and I could barely breathe from the hurt. I’d cry out to God. Reading my Bible and all the verses showed me he heard my cries. My dad was not there to help me in any way emotionally, as he couldn’t handle their loss himself. He’d call me crying when I felt like I barely had the strength for each day.
8. **Can you share with us some of the family values that guide you in your life?** I love the Lord and have a strong heart’s desire for all those I love to find a faith in Jesus Christ. I know life is short and it’s not worth sweating the small stuff. I want to make the most of each moment. Exercise, athletics and health are important to me. I try to keep a short account and forgive others and myself because Christ has forgiven me. I want to love others and put others before me. Of course laughter is so important too. I try to have a heart for other people and look for how we can bless others. Be thankful and give. Be honest and live as if for an audience of one, Jesus.
9. **You say you are proud that your dad found faith in God towards the very end of his life, but he committed suicide. Did he truly find peace through faith?** In some ways yes, but not maybe the peace you are thinking of. Did he find peace enough that he knew where he would go when his life was over? Yes, I believe so. I think he finally found comfort in knowing he would be in heaven with Jesus because of his belief. Maybe that’s why he waited so long to commit suicide and didn’t do it earlier. Now he was sure of where he was going. Only God knows if he had the peace that saves, but I believe he did. He wasn’t able to find purpose in continuing to live and that is one of the many sad parts that I wish could have been different.
10. **What advice do you have for others who have a child, parent, or spouse under the addictive influence of a substance like opioids?** You are not alone. It’s serious. Don’t ignore it because it won’t just go away. Addiction affects families from all walks of life. Get help. Go to the [addictioncenter.com](http://addictioncenter.com) or call 855-327-7980 to get information and help. By choosing transparency over secrecy, you can have an impact on the course of your loved one’s addiction. Go to an Nar-Anon meeting for family members affected by someone else’s addiction. Stop negative enabling them, making excuses, paying for them to live. Do an intervention. If their doctor is over prescribing medications let the doctor know you are aware and will turn them in. HIPAA laws won’t let you talk privately to the doctor but you can give them the information. You may need to do tough love.



11. **What can or should the government or medical community do to help others from not getting hooked on pain killers?** Stop dispensing them for most surgeries whether it be teeth, tonsils, or ankle. Stop the high quantity of pills and refills. Doctors disguise a “not as strong” a drug but it’s still a narcotic. Doctors say some form of narcotic is absolutely needed for this surgery. Is it? I don’t believe this is true. Many young athletes with sports injuries have become addicted in this way. It takes only three days. There should be a national prescription registry for interstate that doctors have to check. Doctors shouldn’t just keep dispensing the medications but make the patients take steps to try to get real treatment and analysis for their pain. I know this isn’t always applicable in all cases.
12. **Your dad had loss after loss and then you saw how God stepped in. How did tragedy turn into triumph?** Dad had lost his money, health, my husband and son, his wife and purpose. Life did not turn out how he planned. Finally, he was willing to go to church. Then God used several people in his life; my brother, his care taker, an angel Michael and my new husband James. James was a businessman who lost his wife too. He understood and knew Dad’s pain. I thought James should talk to Dad about Jesus. We prayed for our next visit that God would open the door and James would walk through it. One morning James intentionally studied his Bible in Dad’s kitchen. Dad entered and James began to ask questions and listen. Then Dad prayed with James to receive Jesus as His savior.
13. **For someone looking to find a bond with their faith, what steps should they take?** First, recognize that we are all sinners, that you sin and fall short of God’s perfect standard. That only perfection can be in heaven. Because of this God sent His son Jesus to die for you and for me and He rose again. Ask God to forgive you of your sins. If we sincerely believe in Jesus Christ, and trust in Him you will be saved. The easiest way is to pray a prayer like this:  
  
*Dear God,  
I know that I have sinned against You. Please forgive me. I believe Jesus is Your Son, who died for my sins and rose again. Please come into my heart and live forever. Help me to live a life that pleases You.  
In Jesus’ name.  
Amen.*
14. **Did your father believe he was all powerful because of his wealth?** I believe my dad felt he was all powerful because of all his successes in life. He was successful in so many areas and especially within his business world. Then ultimately yes, because he had amassed a lot of money he thought he could never lose it. According to my dad, “I have more money than God. If I lost half of my money, which would never happen, I’d still be rich.” He felt he was invincible. He was a risk taker and didn’t listen to anyone around him. He was addicted to the high of the deal.
15. **Tell me what your father was like?** He loved outrageous adventures and sharing them with others. He went hot air ballooning, competed in the biggest gas balloon contest and went around the world in twenty-six days on the Concorde, a supersonic jet. He flew a date from San Francisco to Los Angeles in a chartered jet for dinner on the Goodyear Blimp. He rode his Harley Davidson to Sturgis, South Dakota. He was athletic and a gymnast. Later he played tennis, snow and water skied, and climbed the Matterhorn in Switzerland. He had a great sense of humor and told inspirational and funny sayings called “Chuckisms”. He was a risk taker, a real estate developer and venture capitalist. He believed his financial fortress was invincible and he had no need for God.
16. **You believe your dad met an angel. Tell me why?** There in the front row of a conservative church was Michael worshipping the Lord with his whole being, raising his hands and moving his body. My dad was inexplicable drawn to him. He’d call my brother, Charlie, in the middle of the week and ask if



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he was going to church on Sunday and he'd like to get there early so he could sit next to his friend. Dad was never early for anything in his life. Then Charlie asked my dad if he wanted to receive Jesus and my dad said "no". Charlie knowing my dad liked Michael asked him if he'd talk to my dad. Michael said, "God's got your dad in His hands." An unexpected answer.

17. **How did you have so much faith but your dad had no relationship to church or God?** The grace of God. The power of a few family and friends, in my life praying for me. My grandmother Marme, my aunts and uncles and some high school friends. My aunt gave me a Christian book she thought I'd like. Then the boldness of my aunt Terry and uncle Phil when I needed to get away and I spent a few days with them and they could see I didn't know what to do with my life. They saw the open door, they walked through it and talked to me about Jesus. What He did for me and how much He loved me. Then they asked me if I wanted to pray to receive Him. God heard and answered many people's prayers.
18. **What would you say to your dad if you had a chance to talk him out of suicide?** In some ways we talked him out of suicide for years. I'd be more direct and bold. I'd say your feelings at the moment might be totally different tomorrow, or the next day. That your thoughts that you have no purpose and value is a lie of the enemy. It's not true. I'd be proactive in making a plan and finding options for him to have things to do and feel valued. I'd get another man to come alongside him to teach him more about God's love for him and what it means. I'd show him what it looks like and how deeply hurt many people will be without him. The message he'd be sending all the grandchildren is that they aren't worth living for.
19. **What warning signs are there that one may take their life?** There are verbal and nonverbal signs. Some verbal examples are if they talk about having no purpose, meaning in life or no reason to live. You'd be better off without me. Don't worry I won't be around long. Nobody understands me or feels the way I do. I'd be better off dead. I feel like there is no way out. If they act out of character and tell people how much they love them. When they start asking to take control of their medications. Some nonverbal signs are if they start giving away their possessions. Getting their affairs in order. Signs of planning a suicide. They can be extra happy once they've made the decision. Remember depression is a treatable mental disorder.
20. **Where does the title of your book come from?** My dad was a man of few words. He'd answer the phone "King Here" and then the message machine said, "King not here, speak at the beep". It's him having a conversation with you and telling his story but it's also a double entendre. It can mean God, Jesus, the King is speaking to you, so listen to what's inside the book.



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## What The Media Said About Trish Porter Topmiller

“Trish King surprised many when she qualified for the U.S. Olympic team in the high jump...”

“The thing about Trish King is that all her life people have told her what she can’t do. They have filled her in as to what they think she is not capable of achieving.”

**--Los Angeles Times**

“Trish Who? The High Jumper from ‘Nowhere’...”

“‘To call me an outsider would have been to put it mildly,’ says the slim, light-haired, King, whose 5-foot-7-inch stature is short for her specialty. ‘A lot of times, I felt funny about getting into meets without a ticket.’”

“That King is in the Olympics with track and field’s big boys and girls is testimony not only to her stick-to-itiveness but also to the notion that sport can be enjoyed for its own sake.”

**--The Wall Street Journal**

“Ex-Olympian Gets a Jump on Middle-Age...”

“Two children, 11 years and 15 pounds after retiring from world-class high jumping, Trish King Porter made a comeback in masters (40-and-over) track and field in the past year. The result: two world records, including a 5-8 ¾ mark that won a U.S. 40-44 championship.”

“Porter, a 1988 Olympian who cleared 6’5” 15 years ago is jumping higher than she did as a heptathlete/high jumper at the University of Oregon.”

**--USA Today**

“She was a member of the 1988 U.S. Olympic team, world record holder, four-time World Masters champion, raised two super-athlete children, and just wrote a book. If you’re asking, “Is there anything Trish Porter can’t do?” you’re not alone.”

“In eighth grade, Trish Porter’s PE teacher told her she should never be a high jumper. At age 41, Porter broke the world record for high jump in her age group (40 to 44), for their third time, jumping 5 feet, 9.25 inches.”

**--Albuquerque the Magazine**

“Fast-forward another eight years, and watch Trish King clear a high-jump bar at 6 feet, 5 inches at a stadium in Indianapolis – qualifying her for the 1988 Seoul Olympics. This, after having contended for the team in the grueling, two-day heptathlon.

“Once you’re an Olympian, you’re always an Olympian,” Porter says proudly. “You’re never a former Olympian.”

**--Albuquerque Journal**