

Topeka EDITION
 includes Lawrence, Manhattan, Emporia & Holton
The Area's Most Complete Event Guide



GOD'S DIRT | Page 13

FREE! TAKE ONE!

metro VOICE

Great ideas for fun under the sun

PAGE 9

SUMMER FUN



CELEBRATING FAITH, FAMILY AND COMMUNITY IN NORTHEAST KANSAS

Celebrating our 12th year!

VOLUME 12 • NUMBER 11

July 2018

VISIT US AT facebook.com/metrovoicenews
 or metrovoicenews.com

TO ADVERTISE, CONTRIBUTE, SUBSCRIBE OR RECEIVE BULK COPIES, CALL 785-235-3340 OR EMAIL VOICE@COX.NET

NEW RESIDENT churchguide



Highland Heights Christian Church

See inside back cover!

Weber seeks 'common good' in Capitol



The state capitol is a beehive buzzing with all kinds of special interests. But the Catholic Church is not one of them, says Gerald C. "Chuck" Weber, Jr., the new executive director of the Kansas Catholic Conference.

"At its core, the Catholic Church in Kansas is not a special interest group," Weber said "By its very nature, its mission — including public policy initiatives — is to seek the common good for all Kansans."

The Catholic Church has a voice and something to say — to all citizens, as well as elected officials and office-holders.

"I think the Catholic Church has, in many ways, the answers to our cultural and political problems and challenges," he said. "We just have to communicate to people that we are serving the common good of all people."

Until recently, Weber (he prefers to be called "Chuck") was a Republican state representative for the 85th

■ Please see WEBER page 3



American Satisfaction

Americans' Satisfaction with Country's Direction Reaches 12-Year High

WASHINGTON, D.C. — Satisfaction of Americans with the direction of the nation is now back to the historical average of 37%, which was first measured in 1979.

Thirty-eight percent of Americans are satisfied with the way things are going in the United States today, similar to last month's 37% satisfaction rate but marking the numerical high since a 39% reading in September 2005. It is higher than at any time during President Obama's term, when it plunged to single digit levels.

The satisfaction rate, which Gallup has measured at least monthly since 2001, has now topped 35% three times this year — a level reached only three times in the previous 12 years (once each in 2006, 2009 and 2016).

After a January 2006 reading of 36%, satisfaction failed to surpass 35% the rest of that year, and with the economic calamities that followed over the next few years, it descended into single digits in two 2008 polls and stayed mostly below 30% under Obama.

The rise in satisfaction over the past

two months comes amid a flood of positive economic news — including the shrinking of the unemployment rate to levels not seen in a generation and an economic expansion not seen since the heady days of the 1960s. Black unemployment is the lowest it has ever been and the Hispanic community has also seen unemployment drop to historic levels.

This all occurred while prominent national news stories have included independent counsel Robert Mueller's

■ Please see SATISFACTION page 2

DCF Conducts Inspection of Immigrant Children Facilities at The Villages



On Friday, June 22, a Kansas Department for Children and Families (DCF) staff member visited The Villages Inc. This inspection was made at the request of Governor Jeff Colyer to ensure the safety and well-being of the children placed at the facility. The Villages is the only facility in Kansas where migrant children are being housed.

During the brief inspection, DCF staff spent a little more than an hour visiting all four group homes, the office and the outside premises of each facility. Additionally, during the inspection, the DCF staff observed and interacted with the youth.

At the time of the inspection, there were 44 children in placement. Reportedly, nine of the youth were separated from their parents at the border. The remainder of the youth were reportedly unaccompanied minors. During the inspection, The Villages assured DCF that there were plans in place to meet the educational, mental health and physical health needs of the children. Additionally, DCF was

■ Please see CHILDREN page 3

Miss Kansas 2018 is passionate about awareness and help for mental illness

2018 Miss Kansas winner Hannah Klaassen used tap-dancing to calm her nerves, and in her pursuit of a dream to become a role model for others.

"Absolutely shocked and overwhelmed, and excited and so grateful," the Arkansas City native said of being crowned Miss Kansas. "I've always wanted to be the girl others look up to as Miss Kansas. This is a dream come true."

With a great smile and calm demeanor, Klaassen tap-danced her way into the hearts of the audience in preliminary and finals competitions, and it was no accident that she seemed to have no trouble

with nerves.

"I've been dancing since I was three years old, and I have always loved tap-dancing," Klaassen said. "Whenever I am nervous I start tapping my toes so I knew it was a perfect talent for me to use at Miss Kansas. Tap dancing really helps with nerve control."

Klaassen chose to tap dance to a song from the movie "The Greatest Showman."

"I saw that show twice and just loved it," she said. "This song pumps me up every time, so it was a great choice."

■ Please see MISS KANSAS page 4



Life Lessons From a Little One

KNOWING HIM

by **Jessica S. Hosman**

I long for greater nearness with Jesus every day of my life. From the very beginning of my adult conversion I've recognized that there is so much He's delivered and rescued me from that I can't help but want to give back... to please Him, follow Him, love Him and know Him. My desire is the same for my son. That he would never have only head knowledge about the Lord, but that it would be coupled with a lifestyle of what relationship with Christ looks like in its most intimate form.

I remember, as a child, going to a Christian camp that held the theme: That I may know Him. Philippians 3:10 (the theme's derivative) was spoken of much throughout the week, but I never really understood how I could "know" Him, not just learn more about Him. This is a challenge many kids (and adults) are still struggling with today. Children's Bible stories are great and necessary, as is teaching morality, but it must also be combined with the understanding of what real relationship with Him looks like. He is real, near and close enough to touch.

I was tucking Zechariah into bed recently with a routine that has not changed for years: prayer, Bible reading,

snuggles and then lights out with quiet worship music playing and one final "good-night." When I got to the door, he softly called me back over to his bedside. Without moving and speaking in nearly a whisper, he said, "Mommy, I feel like Jesus is snuggling with me right now." He closed his eyes, let out a small sigh of contentment and a delicate smile formed on his lips. My heart smiled and my mind immediately went to my heart's desire for me, my son, and all those I come in contact with... that we may know Him. To know His Presence, the warmth of His love and the feel of His embrace, all wrapped up in a snuggle. We don't have to be perfect or understand every Word written about Him to know Him. We just need to slow down enough to rest, be still and willing to receive the embrace.

My prayer hasn't changed – I still desperately want more of Jesus. But now I have a beautiful picture forever engrafted into my mind of how simple that can really be. We don't have to stress or strive, we simple must be. It's there we'll receive and begin the process of understanding what knowing Him really means.



Jessica Hosman

Kansas Improves Child Well-Being Ranking in KIDS COUNT Data Book

Today, the Annie E. Casey Foundation released its 2018 KIDS COUNT Data book. The most-recent report shows Kansas in a strong position, with the state ranking 13th in the nation in overall child well-being. This is a significant improvement from last year's overall ranking of 15th.

Of the 16 child well-being indicators analyzed for the report, Kansas has improved in 11 key areas, among them, importantly, childhood poverty. The report demonstrates that more high school students are graduating on time, more children have access to health insurance, and more parents are working, lifting their families out of a cycle of government dependency and into self-reliance.

"This KIDS COUNT data clearly demonstrates that Kansas has made great strides for its youth and the Kansas model for welfare reform should be a blueprint for the rest of the nation to follow," said Governor Jeff Colyer. "These aren't just numbers, these are actual children that have been helped and I am glad to see the policies we have in place are having such a positive impact on vulnerable families. We will build upon this foundation and continue to emphasize statewide improvement in childhood well-being."

Some of the substantial Kansas improvements in the KIDS COUNT Data book include:

- The percentage of Kansas children in

poverty dropped to 14 percent, from 18 percent in 2010.

- The percentage of children whose parents lack secure employment declined to 20 percent from 27 percent in 2010.

- The percentage of children in families where the household lacks a high school diploma dipped to 10 percent from 12 percent in 2010.

- The number of teen births, per 1,000, is 22, down from 39 in 2010.

- Kansas children without health insurance went from 8 percent in 2010, to 4 percent.

While the KIDS COUNT Data book illustrates that Kansas has made great strides for children, the Annie E. Casey Foundation notes that communities of color are not achieving the same outcomes of well-being as other communities. The Kansas Department for Children and Families (DCF) already has plans in place to address these concerns—including implementing a cultural awareness training for child welfare staff. Additionally, in April, DCF sponsored The Governor's Forum for the Well-being of Children and Families: Engaging the urban core church in child welfare.

DCF serves as the State social service agency, providing oversight for the well-being of children and their families. DCF focuses on child protection and strengthening families by working to reduce the number of children in State

care, providing needed services and a safety net for the most vulnerable Kansans. Additionally, DCF partners with many community-based agencies that support at-risk families.

"We are extremely proud of our work in our Economic and Employment Services Programs and Vocational Rehabilitation programs. Because of these efforts, thousands of Kansans who otherwise would be on public assistance are gainfully employed and living self-sustaining, fulfilling lives," said Secretary Gina Meier-Hummel.

The Kansas Department of Health and Environment (KDHE) collaborates with DCF to ensure childhood health and safety. KDHE promotes optimal health for Kansas women and infants, children and adolescents through system development activities and grants to local communities.

"We are pleased to see efforts to improve the health and well-being of Kansas children are working," said KDHE Secretary Jeff Andersen. "KDHE offers a wide range of programs and services to promote healthy living among all age groups. And we continue to see Kansas staying ahead of national trends with regard to positive health outcomes."

To learn more about either of these agencies visit www.dcf.ks.gov/ or www.kdheks.gov/. If you would like to read the 2017 KIDS COUNT Data Book, visit www.aecf.org/.

SATISFACTION

continued from page 1

investigation; President Donald Trump's decision to withdraw the United States from President Obama's Iran nuclear deal; and Trump's negotiations with North Korea that culminated in his historic meeting with North Korean leader Kim Jong Un.

Polls indicate that even with 90% of the news coverage of President Trump being negatively tilted against him, Republicans and Independents are focusing on the good news and ignoring much of what the media has to say. Dissatisfaction with the media has grown to epic proportions as well. A Monmouth University poll finds that 77% believe dishonest reporting happens and they attribute that not to Russians, but to American media giants like Google, Yahoo News and the cable news networks. Amazingly, that includes 61% of Democrats and 89% of Republicans. And of those who believe it is a problem, 31% believe it happens regularly. The dissatisfaction with the news runs across the board, from national news outlets to big city daily newspapers. News outlets that earn the highest trust are small town newspapers and local news websites not owned by large conglomerates.

Rise in Republican, Independent Satisfaction Pushes Rate Up Over Past Two Months

U.S. satisfaction has averaged 38% in May and June, owing to increased satisfaction among Republicans and independents, pushing Republicans' satisfaction to 68% and independents' to 36%. Meanwhile, Democrats, who tend to view the country through their dislike of the president, rate their satisfaction at 13%. There is one caveat with the Democrat numbers: Democrats in areas outside the large liberal cities are far more supportive



of the president than their urban cousins. President Trump won the election, in part, by support of rural, small town and suburban Democrats. Their support remains strong and is growing, much to the concern of Democrat leaders.

Differences by place of residence, age, gender and education are mostly not as

large as by party identification, and the amount of change from March-April to May-June was fairly uniform within the former groups. Democrats were the only major demographic group to show no increase in satisfaction. Those in groups that tend to have more Democrats than Republicans — those younger than 35, city dwellers, women and those with post-graduate work — are least likely to be satisfied, but satisfaction levels rose for all of these groups in the May-June aggregate.

BOTTOM LINE

Though the vast majority of Americans have expressed pride in their country in polls stretching back more than 30 years, their pride has not meant they were satisfied with the way things were going. This has been especially true during times of economic duress — though measuring the public's satisfaction with the nation encompasses far more than economics.

Now, at the midpoint of 2018, as the United States continues to enjoy an historic economic expansion since the 2016 election, the number of Americans finding satisfaction in the country's direction is on the rise. This reflects more than a growing comfort with Donald Trump as president; growth in satisfaction has outstripped growth in Trump's approval rating. When presented with specific policy directions, previous polls have found record approval. When many of those being polled, including young voters and democrats, are told the policy is actually that of the Republican administration, their support immediately drops even though they agreed with the policy.

But the success of many policies doesn't just stop at economics. The percentage satisfied has risen more over the past two months than the percentage who

think the economy is in good shape or the percentage who think it's a good time to find a quality job.

As the nation moves toward November's midterm elections, as the Mueller investigation continues to unfold, as Trump continues to surprise both friends and foes with policy achievements, there are a multitude of possibilities for news that could affect satisfaction significantly in either direction.

The news is not good for Democrats. President Trump's approval rating is now higher than that of Presidents Reagan and Obama during the midpoint of their first terms in office. They both won a second term by record margins.

SURVEY METHODS

Results for this Gallup poll are based on telephone interviews conducted June 1-13, with a random sample of 1,520 adults, aged 18 and older, living in all 50 U.S. states and the District of Columbia. For results based on the total sample of national adults, the margin of sampling error is ± 3 percentage points at the 95% confidence level. Each sample of national adults includes a minimum quota of 70% cellphone respondents and 30% landline respondents, with additional minimum quotas by time zone within region. Landline and cellular telephone numbers are selected using random-digit-dial methods.



K-12 Christian Education

A Christ-centered, quality education, plus:
Activities: Volleyball, Soccer, Cheer, Basketball, Baseball
Fine Arts: Choir, Band, Drama, Speech, Art
Call 785-286-0427 today for a tour.



Heritage Christian School

"Spiritually Grounded, Academically Excellent, Faithfully Serving"



HGStopeka.org | info@HGStopeka.org | 2000 N/W Clay, Topeka, KS 66608

Topeka Lutheran School



Pre-K - 8th grade

Christ-Centered Education
 Project Based Learning
 Small Class Sizes

Providing Christian education and
 academic excellence since 1874

NOW ENROLLING!

701 SW Roosevelt St.
 785-357-0382
TOPEKALUTHERAN.ORG

Free Nicotine Replacement Therapy Available for Limited Time

TOPEKA – The Kansas Department of Health and Environment (KDHE)'s Bureau of Health Promotion is encouraging Kansas residents who want to quit using tobacco products to take advantage of the opportunity to get free nicotine replacement therapy (NRT). The NRT will be shipped directly to their homes by calling the Kansas Tobacco Quitline at 1-800-QUIT-NOW (1-800-784-8669). In conjunction with the Centers for Disease Control and Prevention (CDC)'s Tips from Former Smokers campaign that began in April, the Kansas Tobacco Quitline is offering a free two-week supply of NRT to all callers who register, while supplies last.

About one in six (17.2 percent) Kansas adults, age 18 years and older, are current cigarette smokers. And more than half of them have tried to quit smoking at least once in the past year.

"Quitting smoking not only benefits the health of the smoker, but also helps to protect their loved ones from the harmful effects of secondhand smoke exposure," said Dr. Greg Lakin, KDHE



Chief Medical Officer.

The Kansas Tobacco Quitline is a free, 24/7 resource available to Kansas residents to help them quit smoking. The Quitline provides help, such as counseling, a personalized Quit Plan and quitting support by phone and through online services. The Quitline can be reached by calling 1-800-QUIT-NOW (1-800-784-8669) or visiting www.KSQuit.org.

"We want people to know that

although quitting tobacco is hard, they can do it," said Matthew Schrock, KDHE Tobacco Cessation Program Coordinator. "Smokers often need to make several quit attempts before succeeding, but proven treatments and services are available that can improve your chances to quit for good."

The Kansas Tobacco Quitline is supported by KDHE. For more information on the Kansas Tobacco Use Prevention Program, visit www.kdheks.gov/tobacco.

WEBER

continued from page 1

District in Wichita, serving since January 2015. And although he served as a Republican, when he returns to the capitol it will be as something altogether different. "When I get to the legislature, I'm not a Republican or a Democrat — I'm a Catholic," he said. "I want to be able to sit down with everyone, no matter what party they are from, and find common ground. "I want to find solutions that work for Kansas, but also meet the level of that common good that we seek through Church teaching and Catholic social teaching."

Weber and his wife Cindy have been married since 1985, and have five children. They belong to the Church of the Resurrection in Wichita.

Weber was born in Fairbury, Neb., but his family moved around and he graduated from high school in Webster City, Iowa. He graduated with a bachelor of arts in communication with minors in political science and English in 1981, from Franciscan-affiliated Briar Cliff University in Sioux City, Iowa.

"My main subject in college was basketball," said Weber. "We had a very, very good basketball program there. My senior year we were number one in the nation in the NAIA division." Four guys on the team were drafted into the NBA. But Weber got to play a game with the Washington Generals — the perennial foil of the Harlem Globe Trotters. After that game, he received an offer to tour, but he chose to concentrate on his career in broadcasting — and marry Cindy.

He went on to a career in television journalism as a reporter, anchor and executive. He also taught as an adjunct professor at Wichita State University and was a magazine editor. Weber describes himself as a "cradle Catholic," but also considers himself to be "a born-again Catholic."

"I didn't really connect with my faith

until I was about 30 years old," he said. "I was in Wichita, and I went through an RCIA formation program with a friend of mine who wanted to join the Church. For the first time in my life, I fell in love with my faith. "I knew what Catholics did and how we acted, but I didn't know why," he said. "When I was able to sit in a room and hear the Catholic faith unpacked — about why we did certain things, and the depth of the faith, . . . that [became] a turning point in my life."

At the same time, while working for the CBS affiliate in Wichita as a television reporter, he was assigned to cover the visit of Pope John Paul II in 1987. He and his wife attended a papal Mass in San Antonio. "His words just spoke to our hearts," he said. "It turned into a pilgrimage for us. That was the beginning of me

"The one thing that [I and the bishops of Kansas] agree upon is that we've got to do a better job communicating to the faithful what is happening with the Church and with

taking a deeper search about what I was called to do." As he grew in his renewed faith, he found himself working on projects and jobs that involved the Church.

He served as communications coordinator at the Spiritual Life Center of the Diocese of Wichita, was executive director of SaintMax Worldwide, and opened his own media production company. Weber entered politics to complete the term of Rep. Steve Brunk in January 2015. He won his first election in his own right in November 2016. "Without a doubt, I'd have to say that the passage of the Adoption Protection Act [in spring 2018] was the most influential and important piece of legislation that I was involved with," he said. "Not only was it great legislation for Kansas, on another level it opened my eyes to the struggle for religious liberty that is playing out across the country,"

"We are very excited about the skills that Chuck will bring to this position," said Archbishop Nauman of the Archdiocese of Kansas City in Kansas. His background in public policy and communications will be a great asset to the organization. Most important, however, is the fact that Chuck is a deeply committed Catholic. He has our full confidence."

Weber's tenure as executive director begins on July 15, succeeding Michael Schuttloffel, who served in that role since 2008.

"We are profoundly grateful for Michael's hard and successful work on behalf of the Church over the last decade," Naumann said.

Weber will be the fifth executive director in the history of the Kansas Catholic Conference, which is the public policy office of the Catholic Church in Kansas and represents the four bishops of Kansas at the capitol in Topeka.

Religious liberty is perhaps the number one issue Kansas Catholics and, indeed, all citizens face, Weber said. Other important issues involve the sanctity of human life and marriage. As executive director of the conference, Weber wants to organize, educate and motivate Catholics about important issues. Politicians must be held accountable.

The number one challenge he faces, in terms of those three goals, is apathy.

"The one thing that [I and the bishops of Kansas] agree upon is that we've got to do a better job communicating to the faithful what is happening with the Church and with attacks on the Church, and the challenges we face," he said. "That will be very high on my list of priorities — what public policy issues are out there and how they impact their lives."

His vision crosses party lines. "At the end of the day, there are not more than two or three people in the entire legislature that I couldn't sit down with and talk with," he said.

C5Alive Luncheons to feature Barry Feaker, Cody Foster, Lamar Hunt, Jr.

The next monthly C5Alive "POWER Luncheon" will be held July 12, 11:30 a.m. to 1:00 p.m. and will feature a surprise speaker. For details, stay tuned to the C2Alive facebook page and website: www.C5Alive.org



Upcoming luncheons will feature Barry Feaker, Cody Foster and Lamar Hunt, Jr.

The cost to attend the luncheon is \$10 for C5Alive members and first-time guests who RSVP, and \$12 at the door. Non-members and other guests pay \$15. C5 luncheons are open to the public and everyone is welcome to attend, organizers said. RSVPs and inquiries can be sent to info@C5Alive.org.

Next month's luncheon will be held August 9, 11:30am - 1 pm at Avondale East, 455 SE golf Park Dr. Featured speaker at the luncheon will be Rev. Barry Feaker.

The Sep. 13 POWER Luncheon will feature Cody Foster of Advisors Excel, who will also host the event at their facility at 29th & Fairlawn.

The annual "Pastors



Appreciation Luncheon" will be held Oct. 11 at Great Overland Station. Members and guests are invited to bring their pastors. All pastors are welcome and will be prayed over, as well as treated to lunch and a gift bag of items donated by C5 members.

C5Alive is an organization founded in 2009, dedicated to developing and uniting Christian Leadership in the community, involving businesses, non-profits and churches.

In addition to monthly "POWER" luncheons held on the second Thursday of each month, C5 also hosts periodic business fairs and other events, including the annual Topeka Easter Parade and Family Fun Fest, held on N. Kansas Avenue and in Garfield Park on the day before Easter.

C5 members may also sponsor luncheons and other events as a way to promote their organizations. For more information about C5, go to C5Alive.org, facebook.com/C5Alive, or call 785-640-6399.

CHILDREN

continued from page 1

assured that legal matters are being addressed and plans are in the works to get the youth back with family, or appropriate sponsors, as soon as possible.

"I am pleased that the President is taking steps to address the separation of families. Our hope and expectation is that these children will be reunited with their families in the near future," said Governor Colyer.

On June 27 it was reported that six of the nine separated children had been reunited with their parents.

While DCF licenses The Villages facilities, the agency has no direct oversight of the federal government's contract with The Villages, which started in February 2017.

The Villages provides services for "children in need," and has contracts with the Kansas Department of Health and Environment and the Kansas Department of Corrections Juvenile Services.



Karen Andrews
has joined
HAIRSLINGERS
bringing
32 years of
experience as a
Cosmetologist.

"I work with men, women and kids, specializing in haircuts, hair coloring, permanents, beard trimming & facial waxing. I enjoy working with the entire family and love seeing their smiling faces when they leave."

20 years at Supercuts (17 as a manager) and last year at The Barbershop.

APPOINTMENTS AND WALK-IN'S

For appointment, please call 785-233-4247
Hairslingers - 1406 SW 17th St., Topeka

8 Reported Injured in Eureka Tornado, 2 critically

An EF-3 tornado struck the community of Eureka in Greenwood County, 60 miles east of Wichita, at approximately 7:21 p.m. Tuesday evening, June 26, leaving eight people with injuries, two critical. It is reported to be a 'direct hit,' and search and rescue efforts are underway. Local officials are conducting damage assessments at this time. The preliminary assessment shows damage to more than 100 blocks because of the tornado.

The high school and about 70 homes and businesses in this community of about 2,400 people were damaged with large amounts of debris. The next day, Westar Energy is reported 3,500 customers were without power.

Emergency sirens were activated prior to the tornado strike, but the tornado developed quickly and people had little time to take shelter.

Gov. Jeff Colyer declared a State of

Disaster Emergency proclamation and Greenwood County declared a state of local disaster. The State Emergency Operations Center in Topeka was activated to coordinate the response of state agencies.

Officials said that the best way people can help is to make monetary donations to established volunteer organizations such as the American Red Cross, Harvesters, Salvation Army, etc.



The Shawnee County Fair Will Feature Fun and Activities for The Whole Family

The Shawnee County Fair starts with the 4-H Horse Show on July 21st and 22nd, and continues with public exhibits and programs from the 26th through the 29th. The Fair will be at the Kansas Expo Centre in Topeka. There will be vendors, food, concerts, exhibits and a whole lot more. Admission and parking at the fair are free.

The 4-H Horse Show takes place in the Domer Livestock Facility on the 21st and 22nd. 4-H members involved with the 4-H Horse project perform various activities to demonstrate their skills and earn a place at the State Fair in September.

The Fair opens on the 26th, with all booths open through the 29th. Livestock exhibits and programs take place in Domer, while other projects and displays are in Landon Arena and Exhibition Hall. There will be a wide variety of exhibits, vendors, and other activities throughout all four days of the fair, including a Community Blood Center donation event, the Helping Hands Humane Society Mobile Adoption Unit, the Topeka



Model Railroaders and N-Scale Modelers, the 4-H County Dog Show, a Quilt Show and much, and more.

Friday the 27th will be Kid's Day at the Fair. Jim "Mr. Stinky Feet" Cosgrove, a talented entertainer for the young and young-at-heart, will perform in the morning as part of Kid's Day. There will be a free concert that evening, featuring Rachel Louise Taylor, a Shawnee Heights graduate, at 6:30 p.m., followed by Rusty Rierson and the Forever Young Band with Ernie Rodina at 7:30 p.m.

Saturday will feature a Pancake Feed and Pedal Tractor Pull. Sunday will feature the 4-H King and Queen Announcement and a Fashion Review.

The Fair is open to the public from 8 a.m. - 10 p.m. on Thursday, Friday, and Saturday and 8 a.m. - 4 p.m. on Sunday.

For more information, check out the web site at www.shawneecountyfair.org or check out Shawnee County Fair on Facebook.



MISS KANSAS

continued from page 1

Music has always been important in Klaassen's life, something she credits after God, family and friends for her success. She participated in drama and theater productions at Ark Valley High School, including leading roles in "Annie" and "All Shook Up."

A sophomore Presidential Scholar at Tabor College in Hillsboro, Kansas, she also participated in music at the college level as a freshman member of the concert choir and part of a small a cappella group called TFX.

PROMOTING HER PLATFORM

The daughter of Dr. Paul and Lisa Klaassen, Hannah entered the pageant with a platform of supporting mental health.

"I have had two very close friends and a grandmother who have struggled with different mental illnesses over the past few years, and I've been able to see how this affects their daily (lives) in many different ways," she said.

"I want to support those who struggle with a mental illness and encourage them to get the help they need, while also helping them know that they are so much more than an illness — they are worthy of love and acceptance and respect, just like every other human being, and their mental health should not diminish their quality of life."

Klaassen said her leadership classes at Tabor College helped prepare her for the interview portion of the Miss Kansas pageant and fellow students and teachers asked her questions and listened to her speeches.

One of those speeches, given on her pageant platform subject "The Mind Matters: lessening the stigma of mental illness," helped her see how much the information she has researched is needed in today's college climate, as well as at other levels of education for youth and adults.

"I just want to let people know that help is there for those who need it," she said. "I had two friends in high school who suffered from severe anxiety and



depression and I have watched my granny deal with bi-polar mental illness. After one speech at college, I had a young man come up afterwards and ask me where he could get help. We need to do better at connecting resources with the young people who need them, and make it an acceptable thing to ask for that help."

Klaassen is studying psychology with a goal to earn a master's degree and a doctorate so that she might pursue a career in teaching at the college level.

"With my interest in dance and movement therapy, it all combines together with my platform. Music and dance can help those battling mental illnesses and we need education at a young level about what mental illness is and how we can help each other."

Klaassen was asked how education could be improved. Her answer to that was simple.

"We need to pay teachers more," she said. "We need more funding for mental illness education and we need quality teachers."

Klaassen said tragedies like school shootings could be prevented by better mental health care.

"Nobody would shoot others if they were mentally sound," she said.

KLAASSEN FAMILY SUPPORT

Klaassen credited her family with providing her with support during this entire process.

"They have been so supportive over the past year, and even though Heidi is getting married in July, she has been so wonderful in loving and supporting me through Miss Kansas while also planning her wedding.

"My siblings really helped me prepare for both my local and the state pageant through encouraging me to be healthy, and helping me relax by playing games and watching movies with me. I could not have gotten where I am without Mom and Dad this year."

At home with her family, Klaassen is a keen Mario Kart video game competitor with her younger brother, Pierce, and her older sister, Heidi. She plays tennis and took up running recently, hitting the treadmill for two or so miles per day while watching Netflix.

Klaassen, who started attending Miss Kansas pageants when she was 13, said she looks forward to traveling and working with school children during her reign as Miss Kansas.

PAGEANT BEGINNINGS

It has been a long road to the Miss Kansas title for Klaassen.

"I got involved in the Miss Kansas Outstanding Teen organization when I was 16, and after deciding I wanted to do more to change/serve my community and the world, the Miss Kansas organization was my first choice to give me the platform to do so," she said.

From there, Klaassen was crowned Miss South Central Kansas earlier this year. It was that competition that led her to last week's festivities.

"I'm so passionate about mental health and wellness, and through Miss Kansas, I can promote this platform, as well the Miss America platform of Children's Miracle Network hospitals," she said.

"I knew I could also earn amazing scholarships and have the opportunity to be a positive role model for children everywhere. These things all really drew me to the organization."

The Miss Kansas pageant is a state preliminary to the Miss America Contest.

MISS KANSAS DUTIES

Although it is a great honor, being named Miss Kansas is just the first step in Klaassen's next journey toward competing at the national level.

"Earning the title of Miss Kansas means I now have a full-time job," she said.

"My life was completely changed in the moment I was crowned, and that was both humbling and thrilling. My first big event will be competing in Miss America in September. After that, I begin to make appearances daily."

Those appearances will take place at schools, meetings, clubs, hospitals, parades and many more venues.

Last year, Miss Kansas 2017 made nearly 600 such appearances.

— pratttribune.com, acdailybytes.com and other wire services contributed to this report

SMJ SHANE M. JONES & ASSOCIATES, P.A.

COUNSELING YOU CAN TRUST

Areas of expertise:

- Marriage & Relationships
- Depression
- Anxiety
- Adoption
- Addictions
- Grief-Loss
- Foster Care



2708 N. Topeka Blvd., Ste. 202
Topeka, KS • 785-266-7732

www.shanemjones.com

5040 Bob Billings Parkway, Ste. B
Lawrence, KS • 785-832-8838



Alpha Christian Children's Home & School

www.alphachristianchildrenshome.com



WHAT WE DO:

1. Share Christ to offer hope and healing
2. Provide a Christian family safe haven
3. Help the kids get caught up in school

HOW YOU CAN HELP:

1. Pray
2. Volunteer
3. Refer Children in Need To Us
4. Monetary & Food Donations



Find out more by calling

785-597-5235

Located East of Topeka
15017 27th Street
PO Box 727
Perry, Kansas 66073



Expenses, Not Income

Dear Dave,

I bring home \$4,100 a month in military disability pay and Social Security combined. My wife brings home an additional \$2,000 each month. Should we base our emergency fund level on her income only, since mine is guaranteed?

Lewis

Dear Lewis,

Your emergency fund shouldn't be based on income. I recommend folks have three to six months of household expenses set aside in an emergency fund. What would it take to operate your household for that length of time if one or both of your incomes disappeared?

I don't anticipate your income stopping, Lewis. But income loss isn't the only thing you're guarding against with an emergency fund. You're also guarding against things like an illness in the family, if the transmission in the car goes out, or your home's heating and cooling unit needs to be replaced. There are many more crises that can come upon a family other than a loss of income.

I don't mind if you two lean toward the three-month side of expenses, since your income is pretty stable. But always remember, an emergency fund should contain three to six months of expenses, not income.

Thank you for your service, sir.
—Dave

What happens to the debt?

Dear Dave,

I've started your personal finance course in high school, so I'm asking this for the entire class. What happens to your debt if you pass away with no relatives or heirs to take responsibility for what you owed?

Elizabeth

Dear Elizabeth,

In many cases it simply does not get paid. Relatives or heirs of the deceased are not responsible for a friend or family

member's debt, except in cases where they have been a co-signer on that debt.

Let's say someone's parents died, and at the time of their death they had \$100,000 in debt in their names only. The only way that debt will be paid is if they owned enough stuff — if they had enough in the way of assets — to pay the debt. If they owned a \$200,000 home, the house would have to be sold in order to pay the debts. Their estate would be the only thing standing good for the debt. If they owned nothing, and had no co-signers on any of the debt, the creditor would not get paid. The bank lost that money.

Elizabeth, I hope that helped. Please tell your teacher I said thank you for leading the class!
—Dave

Stand up to them

Dear Dave,

A debt collection agency started calling my office a few weeks ago. I gave them an initial payment, and made an agreement to pay off the debt in monthly installments. This morning, they started calling me at my office again wanting payment. Can I legally demand they not call me at my place of employment?

James

Dear James,

Absolutely! You have a legal and moral obligation to pay your debts, and I'm glad this is something you recognize. But collectors have rules they must follow. They're governed by law just like everyone else.

Be certain to keep your end of the agreement. Make your payments on time, or early, whenever possible. Then, if they call you at work again, remind them of your initial payment and the terms of the agreement already in place. Be polite, but firm, and demand that they never call you at your office again.



DAVE RAMSEY
Financial author,
radio host, television
personality, and
motivational speaker

davesays

In addition, send them a certified letter, return receipt requested, so you'll have proof you sent the letter and they received it. In the letter, let them know that — according to guidelines set forth in the Federal Fair Debt Collection Practices Act — you are demanding they not call you at your office again.

If they call you there after receiving this formal demand to stop, they'll be in violation of federal law. If that happens, let them know you'll talk to a lawyer and sue them.
—Dave

Laptop dilemma

Dear Dave,

My husband and I are just starting Baby Step 1 of your plan. Prior to this, we told my two nephews we would buy them laptop computers for college. They don't get a lot of encouragement or support from their immediate family, so we try to help them when we can. Should we go ahead and honor this commitment, postpone getting our starter emergency fund in place, and possibly take on a little more debt, or bow out of the agreement?

Lisa

Dear Lisa,

Well, it's difficult to be generous when you're broke. You don't even have \$1,000 to your names, and you're going to buy two laptops? I don't know how much debt you have, or what your household income is, but I do know neither of you have managed your money very well in the past.

If you make \$50,000 a year, and you have \$70,000 in debt, you should sincerely and apologetically bow out. Explain that you made a big mistake, and just be honest about why you can't provide the laptops. If you make \$200,000 a year, but you've just been incredibly silly and lazy with your money, you should buy the laptops and then get serious about growing up and getting control of your finances.

Don't make promises, financial or otherwise, you can't keep. I know this is a tough, embarrassing situation, but it's what I would do if I were in your shoes.
—Dave

First, lay a solid foundation

Dear Dave,

When is it okay to have a little fun, and buy things you want, when you're following the Baby Steps plan?

Kaitlin

Dear Kaitlin,

Beware of IRS impersonation scams

Peggy Beasterfeld
Owner, Peggy's Tax and Accounting Service

With tax season completed, the Internal Revenue Service has warned taxpayers to remain vigilant for phishing emails and telephone scams. Summertime tends to be a favorite period for scammers because many taxpayers have recently filed a return and may be waiting for a response from the IRS.



Telltale signs of a scam
The IRS (and its authorized private collection agencies) will never:

- Call to demand immediate payment using a specific payment method such as a prepaid debit card, gift card or wire transfer. The IRS does not use these methods for tax payments. Generally, the IRS will first mail a bill to any taxpayer who owes taxes. All tax payments should only be made payable to the U.S.

The time for a little fun is after you've completed the first three Baby Steps. Baby Step 1 is saving \$1,000 for a beginner emergency fund. Baby Step 2 is paying off all debt, except for your home. And Baby Step 3 means you go back and add to your emergency fund until you have three to six months of expenses set aside.

Once you're debt-free except for your home — and you have your emergency fund completed — you've laid a solid, financial foundation for your life. That's when you can have a little fun and spend some money on a vacation, new furniture, or something like that.

Children think about their immediate wants and do what feels good. Adults, on the other hand, devise smart, logical plans, and stick to them. I want you to have a great life, but you have to put in some hard work and say "no" to yourself sometimes in order to attain that great life!

—Dave

Treasury and checks should never be made payable to third parties.

- Threaten to immediately bring in local police or other law-enforcement groups to have the taxpayer arrested for not paying.

- Demand that taxes be paid without giving the taxpayer the opportunity to question or appeal the amount owed.

- Ask for credit or debit card numbers over the phone.

For anyone who doesn't owe taxes and has no reason to think they do:

- Do not give out any information. Hang up immediately.

- Contact the Treasury Inspector General for Tax Administration to report the call. Use their IRS Impersonation Scam Reporting web page.

- Report the caller ID and/or callback number to the IRS by sending it to phishing@irs.gov (Subject: IRS Phone Scam).

- Report it to the Federal Trade Commission. Use the FTC Complaint Assistant on FTC.gov. Add "IRS Telephone Scam" in the notes.

K. KIRK NYSTROM, Attorney

Wills • Probate • Estate Planning • Trusts • Real Estate
Small Corporations • L.L.C.'s • Powers of Attorney

- Free Parking
- Evening & Saturday Appts.
- Emergency Hospital Visits

112 SW 6th Street, Suite 102
Topeka, Kansas 66603

785-235-6977
k.nystrom@att.net
www.nystromlaw.net

"30 years Experience"

But let justice roll down like waters, and righteousness like an everflowing stream. - Amos 5:24

metro VOICE

metrovoicenews.com

Check Out Our Newly Redesigned, Mobile-ready, Breaking-news Website!

Simplify Your Bookkeeping

Keeping your own books and records can be a real challenge, especially if you aren't well versed in the fundamentals of accounting. When you want help, you can always turn to our dedicated experts.

Struggling with taxes? You're not alone. With help from Peggy's Tax and Accounting Services, you can make sure you master tax season.

Schedule a January appointment
Receive \$25 off your return!

- Incorporation
- Occupational License
- Government tax filing applications
- Prepare & E-file your taxes online
- Accounting and reporting based on each individual company needs
- Preparation of individual, partnership and corporate income tax returns
- Business Tax Preparation for Corporations, S-Corp and Partnership
- Electronic Filing and Fast Refund service available for individuals
- Tax advice and planning
- Monthly accounting and bookkeeping services
- Quick Books set up, train and support
- Small Business Bookkeeping
- Monthly Sales Tax
- Payroll Services

300 SE 29th, Suite C
Topeka, KS 66605
(785) 286-7899

BBB
A+

Twitter
Facebook

opinion

Got an Opinion? Share it with the Metro Voice!
go to facebook/MetroVoiceNews, or email Voice@cox.net

The church has the answer to America's growing loneliness crisis

metro
VOICE

MANAGING EDITOR



Lee
Hartman
LHartman3@cox.net

ASSISTANT EDITORS

Nick Hartman
Dwight Widaman

ADVERTISING CONSULTANTS

Lee Hartman
785-640-6399; Voice@cox.net

Darcy Childs 785-249-6203
childs.darcy@gmail.com

NEWS & FEATURES

Jessica Hosman, Carolyn Cogswell, John Potter, Rob Mooney, Phil Boatwright, Marie Asner, Kharissa Forte, Alan Goforth, Leilani Haywood, Dwight Widaman, Lee Hartman

LAYOUT & DESIGN

Joe Boothe, Lee Hartman, Dwight Widaman

Metro Voice is published monthly and serves the communities of Topeka, Lawrence, Manhattan and other communities in NE Kansas. It is available primarily by bulk and subscription distribution to over 500 locations, including grocery stores, churches, schools, restaurants, bookstores, libraries, businesses and other retail outlets. Yearly subscriptions are available by mail at a cost of \$24.95. Written materials submitted become property of Metro Voice. The content of this publication, including all stories, advertising or other graphic symbols, may not be reproduced in any way, shape or form for commercial purposes or added to any web site without the express permission of Metro Voice. Advertising in MV is open to anyone wishing to reach the Christian community and the family market with family-friendly advertising. MV reserves the right to refuse any advertising deemed unsuitable.

Topeka Metro Voice is a member of the Christian Newspaper Association.



CONTACT INFO

Offices: 2611 SW 17th St.
Correspondence & Payments:
P.O. Box 5724, Topeka, KS 66605
Phone/Fax: 785-235-3340
Voice@cox.net
MetroVoiceNews.com
facebook.com/metrovoicenews

metro
VOICE

Northeast Kansas' Monthly Christian News & Events Source
One year subscription for only \$24.95
Call us at 235-3340



ERIC
METAXAS
Radio host and author

viewpoint

Do you feel lonely? Join the crowd. Loneliness has reached pandemic levels—but there is hope.

It's become a truism: Never have we been more "connected" as Americans—and never have we felt lonelier.

According to a nationwide study of 20,000 people by the Cigna health insurance company, nearly half of respondents say they feel alone or left out always or some of the time. Reporting on the research, National Public Radio states, "Fifty-six percent reported they sometimes or always felt as if the people around them 'are not necessarily with them.'" Forty percent said, "they lack companionship," and their "relationships aren't meaningful," and that they experience feelings of isolation.

Using the UCLA Loneliness Scale, Cigna found that "most Americans are considered lonely." The average score on this scale is 44, with higher numbers indicating more loneliness; but this social malady isn't distributed evenly across the age groups.



Somewhat counter-intuitively, it seems that the younger you are, the lonelier you feel.

The so-called "Greatest Generation"—those aged 72 and older—is the least lonely group, scoring an average of 38.6 on the Loneliness Scale, followed by Baby Boomers, then Millennials. The loneliest group is also the youngest—Generation Z, those born in the mid-1990s to early 2000s, with an average score of 48.3.

Now it's easy for us older folks to point the finger at social media for the rise in loneliness, and we may have a point. Back in 2017, psychologist Jean Twenge of San Diego State University suggested that increased screen and social media time may have caused a jump in depression and suicide among American young people. There's a world of difference, after all, between a virtual community and a real one.

Writing in Christianity Today Women,

Enuma Okoro observes that "the false sense of intimacy created in the virtual world fails to satisfy people's real needs for knowing others and being known by others." She adds, "After all, being lonely is not necessarily about a-lone-ness, but about lack of intimate, meaningful connection."

Loneliness quite literally is hazardous to your health, leading to increased levels of depression, drug addiction, and suicide. Which is why, as my colleague John Stonestreet has mentioned on "The Point," the British government has now established a "minister of loneliness"

Starting in the Garden, we human beings were created for community under God's loving care, and when we don't get it, bad things happen. We'll attempt to fill our restless, lonely hearts with whatever is nearest at hand. As Augustine of Hippo stated so perceptively, "Sin comes when we take a perfectly natural desire or longing or ambition

and try desperately to fulfill it without God."

One lesson for the church is obvious: We must remember we are one Body in Jesus Christ. No member goes it alone. In a culture in which everyone seems "connected" doesn't even know their next-door neighbors, Christians are members one of another. When one member suffers, we all suffer. When one of us rejoices, we all rejoice. As the Bible says, "Bear one another's burdens, and so fulfill the law of Christ" (Gal. 6:2). That is our calling.

Do we always experience this kind of soul-satisfying fellowship? Sadly, no. The good news is that we can help one another grow in this holy task. Okoro says, "As Christians, we're called to train one another in the theological virtue of caritas, as understood by Thomas Aquinas as friendship with God that ultimately leads to deepened friendship with one another ... [cultivating] more genuine depths of safe intimacy with one another not merely for our own sakes but for the sake of the one who first called us friends and never sent his disciples out alone."

And when we do, our Christian faith can become very attractive indeed to our lonely neighbors, young and old alike.

Eric Metaxas is the host of the "Eric Metaxas Show," a co-host of "BreakPoint" radio and a New York Times #1 best-selling author. His most recent book is "Martin Luther: The Man Who Rediscovered God and Changed the World."

WHAT IS AMERICA'S FUTURE?



CLINT
DECKER
President and Evangelist with Great Awakenings, Inc.

hopefortoday

President Abraham Lincoln once said, "Nearly all men can stand adversity, but if you want to test a man's character, give him power." An ancient prayer from the Bible says, "Two things I ask of you... give me neither poverty nor riches; feed me with the food that is needful for me, lest I be full and deny you and say, 'Who is the Lord?' or lest I be poor and steal and profane the name of my God" (Proverbs 30:7-9).

The idea conveyed is having little or much can affect the character of a person - and a nation. The United States has seen both. In her early years she had little,

while in modern times she has had much. Today, the U.S. is the leader in innovation, has the greatest university system, the world's most powerful military, the largest economy and provides unequalled human freedoms.

Since the late 1800's, which began the industrial age, America has seen incredible growth. The success has changed America's character. Her pride has grown into arrogance. Her increased knowledge has questioned the need for God. Her advancements in technology have made her like a god and her hi-tech weapons have replaced God.

The principle of abundance leading to a denial of God is a predictable pattern. When riches, power and success mount there is a quiet shift in the heart of a nation, that when left unchecked, can lead to its downfall.

Who is America's greatest enemy? Some other nation, terrorists or a conglomerate of cyber warriors? Our greatest enemy is - we the people.

The lure of money and power is becoming our Great Destroyer. Its deceptive appeal has caused us to think too highly of ourselves. It has created a false sense of security bringing us to believe we are a nation that is indestructible and indispensable to the world. We have been willingly seduced by prosperity giving birth to the children of ease, complacency and immorality.



Let us learn from the downfall of ancient kingdoms like Rome, Egypt, Greece and the once vast British Empire. Mere common sense says if we continue down the path we are on, America will eventually implode.

Despite the growing number of atheists within our borders, the Lord God does exist and He is our only hope. Not political parties, legislation or changes in the economy. Let us examine our ways and do something about it. We must humble ourselves and stop our power hunger, corrupt and immoral practices. We must make peace with God and with one another. This cannot be done through multi-faith efforts or by starting an organization. This turn around can only be done through our faith in the

Creator God, and His only Son. We plead for Him to pour out a heaven-sent spiritual revival to sweep border to border.

A prayer for you to pray- Lord God, I see evil and lawlessness across our land. We desperately need you to send a move of your Spirit upon us. I admit my own wrong doings and how I have contributed to the condition of our country. Forgive me Lord for what I have done. Oh God, come upon our land. In Jesus' name. Amen.

Listen to Clint Decker's radio broadcast, The Unbreakable Truth, at 2:50am & 10:50am on Upper Room Radio, KFGB 97.7FM, Topeka's local Christian radio station. He can be reached at cdecker@greatawakenings.org

The Power of Propaganda

by **George Ismael Felio Jr.**

If you google “propaganda defined” you get this definition: derogatory information, especially of a biased or misleading nature, used to promote or publicize a particular political cause or point of view. You go to Webster and you see two more things: the spreading of ideas, information, or rumor for the purpose of helping or injuring an institution, a cause, or a person; and ideas, facts (not truth), or allegations spread deliberately to further one’s cause or to damage an opposing cause.

Propaganda uses words, visuals, and speech to invoke an emotional response or sway someone’s opinion. It is a dangerous thing. In a free society, propaganda must be allowed to an extent otherwise we lose freedom; but if unchecked by truth, it can destroy a person, a family, a cause, and even a nation. The lawful term for this crime is libel or slander.

Our Founding Fathers understood this and had placed one of their few hopes upon an unbiased media to dig out the truth in order to keep the public informed so that truth and justice remained supreme in our land. How would this media go about this? They needed to answer all the necessary questions to find the truth: who, what, where, when, why, and how.

In the old days of the media, no news would be published without at least two credible sources which did not include anyone with a personal vendetta against someone. The reporters had facts they needed to prove was truth. Anything was fiction or in today’s world propaganda. When the media became corrupted into a propaganda tool is a subject that can be debated by a more scholarly article, but media corruption can be traced back to at least the Antebellum South and probably further back. This is about the power of propaganda.

In mid-June, news broke out about a scandalous conspiracy taken place inside our government in attempt to sway an election for a candidate more to their liking. Not much was said about it. Why? Photos emerge of children being separated from their parents. They blamed it on Trump’s immigration policy.

The photos moved many people to tears. Their emotions were roused to push them to action. Once driven by emotion,

the chances of the truth guiding people became slim to none. Propaganda trumps truth.

As in all things published by the media, I don’t react. I sit back and figure out the truth which tends to come out slowly after the furor of people’s emotions has come to a boil. People from both sides of the aisle cry out something must be done for the children. People like Paul Ryan and Glen Beck shout out solutions which may or may not work only to be shut down by the other side because all that they want is to cast blame. Solutions would end the crises and according to Saul Alinsky, “Never let a crises go to waste.”



First look at the who. These are people who come to these country illegally. That makes them criminals. Their children are taken away from them because they broke the law just like every other criminal in our great country.

Why? In 1997, Bill Clinton signed a law that made it so. The reasoning was they hoped that it would deter illegal immigration because of a law that allowed children not from Mexico to come to our country and be allowed to stay therefore anchoring them for the rest of their family to come to our country. It didn’t. In fact, it got worse. Under G.W. Bush another law was passed to go along with the Clinton bill in order to stop human traffickers from using these

Drug cartels often use these people as drug mules. To protect the kids from the bad guys, some do need to be separated in order to validate truth from the lies.

children to get into the U.S. The human traffickers once inside would use or sell these children as slave labor and other more abhorrent things. Something that became very apparent under the Obama administration as thousands of children were let loose in America in the hands of human traffickers (source NY Magazine a liberal publication). The law got its teeth

from the Ninth District Court (the most liberal set of judges in America) ruled in favor of the law.

What is going on is children are getting separated from their “families” in order to determine whether or not these adults (criminals) are actually their real family or human traffickers. Remember many of these parent send their children up to our nation alone. Some mothers prepare their daughter for this trip by giving them birth control so that they don’t get pregnant. Drug cartels often use these people as drug mules. To protect the kids from the bad guys, some do need to be separated in order to validate truth from the lies.

“But they are seeking asylum?” my liberal friends say. The governor of Texas has stated that there are entrances for those seeking asylum. This is well known by those seeking asylum yet they chose to cross illegally anyway. Are they really seeking asylum or are they trying to come here illegally to benefit from our country without doing things the right way? Which is why they separate the kids. Is it sad that it happens? My opinion is yes; but if they followed the rules, it would not happen in the first place.

Why would anyone want a people who do not want to obey our laws to get here to stay here and actively break our laws? America needs law abiding citizens not more criminals from another country.

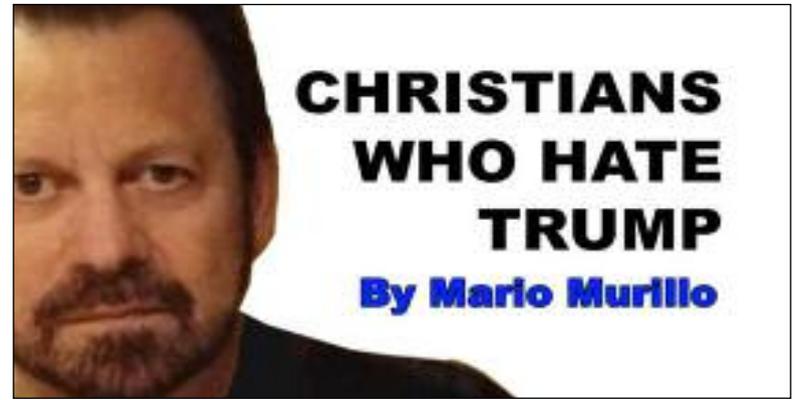
These laws have been in effect for over twenty years. No one cared about it until it was politically expedient to sabotage a political rival. This is not a Trump policy. This is an American law. It is the duty of the POTUS to enforce the law whether he likes it or not. Congress writes it. The Supreme Court interprets it. That’s the way the system is supposed to work. Trump broke the system and the law when he signed an executive order stopping this

and amazingly (not really) still is getting the blame as he did not do anything to stop it.

Thus reason for the propaganda. It’s not about the kids. It never was. It’s about getting Trump. It’s about attacking those who work for him and voted him into office. All this at the same time we learned that the FBI broke and/ or ignored the law in order to protect Hillary Clinton and stop Trump during the election. This is not a coincidence.

It saddens me how quickly people have fallen into the trap of propaganda. Good people want to fight for these kids even if there source of information is false. A picture is worth a thousand words, but pictures can lie too.

The response to this writing by those who disagree will be to say that I am a racist. Those who accuse me will probably be white liberals. I am not. I am Hispanic, but more importantly an American and proud of it. I understand what’s going on more than others. There is a conscious effort by those south of the border to flood this country with illegals in order to bankrupt our nation and enrich themselves and take our land. We have many in power in our nation who want the same things. They will use our good heart and intentions to destroy our nation. Beware the power of Propaganda.



They are the Christians who hate Trump. Let’s call it for what it is: hate. It is their hate—strange for professed Christians—that dulls their ability to see the inaccuracy of their comments and their myopic views.

One sanctimonious ranting Christian said, “there’s nothing Biblical about Trump.” Actually, there’s nothing Biblical about that statement. The prophet Daniel served Nebuchadnezzar. Daniel recognized the role a pagan king played in God’s unfolding drama. The church’s ability to work with Trump is totally Biblical.

Now I must clarify, lest I incur the wrath of Trump supporters. I am not calling Trump a pagan king—I’m sure he much more moral than his enemies know—I am saying that if Daniel could work with Nebbie, how much more we can work with the Don.

I tried hard to figure out believers who hate Trump. Our side won a long overdue and miraculous victory and they choose to aid and abet the other side. Is it because their favorite “Christian” didn’t win and they are sour grapes?

And why didn’t these conservative Christians hold Reagan to the same standard? They adored him even while Nancy was studying horoscopes in the White House.

They didn’t require any president to be a squeaky clean pastor until Trump.

Yeah, his tweets can be a bit much. And okay, president Trump is not as smooth as Reagan...but, maybe we don’t need smooth right now.

But there is something else that is really strange, (hypocritical is more like it) why didn’t these guardians of morality speak out against Obama? T.D. Jakes even attacked Franklin Graham for questioning Obama’s Christian Faith. Told him not to judge a brother. Hold that thought as we explore another question...

How could you not question Obama’s Christianity? Obama begged the question by dropping the Christian card whenever it suited him (something Trump never does). Meanwhile, Barack fought for same sex marriage, late term abortion, and was the most Biblically hostile president in our history.

Click on this link to see the list of his acts of hostility toward Christians: <https://wp.me/plvrzp-3DQ>

Back to Jakes. So why do so many Christian leaders—who said it was wrong to judge Obama—judge Trump?

Trump is not a pastor. He is a businessman who loves America. As far as his faith? I am not qualified to determine his spiritual depth since I’ve never had the chance to meet the man.

“He is like Hitler and the church is being fooled” said another comment. Please remove your tinfoil hats and listen. Hitler never had 98% of the media against him. Trump has never called for a new constitution. Hitler never tried to protect Israel. I could go on and on.

Maybe if Trump had been the first president to address the march for life. Maybe if he had chosen an on fire born-again vice president. Maybe if he has rescinded executive orders that banned federal funds from Christian organizations. Maybe if he overruled the Johnson Amendment that banned the free speech of pastors. Maybe if he had moved the American Embassy to Jerusalem. Maybe if he had put someone on the Supreme Court who helped Christian bakers practice freedom of religion. Maybe then you would support him. Oh wait...he did all that.

God has done a miracle and the enemy wants to make short work of the amazing breakthroughs we are witnessing by dividing the church. Instead of being a religious outlier you should be thanking God, praying, supporting the president, and voting.



JUST A MINUTE with the **COUNTRY PARSON**

Hi friends. Over the years I’ve been asked how someone can hear God’s voice. The problem that most people have is that they are too busy and won’t take the time to slow down their life and just listen.

a. You see, God wants a daily relationship with you. In a relationship, you must listen with your ears, brain and heart.

b. While it is true that sometimes God can be heard in the jingle of a spur, the thunder of hooves and the bawl of a newborn calf.

c. The true reality is that God can be heard every day, if you would just

take the time to be quiet.

d. There is truth that since we have one mouth and two ears, we are to listen twice as much as we talk. Have you listened today? Be Encouraged!

Be Encouraged,
Scott Perkins
The Country Parson

The Country Parson Video show airs at 10 a.m. on TV 25.4 every Sunday morning.

The Country Parson Radio show is about to come back to radio shortly. Stay Tuned!



Summer camp opportunities abound across area

Across the region there are great summer camp offerings and other resources for families and children of all ages.

Summer camps and programs are a perfect way for kids to connect with their faith and make more friends at the same time.

There are many types of

camp to choose from: traditional away-camps a distance from home requiring 2-3 days to two week stays, day camps where the child returns home each evening, to longer camps that offer opportunities for training to return as a camp counselor when older.

The focus of each camp can vary as well. Some camps are denominational in nature and bring students from their church and other churches in their denomination

together. The camps are them-based and bring students from a variety of denominational backgrounds. Either type of camp may focus on spirituality and are often centered around outdoor activities.

While this can be true for local opportunities, Day Camps may also be either denominational in nature or open to all children with faith backgrounds. These may also have themes around the fine arts, science, exploration other topics.

Camp a great way to unplug

For today's tweens and teens, technology is part of the fabric of everyday life. They're watching TV on lots of devices and using smartphones and tablets to maximum advantage -- texting, researching, sharing, connecting -- and generally causing lots of hand-wringing among parents who don't know how much is too much.



While going to camp has always seemed like a good way for kids to spend their summers, recent studies

makes camp sound not just good but essential for our youngsters--especially in the age of constantly being "plugged in."

It's not your imagination -- media use is off the charts. Teens use an average of nine hours of entertainment media per day, and tweens use an average of six hours, plus several more hours spent using media.

That's well over one-third of our kids' waking hours!

The Centers for Disease Control and Prevention report that an American child is six times more likely to play a video game on any given day than ride a bike.

What better way to unplug than a week or two at summer camp? Wanda DeWaard, Section Executive for the American Camp Association, agrees.

"Being plugged in is so isolating for children," DeWaard said. "And going to camp is a great way to make sure that they get a balanced life experience."

In fact, one thing that most camp programs share is the rule that tech devices stay at home.

Whether it's a theater camp, an art camp, a soccer camp or a traditional outdoor experience camp, most require that cell phones and video games stay at home or buried deep in the backpack, only to surface when it's time for Mom and Dad to pick up campers.

DeWaard applauds this policy, saying, "Cell phones encourage homesickness." What summer camp encourages are all the things that entertainment media can't provide.

DeWaard sums it up this way, "Camp is all about experiencing life directly rather than virtually."

VBS & SUMMER CAMPS

HERO CENTRAL VACATION BIBLE SCHOOL - July 9 - Thursday, July 12. Light supper at 5:30pm. Activities begin at 6:00pm. Ages 3 yrs. to completed 5th grade. We will also present a small program at Church on July 15th at the 10:50am Worship Crestview United Methodist Church, 2245 SW Eveningside Dr

BABYLON: DANIEL'S COURAGE IN CAPTIVITY - July 9th to 13th, from 5:30 - 8:30 p.m., Hosted by First Lutheran Church, Trinity Lutheran and Our Savior Lutheran. A light meal will be served beforehand. Ages 1 year through 5th grade. For information contact Tracy Roesch at 272-5302, roeschtracy@gmail.com or www.ltslutherantopeka.org

SHIPWRECKED VACATION BIBLE CAMP - July 15 - 19. 6:15pm to 8:30pm. Energizing, fun music; interactive Bible fun; cool crafts and science projects; games; videos; and a light evening meal Mon-Thu. (3 yrs. old through entering 5th grade as of 7/1/18) Enrollment is \$15. Susanna Wesley UMC, 7433 SW 29th St. Contact Jaymie Genovese at 478-3697 or go to <http://www.swumc.org/vacation-bible-camp.html>.

SHIPWRECKED VACATION BIBLE CAMP - Prince of Peace Lutheran Church, 3625 S.W. Wanamaker, vacation Bible school from 9 a.m. to noon Monday, July 16, to Friday, July 20. For more information or to register, visit www.princeofpeacetopeka.org or call (785) 271-0808.

GAME ON! VBS 6 to 8 p.m. Monday, July 16, to Friday, July 20, for children ages fifth grade and younger. A light meal will be provided. Grantville United Methodist Church, 3724 South St., in Grantville,

FREE FUN FIELD DAY & ART CAMP TOO - July 21, 9:30 a.m. until 3 p.m. Lunch will be provided along with energized worship, outdoor games, Bible lessons and art projects. K - 6th grade are invited. East Side Baptist Church, 4425 SE 29th St

GAME ON! VBS July 22-27 @ 6 pm. A class for all ages including adults starting Sunday through Thursday; Friday is parent night and fun events! Northern Hills Southern Baptist Church, 920 NW 62nd St

CAGE GYMNASTICS CAMP - various dates in June and July. 785-266-4151. Cagegymnastics.com

BALLET & TAP CAMP - July 30- August 3. Kansas Ballet is currently enrolling for our July 30- August 3. Class size is limited and students will be accepted on a first come, first serve basis. www.kansasballet.com

ROLLING RIVER RAMPAGE VBS - Monday-Friday, July 23-27, 6:30-8 p.m. at Auburn Christian Church, 1351 N. Washington, Auburn. Children 3 years through 6th Grade. It's free for all youngsters. To register visit www.auburnchristian.net or call Ginger at 785-969-4285.

Free Fun Field Day & Art Camp Too!

Saturday, July 21 - 9:30 AM to 3 PM

(Registration begins at 9:30 AM for children entering K-6th grades.)

Come join the fun with energized worship, outdoor games, Bible lessons and art projects. Lunch will be provided.

East Side Baptist Church
- giving direction for life -

4425 SE 29th St. Topeka, KS 66606-785.379.9933-<https://www.esbc.org>

Make 2018 a Summer to Remember!

Camp registration is now open. Enrollment spots are limited. Our gymnastics camps are available for all skill levels. Participants will be grouped into smaller groups based on skill level if needed. These day camps give the kids something fun to do this summer. Kids will get to play games, instructional time on the equipment, and have free play!

June 4-8	Gymnastics Camp ages 5-10
June 11-15	Gymnastics Camp ages 5-10
June 18-22	Gymnastics Camp ages 5-10
June 25-29	Princess/Superhero Camp ages 3-6
July 2-3 and 6	Christmas in July Gymnastics Camp ages 4-8
July 9-13	Gymnastics Camp ages 5-10
July 16-20	Gymnastics Camp ages 5-10
July 23-27	Princess/Superhero Camp #2 ages 3-6
July 30-August 3	Gymnastics Camp ages 5-10

www.cagegymnastics.com

CAGE Gymnastics and TNT Dance & Cheer
2925 SW 37th St., Topeka • 266-4151



Summer afternoons in Kansas can be 55-105 degrees – you just never know. But even the hottest days should not keep you from the abundance of activities you can enjoy this summer in Topeka and surrounding communities.

Here's some of our favorites:

Ice Cream. A favorite family summer tradition is at the end of the day make a quick trip to get an ice cream cone. Nothing says summer like the art of making the cone last as long as it can in the sweltering heat. We like to check out the month's flavor at Dairy Queen or



Baskin Robins.

Outdoor movies. Churches, parks, recreation departments, and hotels invite you to bring a blanket and enjoy a movie with others in the community. You might want to bring the bug spray!



Music Festivals. Topeka has many music festivals all summer long. One or



more is sure to feature your favorite style of music. If you enjoy the guitar, mandolin, banjo, fiddle, autoharp and both hammer and mountain dulcimers; you will want to journey to the Walnut Festival at Winfield, Kan. It is one of Kansas' best kept secrets for Summer music and fun.

Drive-In Movies. In the age of Netflix and cineplexes, there is something wonderful about cramming the family into a car to watching a first run movie on a huge screen on a warm night under the stars. We are fortunate to have two in nearby Kansas City, the I-70 Drive In and the Twin Drive In. It is a great way to conclude the day after mowing and honey do's.

County Fairs. One of the oldest traditions of summer is the fun and entertainment to be found at county fairs! From the livestock to music to crafts and

demonstrations, there is something for everyone at the county fair!

Baseball and more. Even if you're not a baseball fan, who doesn't love eating a stadium hotdog and people-watching? On July 7, the Kansas City Royals will host their annual Faith & Family Night. The evening will conclude with a several players speaking, Scott Dawson of Safe at Home, and a concert by Michael W. Smith. You can also check out the many local games of various sports right here in Topeka.



Picnicking. Many churches love to celebrate summer with a picnic at a local park. The kids are always happy playing on the playground equipment and Mom gets a break. The same idea works for just your own family on a moment's notice.



Museums and art. Experiencing learning first hand through a field trip or camp experience is a wonderful tool for home-school families. Many museums are free or inexpensive. At a young age, children can learn by describing and verbalizing about the exhibits and asking questions. The younger the child, the shorter the attention span, so looking at a variety of historical paintings and displays can be a delightful and memorable experience for the whole family. Children can learn history, art and culture simultaneously.

There are also several art camps and Vacation Bible Schools in Topeka that would fit the bill. NOTO Arts Center also offers various art classes during the summer for children as well as adults.

Parades. Americans love parades! From Memorial Day to Independence Day to Veterans Day and everything in between, a parade is a great chance to get outdoors with your neighbors and enjoy the day.

Be original. What is your favorite way to enjoy summer?

47th Walnut Valley Festival

National Flat-Picking Championships

September 12, 13, 14, 15, 16, 2018
Winfield, KS

Order Advanced Priced Tickets On-line NOW!

Only Full-Festival ticket holders will be allowed on grounds prior to September 15
Advance Ticket Prices Guarantee Admission!

	Advance	Gate
5-Day Full-Festival	\$90	\$95
2-Day Friday & Saturday	\$65	\$75
2-Day Saturday & Sunday	\$55	\$65
Friday *	\$35	\$45
Saturday *	\$35	\$50
Thursday (Gate Only)	---	\$40
Sunday (Gate Only)	---	\$15

Children 6 - 11 pay \$5 one-time only at gate
*Tickets good from 6:00am until midnight!
No phone or mail orders after August 24
No Refunds

Walnut Valley Association, Inc.
P.O. Box 245 Winfield, KS 67156
(620) 221-3250
hq@wvfest.com www.wvfest.com

Facebook Twitter YouTube

Welcome to the Shawnee County Fair!

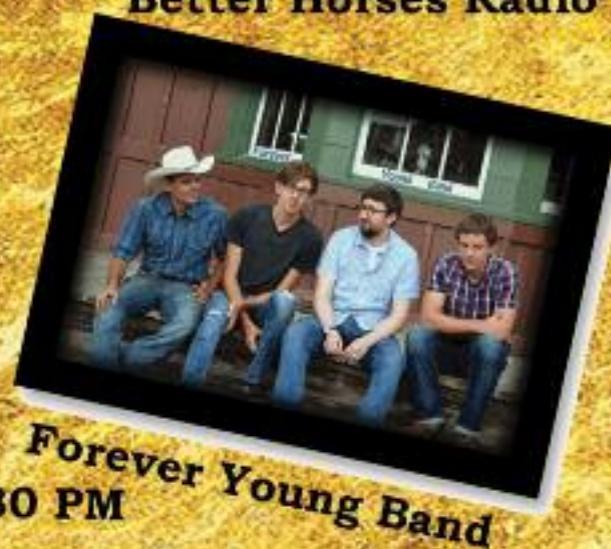
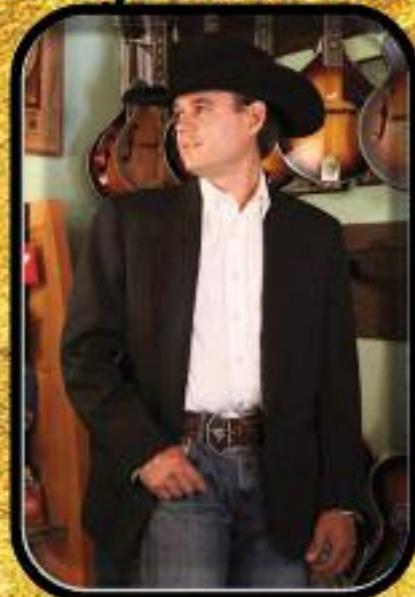
Kansas Expocentre, Topeka • "Around the World at the Fair" • www.shawneecountyfair.org

SHAWNEE COUNTY FAIR

Kansas Expocentre Topeka

2018 Free Concert

Rusty Rierson With Ernie Rodina from Better Horses Radio



Friday, July 27th, 2018
Kansas Expocentre - Landon Arena
Topeka, Kansas

July 26-29th - 4H Exhibits, Vendors & Shows! Free Parking - Free Admission!

July 21-22 - Horse Show • July 27 - Kid's Concert: Mr. Stinky Feet - 10:00 AM • July 27 & 28 - Dog Show
July 28 - Pancake Feed 7-12; Topeka Acappella Unlimited Chorus 10 AM; Pedal Tractor Pull 1 PM
Friday - Sunday: Topeka Model RailRoader's & N'Scalers Railroaders; HHHS Adoption Event



Celebrate SUMMERTIME in Downtown Topeka!

Summertime is the perfect time to visit Downtown Topeka! There are many fun places and events to visit, and shopping downtown can also be fun, with all the unique shops and a bit of nostalgia in the air. It might remind you of a time when shopping was more exciting, more personal, and less of a chore.

There have been many improvements to the downtown area in the last couple of years! You can check out the many new street statues and other art on the downtown sidewalks. You might also run across some street musicians and sidewalk vendors at various times and places.

Whether you are in the mood for shopping, eating or looking at art, you will most likely find what pleases you in downtown Topeka!

Don't forget to check the list of downtown events - there is always something going on, and you wouldn't want to miss it!

Following are some tidbits from some of your friendly downtown merchants. Why not

take a trip downtown and visit them? They are waiting to serve you!

One of a kind

For an eclectic selection of new and used items, check out Trails Market & Gallery at 109 S. Kansas Ave. Jeff Hisey has assembled a



large selection on two floors, where artists and traders can come together, create and share their ideas and passions with others and provide a unique experi-

ence and gifts for everyone. A wide variety of items, many of which are one-of-a-kind! You owe it to yourself to check it out!

A Full-Service Florist, Home Decor & Gift Shop Downtown

Absolute Design by Brenda, 629 S. Kansas Avenue, offers hand-selected flowers and exquisite designs with delivery throughout the Topeka area. They have an expansive line of gifts, jewelry and home decor for all your holiday and year-round needs.

Save \$5.00 by using the



coupon on this page!

You can also order or wire flowers 24 hours a day at their website: www.absolutedesignbybrenda.com.

If you're hungry, stop in for a sub

You can't go wrong taking a lunch break at Jersey Mike's, 718 S. Kansas Avenue, with their fresh ingredients and bread baked fresh every morning.

Jersey Mike's, a fast-casual sub sandwich franchise with more than 1,000 locations open and under development nationwide, also has a long history of commu-

nity involvement and support. Started at the Jersey Shore in 1956, Jersey Mike's serves authentic East Coast-style subs on fresh baked bread - the same recipe from 60 years ago!



You can stay up to date with Jersey Mike's latest promotions and deals, as well as get a free sub + drink on your birthday when you sign up for the Jersey Mike's Subs Email Club. You can do that as well as place your order, at www.jerseymikes.com.

Pancakes and more

Hanover's Pancake House at 1034 S. Kansas Avenue has been a local favorite since 1969! With a wide variety on the menu, and friendly service, it's a great place to



stop for breakfast, lunch or brunch! They are also famous for the pork tenderloin sandwich, and it is huge!

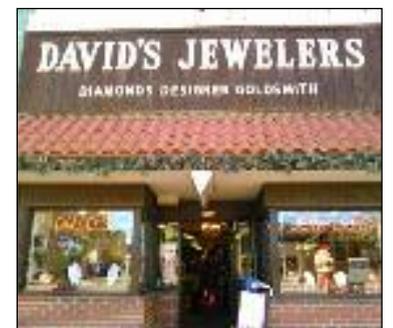
With the friendly service and generous portions, you won't go away hungry!



Diamonds are Forever

You'll find many specials and gift ideas at David's Jewelers, 623 S. Kansas - a family business that has served Topeka for four generations. And this year they are now celebrating 50 years in business!

Diamond rings, pendants and earrings usually top the list but



they also offer vivid colored gemstones in unique settings, watches, clocks, statues and fine crystal, as well as many other gift items, whether for yourself or someone else.

"Gifts can start at \$20.00 and go from there," said Mitzi from behind the counter at David's. "We will be glad to help you find that special gift for that special someone."

There are so many other unique shops downtown you won't believe it! Don't stop with this incomplete list! There's plenty more to discover in Downtown Topeka this summer!

Bring a friend, or the family, and re-discover the joy of hanging out downtown!



Jeff Hisey / 785-806-7171
Owner/Artist

109 north Kansas Ave Topeka Ks
South end of Kansas Ave bridge/1st & Ks.
Like us on Facebook at Trails Gallery
Art Gallery & Vintage Market

Trails Gallery and Market
A time warp of FUN and Fantastic Fantasy!

Wed. & Sat. 10-4
Thu. & Fri. 10-5

Fresh Flower Bouquets • Home Decor
Permanent Flowers • Boutique & Gifts

\$5.00 OFF
any purchase of
\$25 or more!

Absolute Design by Brenda
a unique full-service
florist and home design shop
AbsoluteDesignByBrenda.com

785-266-7999
629 S. Kansas Ave.

Jersey Mike's SUBS SINCE 1956

718 S. Kansas Ave.
Topeka • 357-7827

Also good at
2121 SW Wanamaker Rd.

Free Chips and Drink when you buy any Regular or Giant Sub!

www.jerseymikes.com • Must bring coupon (Exp. 8/31/18)



SUMMERTIME Memories, Events, & Gift Ideas!

Check out these upcoming Summertime Events & Activities Downtown!

While you're making your way around the downtown area, check out the new things to look at on both sides of the street -- there are lots of new features! And watch for these downtown events coming up:

FREEDOM FESTIVAL – June 30, 11am-10pm. Art, music, activities, entertainment, food trucks, beer garden, kids corner. Reenactments at Constitution Hall. Downtown Topeka. Free. For info: 249-3464

TOPEKA SWING SOCIAL DANCE - June 30, 7pm. Jayhawk Theatre, 720 Jackson Ave. All ages and ability levels welcome. Admission is free, but a cash donation toward the restoration of the Jayhawk Theatre is encour-



aged. Wear shoes that will allow you to slide, rather than stick to the floor.

NOONTIME BROWN BAG CONCERT - Wednesdays 11-1 at Westar Pocket Park, 818 S Kansas. Local performers



entertain during lunchtime.

COMMUNITY INDEPENDENCE DAY CELEBRATION - July 4, 10-11am, Grace Cathedral, 701 SW 8th Ave. It is a "red, white & blue" extravaganza with brass, drums, piano, organ, winds, choirs, & soloists. (785) 235-3457

ART WALK ON FIRST FRIDAYS – Downtown & NOTO arts district. Arts, antiques, fine crafts, many more items. Free shuttle will run from 5 pm to 9 pm. The stops are at the NOTO Arts Center, 8th and Kansas,



and 6th and Jackson. It runs every 15 minutes. The vehicle is handicap

equipped. The Washburn University Improve will entertain you during your ride.

FIESTA MEXICANA PARADE – July 7, 10:30am-1pm Downtown. For info: Ramon Chavez at rchavez@fsgc-topeka.com, or call him at 785-806-3223.

DOWNTOWN TOPEKA FARMERS MARKET - Saturday's through Nov., 7:30am-noon, 12th & Harrison. The open-air market is full of fresh fruits and vegetables, herbs, arts & crafts, flower, home-baked goods, more.

CAPITOL MIDWEEK FARMERS MARKET - Every Wed., thru Oct. 18, 7:30am – 12pm, on the South side of the Capitol Lawn, Jackson & 10th. No market on July 4th.

HARVEY HOUSE LUNCHEON - July 12, 11-2pm. Uniquely elegant luncheons served by costumed Harvey Girls who enjoy sharing their knowledge of Fred Harvey and the historical Harvey Houses. Tour of Great Overland Station to follow.

SLIDERDAYS – 12-1pm, Jayhawk Theatre, 720 SW Jackson. Join us every third Saturday for Line Dancing!! Cost: Free-will donation!! 50% of your donation will be applied to the renovation of the Jayhawk Theatre.

SAY WHAT SAY WIZ - July 21, TPAC. Come on a musical and dance adventure to an urban re-imagining of The Wizard of Oz.



PETER & THE WOLF - July 28, 5-8pm, TPAC. Kansas Ballet's 6th Annual Summer Showcase will feature Prokofiev's famous Peter & The Wolf ballet as well as performances from professional guest artists from The Washington Ballet and The Kansas City Ballet. Tickets: \$35 Adult, \$15 Child. Dinner, dessert and performance included in price of admission. Tickets available at the door or at <https://www.tututix.com/tickets/>



For info visit www.KansasBallet.com or call 785-383-7918 or email Information@kansasballet.com

DOWNTOWN ROCK AND FOOD TRUCK FESTIVAL – July 28, Downtown. Vendors, entertainment. Dogs on leashes welcome.



HOLLEY MILITARY MUSEUM – Downtown Ramada Inn. Featuring 5 galleries, named after world leaders. Featuring World War II artifacts, Air Force One exhibit, Kansas War Heroes, Space, Vietnam & more. Cost: Free. 10am-8pm daily.

KANSAS STATE CAPITOL – Mon.-Fri., 8am–5pm, SW 10th & Jackson St. Tours provided. For info: 296-3966 or www.kshs.org/capitol. Dome Tours M-F 10:30am-4:15pm.



CURTIS HOUSE MUSEUM – Every Sat., 11am-3pm; by appointment other times, 1101 SW Topeka Blvd. Former mansion of Charles Curtis, 31st Vice President of the US, and the only one of American Indian heritage. Cost \$5. For info: 357-1371 or 597-5380.

HISTORIC RITCHIE HOUSE – Tour the oldest remaining home in Topeka (built 1856-57). 1116 Madison. Admission free. 10am-2pm; weaving demonstrations, games, food & more.

For Breakfast and Lunch it's...



1034 S. Kansas Avenue - (785) 232-1111
www.hanoverpancakehouse.com



Hanover Pancake House...need I say more?

David's Jewelers

623 South Kansas Avenue ~ Topeka, Kansas ~ Since 1968

Where quality and affordable prices are a family tradition.



Serving Downtown Topeka since 1968, David's Jewelers still considers quality to be a family tradition. They offer custom designed jewelry because each customer is one of a kind. They also offer in-store jewelry, watch and clock repair.

"We will be glad to help you find that special gift, from \$20 and up!"

David's is open Monday - Friday 9-5:30 and Saturday 9-3.
Call for information at 785-234-4808 or 785-234-3771

(785) 234-4808 • davidsjewelersstopekaks.com

Buying or selling a home?



BOWES
(785) 414-9124

Ask for John!



www.teambowes.com
bowes@teambowes.com Countrywide Realty, Inc.



A SPECIAL ADVERTISING SECTION OF THE METRO VOICE! CALL 235-3340 TO BE FEATURED ON THIS PAGE!

Restaurant adds Pizza to Bagels, Sandwiches & Espresso

Pizagel's is the name of the restaurant – an amalgamation of two of the main items on their bill of fare: pizza and bagels. But, Pizagel's Pizza & Bakery is about so much more.

You see, Pizagel's opens at 6:00 AM every day except Sunday, when they open at 7:00 AM, to start your day off with a tasty breakfast. Besides various flavors of bagels and delicious cream cheeses, you can get an egg and cheese croissant or English muffin with your choice of meats and veggies.

There are also fresh pastries, breads, muffins and new cresnuts with a large variety of toppings to go along with



them. Owner Jim Burgardt says, "Our baked goods are made fresh from scratch every day." Because everything is baked fresh each day it would be a good idea to call Pizagel's a day or two ahead of time if you need a large order.

Pizagel's is also open every day until 9:00 PM so you can get a delightful lunch or dinner. They serve all sorts of sandwiches made with their fresh baked breads, croissants and bagels. Add a bowl of soup and smoothie or espresso drink and you have a great meal.

Since it is in the name you would expect Pizagel's to offer a great selection

of Pizza's – and you will not be disappointed. Pizagel's offers pizza by the slice for lunch, personal sized mini-pizzas and small to extra-large pies in many different combinations, such as; Supreme, Meat-Lovers, Taco, Chicken Alfredo, Buffalo Chicken, Philly Cheese Steak and Southwestern to name a few. Pair one of these pies with a cold beer or glass of wine for a delicious dining experience.

The bottom line is that everything you eat at Pizagel's Pizza & Bakery is fresh made daily with the best ingredients at a locally owned, family restaurant. Stop by 2830 SW Fairlawn Road, order online at www.pizagels.com or call them at (785) 273-7070 and see for yourself what Pizagel's is all about.



DARLENE LOLLAR
SEWING & GIFTS
DRY CLEANERS

Personalized Sewing Especially for You
DON'T BUY IT - WE'LL MAKE IT

WEST END OF GAGE SHOPPING CENTER
4123 Gage Center Drive, Suite 120
Topeka, Kansas 66604
785-272-9475

DAY or NIGHT, MAKE IT



Pizagel's
PIZZA & BAKERY
273.7070

Midwest Water Exchange logo.

• BAGELS & PASTRIES • DELICIOUS PIZZA • TACO & BEER ON TAP • BREAKFAST SANDWICHES • FLAT SCREEN TV

FREE 12" 1-TOPPING PIZZA
when you order a 12" Specialty Pizza at Pizagel's (Price \$10.99 VALUE)
Limit 1 per visit, per customer. Not good with other offers or discounts. Most orders require. Expires 7/31/18

HALF DOZEN BAGELS ONLY 99¢
with purchase of 12oz Cream Cheese
Limit 1 per visit, per customer. Not good with other offers or discounts. Most orders require. Expires 7/31/18

CATERING AVAILABLE
FRESH PIES DAILY

TO VIEW OUR FULL MENU & JOIN OUR VIP LOYALTY CLUB, visit us at **PIZAGELS.COM**

2830 SW Fairlawn Rd.
Topeka, KS 66614
785.273.7070

OPEN EVERYDAY:
Monday - Saturday 6am - 9pm
Sunday 7am - 9pm

Make the Most of the Summer at CAGE Gymnastics

The management team at CAGE Gymnastics is there because they love the sport of gymnastics, love the athletes and are thrilled to pass on their knowledge and passion to the next generation of future coaches and athletes. CAGE is now offering a variety of Summer Camps for ages 3 to 10 years old, for all skill levels.

CAGE Gymnastics offers programs designed to promote age-appropriate skill development in a fun and safe environment. Your child will be able to build an athletic foundation for all sports through the strength, flexibility, and coordination that only the challenge of gymnastics can offer. As your child progresses, CAGE seeks to develop such principles as goal setting, time management, sportsmanship, dedication and discipline – all of which are important life-skills taught in each and every one of their programs. All of these aspects of

learning contribute to a positive self-image and personal success.

From beginners to advanced students, the friendly staff will help you find the class or activity to meet you and your children's goals.

CAGE Gymnastics preschool classes and lesson plans were designed with the developmental milestones of your preschooler in mind. All of their preschool gymnastics classes are taught in their "tots" room with some introduction into the main gym which will allow your child to feel more secure and to better maintain focus. Your child will participate in age-appropriate activities designed to enhance coordination, strength, flexibility, hand-eye coordination and exploration while learning gymnastics on specially-designed equipment just their size.

Once your child enters Kindergarten, they will be part of CAGE Gymnastics'



recreational program. All of their carefully thought-out classes are designed to foster your child's love of physical fitness and gymnastics in a fun, challenging environment. Emphasis is placed on body awareness, speed, agility, flexibility and strength. The athletes will train on all four gymnastics apparatuses every week & be evaluated on their progress 4 times per year as they move up through our program.

If you are looking for a way to get your child to engage with others in a fun, physically active environment, then CAGE Gymnastics is the answer for you. Call them now at 785-266-4151.

Cindy Patton
Attorney at Law



- Trusts • Probate
- Avoiding Probate
- Wills
- Estate Planning
- Family Law
- Small Business Incorporations & LLCs
- Powers of Attorney & Durable Powers of Attorney for Health Care

Phone: 785-273-4330
534 S. Kansas Ave., Suite 1120, Topeka, KS 66603
Call for **FREE** initial conference!

Elk Creek Engraving & Awards



Specializing in personalized ornaments and gifts

Brandon Michael Phillips
Personalized Awards & Gifts

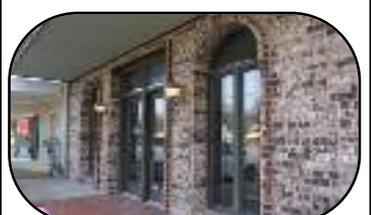
Midwest Water Exchange logo.

info@elkcreekengraving.com • www.elkcreekengraving.com



College Park OFFICE SUITES

2611 SW 17th St.
Offices & Suites
Event Space
Conference Rooms
Virtual Offices
Mailbox Service
785-430-1657



The Area's Most Complete Guide to the Family-Friendly Events You Want to See!

the events calendar

FREE LISTINGS! E-mail your events to: Voice@cox.net; mail to Metro Voice, P.O. 5724, Topeka, KS 66605; fax to 785-235-3340 or enter online at metrovoicenews.com
Get your event in **Highlighted in Blue** in print, our online calendar and promoted in social media for only \$29!

CONCERTS

TOPEKA ACOUSTIC MUSIC JAM - First Sat. of ea. month, 3-5pm, Potwin Presbyterian Church (enter south door), 400 S.W. Washburn; 286-0227 hagen1525@gmail.com.

THE BERRYTON PICKERS - First Sat. of ea. month, 7-9pm, Berryton Baptist Church. Bring snacks, have fun!

KANSAS PRAIRIE PICKERS - Fourth Sun. ea. Month, 1pm, Auburn Community Center. Foot-stomping, hand-clapping tunes. Concessions available

SUNFLOWER MUSIC FESTIVAL - June 30, White Concert Hall, SW 17th & Jewell. sunflowermusicfestival.org

ORGANIST JERRY ANDERSON - July 1, 6pm. South side of Topeka High School, 800 SE 10th Ave. Bring lawn chairs. Proceeds benefit Topeka High School Historical Society.

GAGE PARK SUMMER CONCERT SERIES - a free concert at Gage Park Amphitheatre. July 1 Santa Fe Band; July 8 Marshall's Band; July 15 Jazz Workshop; July 22 Santa Fe Band; July 29 Marshall's Band

GARFIELD SUMMER CONCERT SERIES - July 2, 7:30pm, Garfield Park. North Topeka Community Band. Sponsored by North Topeka On the Move Association. Refreshments available.

SECOND SATURDAY CONCERT SERIES - Jul. 14. Celtic Fox. Mark Houser Band, Lo Pan's Revenge

SUMMERTIME BLUES - 7-9pm, Gage Park Amphitheatre. North Topeka Community Band Admission is free. Seating available or bring your own chairs/blankets. July 18 - Heather Newman; Aug. 15 - The Symbols

THE DIPLOMATS QUARTET - July 28, 3pm, Berryton UMC

SPECIAL CHURCH EVENTS

SENIOR FIT & FUN PROGRAM - every Mon., Wed., & Fri.,

1:30pm, Rolling Hills Christian Church, 4530 NW Hiawatha Place (US Hwy 75 & NW 46th St.) 785-286-0601 or office@rhctopeka.org

SPIRITUAL PAUSE - Every Wed., 12-12:30pm, Carole Chapel at Washburn Univ. Informal worship service. 785-233-1844

HARVESTER'S PROGRAM FOR SENIOR CITIZENS - every second Sat., takes place at Christian Lord Ministries, 2421 SE California. Call 266-4979.

FREE WEEKLY COMMUNITY PANCAKE BREAKFAST - Sundays at 10am sharp, at Oakland Church of the Nazarene: 900 block of NE Oakland, followed by church services at 10:45am with Pastor John Menkveld - which is in turn followed at noon by The Hope House FREE Community Food & Clothing Banks.

FIRST WEDNESDAY WESLEY CAFE - First Wed., 6:15pm, Susanna Wesley UMC, 7433 SW 29th. A worship service will follow at 7:00. 785-478-3697 or www.swumc.org/wesley-cafe-sign-up1.html

FIRST SATURDAY BREAKFAST BUFFET - 7:30 AM - 10:00 AM, Shawnee Heights United Methodist Church, 6020 S.E. 44th

BIBLICAL WOMANHOOD WORKSHOP - July 7, 9:30am-noon, Calvary Baptist Church, 433 S.W. Harrison. The guest presenter will be Doris Simmons, from the Eighth Street Baptist Church in Kansas City, Kan. The registration donation for the workshop is \$10.

"50 WOMEN EVERY CHRISTIAN SHOULD KNOW" DISCUSSION - July 9, 6:30, Room 206 of Manchester Lodge at Aldersgate Village, 7720 S.W. Asbury Drive. The United Methodist Women's group of Susanna Wesley UMC is sponsoring a reading program through the summer and fall. The next book that will be read is "50 Women Every Christian Should Know." For info, contact Linda Holmquist at lholmquist@cox.net.

FUN FIELD DAY & ART CAMP TOO - July 21, 9:30-3pm.

East Side Baptist Church, 4425 SE 29th St. Lunch provided. Children going into Kindergarten through 6th grade are invited to attend. For info: secretary@esbcks.org or 785-379-9933

SEMINARS & CONFERENCES

MEDICARE MONDAYS - First Mon. of ea. month, 1-3pm. Topeka/Sh. Co. Public Library (Menninger Rm 206), 1515 SW 10th. Jayhawk Area Agency on Aging and Senior Health Insurance Counseling for Kansas offers senior health insurance counseling. For info: 580-4545 or nhoni@tsclp.org

MEDICARE EDUCATIONAL SEMINARS - July 10 & 24, 2pm. Learn the basics of Medicare and all its options. Seminars are designed for those becoming eligible for Medicare and those considering making a change. Seminar will be held at the Heart Center at 929 SW Mulvane. For info or to sign up: centuryinsuranceagency.com or 270-4593 or info@century-health.com. Snacks & beverages provided

FAMILY-FRIENDLY EVENTS

SHEPHERDS CENTER PICKLEBALL GROUP - plays Mon. & Wed. Mon. at Countryside UMC, 32nd & Burlingame, from 3-5. Park on the NORTH side & use the furthest WEST door. Follow the hallway to gym. On Wed. at First Baptist, 30th & MacVicar, from 1-3. Park on the WEST side. Gym is right inside the doors.

SENIOR STRETCHING EXERCISES - each Mon., Wed., Fri.; 9:30-10:15am, Seaman Community Church, 2036 NW Taylor St. Enter on the east side of Fellowship Hall. No charge. 785-354-8777 or 785-213-6016

SAFE STREETS COALITION MEETING - First Wed. of the month, 11:45am-1pm. Great Overland Station. For info: 266-4606 or jwilson@safestreets.org

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

EAST TOPEKA FARMERS MARKET - Tues. 3-7pm, Topeka Housing Authority, 2010 SE California.

SILVER LAKE FARMERS MARKET - Tuesdays 6-8pm, June 5-Sep. 4, Silver Lake Library

SENIORS NUTRITIONAL LUNCH - Weekdays, except holidays, at noon at Auburn Civic Center, 1020 N. Washington Street. Minimal cost per person. Reservations/cancellations required 24 hours in advance by calling Meals on Wheels of Jefferson & Shawnee Co. at 295-3980. Each meal includes 1% milk & sugar-free items for diabetics. 215-0064.

SHAWNEE SWINGERS SQUARE DANCE LESSONS - Wednesday's, 7pm, Croco Hall, 6115 SE Hwy 40, Tecumseh. Starting Sept. 20. Call 785-817-3071.

CAPITOL MIDWEEK FARMERS MARKET - Wed. 7:30am-noon, May 16-Oct. 10, Jackson & 10th. No market on July 4th.

COUNTRY AND BALLROOM DANCING - Thursdays 6-9pm. Croco Hall. Info: Edwina 379-9538 or 478-4760.

SHEPHERDS CENTER LINE DANCING GROUP - meets 2nd & 4th Thur, 2-4 at First UMC, 6th & Topeka. Park on the WEST side & use the WEST door. Immediately inside, turn left & walk the ramp to the library, then left to elevator. Push [B] for fellowship hall.

SHEPHERDS CENTER HHHS WALKING GROUP - meets 2nd & 4th Thur, 9:30-11 at HHHS, 21st & Belle. Entrance for walkers is on WEST side. To walk a shelter dog call Kelsey: 233-7325.

NOTO MARKET ON FIRST FRIDAYS - NOTO arts district. Arts, antiques, fine crafts, flea market

SAVING DEATH ROW DOGS ADOPTION BOOTH - Every Sat., 11am - 2pm, Petco, 1930 SW Wanamaker. Some Sat. adoption booths are held at PetSmart, 2020 SW Westport Dr. Updates at savingdeathrowdogs.com

SLIDERDAYS - 12-1pm, Jayhawk Theatre, 720 SW Jackson. Join us every third Saturday for Line Dancing!! Cost: Free-will donation!! 50% of your donation will be applied to the renovation of the Jayhawk Theatre.

DOWNTOWN TOPEKA FARMERS MARKET - Saturday's through Nov., 7:30am-noon, 12th & Harrison. The open-air market is full of fresh fruits and vegetables, herbs, arts & crafts, flower, home-baked goods more.

MOTHER TERESA'S FARMERS MARKET - Saturdays 8:30-11:30am, Mother Teresa of Calcutta Catholic Church 2014 NW 46th St.

TOPEKA FOLK DANCERS CLASSES - Sundays, 2-4pm, 2637 SE 41st St. Dances from 20 countries. No partners or experience necessary. No fee. 215-0968.

HEALTHY STEPS MONTHLY MEETUP - Mar. 6 - Dec. 4, West Ridge Mall. Mall walking; log each time you walk - at the kiosk near the lower level, northwest mall entrance. Each visit gives you another entry into monthly prize drawings. Monthly Meetups 9-10am, First Tuesday of every month - special speakers, free blood pressure checks and prize drawings. Mall Walking hours: Mon-Sat 7am. - 9pm; Sun 11am - 6pm

JULYCYCLING EVENTS - Various cycle rides are offered by Kansas Cyclist. For details: www.kansascyclist.com/

JULY OUTDOOR ACTIVITIES - Various outdoor events and activities in Kansas. www.getoutdoorskansas.org/calendar

NOONTIME BROWN BAG CONCERT - Wednesdays 11-1 at Westar Pocket Park, 818 S Kansas. Local performers entertain during lunchtime

TOPEKA SWING SOCIAL DANCE - June 30, 7pm. Jayhawk Theatre, 720 Jackson Ave. All ages and ability levels welcome. Admission is free, but a cash donation toward the restoration of the Jayhawk Theatre is encouraged. Wear shoes that will allow you to slide, rather than stick to the floor.

THE FIBER ARTS SHOW - June 29 & 30, July 6 & 7, 13 & 14, 20 & 21, 12:00 pm - 4:30 pm, Creations of Hope Gallery, 909 N. Kansas Ave., weaves together traditional and contemporary techniques highlighting textile-based artists. The Creations of Hope Gallery is dedicated to the mission of raising awareness of the healing power of the arts. Hours: Fri. 12-5, Sat. 11-4, Open till 8pm on First Fridays. For info visit www.facebook.com/creationsofhopeart or call 785-783-7558

FREEDOM FESTIVAL - June 30, 11am-10pm. Art, music, activities, entertainment, food trucks, beer garden, kids corner. Reenactments at Constitution Hall. Downtown Topeka. Free. For info: 249-3464

FREE MOVIE NIGHT - Jun 30, 6:30pm, Highland Heights Christian Church, 2930 SE Tecumseh Rd. Mercy Rule is a family movie starring and produced by Kirk Cameron. It follows the ups and downs of a father trying to save his business from lobbyists while his son struggles to succeed on his little league team. This well-written story shows how a family comes together in the midst of trying circumstances and stands strong for one another. Doors open at 6pm. Free movie snacks. 785-379-5642.

SPIRIT OF KANSAS INDEPENDENCE DAY & BLUES FESTIVAL - Jul. 4, Noon - 11pm. Lake Shawnee, 3315 SE Timman Cir. Pony Rides, vendors, music & Fireworks. Attendees may bring shade tents (there will be a designated area), coolers/food, blankets and chairs. Free event.

SHAWNEE MEADOWS 4TH OF JULY PARADE - Jul. 4, 10am. Parade route: North on Bennett to 25th; West on 25th to Shawnee Drive; South on Shawnee Dr.; Back to 28th Street

COLLEGE HILL 4TH OF JULY PARADE & TURTLE RACE - July 4, 9am-12pm, 1300 SW Jewell St. Turtle Races 9am; Parade 10am. FREE Hot Dog lunch in the park after the parade, provided by Westminster Presbyterian Church.

COLLINS PARK 4TH OF JULY PARADE - July 4, 11am. Collins Park neighborhood front yards and have barbecues; small bands perform before and after the parade; and others enjoy picnicking in the park that day.

"There are parties all day long in the neighborhood"
POTWIN 2018 INDEPENDENCE DAY PARADE - July 4, 9:30am.

FIESTA MEXICANA 5K Run/Walk - July 7, 8am, Oakland Community Center. www.olgfiamexicana.org

FIESTA MEXICANA PARADE - July 7, 10:30 am - Parade in downtown Topeka. www.olgfiamexicana.org

NATIONAL NIGHT OUT PLANNING MEETING - July 10, 6:30pm, Topeka Library. Open to the public. Judy Wilson 266-4606

ASHER HOUSE ADVENTURE - Jul. 10, 11:30am-6pm, HHHS, 5720 SW 21st. The Asher House is an organization taking action to save more shelter pets. It started with a successful Kickstarter campaign. Lee Asher bought an RV and with their own 6 rescue dogs, they are traveling country and showing people the amazing breeds that are inside the shelters as well as the loving bond that you can share with your rescue pet through fun and engaging content. Asher will be at Helping Hands Humane Society on hand from 1:00pm to 3:00pm for a meet and greet, photo opportunities, and adoption special. All adoption fees will be 50% off this day only.

FIESTA MEXICANA - July 10-14, 4pm. Fill up on home-made tacos, enchiladas, tamales, burritos and more.



Harvey House Luncheon
July 12 • 11am—2pm
\$23.50/person
www.greatoverlandstation.com

These elegant luncheons are served by our very own costumed Harvey Girls and include a guided tour of the Great Overland Station with a docent in authentic Santa Fe ticket agent uniform.

Reservations are required! Contact Algen @ 785-232-5533

Great Overland Station • 701 N. Kansas Ave., Topeka, KS 66608



**Developing and Uniting
Christian Leadership**
• Business • Non-profits • Churches

Membership open to all Christian businesses, non-profits, churches & individuals!
Luncheons & Tradeshow's & other events open to the general public!

C5Alive POWER Luncheons are held 2nd Thur. each mo.

July 12, 11:30-1 - "POWER Luncheon"
Watch C5Alive.org or [C5Alive Facebook page](https://www.facebook.com/C5Alive) for details
Public is welcome! RSVP to info@C5Alive.org or 785-640-6399

- Aug. 9, 11:30-1, Power luncheon. Speaker: Barry Feaker at Avondale East, 455 SE Golf Park Blvd.
- Sep. 13, 11:30-1, Power luncheon. Speaker: Cody Foster at Advisors Excel, 2950 SW McClure Rd. (29th & Fairlawn)
- Oct. 11: Pastor's Appreciation Luncheon, Great Overland Stn. Featured Speaker: Lamar Hunt, Jr.

For info: www.C5Alive.org or [Facebook.com/C5Alive](https://www.facebook.com/C5Alive)



**GOD'S DIRT
CAN YOU HANDLE IT?**



GODSDIRT.COM



KHCA
Angel 95 fm



Family of God Church
1231 NW Eugene St.
Topeka, KS 66608

**Sunday, August 12th, 6:00PM
FREE CONCERT!**

CAPITAL CITY
FAMILY &
FOOD TRUCK
FESTIVAL
AT THE CAPITOL

JUL 28
ROCK & FOOD TRUCK FESTIVAL

Merry-go-round, the Ferris Wheel and roller coaster at the nightly carnival beginning at 6 p.m. Authentic Mexican clothing, jewelry, souvenirs and more. Free admission. www.olgfiestamexicana.org

HY-VEE SIMPLE FIX – July 12, 5-7pm. Reg. deadline July 8. For only \$115 and one hour of your time, you can have SEVEN meals ready to serve your family. Each meal serves 4 people. You can choose to make 5 meals for \$85, 6 meals for \$100, or 7 meals for \$115. 272-1763

AGLOW INTERNATIONAL CENTRAL REGION RALLY - July 13-15, 7:30pm Fri, 9am Sat & Sun, Ramada Hotel and Convention Center

SUNFLOWER STATE GAMES – July 13-29. The 29th Annual sports festival is open to Kansans of all ages and skill levels. The event will feature over 45 different competitions. www.sunflowergames.com or admin@sunflowergames.com

CHRISTMAS IN JULY, CRAFT AND VENDOR FAIR – July 14, 9-3pm. Christ The King Early Education Center, 5973 SW 25th St. Free. For info: 272-2999

HARVEY HOUSE LUNCHEON - July 12, 11-2pm. Uniquely elegant luncheons served by costumed Harvey Girls who enjoy sharing their knowledge of Fred Harvey and the historical Harvey Houses. Tour of Great Overland Station to follow.

SPOIL ME SILLY – July 19, 6-9pm. Governor's Row House, 811 SW Buchanan St. Free ladies' pampering

services as well as pop up boutiques. Cash bar. See facebook page for details.

ELE-FUN RUN 5K – July 21, 8-11am. Topeka Zoo on the behind the scenes trail at the Zoo. Runners will receive a water bottle, drawstring bag, and zoo admission. Registration from 7-7:45, race begins at 8. For tickets and info: store.topekazoo.org/#/specialevents

HOME BUYERS EDUCATIONAL WORKSHOP - July 21, 10-11:30am. Antioch Family Life Center, 1921 SE Indiana Ave. A Continental Breakfast will be provided. Please get your FREE tickets, so we know how much food to purchase! www.eventbrite.com/e/home-buyers-educational-workshop-tickets-45909956917?aff=ebapi

SHAWNEE COUNTY 4H FAIR – July 26- 29. Kansas Expocentre. All the usual fare, plus pancake feed, Acappella Unlimited Chorus, model railroad layout set up and running. Friday concert features Rachel Louise Taylor and Rusty Rierson with Ernie Rodina. For info: 785-235-1986 or shawneecountyfair.org

ROCK & FOOD TRUCK FESTIVAL - July 28, 3:30-9:30pm. Downtown Topeka. Vendors, entertainment. Dogs on leashes welcome. For info: bit.ly/2gfwjnm

PETER & THE WOLF - July 28, 5-8pm, TPAC. Kansas Ballet's 6th Annual Summer Showcase will feature Prokofiev's famous Peter & The Wolf ballet as well as performances from professional guest artists from The Washington Ballet and The Kansas City Ballet. The Summer Showcase is a fundraising event for Kansas Ballet's non-profit community outreach and performance programming. Tickets: \$35 Adult, \$15 Child. Dinner, dessert and performance included in the price of admission. Tickets available online or at the door. <https://www.tututix.com/tickets/> For info visit www.KansasBallet.com or email Information@kansasballet.com or call 785-383-7918

CHRIS CAKES PANCAKE FEED – July 30, 7:45-10:30am, Aldersgate Village, 7220 Southwest Asbury Drive. Pancake Feed with Chris Cakes, the pancake-flipping pros. also a bake sale and bazaar, with many wonderful items available. Find out how many high-flying hot cakes you can catch and eat!

BALLET & TAP CAMP - July 30- August 3. Kansas Ballet is currently enrolling for our July 30- August 3. Class size is limited and students will be accepted on a first come, first serve basis. www.kansasballet.com

FLAPPERS AND MOONSHINE - Aug. 4, 7-10pm. Jayhawk Theatre and Gallery, 720 Jackson Ave. Learn

the iconic dance of the era. All ages and ability levels welcome. Hazel Hill and The Celtic Fox will have treats and drinks for purchase and 785 Big Band will be playing music from the 20's, 30's, and 40's. \$12 advance general admission, \$20 advance VIP, \$18 general admission at the door, and \$25 VIP at the door. For info and tickets: jayhawktheatre.org

FUNDRAISER/DINNER/ AUCTION/FASHION SHOW – Aug. 5, 2-5pm, 4020 NW 25th St. In remembrance and for prevention of drowning incidents. See Even A Child Will Lead on facebook.

CAR SHOW - Aug. 5, 5-9pm. Topeka Bible Church, 1135 SW College Ave. This event is for anyone and everyone. Feel free to bring your own car. For info: joshua.faulk@washburn.edu or 785-338-6406

NATIONAL NIGHT OUT EVENTS – Aug. 11. National Night Out events throughout Topeka and Shawnee County. For info call Judy at Safe Streets, 266.4606 or email jwilson@safestreet.org

WALK FOR APRAXIA – Aug. 18, 9am-12:30pm, Sunflower Soccer Association, 4829 NW 17th St. Fundraising event for children with Apraxia of Speech, helping children find their voice. While most children almost miraculously learn to speak without effort, children with apraxia struggle mightily to accurately produce and sequence sounds, syllables and words. Adult Registration: \$20; Student Registration (Age 18 and up): \$15; Child Registration (Under 18): \$10. You can participate even if you are unable to be at the Walk by making a donation. Cindi Bramlage: m. See Topeka Walk for Apraxia on facebook

MEETINGS & CLASSES

C5Alive "POWER" LUNCHEON – Jul. 12, 11:30-1, POWER Luncheon. Details to be announced.

• Cost: \$10 for C5 members & first-time guests who RSVP, \$12 at the door

• \$15 for non-members & repeat guests.

• Please RSVP to info@C5Alive.org, so we know how much food is needed!

Open to the public – Put POWER in your life with great food, great speakers and great company! Invite a friend to join you!

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

CONCERNED WOMEN FOR AMERICA MEETING - Join other concerned individuals to pray and unite in action

for Shawnee Co. and our Nation. For info about monthly meetings: 785-260-5659 or ks.cwfa.org.

THE HEAT - Free fitness classes; learn and build healthy social & eating habits. Held at Trinity Presbyterian Church, 4746 SW 21st St. Sun. - 4-5pm Yoga; Mon. - 12-12:45pm Zumba; 5:30-6:15pm Kickboxing; 6:15-7pm Pilates Fusion; Tue. - 12-12:45pm Yoga; 5:30-6:15pm Zumba; 6:15-7pm Cardio Interval; Wed. - 12-12:45pm Kickboxing; Thu. - 12-12:45pm Pilates; 5:30-6:15pm Cardio Interval - Low intensity; 6:15-7:00pm Cardio Interval - Moderate intensity; Fri. - 12-12:45pm Kickboxing; Sat. - 8-8:45am Kickboxing

TOPEKA TREASURE HUNTERS CLUB - 3rd Sun. of each month except May, Sep. & Dec., 7pm, Papan's Landing Senior Center, 618 NW Paramore St. Family Memberships include children & grandchildren up to 18 yrs. A place to meet friends to discuss all aspects of Metal Detecting, club business, plus socializing & entertainment.

STEP UP – BUILDING THE SMART STEP-FAMILY – Every Sun. 11am, Northland Christian Church, Room 4, 3102 NW Topeka Blvd. Focusing on the challenges facing step-families and blended families. Contact Thomas Munker at 249-3054 for info.

DEAF WORSHIP SERVICE – 3rd Sun., 3pm, Faith Lutheran Church, 17th & Gage. Also, every Sun. 9:30am service is interpreted.

FAMILY EXPERIENCE (FX) – Every Sun., 6:01pm, Fairlawn Church of Nazarene, 730 Fairlawn Rd. A time of high intensity, action packed, skit mania, worship music all centered around the word of God for 45 minutes. A free family worship event. For info: Emily Moore, 272-6322 or fxthelawn@gmail.com.

LADIES' SMALL GROUP – Every Sun., 6pm, Bethel Baptist Church, 4011 N. Kansas Ave. Studying the book of Esther, using the DVD series "It's Tough Being a Woman" by Beth Moore. All welcome. 286-0467.

BOY'S TRAIL LIFE & AMERICAN HERITAGE GIRLS TROUPS - Every Mon. 6pm, Cornerstone Comm. Ch., 7620 SW 21st. Faith-based scouting programs, age 5-18. Register at cornerstonetopeka.com. 478-2929.

TOPEKA MANKIND PROJECT – Mondays, 6:30pm, 2112 SW Morningside Rd. Supports men in becoming their best selves, including physical, mental & emotional health & wellness. Open to any man. Brian Thomas: brian.thomas01@gmail.com or 785-727-9439

THE FORCE (Students Taking Action) – 1st Mon. & 3rd Tue., 6:30-8pm, Safe Streets, 2209 SW 29th St. Committed to being alcohol & drug free. Associate with like-minded peers, plan activities & get involved in the community. Youth 12-18 invited. 266-4606.

HEARTLAND HEALTHY NEIGHBORHOODS – 2nd Mon., 11:45am-1pm. Promoting neighborhood well-being by mobilizing people, ideas & resources. 233-1365.

TOPEKA LINCOLN CLUB – 1st Tue. of month, 7pm, Topeka Public Library. Discussing our greatest President, Abraham Lincoln, and his times. The public is welcome. For info, contact Kirk Nystrom 235-6977.

OUR LADY OF THE FAITHFUL – Every 1st Tues., 6:30pm Mass followed by Dinner, Most Pure Heart of Mary Catholic Church. A Catholic group for those in their 20-30s. For info: Michelle Ann 580-3071 or ourladyofthefaithful@gmail.com. Facebook: "OurLadyoftheFaithful."

SUNRISE OPTIMIST CLUB – Every Tue., 6:30am, Sunrise Optimist Complex, 720 NW 50th St. 246-1291.

MENNINGER BIBLE CLASSES - Tuesdays Noon -1pm. Amerus Room, YWCA, 225 West 12th. A new study group for Year One of Flo Menninger's course on Four Years through the Bible. Read and discuss Genesis through First Kings. Nominal charge for materials. Call the YWCA at 233-1750 or Clara Gamache: 408-5433.

FRATERNAL ORDER OF EAGLES Aerie 4319: First & Third Tue. 7pm; Auxiliary: Third & Fourth Tue. month 6pm, 2941 SE Fremont Street. The Fraternal Order of Eagles is an international non-profit organization uniting fraternally in the spirit of liberty, truth, justice, and equality, to make human life more desirable by lessening its ills and promoting peace, prosperity, gladness and hope. www.foe.com 785-266-7307

O.W.L.S. (Older Wise Loving Saints) - meets the sec-

ond Tuesday of the month. Location varies and can be found at www.faithfamilylife.com

DADDY'S GIRLS EMPOWERMENT MEETINGS - Do you want MORE... Come Join us for our More Luncheons where Real Women get together: share, learn and grow to return to our homes, families workplace, churches & other places of influence restored and rejuvenated to pursue God's MORE...at Topeka Public Library, 12 noon, every 3rd Wednesday. Sponsored by Daddy's Girls Inc. Please to RSVP make lunch reservations: daddysgirlsync@gmail.com or 785-969-0491

INNOVATIVE NETWORKING GROUP OF TOPEKA - every other Wed. 11:20am - 12:30pm. www.INGTopeka.com - go to Event page to see times, locations & register

S.W.A.G. (Spiritual Warriors Anointed by God) youth group - Wed at 7:00 p.m. 3710 NW Topeka Blvd.

AWANA – Every Wed., 6-8pm, First Southern Baptist Church, 1912 SW Gage Blvd. Bible based program for children & youth ages 3-HS. For info: 272-0443.

AWANA – Every Wed., 6:30pm, Bethel Baptist Church, 4011 N. Kansas Ave. Bible based program for children & youth ages 3-HS. For info: 286-0467.

AWANA – Every Wed., 6:30-8pm, Auburn Christian Church. Bible based program for children & youth ages 3-HS. For info: 256-2515.

TOPEKA PRAYER GROUP - Every Wed., 6:30pm, 409 SW Buchanan St. Do you believe that God hears and answers prayers? Do you believe Jesus wants to lead His people by His Holy Spirit? Come join us in prayer as we seek His face for answers and direction. 785-845-1948; holmie2@sbcglobal.net

MACHINE EMBROIDERY CLUB – 1st Wed., 9am-3pm, Our Savior's Lutheran Church, 2021 SW 29th Street (east door). Anyone with an Embroidery machine is invited to attend, there are no dues or formal meeting agenda. Lunch is on your own. Teach each other, enjoy fellowship & complete projects. Call 379-5159.

SAFE STREETS MEETING – 1st Wed., 11:45am, Golf Park Blvd, 2 blocks west of Adams. 266-4606.

STUDENT IMPACT – Every Wed., 6-8pm, First Southern Baptist, 1912 SW Gage Blvd. Youth games, teaching, worship, small groups. For info: 272-0443.

CHRISTIAN CHALLENGE – Every Thurs. 7-9pm, First Southern Baptist, 1912 SW Gage Blvd. Worship for college students.

INTENTIONAL MOM - 1st & 3rd Thurs., 9-11:30am, Topeka Bible Church Auditorium, 1135 SW College. For all moms, helping them to be intentional! 234-5545.

WELLS FARGO FINANCIAL EDUCATION EVENTS - Blue Moose Bar & Grill, 11:30 AM on the third Thu & Fri each month. Free, but RSVP required. On Thu Brian discusses family wealth strategies. On Fri. Amy discusses wealth strategies that apply to women. 785-271-2536 Jennifer.Ward@wellsfargo.com

OPERATION BACKPACK – 1st Thurs., 6pm, Lyman Learning Center, Lyman and N. Kansas Ave. Volunteers gather to assemble Weekend Snack Sacks for low-income students. Sponsored by Topeka North Outreach. For info: 286-1370.

TOPEKA GENEALOGICAL SOCIETY – 4th Thurs., 7pm, Topeka Shawnee County Public Library, 1515 SW 10th St. No program in Nov. or Dec. Promotes & stimulates the education, knowledge & interest of the membership & the public in family history, genealogical records & research. 233-5762 or tgstopeka.org.

KINGDOM ADVISORS TOPEKA AREA STUDY GROUP – 3rd Thu., 11:30am, Northland Christian Church, 3102 NW Topeka Blvd. Christian financial professionals: financial planners, accountants, attorney's & insurance agents invited. For info: kingdomadvisors.org or Jim Hanna, james.c.hanna@ampl.com or 357-6278 x19.

TOPEKA (Downtown) OPTIMIST CLUB – Every Fri., noon. Top of the tower. Serving the youth of Topeka. Anyone welcome. For info: 272-1099 or fostern60@yahoo.com.

TOPS (Taking Off Pounds Sensibly) – Every Fri. 8:30 to 10:00 am at 3221 SW Burlingame Road. 800-932-8677. Support for your weight loss journey. tops.org

VIP LUNCHEON FOR SENIORS – Every Fri., Noon, North Topeka Baptist Church, 123 NW Gordon. FREE lunch with Christian fellowship, devotions & entertainment

NEED FUNDS?

We Are Here to Assist Your Organizations' Fundraising Campaign

- Local Kansas Company
- 30+ years helping groups raise money
- Free Delivery on orders of 60 items or more
- Brochures provided
- Product delivered in 10 days or less
- 40-50% profit on products
- Products everyone uses
- Groups raise \$1,000's

DOLLARS FOR U & BAGS TO BUCKS
FUND RAISING YOU CAN TRUST TO SUCCEED!
800-669-3350

Chocolate Bars Fruit Snacks

Tumblers: Licensed or Custom Designed Extra Strong Capacity Trash Can Liners

www.DollarsForU.com - peggy@dollarsforu.com - (800) 669-3350

Listen to
"The Voice of Faith"
RADIO BROADCAST
With Rev. Max L. Manning

Sundays – 9 am WIBW RADIO 580 AM
Daily (Mon–Fri) – 10 am KFGB 97.7 FM

www.global-missions.com
PO Box 161 Topeka KS 66601
785-232-2992 or 785-231-8183

provided by Topeka North Outreach. Free blood pressure checks the last Friday of every month, and birthday celebrations the 4th Friday. For Info: 286-1370.

A GOOD YARN CLUB – 2nd & 4th Sat., 9-11am, Wana-maker Rd Baptist Church, 2700 SW Wanamaker. Doing Good for Others: Knitting & Crocheting for Local Charities, free yarn, needles, hooks & patterns. All are welcome. Anne, 272-9249 or kittens812@sbcglobal.net

BIBLE QUIZZING – 1st Sat. Learn God's Word & have fun with area Christian youth age 9-19. YFC/YEA style quizzing & rules. 913-593-6427 or biblequizzing.org.

MONTHLY SCORE MEETING – 1st Sat., 8-9:30am, Washburn Tech, 5724 SW Huntoon (enter east doors facing Huntoon). No RSVP or fee is required. Small business owners are invited to a Breakfast Roundtable discussion with members of SCORE (Service Corps of Retired Executives). Info: 234-3049.

TOPEKA LOVE AGLOW – Once a month on Sat. morning. A time of worship, prayer and encountering God. Call Tawny Barton at 785-409-0232 or Linda Williams at 785-267-0600 for details.

FREE ENGLISH CLASSES – Every Sat. 9-10:30am, Central Congregational Church, 1248 SW Buchanan. For info: 235-2376.

RUSSIAN HOUSE OF PRAYER – Every Sat., 4pm, Williamstown Assembly of God, 1225 Oak St., Perry/Williamstown. For info: 597-5228.

SINGLES PLAY CARDS SR. – 1st Sat., 6-9pm, St. Peter's UMC, NW 35th & Hwy 75

SAVING DEATH ROW DOGS ADOPTION & EDUCATION – every Sat. 11am-2pm, Petco, 1930 SW Wanamaker.

UPPER ROOM COMMUNITY – second Sat., 10 am, Capitol Building

SUPPORT GROUPS

MIDLAND CARE GRIEF SUPPORT Groups: Building A, 200 SW Frazier Circle

Every Mon., 4-5pm: 12 Week Adult Group for Recent Loss 1st and 3rd Thu., 10:30am & 5:30pm— Ongoing Adult Group 1st and 3rd Thu., 5:30pm: Ongoing Young Adult Group (4-18 years of age)

For All Groups: Call for start dates and info packet. Group and individual grief support available upon request. For info: 785-232-2044 ext.341

ABORTION RECOVERY SUPPORT – Providing services for women & men who suffer from Post-Abortion Syndrome... we can help mend a broken heart! For info: Kay Lyn at KLCarlson20@cox.net.

AL-ANON FAMILY GROUPS – for friends & families of alcoholics. For info: 785-409-3072 or topekaalanon.org

PURSUIT FOR SEXUAL PURITY – Men struggling with pornography & sexual addiction. This bible study/accountability group uses the Pure Desire book by Ted Roberts. For info: 249-9509. All inquiries confidential.

ALZHEIMER'S SUPPORT GROUPS – Monthly support group meetings for caregivers of individuals with Alzheimer's disease or a related dementia. For info: Alzheimer's Association, Heart of America Chapter, 271-1844 or email cindy.miller@alz.org.

"HEALING HEARTS" support group/Bible study – Sundays 6-8pm. For women whose husbands struggle with pornography addiction or have had affairs. Video & workbook will give you hope for your marriage & emotional healing. For info: Janet Mitchell, 633-4294.

BIKERS AGAINST CHILD ABUSE – NE Kansas Chapter (B.A.C.A.) 3rd Sun., 4 pm American Legion, 3800 SE Michigan. Open to the public. For info: 817-5801.

COMPASSIONATE FRIENDS/BEREAVED PARENTS GROUP – Meets 4th Mon. in Formation classroom at Most Pure Heart of Mary, 17th & Stone. Discussion

starts 7pm; fellowship & refreshments 8:30. 272-4895

GRIEF SUPPORT – First Monday each month, 3:30-4:30pm, 400 SW Oakley. Call Donna Park for info: 783-7527 or valeotopeka.org. Open to public. Free.

GRIEF SUPPORT – Sponsored by Heartland Hospice for those dealing with death or major loss:

1st Mon., 5:30-7:30pm, Individual appointments; other times are available. Call Terry Frizzell at (785)230-6730.

3rd Thurs., 11am, Lunch After Loss, Paisano's Ristorante, Fleming Place, SW 10th & Gage Blvd, Dutch treat luncheon to meet new friends who have sat where you are sitting. For reservations or info: 785-271-6500.

OVEREATERS / UNDEREATERS ANONYMOUS:

MON., 7pm – Westminster Presbyterian, south door, upstairs in Library; 233-6724.

WED., 7pm – St. Francis Hospital meeting room 6, 2nd floor; 234-8020.

SAT. - 9am – St. Francis Hospital meeting room 8, 2nd floor; 862-2326.

For info: 357-8774; sunflowerintergroup.org.

EMOTIONS ANONYMOUS: a 12-step program for those suffering with emotional instability such as depression, anxiety, grief, etc. Meets every Tues. at Grace Episcopal Cathedral, Noon-1pm. For info: Sharon 785-633-7764

PARENTS OF ESTRANGED ADULT CHILDREN SUPPORT GROUP – Third Tue. Ea. Month, 6:45-8:45pm, Topeka Public Library, Rm 202. Info: Jeff Landers - 224-5946

OSTOMY SUPPORT GROUP – First Tue. each month at St. Francis Health, 1700 SW 7th St, Meeting Room, 2nd floor, 6-7:30pm. Anyone with an ostomy may attend. The goal is to provide education and ongoing support for individuals with an ostomy. Contact Teresa Kellerman at 785-295-5555 for info.

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.

THE GREATER TOPEKA MULTIPLE MYELOMA – 3rd Tue., 7-8:30pm, Faith Lutheran Church, 17th St. & Gage Blvd. Open to Multiple Myeloma patients, their family members & friends. Share support, information & friendship. For info: Donna, 903-918-9553.

"HEALING AFTER THE SUICIDE OF A LOVED ONE" ("HEAL") – or Survivors of Suicide" (SOS). 1st & 3rd Tue., 7-8:30pm, Pozez Education Center of Stormont Vail Hospital, 1505 SW 8th St. Serving anyone who has lost a loved one by suicide.

PRISON OUTREACH MINISTRY – Every Tue., 7-9pm, Topeka Women's Prison, 815 Rice Rd. Reaching out to those who can't come in, finding freedom behind bars, inspiring inmates to seek salvation during a difficult time. Providing support & guidance through the Holy Spirit to offer strength. Director: Don Garner, 286-0489 or faithfamilylifeministries@gmail.com.

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

JAYHAWK AREA AGENCY ON AGING – 4th Wed., 1pm, Rosehill Place Clubhouse. Monthly support group for caregivers of seniors. For info: 235-1367 ext.30.

MOMS-IN-TOUCH PRAYER GROUP – Every Wed., 2:30-3:30pm, Library at Cair Paravel-Latin School. Experience God's power through prayer as we lift our students, teachers, staff, administrators & board up to the Lord. For info: 357-0369.

DIVORCECARE PROGRAMS – (For updates check www.divorcecare.org) locations and times:

WED. – 6:30pm, Topeka Bible Church, 1101 SW Mulvane. Cost: \$15. Child care provided. For info: 379-0505 or www.divorcecare.org.

WED. – 6:45 – 8:45pm, Walnut View Christian Church, 3634 SE 37th St. (just East of 37th & Croco). Cost: \$10 registration (scholarships available). The video seminar series featuring some of the nation's foremost experts on divorce and recovery topics, combined with support group discussion of the materials. Complimentary child care children up to the fifth grade. Info: 266-7550 or walnutviewcc@att.net.

WED. – 6:30pm, Northland Christian Church, 3102 NW Topeka Blvd. No Cost. 286-1204, www.northland.cc

GRIEFSHARE – Every Thur. 6:30 pm to 8:30 pm at Susanna Wesley UMC, 7433 SW 29th St., Mar 1 thru May 24. A Christ-centered program for those who have lost a loved one may be struggling and have questions on how to go forward. The class includes a video, sharing of stories, and a workbook (free). Call Shari Combs at 785-478-3697 for more information.

NAMI WASHBURN – 4th Thurs., 6-8pm, Spirit Building Room, University United Methodist Church, 1621 SW College Ave. NAMI is a student-run, student-led organization that provides mental health support, education, & advocacy in the Washburn Univ. setting.

PROSTATE CANCER SUPPORT GROUP – 1st Thurs., 7pm, Saint Francis Hospital 2nd floor conf. room of the cancer unit. For info: 266-9533.

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

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

TOPEKA NAR-ANON FAMILY GROUP – For families & friends who are affected by someone else's narcotic addiction. Every Sat., noon-1:15 pm, rm. A, 1st Baptist Church, 3033 SW MacVicar, enter on S. side, door A. www.naranonmidwest.org

COVENANT KEEPERS – 3rd Sat. Group for people who want to see their marriage saved when their spouse wants out. For info: 816-453-0884 or 816-966-0927.

FREE LISTINGS!
E-mail your events to:
Voice@cox.net;
mail to Metro Voice, P.O. 5724, Topeka, KS 66605; fax to 785-235-3340 or enter online at metrovoicenews.com
Get your event Highlighted in Blue in print, on our online calendar and promoted in social media: only \$29!

The news and information you want...on-line.
metrovoicenews.com &
[Facebook.com/metrovoicenews](https://www.facebook.com/metrovoicenews)

Topeka's hockey team will now be known as the Pilots



Lamar Hunt Jr., the new owner of Topeka's NAHL hockey team formerly known as the RoadRunners, announced June 5 that the team will now be known as the Pilots. The announcement came during during a gathering at the Kansas Expoentre. Hunt said they picked a name that he believes "reflects this community."

Hunt said the new name reflects the history of aviation in Topeka, including the military. The Capital City is home to Topeka Regional Airport at Forbes Field, where the Kansas Air National Guard and the Combat Air Museum have a long history, as well as Philip Billard Municipal Airport.

In April, Loretto Sports Ventures announced it had purchased the team from Don Stone, who had owned the North American Hockey League team since 2009.

The company already owns the Kansas City Mavericks, which plays in the ECHL and Hunt said the purchase helps the company with its goal of expanding hockey at all levels.

The new General Manager/Head Coach for the Topeka team will be Simon Watson, who played Division I Hockey for St. Lawrence University in Canton, New York and played professionally in the Central Hockey League

(CHL) for 5 seasons. He retired from the Missouri Mavericks in 2011 after being named CHL Man of the year. Simon has continued to be closely involved in youth hockey throughout the greater Kansas City area.

In 2015, The RoadRunners and Shawnee County agreed to extend the team's lease with the Kansas Expoentre. The lease was to expire this summer.

During Tuesday's media event Hunt also announced the team has a new one-year-deal with a one-year option for the building.

The new Topeka hockey team will still play in the North American Hockey League (NAHL). The RoadRunners placed more than 200 players in NCAA Division 1 hockey programs since their inception in 2007. The RoadRunners won three division titles

in their 11 years on the ice in Topeka. Topeka, as the capital of Kansas, not only has history of the city itself, but it embodies the rich history of the entire state, the team said. Although Wichita is known for aviation, Topeka also has a very interesting and detailed history involving flight from the Longren Air Company, to Forbes Field, Topeka Regional Airport, the Combat Air Museum, the Kansas Air National Guard, Philip Billard Municipal Airport and everything in-between.



NOW OPEN!
AT OUR
NEW LOCATION!
3120 S. Kansas Avenue
Come See Our New State-of-the-Art Facility!
There's nothing like it in the Topeka Area!
Doggie Daycare, Boarding, Grooming & Training!
785-431-6694 • www.dirtydogtopeka.com

metro VOICE
metrovoicenews.com
Check Out Our Newly Redesigned, Mobile-ready Breaking-news Website.

entertainment

Jurassic World revives old plot lines, not just dinosaurs

movienews

Claire Dearing is different now. She's had a change of heart. Whereas she used to be all about the business of managing the dinosaurs at the theme park Jurassic World, she's now much more invested in protecting the endangered creatures that once populated that mega-vacation attraction.

All it took was watching the place be destroyed. And seeing thousands of panicked, screaming people run for their lives from raging dinosaurs. And ... nearly being ripped apart by those prehistoric beasts herself.

Now, you'd sorta think she might be ready to see those massive deadly monsters returned to the "extinct" side of the ledger after all that. But Claire has actually discovered a humane side to herself that she didn't know was there. So when one of the men who created the original Jurassic Park—a billionaire named Benjamin Lockwood—offers his help in saving the creatures, she's more than willing to become a part of that rescue endeavor.

Lockwood is offering a vast new island home for Tyrannosaurus, Pachycephalosaurus and 10 other dino species. It's an isolated place where they'll be free to roam with no fences, cages or tourists. Claire just has to join a party that's going back to the devastated Jurassic World park and gather up as many dinosaurs as possible. With her help, they can unlock the resort's security systems and transport the creatures to safety before a newly active volcano destroys everything. (As if catching dinosaurs wasn't a big enough challenge already!)

Of course, to capture the incredibly intelligent raptor named Blue—an advanced velociraptor that surely deserves more study—they'll also need one Owen Grady as part of the rescue effort. He was key to Blue's training. He was also pretty sweet on Claire. So it all sorta works out.

What Claire, Owen even Mr. Lockwood don't know, however, is that not everyone involved with Lockwood's supposed rescue effort is on the up-and-up. In fact, some still see those resurrected reptiles as a means to making a fortune.



There's even one individual who's reequipped an old lab site and started a new program to create aggressive hybrid dinosaurs that wealthy madmen and world despots will pay handsomely for.

All that guy needs is the right blend of dinosaur DNA. And Benjamin Lockwood is going to unwittingly finance all of the DNA-gathering that this hidden agent's plan requires.

Sure, mixing nefarious money-making schemes with ferocious three story-high dinosaurs hasn't ended well in the past. But, just like Claire believes, this time everything will be different.

Right? Just as we saw in Jurassic World, Owen and Claire reprise their roles as heroic sorts who are willing to lay their lives on the line to protect others. They have a keen desire to save some of the endangered dinosaurs, too. Owen, for example, raised the raptor, Blue, and the bond they share is still evident. The two of them also go out of their way to protect a young girl who's caught up in all the dangerous dinosaur chaos. Pratt, as Owen, adds some comic relief and dry wit but his affable personality can't save the movie.

A number of people—including Claire and an important character from the franchise's past, Dr. Ian Malcolm—debate the moral and ethical considerations of recreating extinct species, then purposely striving to either save or eliminate them once more. Mr. Lockwood suggests that he comes down on the side of his former partner, John Hammond, who suggested, "These creatures don't need our protection, they need our absence."

We're five entries into the Jurassic film franchise—a bring-dinosaurs-back-to-

life series that was brought back from the brink of extinction itself by 2015's surprise hit Jurassic World (which became the fifth biggest movie, internationally, of all time). This newest scenery gobble packs capable heroes (played by actors Chris Pratt and Bryce Dallas Howard), greedy villains, some discussion about the rights of endangered creatures, a pernicious new predator ... and all the CGI luster and bombast that \$170 million can buy these days.

For all of the obvious effort poured into mimicking every roaring, flesh-rending beat of its own blockbuster formula, though, Jurassic World: Fallen Kingdom feels rather fossil-like. Yes, it will still be an intense and sharp-clawed experience for the youngest in your herd. But everyone else will recognize all the twists before they happen, anticipate every dire politically correct environmental warning before it's been murmured and know every mark before it's been hit. The result? This pic feels like a weak, pale derivative of all the Jurassic monster movies that have come before it.

Now, that may be just fine by you. If you know exactly how close that raptor's talon will get before it's pulled back, and precisely when to expect the "good" dinosaur to jump in and save the day, well, you won't have to worry about anything truly unexpected.

But while we're once again pondering the ethics of recreating or exterminating deadly creatures crafted from excavated DNA, it's easy to wonder if this long-toothed, munch-a-man moviemaking template has been dug up too many times as well.

— Focus on the Family Reviews

MOVIES, STREAMING, BOOKS, MUSIC, INTERVIEWS & MORE!



streaming

Netflix's 'The Toys That Made Us' tops July's streaming entries

By Michael Foust

One of my best childhood memories involved three correlating things: the Service Merchandise catalog, Star Wars toys, and my Christmas wish list.

Each December during the 1980s, I would study the catalog and make my Christmas list. The Luke Skywalker action figure, the X-wing and TIE fighters, the R2-D2 remote control, and the coveted (and expensive) AT-AT Walker—they all made it.

My generous parents bought me most things on that list, although I never did get the AT-AT. But that's OK. It likely taught me a few valuable lessons about life, and I had a blast playing with the other toys, anyway.

Childhood toys elicit emotions and memories that few things can. They're also often one of the possessions that we simply refuse to throw away.

Netflix knows this, and it's taken advantage of it with a fun original series, The Toys That Made Us. Season 1 covered Star Wars, Barbie, He-Man and G.I. Joe toys, while Season 2—which recently debuted on Netflix—examines Star Trek, Transformers, LEGO and Hello Kitty toys.

Each episode spans about 43 minutes and examines the little-known history of the toys of our youth: Such as how Kenner—a little-known toy manufacturer of the 1970s—landed the Star Wars contract. Or how LEGO nearly went bankrupt before it became the huge corporation of today. Or how Barbie's creator drew inspiration from a German toy.

It's not a dry documentary, though. It's a fast-paced and sometimes quirky "trip back in time" that will leave you wanting more. But, please, don't start collecting toys again. The Bible (Matthew 6:19-21) has something to say about that. Besides, you're an adult.

Each episode is rated TV-14, and there is only occasional language.

Also streaming:

Netflix

Disney's Bolt (July 22, PG) -- A pam-

pered Hollywood dog enters the real world and discovers that he doesn't have the super powers he had on the big screen. Animated. Rated PG for some mild action and peril.

Jurassic Park trilogy (July 1, PG-13) -- Long before the Jurassic World trilogy got its start, moviegoers flocked to theaters to watch the original trilogy: Jurassic Park (1993), The Lost World: Jurassic Park (1997), and Jurassic Park III (2001). Be honest: You enjoy watching dinosaurs chase people through the forest (provided the people get away, of course). All three films are rated PG-13 for sci-fi terror and language.

The Who Was? Show (TV-Y7) -- It's always fun when parents can learn something from a kid's show. That's certainly true with The Who Was? Show, a live-action series that offers an irreverent look at historical figures. It's rated TV-Y7, although I noted a few moments that some parents would find inappropriate.

Amazon Prime

A.I. Artificial Intelligence (July 1, PG-13) -- A robotic "boy" becomes the first robot programmed to love and to live within a family. But is he a boy or a robot? Directed by Steven Spielberg. Rated PG-13 for some sexual content, minor language and violent images.

Hulu

Alpha and Omega film series (July 1 and 8, various ratings) -- My children enjoyed the 2010 animated movie Alpha and Omega, but did you know there also was a series of sequel-type straight-to-DVD films? Four Alpha and Omega films come to Hulu July 1: Alpha and Omega (2010), Alpha and Omega: The Great World Games (2014), Alpha and Omega: Dino Dogs (2016) and Alpha and Omega: The Big Fuhreeze (2016). Another one comes to Hulu July 8: Alpha and Omega: Journey to Bear Kingdom (2017). I haven't watch all of them, but they're worth a shot on a rainy day. Alpha and Omega was rated PG; the others are unrated.

Victoria and Abdul (July 28, PG-13) -- Set in the later years of Queen Victoria's life, this film is based on a true story and tells about the unlikely friendship between the queen and a prison clerk, Abdul Karim. Rated PG-13 for some thematic elements and language.

Michael Foust is the husband of an amazing wife named Julie and the father of four small children.

Former cable producer starts new kid-friendly venture

Sick of the programming his former employer continues to make for young viewers, producer Butch Hartman has announced he will launch a 24/7 streaming platform where families will be able to watch safe content.

Hartman, a former producer for Nickelodeon where he worked for 20 years, says he has formed a new company known as Oasis Entertainment. His television credits include some of Nickelodeon's biggest animated series including "The Fairly Odd Parents," "Danny Phantom," "T.U.F.F. Puppy and



Bunsen."

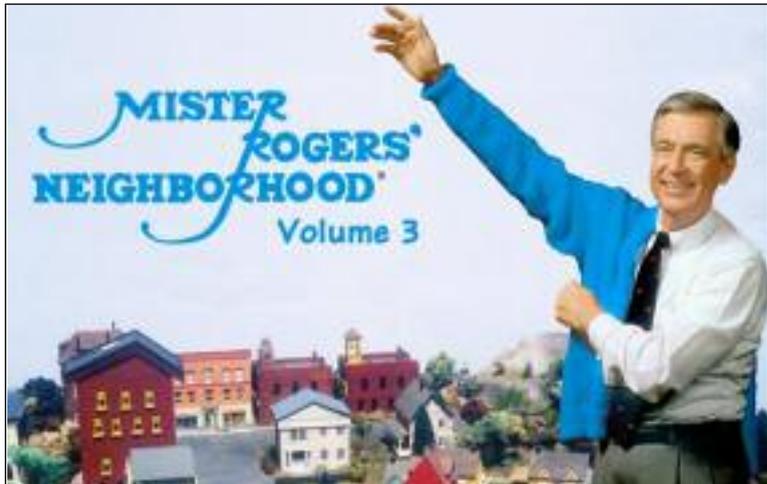
Hartman, a Michigan native, has created a Kickstarter campaign to help fund the development of Oasis TV, whose content will be entirely subscription-based.

He's hoping to raise \$250,000 in the next 30 days in order to hire the staff to create original content and to acquire content that on the same par with Oasis' family-focused objectives.

The producer says his company will be a safe place where families and their children can be entertained without being "inundated with exploitative or violent content."

"I've been in the entertainment industry for 20 years, and I've seen too many kids' shows that are just exploitative and violent."

■ Please see VENTURE on next page



family-friendly spotlight

'Mister Rogers Neighborhood' leads July's family-friendly spotlight

By Michael Foust

There was a time I enjoyed watching the news, perusing Twitter, and scanning Facebook.

No longer.

Those days are long gone due to a culture that has forgotten how to disagree without being disagreeable. Friendly dialogue has been replaced on those platforms with a cesspool of shouting and endless arguments – and it's affecting every part of our culture.

Perhaps we need to go back to the basics, beginning with how to have conversations and make friends. Perhaps a visit to Mister Rogers' Neighborhood would help.

The man behind the iconic show -- Fred Rogers -- would have been 90 this year. He passed away in 2003 but is being remembered in 2018 with a theatrical documentary (Won't You Be My Neighbor?). Additionally, Tom Hanks is playing Rogers in an upcoming movie.

But did you know that more than 100 episodes of Mister Rogers' Neighborhood are already streaming on Amazon Prime? It's much-needed television for our children, but it's helpful TV for adults, too.

Mister Rogers' Neighborhood fills the No. 1 position on this month's edition of "5 Family-Friendly Things."

In what other television show can you learn how to forgive others, how to make orange juice, and how to tie your shoes, too?

Rogers did not discuss his faith explicitly on his program but nevertheless wanted it to be his "ministry" to the country. He was an ordained Presbyterian Church (USA) minister and graduated in the 1960s from Pittsburgh Theological Seminary. Shortly thereafter, he launched his TV program.

Also worth watching this month:

2. 'America's Got Talent'

Most modern-day talent shows spotlight singers. NBC's America's Got Talent – in its 12th season -- gives everyone the stage: illusionists, dancers, contortionists and, yes, singers, too. Occasionally the acts borderline on the risqué, but most of them stay in the family-friendly realm. Keep the remote handy.

This summer Michael Ketterer, a worship leader at a non-denominational California congregation, Influence Church, is trying to win. He received the coveted "golden buzzer" in the early

rounds, sending him automatically to the final rounds. He's also the father of six children – five of whom were adopted through foster care.

America's Got Talent, a staple of summer television, airs Tuesday nights.

3. 'The Star'

Affirm Films, the same studio behind Courageous and Heaven Is For Real, released this animated faith-based movie last year. It's now on Netflix. The Star (PG) tells the story of Mary, Joseph and the birth of Christ through the eyes of the animals who witnessed the event. My kids loved it. It's suitable for all ages.

4. 'Father Brown'

This live-action British mystery series is based on novels by theologian and author G. K. Chesterton, but that doesn't mean the TV show is appropriate for children. I'd recommend it for adults and teens. It was made by the BBC but is now on Netflix. (The sixth season recently was added.)

The plot is simple: A murder takes place in a small British village and Father Brown tries to solve it.

This recommendation comes with a caveat: Some of the episodes (such as the first episode in season 1) cover questionable topics I don't find entertaining. Skip them and watch the others.

5. 'Gospel of Matthew, Mark, Luke'

Have you ever wanted a biblical movie that doesn't take liberties with the text? If so, then this is for you. Three movies – The Gospel of Matthew, The Gospel of Mark and the The Gospel of Luke – are now on Pureflix. They were released to DVD in the past five year and received little media attention, but are some of the best biblical movies I've watched. These films are unique for two reasons: 1) the screenplay uses the biblical text, word for word, and, 2) they use Middle Eastern actors and actresses. More than likely, you've never seen anything like it.

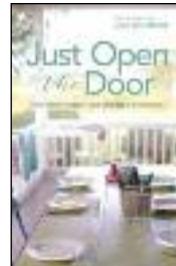
Michael Foust is the husband of an amazing wife named Julie and the father of four small children. He has covered the intersection of faith and entertainment for more than a decade.

Michael Foust is the husband of an amazing wife named Julie and the father of four small children. Follow his blog, MichaelFoust.com.

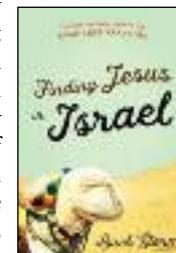
These top pick books can't be beat for summer reading

Summer has begun and so has the rush to find the perfect books to read. Rachel Campbell is the owner of Beacon Book and Bible in Belton, Mo. She's compiled a list of new books you may have overlooked. Whether for the beach, the long car ride, or the shade on your deck, you're sure to find something to keep you cool and interested through the long, lazy, hazy days of summer! –Editor

Just Open the Door, by Jen Schmidt, will help you to understand how inviting people into our lives and homes can be not only booksrewarding but a special way of helping to change the world. And what better time to begin than right now during the summer months when we usually get outside and see our neighbors more often! Jen covers all the bases with her personal stories, practical ideas, and insights that will give you more confidence in opening your door and showing hospitality to friends and neighbors. This book even has a study guide available for small groups. Her ideas are nothing new, but a good reminder that this is how the church grew in the very beginning– the early believers eating together often and inviting others to join them around their tables.



Finding Jesus in Israel, by Buck Storm, is different from other books that have been written about Israel because this isn't a dry, uninteresting book of facts and descriptions of the land. It is Buck taking you on a tour like the one that he and his wife began to experience when they decided to take a few friends at a time, rent a van, and see Israel off the well-worn tourist trails so they could meet some of the people living in Israel, as well as see the land that Jesus walked.



Buck will entertain you with stories of those travels as he describes not only the incredible scenery, but also those individ-

uals who make up the population of a very, very old land, where traditions and customs are so different from what we experience here.

I Can Only Imagine, by Bart Millard, is a must read even if you saw the movie! There were so many scenes that could not be kept in the movie, plus Bart's story is so much deeper and memorable than even the movie could capture. You will not regret picking this book up, but you may have a hard time putting it down! There are many things you learn in the book that help to make even more sense of the things depicted in the movie. It is so good that every time one of my customers would ask if I'd seen the movie, I would come back with "Have you read the book?!" It will also make you even more appreciative of how the group MercyMe stuck it out through many long road trips before they became such a well-known group, and you'll find yourself encouraged by the faithfulness of God.



You'll learn that Bart has a brother which isn't shown in the movie and so many other things regarding his dad and his relationship with his girlfriend who finally becomes his wife!

Don't Forget the Fiction!

Two good fiction reads are The 49th Mystic (Beyond the Circle, #1), by Ted Dekker, and Charles Martin's Send Down the Rain.

If you read the Circle books which consisted of Black, White, Red and Green, then you will be very excited to once again read his latest book which ties in with some of the characters of the previous books. The 49th Mystic is even better in the way that Dekker brings out the spiritual insights through his characters. If you've never read these books, here is what to expect...they are allegorical in



nature. The new main character, named Rachele Matthews, lives in a small town named Eden, Utah, which has been established as an experiment by well-meaning people who are infiltrated by someone who has a sinister side. Rachele is blind but her father finds out about something that can possibly restore her sight. She becomes the target of the sinister person, discovers that when she falls asleep, she wakes up in another world, etc. which is what happened with Thomas in Dekker's previous books. In this book we have the struggle between good and evil, darkness and light, all told in an exciting, adventurous saga as Rachele discovers her place in an ancient prophecy. I highly recommend it!

Charles Martin has written several really great fictional Christian stories. His last book, Long Way Gone, was a modern day telling of the biblical story of the prodigal son. This one, Send Down the Rain, is also very riveting from beginning to end as you follow the story of a man named Joseph who has suffered in body and spirit as a result of trauma at home and in Vietnam. The story captures you from the very beginning with characters that come into his life, from a refugee little family whom he becomes involved with, and they all eventually wind up in Florida where he has a bittersweet reunion with his childhood sweetheart. The story builds all the way to its surprising ending when the truth is revealed. Charles Martin is a great storyteller!

For Young Readers

This summer would be a good time to get the children's version of I Can Only Imagine, A Friendship with Jesus Now and Forever, by Bart Millard and Laura Neutzling. It's beautifully illustrated from beginning to end and a wonderful way to talk about heaven with your children. Instead of the usual lyrics of the beloved song, it puts it into the kinds of questions children would be asking, i.e. "Do you wake up in heaven with your hair all a mess? Must you make up your bed right before you get dressed? Is there breakfast in heaven when your tummy's all rumbling.." Your kids will love it!

–By Rachel Cambell

VENTURE

continued from page 16

try for 30 years. When I grew up family entertainment was the norm. You really had to look hard to find something inappropriate," Hartman said in the Kickstarter campaign video. "It seems like today's shows are meant more to shock people than uplift and inspire them."

"As a family man working in Hollywood my goal has always been to provide quality entertainment that everyone can enjoy," Hartman said. "With Oasis, I now have an opportunity to give families the chance to connect and experience quality entertainment together again."

The new company's programming will include animated series, comedy, drama,

sports, feature films, reality series, fitness programs, news, and video games. Plus, the platform will have a user-based upload feature that will allow users to add their own family-oriented content for other users to enjoy. All uploaded content will be screened to ensure that it is suitable for all users when it is published.

Hartman's goal is to start his new venture next year.

THANKS TO OUR SPONSORS FOR MAKING THIS SECTION POSSIBLE!

CRUISE PLANNERS
Travel With Davis - Where your Dream Vacations come true.
Now Certified in Special Needs traveling and Faith-Based trips.
Contact Irene Davis at 785-580-8127 or irene.davis@cruiseplanners.com
TravelWithDavis.com

SolidRock
SOUND MACHINE
Audio Entertainment Company
SolidRockSoundMachine.com

BOTT RADIO NETWORK
www.botttradionet.com

Sponsor this spot!
Just \$15 per month for 12 issues or \$19 per month for 6 issues.
(Double Spots Available)

TOPEKA Health & Wellness Magazine
TopekaHealthandWellness.com

50+ Lifestyles A Guide to Enjoying Life in the Best Years

healthyliving

Sunburn-causing melanoma avoided with sunscreen



If you're wondering whether it's worth the trouble and expense to use sunscreen, consider this: Only one blistering sunburn you get as a child or adolescent doubles your risk for skin cancer when you're older, and the risk goes up from there. The most dangerous type of skin cancer is melanoma. An estimated 10,000 people will die from melanoma this year, which breaks down to an average of one death every hour. Melanoma rates have tripled over the last 35 years.

Sunburn occurs when your skin turns red. A sunscreen's SPF (Sun Protection Factor) indicates how many times longer it takes your skin to burn than if you were not wearing sunscreen. For example, SPF 30 means it takes 30 times longer for your skin to burn if you're wearing that sunscreen than not wearing sunscreen at all. However, sunscreen doesn't protect as well as we think.

The main problem is human error. Sunscreen should be applied:

- Every Two Hours
- To Dry Skin
- Generously

Manufacturer error also plays a part. In its annual report ranking sunscreens, Consumer Reports discovered the number on the bottle isn't always accurate: Of the 58 sunscreens rated by Consumer Reports this year, 20 of them tested at less than half of the SPF listed on their label. For example, one was labeled SPF 30, but the protection it actually provided was about 15.

Here are some of the top-rated sunscreens according to Consumer Reports:

- La Roche-Posay, Anthelios 60 Melt-in Sunscreen Milk, \$36
- Equate, Sport Lotion SPF 50, \$5

- Pure, Sun Defense Disney Frozen Lotion SPF 50, \$6
- Coppertone, WaterBabies Lotion SPF 50, \$12
- Equate, Ultra Protection Lotion SPF 50, \$8

In its new report, Environmental Working Group claims that 73% of the 880 sunscreens it tested don't work as well as advertised or contain "worrisome" ingredients such as oxybenzone, which they claim is a hormone disruptor and retinyl palmitate, which according to government studies on animals caused they developed skin tumors. EWG recommends choosing products with zinc oxide and titanium oxide instead.

The American Academy of Dermatology recommends choosing a sunscreen with an SPF between 30 and 50. More than 50 is not necessary because while properly applied SPF 50 sunscreen blocks 98 percent of burning rays, an SPF 100 blocks 99 percent. High-SPF products require higher concentrations of sun-filtering chemicals than low-SPF sunscreens. Perhaps the biggest drawback of very high SPF sunscreens is the false sense of security they provide because people mistakenly assume they offer longer lasting protection than lower SPF sunscreens.

Also, use caution if using a spray sunscreen. Creams might be better than sprays because people tend to apply creams more generously and thoroughly, whereas people tend to spray lightly and can easily miss spraying certain areas. Furthermore, sprays can become airborne and inhaled.

Finally, using sunscreen is just one way to help prevent skin cancer. The Skin Cancer Foundation says whenever possible, seek shade or cover your skin. Also, avoid tanning beds.

A Self-Help Approach to Coping with Caregiver Stress

By Carol Bradley Bursack

Caregiving can bring forth an ever-changing kaleidoscope of emotions. These feelings are often bittersweet, and without the proper preparations and assistance, things can quickly skew towards bitter. Left unchecked, many of these emotions may lead to guilt, depression, anxiety and caregiver burnout.

While therapy is recommended for people who are struggling with these negative feelings, many wish to handle such challenges on their own. Professional help can be extremely beneficial, but there are steps that caregivers can take by themselves to better handle the emotional complexities of caregiving and get more comfortable with the idea of seeking outside assistance.

Realize That You Matter, Too

Former graphic designer Koko Kawasaki is no stranger to the importance of respite and self-care for caregivers. The experience of caring for her father who suffered from multiple health issues, including stroke and vascular dementia, inspired her to earn her master's degree in gerontology to help other families like hers.

Self-care tends to be one of the biggest challenges for those who are caring for ill and aging loved ones, but Kawasaki agrees that it is a necessity for wellness of the entire care team. Even though this is a need we all understand the importance of, there is something about caregiving that triggers guilt in anyone who yearns for a moment alone to pursue physical and mental healing.

"I initially did not think of caring for myself because I thought it would take time away from caring for my father," Kawasaki admits. Determining how much time and effort to devote to oneself is a common dilemma for many family caregivers. Even when they allow themselves a marginal amount of respite, many fear they are being selfish with their resources.

"In time, though," Kawasaki, recalls, "I realized that if I didn't make self-care a priority, my attitude and my ability to look after my father would both be negatively affected. In hindsight, I believe that making time for myself enhanced the caregiving experience for both of us." This realization is a fundamental part of the care journey that comes too late for many. Unfortunately, failing to recognize that your own health matters can have significant and often lasting physical and mental consequences.

Finding a Path to Self-Help

The concept of self-care is different for each person. As our responsibilities and relationships shift throughout our lives, the ways we prefer to recharge ourselves can change. Caregiving imposes limitations on time, energy and financial resources, causing many to abandon



the hobbies and pastimes they previously enjoyed. Some search for new types of respite that better fit with their new routine, but the bottom line is that caregivers must establish some sort of realistic self-care regimen that works for them.

For example, Kawasaki's regimen consisted of daily physical and spiritual activities. "For exercise, I took brisk walks on most days, even if I had only 20 or 30 minutes of spare time. The physical activity helped me to decompress and I would feel better immediately," she assures. "My spiritual practice was also a vital part of my self-care. As a Buddhist, I chant daily and this practice helped me to stay focused yet flexible as a caregiver. It gave me spiritual nourishment that

sustained me during the difficult times I faced as a caregiver. Other things that I did to self-care included short weekend getaways with my spouse (when I could) and spending time having coffee or dinner with friends."

During her undergraduate studies, Kawasaki developed a program called "Encircle" that would provide caregiver support through community workshops and other resources. "As the demand for caregiving grows, it places the population of family caregivers at risk for poor health, strained family relations, financial difficulties and lower qualities of life for both caregivers and care recipients," she explains. The goal of this experimental program was to break

■ Please see STRESS next page

Does your Loved One with mental illness need Residential Services?
We have openings in our licensed group homes and independent apartments:

- Group homes provide meals and medication monitoring
- Independent apartments include 24/7 phone assistance

Celebrating 40 Years of Serving Topeka and Shawnee County 1978-2018
Call Theresa at 232-6807 x105 or email tdouhart@breakthroughhouse.org

Breakthrough House
Supporting Mental Health Recovery

A Home-Like Environment!

Our Talent is caring... Accepting New Residents NOW!
"Opening's for Day Care and Respite Care"

Hillsdale Place is a private home for 8 residents to live.
We provide 24 hour Nursing care assistance with your loved ones daily needs.

We are located in the Hillsdale area at 1402 SW Lancaster Street Topeka, Kansas 66604

Semi-Private Rooms starting at \$4,000 for Full Care

We have a private room available with a private bath - call Tammy Gonzalez for a tour! 785-383-7094

Hillsdale Place L.L.C.

STRESS

continued from page 18

down caregiver support into fundamental pieces that caregivers could implement on their own, receive through community initiatives or both.

The Encircle program included:

Workshops on self-care, healthy eating and exercise

Neighborhood walk/talk groups

A "buddy system" with a fellow caregiver to provide respite and friendship

Phone check-ins with a buddy

A video library of funny comedy films

Positive incentives for healthy behaviors

While Encircle was an experimental program, there is hope that similar initiatives will begin to catch on around the country. They are certainly needed. Meanwhile, caregivers can accomplish some of these objectives by connecting with fellow caregivers and seeking out community resources.

Additional Ideas for Your Self-Care Regimen

No single approach works for everyone, but one or more of these suggestions may help you improve your quality of life. Pick and choose to create your own wellness program.

Mindfulness exercises like yoga, meditation and journaling can be soothing.

Art. Forget being "good" at it and just express yourself. Get some supplies and let yourself go. Draw anger, draw depression, draw grief. Draw what would make you happy. The process of releasing your feelings in a visual way is

very cathartic. Adult coloring books are another popular stress reliever for those who prefer to place more emphasis on a simple creative outlet in order to de-stress.

Listen to music that relaxes you, music that brings out the emotions you're feeling or music that helps you recall a simpler time. Learn to play an instrument that you've always wanted to play. Again, being "good" isn't the point. This is about doing something that you might enjoy and that shifts your focus to something constructive and personally rejuvenating.

Games and applications for emotional health abound on the internet. Browse to see if you find something that is appealing to you. Many of these are meant to relieve stress, anxiety, anger and self-doubt.

Positive self-talk training is available for free and through paid subscriptions online. Many mental health profession-

als have written books and created other learning materials to help individuals adopt this important coping mechanism. It's all about shifting away from negative thoughts and feelings and improving the ways in which you perceive the world and its many challenges.

Physical stress relief can come in many forms. Handheld stress toys and gadgets, like those used in occupational therapy, can provide comfort anywhere. Exercise programs such as a gym membership, walking with a friend or using a video for guidance can help you feel healthier and more in tune with life. Even if you aren't concerned with getting in shape or losing weight, staying active provides a constructive outlet for pent up emotions.

Do something for someone else. This can mean volunteering at a place that feeds the homeless, donating clothing for those who need job interview outfits, or teaching crafting ideas or garden-

ing to others who could benefit from learning a therapeutic skill. Although caregivers tend to have little free time, giving back to the community can expand your social networks, allow you to enjoy a change of scenery and help you find purpose outside of caregiving. Contact local organizations or your community center for more ideas.

Pets can be a wonderful source of joy

for caregivers and seniors alike, but don't adopt one unless you truly have the time to devote to properly caring for and training an animal. Spending time with animals can be a great stress-reducer.

Attend a support group. There's nothing like being part of a group of people who understand exactly what you are going through.

Bath Innovations
WALK-IN BATHTUBS
& REMODELING



CALL TODAY
for a **FREE**
"no high pressure"
estimate.
913-912-1750



Specializing in all your CPAP needs

512 SW 6th Avenue
Topeka, KS 66603
785-289-3188
Fax 785-783-3599



Aldersgate
VILLAGE
RETIREMENT COMMUNITY

Independent Living Assisted Living Memory Care Skilled Nursing Care	Rehabilitation Services Sub-acute Program Transportation
--	--

Call (785) 478-9440 or visit aldersgatevillage.org
 7220 SW Asbury Drive | Topeka, KS 66614

MEDICARE VS. MEDICAID

Medicare and Medicaid sound very similar but they are two very distinct programs. This article will provide a basic overview of each federal program and describe how each is funded by our federal government.

Medicare

Medicare is America's health insurance program for people age 65 or older. Some people under age 65 may also qualify for Medicare due to certain disabilities, permanent kidney failure or Lou Gehrig's disease. The program, signed into law July 30, 1965 by President Johnson, helps with the cost of healthcare, but it does not cover all medical expenses or the cost of long-term care.

Medicare is financed by general revenues, a portion of payroll taxes paid by workers and employers, and by monthly premiums deducted from Social Security or Railroad Retirement checks. The Centers for Medicare & Medicaid Services (CMS) is the agency in charge of the Medicare program.

Medicaid

Medicaid is a federal government program designed to provide healthcare coverage to people with low income and limited assets, other than the home they live in. Medicaid is funded jointly by federal and state governments. The federal government reimburses each state a percentage of program expenditures. Although the federal government establishes certain parameters for all states to follow, each state administers and funds their Medicaid program differently. This results in variations in Medicaid coverage across the country.

Medicaid provides free or low-cost health insurance coverage to qualified low-income individuals. This includes eligible adults, children, pregnant women, the elderly, and people with disabilities. Medicaid may also pay Medicare premiums and out-of-pocket expenses for persons enrolled in both programs. About 15% of Medicare beneficiaries also have coverage with Medicaid.

Summary

While Medicare and Medicaid are different public health programs, it is easy to see why the programs are often confused. The programs have similar names and a similar purpose, i.e. to provide health insurance coverage.

The difference is Medicare is primarily designed for individuals age 65 and older, and Medicaid provides assistance to qualified individuals due to low-income.

Century Health Solutions is a subsidiary of Stormont Vail Health, Topeka, and provides free Medicare Educational Seminars. We are your local expert in Medicare insurance planning and will help you find the best option for your personal situation. Call us at **785-270-4593** Monday-Friday, 8:00am-4:30pm with questions or to sign up for a free seminar. For more information go to www.centuryinsuranceagencyks.com or email info@century-health.com.



sports

Super Bowl MVP Nick Foles' new book goes behind-the-scenes



When the Philadelphia Eagles' starting quarterback went down with a torn ACL in week 14 of the 2017 NFL season, many fans—and commentators—assumed the Eagles' season was over.

Instead, Nick Foles came off the bench and, against all odds, led the Eagles to their first Super Bowl victory in history.

Foles' new book *Believe It* offers a behind-the-scenes look at his unlikely path to the Super Bowl, the obstacles that threatened to hold him back, his rediscovery of his love for the game, and the faith that grounded him through it all. Learn from the way Nick handled the trials and tribulations that made him into the man he is today—and discover a path to your own success.

Foles started his NFL career with the Eagles in 2012 and was later traded to the Rams for quarterback Sam Bradford in

2015. Foles became a free agent for the first time in his career in the summer of 2016 when his chances of becoming a starter for the Rams fell through.

"I had to take a week off when I was a free agent just to think about it, and it was the best thing that ever happened because I think people are fearful of feeling that way because they feel like they're the only ones that feel that way. We're professional athletes and we have moments where we step back and think and assess everything in our life," Foles said in a press conference Sunday after the Super Bowl.

Foles decided to stick with his NFL career and was picked up by the Kansas City Chiefs, where he was a backup for one season behind Alex Smith. The Chiefs released Foles at the end of that season and the quarterback moved to the Eagles for the 2017 season.

He's a major-league pitcher — and a plumber — whose faith helps keep him focused

It's not hard to stay humble when you're unclogging a toilet....or when you're throwing gopher balls to Miracle League ballplayers swinging for the fences. At least that's how Detroit Tigers ace Michael Fulmer, who works part-time as a plumber in the offseason and serves as a mentor to adults with developmental disabilities, describes his approach to living out his Christian faith.

"It's a way for me to stay levelheaded," said the 25-year-old right-hander of his part-time gig with Cyrus Wright Plumbing in his home state of Oklahoma.

Fulmer has emerged as one of baseball's top young pitchers, winning the American League Rookie of the Year award in 2016 and earning a spot on the AL All-Star team in 2017.

In an interview during the Tigers' three-game series with the Texas Rangers recently, Fulmer said his goal — win or lose — is "to preach the Lord's name."

Fulmer said he is just one of a number of Tigers players committed to Jesus. On a recent Sunday in Kansas City, Mo., 13 Detroit players showed up for the informal prayer service known as Baseball Chapel, he said.

That attitude plays into Fulmer's choice of offseason work. Plumbing, an



art he's still learning, keeps him from coasting in the months when he's not getting on the mound every five days. "You can never be satisfied, with your talent on the field or how close you are to Christ," he said.

Despite his competitiveness, Fulmer's wife has joked that learning how to install a sink by himself gave him a bigger thrill than winning Rookie of the Year.

The pitcher chuckled at that notion. "I was very shocked that I could put in a whole new sink by myself," he said. "I would have never thought I would be handy enough to do it. But it was something really cool. My boss, Larry Wright, went to go do another job and left me there in charge."

— Bobby Ross Jr. / RNS

Photo: Ron Hadfield (RNS)

FROM THE CHEAP SEATS

By Rob Mooney

Just a little bit of everything while I wait for the Royals to revamp their entire roster.

The NBA season concluded the way that everyone thought that it would, a Golden State Warriors four-game sweep of the Cleveland Cavaliers. The only surprising thing about the outcome was that Cleveland was actually in the Finals again. I thought for sure that another team in the East would beat them out this year. I guess when you have LeBron James on your team you've always got a shot!

A few other surprising things about the conclusion of the NBA season was the post season awards. A non-rookie won Rookie of the year, a fired coach won Coach of the Year and the best player won Most Valuable Player of the year.

Ben Simmons, the Rookie of the Year winner, was drafted last year but

did not play because of injury. NBA rules state that a player is considered a rookie if he has never played in an NBA game. Thus, you could be drafted and sit out five years and when you come back, be considered a rookie as long as you never stepped foot on the court during a game.

Basically, Simmons was red-shirted last year.

Dwayne Casey won the Coach of the Year award for guiding the Toronto Raptors to a 59-23 season and a first place finish in the Eastern Conference. As the #1 seed in the playoffs this year, the Raptors beat the Washington Wizards 4-2 in the best of seven first round series but were then swept out of the playoffs by James and the Cavaliers. James averaged 34 points, 8 rebounds and 11 assists per game in those four games. Casey was fired shortly thereafter. Casey was recently



hired by the Detroit Pistons to be their coach, so we can probably expect an improvement from them this year.

Coach of the year voting was quite close. Coming in second place was Quin Snyder from the Utah Jazz. Do you remember him? He was the coach at Missouri that was fired for violations and started the Tigers down a path of mediocrity. Brad Stevens from the Boston Celtics finished third in the voting.

Most Valuable Player honors went to James Harden of the Houston Rockets. It came down to the wire between Harden and James. Their stats were very similar, points per game: Harden 30.4 / James 27.5. Assists per game: Harden 8.8 / James 9.1. Rebounds per game: Harden 5.4 / James 8.6. They both had incredible years but if you take both players off of their teams, the Rockets would still be a formidable foe. However, the Cavaliers might not even make the playoffs. Harden is very deserving of the award, but I think that James means more to his team.

Now that the draft is over, we can start to concentrate on where all of the NBA free agents will sign. Is there a new superteam about to be created?

We'll know in a few weeks!

GreatLife offers professionals to help your golf game

How's your game? Does it need some work? What are you doing to improve? If you just keep practicing the same way at the range, are you really expecting to get better? Practice only helps if you practice the right way.

Relying on your golfing buddy's advice may be no better. What works for him may not work for you. Every golfer has an individual style, but we all need help to make sure we are doing the basic things correctly. Spending a few bucks on lessons can help you enjoy the game more and score better when you play. A golf professional can be a great investment for a small cost (compared to what you spend on clubs, accessories, fees, etc.).

GreatLIFE golf in Topeka has several golf professionals who can help you fix your golf game. One of them may be the right choice for you in your quest to improve your scoring and enjoy the game more this summer.

Joey Martinak has been a PGA Professional since 1994 and has been in the Topeka area since 1980.

Martinak is a graduate of Washburn Rural High School & Washburn University and has been teaching golf in the community for 27 years. He started in the golf business in 1985 at Cedar Crest Country Club, which is now Western Hills. He then moved on to Colly Creek, now Berkshire, for 3 years from 1991-1993. After a 3-year stint at Manhattan country Club, he moved back to Topeka in 1996 and has been at Shawnee Country Club ever since.

Martinak says he tries to keep his golf lessons sweet & simple. "I like to give a person only 3-4 items to think about at each lesson, and then build on that the next time," he said. "I don't want them to get overloaded with too much information."



He also thinks most golfers need to focus on their short game more, which is a huge part of their golf score. "Many golfers only work on hitting drivers at the range," he said.

Martinak considers himself a positive person, he wants his students to be positive also, and to be excited about the lessons. In the end, he says, there's only one best way to improve.

"Practice, practice, practice — especially on the short game," he said.

To schedule a time with Martinak at Shawnee Country Club or any other GreatLife Topeka location, contact him by phone at 785-554-2825 or by email at joey.martinak@greatlifegolf.com.



Ronnie McHenry has lived in Topeka most of his life graduating from Shawnee Heights High School. After High School he went on to play golf at Washburn University and while there he also graduated with a Business degree in Marketing and Management. After College Ronnie moved to Dodge City, Kansas, to take over as the Golf Professional at Dodge City Country Club. While in Dodge City he moved up to be the General Manager and Golf Pro at the Club. He is now the resident pro and manager at GreatLIFE Golf at Western



Hills.

McHenry has also had a passion for Junior Golf for a very long time. He first got involved at age six or seven. Later on, while pursuing golf at Washburn University, he worked with young golfers during the summers. And now he heads up the Junior Golf program for GreatLIFE in the greater Topeka area, offering golf summer camps and individual lessons. McHenry says he likes getting kids started off right in golf at a young age, which helps them learn it faster and get more enjoyment from a game they can play their entire lives.

McHenry is available for golf lessons for adults and kids all year long. For more information contact McHenry at GreatLIFE Golf at Western Hills by calling 785-478-4000 or email him at ronnie.mchenry@greatlifegolf.com.

Jane Yi is an LPGA Certified Instructor with GreatLIFE Topeka. A Kansas native and member of the LPGA T&CP since 2003, Jane has worked several Golf Clubs in Kansas, Florida and Maryland.

A Shawnee Heights & Kansas State University graduate and golf team member, she has competed in over 100 tournaments. She was a KSU All-American collegiate Player and the 1999 Kansas State Women's Champion.

With over 20 years of experience in Instruction, Yi specializes in Tournament Play and Game Management for all levels and ages of students. Her motto is "Developing the right fit & approach to your game. Golf = More Fun Times!" Yi can be reached at dragongolfing@gmail.com.

Summertime is a great time to work on improving your golf game. Call your favorite golf professional and make sure your practice time is well spent.





Dare to Dream

Add functional, appealing features for a desirable home

(Family Features) Turning your home into the living space of your dreams takes effort and commitment, but while the weather is warm and motivation is on your side, it's time to put your visions to the test.

Whether you choose to start your renovation project on the inside or outside, for fun or for function, the important part is committing to getting it done and doing it right. That includes finding the right materials and products to suit your specific needs and style, whether it's for closet organization, a beautiful kitchen upgrade, adding features like sky-

lights or anything in between.

Your dreams and desires for your home are attainable and within your reach, so long as you're devoted and willing to put in the time. Find more home upgrade tips and tricks at eLivingToday.com.

Natural Light and Fresh Air from Above

You can brighten your space in an eco-friendly way with Energy Star-qualified, solar-powered fresh air skylights from Velux America, which provide natural light and ventilation to reduce energy costs. Adding solar-



powered blinds can further increase energy efficiency. The skylights carry a 10-year, no-leak installation warranty and, along with the blinds, operate by remote control, closing automatically when it rains. Both



products, along with installation costs, qualify for a 30 percent federal tax credit. To find certified installers, visit whyskylights.com.

Versatile Home Storage

It's time to get organized. Turn any closet or area in your home into a designer-inspired storage showcase with ClosetMaid's SuiteSymphony line. This affordable, DIY system is available in multiple finishes and styles, and offers accessories such as doors, drawers, shoe shelves and expandable hang rods for total customization. Find free design, inspiration and organization solutions at closetmaid.com/suitesymphony.



Functional Furniture

Ideal for enjoying a serene cup of coffee or welcoming guests for some outdoor fun, you can liven up your backyard space with a patio furniture set to help both aesthetically and functionally. The right set for your deck, patio or yard can lend a pleasing element to the eye and a comfortable spot to sit and eat, drink or rest after a friendly game of whiffle ball. Available in myriad colors and combinations, look for patio furniture that matches your style and personal preferences.



Backyard Getaway

Find a comfortable temperature and enter your most relaxed state at any time with your own backyard hot tub. The gateway to a restful opportunity, a hot tub gives you a chance to close your eyes and unwind whether it's the end of a



long day or starting out your Saturday morning. With varying options like in-ground or above and a multitude of sizes, plus the ability to tune individual jets to your liking, a backyard hot tub

can be the perfect personal oasis.

A Finishing Touch

Bring everything together in a kitchen or bathroom with the subtle feature that can sometimes be forgotten – the faucet. Extravagant or simple, modern or classic, the faucet can serve multiple aesthetic purposes like catching attention upon entering the room or simply complementing the design elements around it. Adding the final touch with the right faucet can be a beautiful way to wrap up a room.



Complete Kansas-made Furnace and A/C system
\$3995.00 • 10 year warranty
12 month/0% interest financing
Call for appointment - 272-1633
 Blue Dot Services, 3365 SW Gage Blvd.
www.bluedotkansas.com

AMERICAN FAMILY INSURANCE
*All your protection under one roof**

Roger Hood Agency, Inc.

1920 SW Westport Dr. Ste 102,
 Topeka, Kansas 66604-1622

(785) 273-1622
 1-800-MYAMFAM (692-6326)
rhood@amfam.com

Bodine's Pest Control Call 228-9962
 BBB Free estimates!
 • Business & Residential
 • Honest & Reliable Service
 • Licensed and Highly Trained
bug-man@sbcglobal.net
 Ask about our Total Home Care Package!
GOD FIRST • VETERAN OWNED
 Mention this ad for 10% OFF!

YOU NAME IT HANDYMAN
 Home & Mobile Home Repair, Painting, Barn Restoration & Property Cleanup, Building Maintenance, Skid Loader, Dump Truck, 61-foot Condor man-lift & 35-foot Bucket Truck for Hire

Terry Fox
785-966-2628
 No Job Too Small!

10% OFF A/C Service
5% Off Parts Expires July 31, 2018

DEBACKERS, Inc.
 Since 1949
 Heating - Cooling New Construction & Replacement Systems
232-2916 • 1520 E. 10th St.

If you want to keep up-to-date on important issues and news from a Christian perspective, concerts & seminars, and uplifting stories & accounts of what others are doing in ministry

Then Turn To The
metro VOICE

Northeast Kansas' Monthly Christian News & Events Source
 One year subscription for only \$24.95
 Call us at 235-3340

New Resident Church Guide

- 1. SOUTHWEST TOPEKA BIBLE CHURCH**
4141 SW 53rd (53rd and Gage)
Topeka, Ks 66610
785.266.0100
Sun. Services: 9:30 Bible Study Classes
10:45 Worship Service
www.swtbc.org
- 2. CHRISTIAN CAVALRY MINISTRIES INT.**
Pastor Beaux Bryant
c/o Seaman Baptist Church
2015 NW Buchanan, Topeka Ks 66608
785-224-5419 • www.church4bikers.org
Sun. School 9:30 am
Sun. Service 10:45 am
Wed. Prayer & Bible Study 7pm
- 3. TOPEKA BIBLE CHURCH**
1101 SW Mulvane St., Topeka
785-234-5545
Worship: 8:00 - 9:30 & 11am
Sunday School & Bible Studies:
9:30 & 11am
www.discovertbc.com
- 4. NORTHLAND CHRISTIAN CHURCH**
3102 NW Topeka Blvd., Topeka
286-1204
Worship Sun. 8:00, 9:30 & 11am
www.northland.cc.
- 5. INDIANA AVENUE CHURCH OF CHRIST**
"Grace has dispensed, because Grace has redeemed"
3510 SE Indiana Ave., Topeka, Ks. 66605
785-266-7788, www.Indianaavecofc.org
Bible University - Sunday - 9:30 a.m.
Classes for all ages.
Morning Worship - Sunday - 10:45 a.m.
Midweek Bible University - Wed. - 7pm

- 6. FIRST SOUTHERN BAPTIST**
1912 SW Gage, Topeka, KS
272-0443 www.fsbctoepka.org
Sunday Services:
8:30 AM Traditional Worship
9:45 AM Bible study--all ages
11 AM Contemporary Worship
- 7. TOPEKA BAPTIST CHURCH**
"Finding NEW LIFE in CHRIST"
Sunday Worship 9:15 & 10:45am, 6pm
~ Sunday School for all ages ~
4500 SW Gage Blvd., Topeka
785-862-0988
www.topekabaptist.org
- 8. WANAMAKER ROAD BAPTIST CHURCH**
"Being and making disciples of Jesus Christ by the power of the Gospel, to the glory of God"
2700 SW Wanamaker Rd., Topeka
(785) 272-9323 www.wrbc.topeka.com
Traditional Sunday Worship 10:30am & 6pm
Sunday School 9am • Wed. Prayer 7pm
- 9. GRACE COMMUNITY CHURCH**
310 E 8th St (E. US 56 Hwy)
Overbrook, KS; 785-665-7117
Elvin Dillard, Senior Pastor
Sunday School 9 am; Worship 10 am
www.gccinoverbrook.com
office@gccinoverbrook.com
- 10. LORD'S HOUSE CHURCH**
300 SW Roosevelt, Topeka KS 66606
Pastor Marilyn Hahn McGinnis
10 a.m. Sunday (Non-traditional Service)
See "About Us" at our website
www.kawriverkeruv.com
Questions? kawriverlordshouse@att.net
- 11. COMMUNITY CHURCH**
1819 SW 21st St., Topeka
233-3537 www.CommunityChurchKS.com
Sun. 9:30am - Sunday School for all ages
Sun. 10:30am - Worship & Word, Children

- Wed. 6:30pm - Children, Youth, Adult
~ Nursery care for all services ~
- 12. BUCK CREEK COUNTRY CHURCH**
Meeting at Buck Creek School House
5 mi. east of Perry on Hwy 24, 13th & Phillips Rd.
Childrens Sunday School - 8:30 a.m.
Worship Service - 9:00 a.m.
Contacts: Logan Barnett 785-597-5498,
Scott Bond 423-0406, Jack Snavelly 760-3513
 - 13. WANAMAKER WOODS NAZARENE**
Serving Christ - Loving People
3501 SW Wanamaker Rd • 273-2248
Dr. L.D. Holmes, Sr. Pastor
www.wwnaz.org
Sun. Worship: 9am (Hymns) & 11 am
Children's Worship 9 & 11 am
Sunday School 10 am, all ages
Sun. Evening Various Children's Programs
6 pm Life Groups; 6:30 pm Teen Service
Wed. 6:30 pm Adult & Teen Life Groups
Wed. 6:30 pm Kids University
~ Nursery care at all services ~
 - 14. GRACE LIFE CONNECTION**
*Living grace inside-out
in an upside-down world*
Saturdays @ 5:00 PM
Papan's Landing Senior Center
621 NW Paramore St. Topeka, KS
Pastor Pete Whitebird
 - 15. OAKLAND UNITED METHODIST**
801 NE Chester, Topeka, KS 66616
235-1010 • ourmc@att.net
Shawn O'Trimble, Pastor
Sunday School 9:15am, Worship 10:30am
Children's worship time 10:30am
Hear us on WREN Radio Sun. 10-11am
Like us on Facebook!
All are welcome - Come and see us!
 - 16. HOUSE OF THE LORD CHURCH**
A Spirit-filled, Word-centered church
2531 SE Wittenberg Rd., Topeka
Sunday Worship 11am & 6pm
Wed. Prayer & Praise 7pm
785-266-LOVE (5683)
J. Michael Borjon, Pastor
 - 17. EAST SIDE BAPTIST CHURCH**
4425 S.E. 29th St., 379-9933.
Sunday Worship 10:45am & 6:00pm
AWANA Sunday at 5:45 p.m.



- See our website for info on our Student Ministries & Kid City
www.esbcks.org
- 18. CHRIST THE KING CATHOLIC CHURCH**
Voted 2015/16 Best Church in Topeka!
5973 SW 25th St.
Topeka, KS 66614 • 273-0710
Reconciliation: Sat 3-4pm
Weekend Masses: Sat 4:30pm
Sunday 7:30, 9, 11am, 6pm
www.cktopeka.org
Fr. Matthew Schifflbein, Pastor
Fr. Jaime Zarse, Associate Pastor
 - 19. SEAMAN COMMUNITY CHURCH**
Independent Christ-Centered Bible Church
2036 NW Taylor, Topeka, KS
354-8777 • www.seamanchurch.com
Adult Sunday School - Sun. 9:30am
Sunday Worship: 10:30am
 - Children's Sunday School: 10:30am
Youth group 1st & 3rd Sundays 4-6pm
 - 20. HERITAGE BAPTIST CHURCH**
1937 NE Madison St,
Topeka, KS 66616 • 785-506-4594
Pastor Dale Stockburger
Sunday Worship: 10 am and 6pm
Junior Church for kids: Sun 10am
Wed. Evening Worship: 7pm
 - 21. HARVEST FAMILY FELLOWSHIP**
Meets at 522 SW Polk
785-220-5418
Pastor Rey Rodriguez
Sun. Worship 10 am
www.topekaharvest.vpweb.com
 - 22. FAMILY OF GOD CHURCH**
1231 NW Eugene St.
Topeka, KS 66608
Pastor Roger Randel
 - Sunday Worship 10:30am & 6pm
Wednesday Bible Study 7pm
234-1111 • FOGchurch.com
 - 23. HIGHLAND HEIGHTS CHRISTIAN CHURCH** 785-379-5642
Sunday Services: 8:30 and 10:00 AM
2930 SE Tecumseh Road
Tecumseh, Kansas 66542
www.highlandheightsccc.com
Jars of Clay Children's Ctr 785-379-9098
 - 24. TRINITY REFORMED BAPTIST CHURCH**
Holding to the authorized King James Version and the 1689 London Baptist Confession of Faith
Sunday 10 a.m. Wednesday 6 p.m.
Pastor Bob Spagnuolo 785-273-3506
meeting in our home:
4307 SW 30th Ter., Topeka
www.TrinityReformedBaptist.org

classified

Place your classified ad with us! 785-235-3340 or Voice@cox.net, or metrovoicenews.com

Payment in advance required: \$12 for the first 25 words; 25 cents for each add'l word.
(classified ads also go immediately online)

FOR SALE:

DELL COMPUTER - with monitor, keyboard and tower. Windows 7OS. Has a new DVD drive and a new battery. Black, in very good condition. \$100 or best offer. Evenings 785-272-7876

GOLF CLUBS - a 2013 model Cleveland Driver SL 290, 10.5 Degree, regular flex shaft. Retail \$339, asking \$49, only played a few rounds. New Warrior 10 degree Driver, only hit a few at the range with it, \$39. 640-6399

FOR RENT:

CHURCH RENTAL SPACE - Space available for church services on Sunday mornings at Imago Dei Church, 1201 NW Central Ave. in Topeka, KS 66608. Call 785-633-3264 for details

WANTED:

CUSTOMER SERVICE REPRESENTATIVE - Now hiring part time Customer Service Representative. Jay Davis Insurance Agency. Competitive rates, flexible schedule. Call Jay Davis 785-267-5300 for interview.

WANTED: DONATIONS TO A PROJECT - Only 50 cents will send one book to a student

who may not have ever held a book. Send to: Chamwino Library Project (Lincoln Law) Am. Peace Corps Books for Africa 26 East Exchange St., Suite 411 St. Paul, MN 55101

Part-Time Income

Work flexible hours

Call on businesses, churches, and non-profits about advertising options in Metro Voice. Generous commission paid on any ads placed. Call 235-3340 or email voice@cox.net

NOW INTERVIEWING!

Direct Support Professional - part time, full time
Community Living Coordinator - full time
Paid training & great benefits

SLI

3401 SW Harrison St, Topeka, KS 66611
www.slitopeka.org
EOE

Serving People with disabilities since 1971

TOPEKA BIBLE CHURCH

1101 SW Mulvane, Topeka, KS 66604
1135 SW College Ave., Topeka, KS 66604
234-5545 www.discovertbc.com

Leading People to Life in Christ

First Service: 8:00 - 9:10am
Second Service & Sunday School: 9:30 - 10:40am
Third Service & Sunday School: 11am - 12:10pm
Senior Pastor: Jim Congdon

Local Christian Radio

KFGB 97.7 FM
Upper Room Radio

Listen at work!
UpperRoomRadioOnline.com

BRUSHLESS **AUTOMATIC WASH**

featuring **ZERO SPOT RINSE**

OTTO CAR WASHES

5821 SW 21st St just west of I-470

Self-Service Bays with **BUSTER BRUSH** and **Detail Areas** with **FREE Vacuums**

Open 24 Hours
Major Credit Cards Accepted
2 Topeka & 4 KC Metro Locations

OTTO CAR WASHES

3101 SW Topeka Blvd just south of SW 29th St

AUTOMATIC CAR WASH STARTING AT **\$6.00**

**Welcome...
TO NORTH TOPEKA!**

North 75 Barbershop  **Ron & Lacy**
 Tue-Fri 8-5:30
 Sat 8-1
233-4281
 1904 N Central Avenue

THE PAD RESTAURANT  
Every Monday, 3 pm - closing:
35% OFF Burgers!
 234-3596
 1730 N. Topeka Blvd.

Come and be a part of what God is doing at
Family of God Church
 1231 NW Eugene St.
 Sunday 10:30am & 6:00pm
FOGchurch.com

 **northland** *Loving God, Loving People*
 Worship & Christian Education:
 8:00, 9:30, & 11:00 a.m.
 3102 NW Topeka Blvd., Topeka, KS 66617
 (785) 286-1204 • www.northland.cc

MERIDEN ANIMAL HOSPITAL
Jeffrey F. Van Petten, DVM
 Veterinary Acupuncture & Chiropractic Care
 Member - AVMA, IVAS, AVCA

 7146 K-4 Hwy, Meriden, Ks
 785-484-3358 • Phone answered 24 hours
staff@Meriden-Animal.com

 **avidson FUNERAL HOME** 
"Family Owned & Operated"
 1035 N. Kansas Avenue
 Topeka, KS 66608
 233-4088
www.davidsonfuneral.com
Ed Popkess

NOTO Arts Center offers summer classes

The NOTO Arts Center offers an array of classes featuring artists from the NOTO district and the community. Classes range from brief, one session workshops to multi-session classes designed to enhance knowledge and technique:

Barn Quilts

Across the Midwest, adding a painted quilt pattern on wood to decorate your barn, garage or interior, has taken Pinterest by storm. There are even barn quilt tours. Learn the simple techniques for painting one of your own.

Levels: No prior experience required.
 Dates, Times: Tuesdays, July 3, 10, 24 -- 3-5:30 PM

Materials: Furnished
 Instructor: Shelly Bedsaul. Fee: \$70

July Watercolor

Learn the basics of this magical medium by understanding how to work with paper, simple drawing, water, brushes and color.

Levels: Adult Beginners, Intermediate
 Dates, Times: Thursdays, July 5, 12, 19, 26 9-11:30 AM



Instructor: Barbara Waterman-Peters
 Fee: \$90. Materials: NOT furnished.

Mixed Media Collage

Learn methods of creating an image by working with color, shapes and various materials. No prior experience required.

Levels: Adult Beginners
 Dates, Time: Saturday, July 7, 1-3:30 pm
 Instructor: Larry Peters
 Fee: \$30. Materials: Furnished.

Spirit Collage

In this class you will explore the essence of yourself through collage. Participants will learn collage and mixed media techniques as a medium for self-expression and self-exploration.

Levels: No prior experience required.
 Dates, Times: Tuesday, July 17 – 3:00-5:30 PM . Instructor: Mark Brennehan
 Fee: \$30

Dr. John E. Chance
Capitol City Chiropractic

 Hours:
 Mon-Thu: 9 AM - 6 PM
 Fri: 9 AM - 12:30 PM
 785-234-0900 • www.capcitychiro.com
 1835 N. Topeka, Ste. 209, Topeka, KS 66608

"Stick With The Best!"
HERMAN'S BEEF & SAUSAGE HOUSE

 823 N.W. Gordon St. Topeka, KS 66608
(785) 233-7328
 We Specialize In Meat & Deli Items

Topeka Rescue Mission
"Faith with its sleeves Rolled Up"

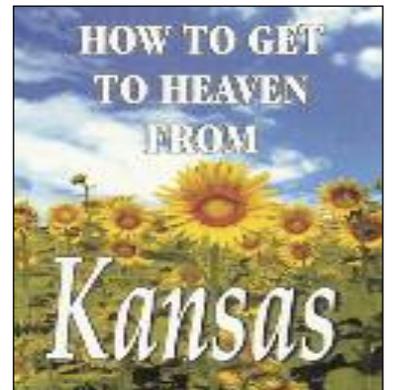
 Main: 785-354-1744
 Non-cash Donations: 785-357-4285
 Volunteers, Tours: 785-354-1744 ext. 393
 Finances: 785-354-1744 ext. 316
 Policies, Speakers: 785-354-1744 ext. 315
 Thrift Store (1312 N. Kansas): 785-235-9094
www.trmonline.org
 600 N. Kansas Ave.
 Topeka, KS 66608
 P.O. Box 8350
 Topeka, KS 66608

PHONE: (785) 286-2390 FAX: (785) 286-2393
 TOLL FREE: (800) 894-2390 EMAIL: RICH@TARWATERS.COM
 MOBILE: (785) 224-6298
TARWATER FARM & HOME SUPPLY
 RICH TARWATER
 OWNER
 4107 N TOPEKA AVE
 TOPEKA, KS 66617

 BECAUSE OF THE CUSTOMER... WE EXIST!

IN GOD WE TRUST

FOR JESUS WE RIDE
Christian Cavalry M/M
Biker Sunday...Every Sunday!
Christian Cavalry Ministries Int.
 c/o Seaman Baptist Church
 2015 NW Buchanan, Topeka, KS 66608
 785-224-5419
www.church4bikers.org
 Sunday School 9:30 AM
 Sunday Service 10:45 AM
 Wednesday Prayer & Bible Study 7:00 PM
All are welcome, casual dress ok!



More important than living in KANSAS is where you will live forever. Just as you would look at a map of KANSAS to find your way, so you must look at the Bible to find your way to heaven. The Bible says, "Narrow is the way, which leadeth unto life, and few there be that find it." (Matt. 7:14). Jesus said, "I am the way, the truth, and the life: no man cometh unto the Father, but by me." (Jn. 14:6). Jesus is the only way to Heaven and He gave these directions on getting there.

1. Realize you are a sinner. Everyone starts the same place spiritually. "For all have sinned and come short of the glory of god." (Rom. 3:23). Sin's penalty keeps you out of Heaven and condemns you to Hell, separating you from God. Romans 6:23 says, "The wages of sin is death." Sin brings both physical & spiritual death. "And death and hell were cast into the lake of fire. This is the second death." (Rev. 20:14).

2. Realize Jesus paid the penalty. Jesus Christ's death, burial, and resurrection provided a way for you to go to heaven and restore your relationship with God. "But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us." (Rom. 5:8). Since Jesus, God's Son, was the only One who could pay for our sin, He is the only Way to Heaven.

3. Repent of your sin and receive Jesus as your Savior. In order to go to Heaven from KANSAS, or anywhere else, you must accept Christ by calling on Him in prayer. He tells us in Romans 10:13, "For whosoever shall call upon the name of the Lord shall be saved." Use the following prayer, or one similar to it, to receive Him now:

Dear Lord Jesus, I know I am a sinner. I believe that you died and rose again for me. Please forgive me of my sin, become Lord of my life, and take me to heaven when I die. I am trusting you completely, and in nothing I can do. Thank you Jesus! Amen.

Will you help me?



Every time you spend \$1, you help feed me and 8 of my friends at the mission...



Open M-Sat 10a-5p
3400 SW Topeka Blvd
785-478-5744
www.trmonline.org

like us on 

McCULLAH

SECRETARY OF STATE

AIM HIGH, SHOOT STRAIGHT




"The State of Kansas deserves an experienced leader that won't have to conduct on the job training upon taking office. As Deputy Assistant Secretary of State I have proven my ability to save Kansas money and make it easier to do business in our state."

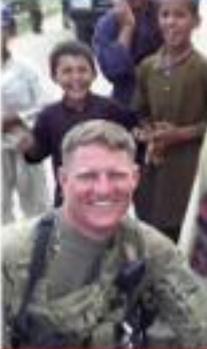
- Reduce Filing Fees
- Improve the KS Business Center
- Increase Citizen Access to Information

Consistent Conservative
Pro Life and Pro Second Amendment

Experienced Leader
Deputy Assistant Secretary of State, US Army Infantry Officer, and Small Business Owner

Proven Results
Has Saved Over \$400,000 in Secretary of State Expenditures

Craig is an accomplished US Army Infantry Officer and Combat Veteran of the wars in Iraq and Afghanistan. His service includes deployments throughout the Horn of Africa, Southwest Asia, and Eastern Europe and is the recipient of the Bronze Star Medal Combat Infantryman Badge, among others.



Learn more at www.mccullahforkansas.com



Lena and Doug Mays

*One Nation Under God,
With Liberty and Justice for All*

DOUG MAYS

CONGRESS

Paid for by Doug Mays For Congress, Craig Selley, Treasurer

Take TV25 with you anywhere this summer!



Only \$5.95 / month!

TV25.tv/app

14 live channels
Video on demand
Android/iphone

30 days FREE when you sign up for 6 months

