



CHRISTMAS TREE DISPLAY Page 14

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Christmas movies around

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See Inside Back Cover!

Salvation Army needs Bell ringers for the Holiday Season



The Topeka Salvation Army is now accepting applications for volunteers for the 2024 Red Kettle Bell Ringing Campaign.

Starting now through Dec. 12, every day from 9 a.m. to 4 p.m., you can apply to "ring the red kettle" at the Topeka Salvation Army. ID is required, as well as your social security card. If you do not have either of those, a passport will suffice for identification.

You can register online at www.registertoring.com. For more information, call (785) 233-9648.

Will You Be Silent... While America Burns?



By **Clint Decker**

"For such a time as this"

You are sitting at home in your basement mancave scrolling through the news of the day while taking in a football game when all the sudden you smell smoke. It catches your attention and causes you to be distracted for a moment. However, you know your wife is with the kids working on a craft upstairs, so you keep enjoying your time of solitude, that is until you hear screams followed by,

"Honey!!" and then "Daddy, where are you?" At that point you run upstairs only to see the kitchen in flames burning through the second floor where your family is.

It would be absolutely crazy to imagine a parent ignoring something like that. No sane person would just sit in silence allowing a fire to tear through their house and take the lives of their loved ones.

This very hour the house of America is on fire with the

seething flames of evil burning up the Judeo-Christian values our country was founded upon. Meanwhile, while millions of pastors, elected officials, parents and grandparents remain silent, choosing to ignore the blazing inferno.

God and His Word testify against this type of cowardly self-preserving passivism, "If you faint in the day of adversity, your strength is small. Rescue those

■ Please see SILENT page 2

'Share the Warmth' program begins



The 38th annual coat giveaway between Scotch Fabric Care and the Topeka Salvation Army provides coats for those in need through the "Share the Warmth" program.

Coat Collection and cleaning continues through November 27. Scotch Fabric Care locations are at 134 SE Quincy St., 2801 SE California Ave., 2007 NW Topeka Blvd., 1020 SW Wanamaker Rd., and 2848 SW Wanamaker Rd. This includes hats, mittens, gloves, and scarves that still have good use.

Distribution of the cleaned coats will be Saturday, December 7, 9am to 2pm at Topeka Salvation Army, 1320 SE 6th Street.

OCC Drop-Off Sites to Open

More than 4,500 locations will open to collect Operation Christmas Child shoebox gifts for the Samaritan's Purse project. Volunteers are preparing to collect shoebox gifts during National Collection Week, Nov. 18 - 25.

Operation Christmas Child has been collecting and delivering shoebox gifts—filled with school supplies, hygiene items and fun toys—to children worldwide since 1993. Anyone can

pack a shoebox! In 2024, Operation Christmas Child hopes to collect enough shoeboxes to reach another 11 million children.

Individuals, families, and groups still have time to transform empty shoeboxes into fun gifts. The project partners with local churches across the globe to deliver these tangible expressions of God's love to children in need.

■ Please see CHRISTMAS CHILD page 4



Speakers encourage, challenge prolife Christians to get involved

Missourians will soon go to the polls and determine if the state will remain steadfastly prolife or enact one of the most radical pro-abortion constitutional amendments in the nation.

“Missouri has been one of the great strongholds against abortion,” said Brandy Meeks, president of the Vitae Foundation. “In fact, after *Roe v. Wade* was overturned, Missouri was the first state to declare itself to be an abortion-free state. Then the abortion industry did something that makes *Roe v. Wade* look like child’s play. The people of Missouri now are being asked to enshrine abortion as a constitutional right. If it should pass, abortions will be available through all nine months of pregnancy, for anyone and for any reason.”

Meeks shared the harsh realities of the proposed Amendment 3 at the foundation’s annual Kansas City prolife dinner on October 22.

“A lot of people say, ‘Brandy, that sounds extreme,’” she said. “Well, it is. Additionally, it will destroy parental rights. In fact, as it stands right now, if this passes, Missouri will be more extreme on the abortion issue than Colorado, which still has parental notification as part of their law. In Missouri, if Amendment 3 passes, you no longer will have parental consent or

parental notification for abortion. I’m not for that. I don’t need George Soros to hijack our state Constitution.”

Benjamin Watson, a former professional football player for the New England Patriots and several other teams, challenged guests to fight for those who are not able to fight for themselves.

“The image of God rests upon every man and woman, boy and girl, from the time of conception until natural death,” he said. “God looked at human beings and said, ‘I am going to make you in my image, and I’m going to breathe my life into you.’ Because of that, you are different from everyone else. It doesn’t matter who you are. God has placed value on human beings.”

Watson currently is a college football studio analyst with the SEC Network and serves as vice president of strategic relationships for the Human Coalition, one of the largest prolife and pro-women’s organizations in the country. Along with his wife, Kirsten, he is the founder of The Watson Seven Foundation, a nonprofit focused on strengthening families. They live in Georgia with their seven children.

Watson recounted a visit to the Lincoln Memorial with two of his daughters, where they saw a plaque commemorating Dr. Martin Luther

King Jr.’s famous “I Have a Dream Speech.” That speech includes a line that resonates for the prolife movement.

“Dr. King spoke of ‘the fierce urgency of now,’” Watson said. “I propose to you tonight that there is still a fierce urgency of now on this issue. I have three simple questions. Where is your head? Where is your heart? Where are your hands?”

Where is your head? “Sometimes, we think things that simply are not true,” he said. “How well do you understand the current landscape? Overturning *Roe v. Wade* didn’t stop abortion. In fact, abortions have increased. A million abortions likely occurred in 2022, and probably more than that. In a number of states, the number of abortions has increased more than 60 percent. We are on record pace.”

Where is your heart? “There is a belief that prolife people only care about babies, not the women, fathers or families,” Watson said. “We know that’s not true, but the underlying question is, how do we love them all? Is this just a political issue to you or do you see the hand of God on both mother and child? Do you have a heart of compassion? Our hearts must be filled with compassion for those who are suffering.”

Where are your hands? “Seventy-six percent of the women we engage with



who are considering abortion say they would prefer parenting their child if circumstances were different,” he said. “What role can you play in meeting their needs? The ideas that God has given you on this issue may come to fruition in another place and another time, but they will be impactful.

“Remember, there is a fierce urgency of now.”

The Vitae Foundation is an American 501(c)(3) nonprofit organization associated with the prolife cause. Its focus is

on engaging in advertising research and developing more effective messaging, and communicating the results of this research to other prolife organizations (such as crisis pregnancy centers) and persons such as doctors and pastors who are or may be involved with pregnant women, to provide them with more effective ways to persuade undecided women to forgo abortion.

For more information, visit www.vitae.foundation.org.

SILENT

continued from page 1

who are being taken away to death; hold back those who are stumbling to the slaughter. If you say, ‘Behold, we did not know this,’ does not he who weighs the heart perceive it? Does not he who keeps watch over your soul know it, and will he not repay man according to his work?” (Proverbs 24:11-12)

There was once discovered a deceptive plot to slaughter thousands of Jews in a barbaric-genocidal scheme. Mordecai told Queen Esther, his niece, of the imminent bloodshed. She resisted any involvement that would put her own life in danger. However, her uncle spoke sobering truth saying, “If you keep silent at this time, relief and deliverance will rise for the Jews from another place, but you and your father’s house will perish. And who knows whether you have not come to the kingdom for such a time as this?” (Esther 4:14-15)

Multitudes are keeping silent as America slowly burns. Boys are no

longer boys. Girls are no longer girls. Marriage is optional and redefined. Taking life in the womb is a reproductive right. The bodies of women and children are for sale. Gross perversion is mainstream, defended and celebrated. Wrong is right. Evil is good. Immoral is moral. All that was once beautiful is now marred and unrecognizable.

Where are the courageous voices of truth pointing out sin, instructing on what is right and wrong and speaking for the voiceless? Like Queen Esther, the risks of doing such things are very real. Pastors could divide the church, lose some of their congregation, or possibly be fired. Elected officials could lose donors or be removed from office. Parents and others have similar concerns. This puts us at a crossroads. What is the answer? God says, “So whoever knows the right thing to do and fails to do it, for him it is sin.” (James 4:17)

We are always divinely commanded to do what is right, no matter the cost. Jesus was our example. His gospel message confronted the souls of men and women with their evil

ways, and called them to turn from their disobedience and believe in Him. Though His enemies sought to silence His powerful voice He ignored their threats. Instead because of love He pressed on with humility, boldness and wisdom. He risked His own life that others might be free, which eventually led to His death on the cross. Three days later, however, good triumphed over evil when Christ gloriously rose from the dead.

Jesus has risen! Do not fear! Stand against the rising tide of evil with the good news of Christ and His resurrection power, so that men and women can be freed from the evil that entangles them.

A prayer for you – Lord God, open our mouths that we would speak words of truth into the darkness. Let us fear nothing but you, and be courageous, standing for all that is beautiful and good. In Jesus’ name. Amen.

Clint Decker is President of Great Awakenings. Please share your comment at cdecker@greatawakenings.org and follow his blog at clintdecker.blogspot.com.



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Winsome Earle-Sears, Lt. Gov. of Virginia, speaks to Kansas Black Republican Council

by **Lorraine Jessepe**

The year 1963 proved to be pivotal in the life of the future Lieutenant Governor of Virginia, Winsome Earle-Sears.

In 1963, the United States was in the midst of the social and political tumult of the civil rights movement and the Vietnam War. In June 1963, Democrat Governor of Alabama, George Wallace, infamously blocked the doorway of the University of Alabama to prevent two Black students from registering for classes. Also in June, Black civil rights activist Medgar Evers was assassinated in Mississippi.

In August, thousands of Americans gathered at the Lincoln Memorial for the March on Washington for Jobs and Freedom when Dr. Martin Luther King Jr. delivered his immortal, "I Have a Dream" speech. Then in November, President John F. Kennedy was assassinated in Dallas, Texas by Lee Harvey Oswald.

Despite the social and political upheaval occurring across the United States, it was also in 1963 that Winsome's father chose to immigrate from Kingston, Jamaica to the U.S. seeking a better life for himself and his family. According to Sears, when her father arrived in the U.S. in August 1963, he had \$1.75 left in his pocket.

"And yet, my father came," said Sears, "He believed in America." Her father eventually brought Winsome to the U.S. when she was six years old.

In 2021, Winsome Earle-Sears was elected Lt. Governor of Virginia. She is the first female Lt. Governor of Virginia.

"In no other country is my story even possible," said Sears, who was born in Kingston, Jamaica in 1964.

Sears was in Overland Park, Kansas, October 14 at Fiorella's Event Space to deliver a keynote address entitled "Living the American Dream." The Kansas Black Republican Council hosted the event.

"The American Dream has had to be fought for at every step," Sears told the sold-out crowd.

Sears cited hard-fought victories over the course of American history, including civil rights, the rights of non-landowners, women, veterans, the disabled, as well as education and voting rights and today's fight for the rights of biological female athletes.

"All of this is the American Dream," she said. "The American Dream is a continual fight. It's a fight for options."



Sears' political career has been marked by a series of "firsts." According to the Lieutenant Governor of Virginia's website, Sears was first elected in 2002 to a majority Black House of Delegates district, a first for a Republican in Virginia since 1865. Sears is the first Black female elected statewide. She is the first naturalized female citizen elected to state office, and she is the first female Veteran elected to statewide office.

In September, Sears announced her candidacy for the 2025 Governorship of Virginia. If elected, Sears would become Virginia's first female Governor and the first Black woman elected Governor in the United States.

Realizing that the Republican Party was more in line with her ideals and principles, ("Oh my God, I'm a Republican!") Sears switched from the Democrat to the Republican Party in 1988. Sears has gone on record as pro-life. She supports the second amendment and school choice. She does not support teaching CRT (Critical Race Theory) in schools, an academic concept that views racism as systemic, and she does not support relegating poor families to public schools.

"We've got to move on," said Sears. "I want political power for everybody."

Sears said in order for Republicans to get their message out and reach prospective voters, they need to leave their comfort zones, and reach out, for example, to Black neighborhoods, churches and businesses.

"You've got to advertise," she said. "We've got to go get them."

According to Sears' website, "Education has been and continues to be a focus of the Lieutenant Governor."

Sears previously served as Vice President of the Virginia State Board of Education. Sears told the Overland Park audience that education lifted her and her family out of poverty.

After immigrating to the U.S., Sears grew up in the Bronx, New York. She served in the U.S. Marines from 1983 to 1986 as an electrician and diesel mechanic. She earned a Bachelor's Degree in English and a minor in Economics from Old Dominion University. She earned a Master's Degree in Organizational Leadership from Regent University.

Sears said that if elected, her top priority as Governor of Virginia would be parental school choice. "I don't co-parent with the government. I make the decisions."

Sears is married to Terence Sears. Together, they have two daughters, Katia and Janel. A third daughter, Dejon, and two granddaughters, Victoria and Faith, all perished in a car accident in 2012. Dejon had suffered from mental illness, and the tragedy has made Sears a passionate advocate for mental health.

Sears has also led a men's prison ministry and served as director of a women's homeless shelter for the Salvation Army.

The Kansas Black Republican Council was organized in 1966 to promote a more complete and accurate history of the Republican Party. The KBRC is in the business of empowering the African American family and our nation, through the election of Republican leaders who adhere to the principles of limited government, individual freedoms and responsibilities, free enterprise and traditional Christian values.

C5 features Lions Club First Vice District Governor

The November C5Alive POWER Luncheon will be held on the 14th in the event room at Blue Moose, 3030 SW Wanamaker

The featured speaker will be Irene Haws, First Vice District Governor of Kansas Lions. She will talk about the organization and what they do.

Admission is free, and lunch can be ordered from the menu.

RSVPs and inquiries can be sent to info@C5Alive.org.

"POWER" luncheons are held on the second Thursday of each month and are open to the public. C5Alive is dedicated to creating Christian culture in the Capital City, by developing and uniting leaders in community businesses, non-profits and churches.

Upcoming luncheon dates are December 12 (Christmas Luncheon at West Ridge Mall), and January 9,

2025.

C5 also hosts other periodic events, including EASTERFEST, the annual Topeka Easter Parade and Fun Fair, held on N. Kansas Avenue and at Great Overland Station on the day before Easter.



Haws

C5 members may also sponsor luncheons and other events as a way to promote their organizations.

C5 is currently holding a membership drive with special incentives for new members. Lower-priced memberships for small and home-based businesses are now available. Individuals without a business to promote may also join for \$20. A list of current members is available on the website.

For more information about C5Alive, go to www.C5Alive.org, www.facebook.com/C5Alive, or call 785-640-6399.

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Letters from 'Daisy' - No. 11

Below is another article from someone I have been working with, who is going by the name, "Daisy". As I saw how writing was so healing for Daisy, I believe God has prompted me to help facilitate her being able to share her journey with you. I believe it will not only be healing for her, but also for many of those who read what she has to say. If you would want to write to Daisy, you can send your email to, shane@shanemjones.com, and I will forward it to her.

Shane M. Jones, LSCSW

Shane M. Jones & Associates, P.A.

#11... My story continues.

Hello everyone! Yep, Daisy's back. I know it's been a few months and for that I apologize. There's been a lot going on in my life so I will catch you up on the latest. Like I said, I do apologize for those who look forward to and follow my story.

In late July, I had to have my beloved cat Smokie Jo put to sleep. This was extremely difficult as she'd been my baby for twelve years. After multiple trips to the Vet I had to make the call. I just couldn't let her stay in the terrible pain she was in. So, on an early August morning I held her until she was gone. I now know that she's in peace and pain free. I have her ashes, and her paw prints next to her sister Sadie Mae, whom I had to have put to sleep several years ago.

I had a birthday at the beginning of August. However, August is a rough month for me. At least it started being rough for me six years ago. Eight days

after my birthday is when my dad passed away. So, I had to deal with the six year anniversary of his death, which was particularly hard for me this year. I've yet to figure out just why? I believe just an incredible amount of stress I've been under.

On August 19, I put a ton of flowers and a picture frame with one of the last pictures I had with him in it. Carefully sealed in a Ziploc bag to protect it from the elements. They remain there to this day.

I had a health scare that required a chest x-ray, which fortunately came back clean. So, being only in my early 40s, showed no cancer, no COPD, or other chest/lung issues. So, thank goodness for that.

Another huge positive in regard to my health, is that over the past ten months, I've been able to lose close to 160 pounds. You have no idea how much better I feel, look, and the amount of confidence it's given me. For my birthday, my mom bought me some new clothes that fit my new body. From my biggest, I've gone down eighteen pants sizes. It's been a journey of changing my eating habits, daily exercise, and a lot of dedication. However, it's been so worth it. I regret not doing it a long time ago. However, it's one of those things that can only be accomplished when the time is right. Fortunately for me, that time has come.

Currently, I'm dealing with drastic medication changes, to try and control

worsening mental health issues. I was taken off two and replaced them with three more. So far, I've only been on them for one week. However, it has not been an easy adjustment for both my mind and body. All of them have brought about a lot of sedation, headaches and anxiety. I keep being told my body will get used to them and hopefully my symptoms should begin to decrease.

I am praying that they are correct. At one time, I was on twenty different psych meds at one time. However, with the help of a new psychiatrist, I am down to only four. Quite a change!

As I close, I'm going to do so on a happy note!

After having to put my cat of twelve years to sleep, I welcomed a new addition to my household. A tiny, gray kitten I named Sugar Cookie. I call her "Sug" for short. She was the runt of the litter and is just the cutest little thing.

She's about eleven weeks old with these huge ears that stick straight up. There will never be another Sadie Mae or Smokie Jo, but Sug has definitely filled a void left by their passing. I love Sug very much and am so happy to have her.

So, there you go! I've caught you up to speed as to where I am at the moment. I hope you are doing well, and I'll have more for you next month!

More to come...

-Daisy



Lecompton has Midwest's largest Christmas trees & ornaments display



Experience the holiday magic of Christmas when visiting Historic Lecompton. Visitors can see an indoor display of over 240 trees decorated in antique, Victorian, vintage and theme decor - including turn of the century and WW II era decorations. Among the many trees is a barb-wire tree, a feather tree, a Victorian Costume tree and many more unique decorations.

At the same time, visitors can also tour Constitution Hall, a National Landmark. Lecompton is known as the "Birthplace of the Civil War, Where Slavery Began to Die." Lecompton was recently

named one of the "Best Small Towns in Kansas" by Kansas Magazine readers.

The Christmas display will be offered from November 1 to January 1. The display and museum is open 10 am to 4 pm Wednesday through Saturday and 1 to 5 pm Sunday.

Many interesting historical sites in the area can be seen on a walking tour, starting from the Territorial Capital. There are also unique shops and eateries in this quaint little town.

For more information on the display and the museum, go to lecomptonkansas.com.

CHRISTMAS CHILD

continued from page 1

Find a step-by-step guide on the How to Pack a Shoebox webpage.

"Now more than ever, children around the world need to know that God loves them and there is hope," said Franklin Graham, president of Samaritan's Purse. "A simple shoebox gift opens the door to share about the true hope that can only be found in Jesus Christ."

Participants can find the nearest drop-off location and hours of operation as they make plans to drop off their shoebox gifts. The online lookup tool is searchable by City or ZIP code. Signs at each location will identify the drop-off.

Those interested in more information on how Operation Christmas Child is making adjustments during its National

Collection Week can visit the organization's webpage for the latest information and answers to Frequently Asked Questions: www.samaritanspurse.org/what-we-do/operation-christmas-child

Operation Christmas Child, a project of Samaritan's Purse, seeks to demonstrate God's love in a tangible way to children in need around the world and, together with the local church worldwide, to share the Good News of Jesus Christ. Since 1993, Operation Christmas Child has collected and delivered more than 188 million gift-filled shoeboxes to children in more than 160 countries and territories.

Here are some locations in Topeka. For more locations, such as Auburn, Scranton, Meriden and Lawrence, go to <https://www.samaritanspurse.org/operation-christmas-child/drop-off-locations/>.

First Southern Baptist Church, 1930 SW Gage Blvd.

Mon, Nov. 18: 2:00 PM - 4:00 PM
Tue, Nov. 19: 2:00 PM - 4:00 PM
Wed, Nov. 20: 2:00 PM - 4:00 PM
Thu, Nov. 21: 2:00 PM - 4:00 PM
Fri, Nov. 22: 2:00 PM - 4:00 PM
Sat, Nov. 23: 10:00 AM - 2:00 PM
Sun, Nov. 24: 2:00 PM - 4:00 PM
Mon, Nov. 25: 8:00 AM - 10:00 AM

Northland Christian Church, 3102 NW Topeka Blvd.

Mon, Nov. 18: 10:00 AM - 12:00 PM
Tue, Nov. 19: 10:00 AM - 12:00 PM
Wed, Nov. 20: 1:00 PM - 3:00 PM
Thu, Nov. 21: 6:00 PM - 8:00 PM
Fri, Nov. 22: 10:00 AM - 12:00 PM
Sat, Nov. 23: 10:00 AM - 12:00 PM
Sun, Nov. 24: 1:00 PM - 3:00 PM
Mon, Nov. 25: 8:00 AM - 10:00 AM





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Kansas elections ‘most secure in nation’?

Election integrity ranks high on everybody’s mind as the 2024 general elections draw near. Shawnee County Election Office technical specialist Randy Gregg of Topeka has reason to believe Kansas elections are “the most secure in the nation.” At least this appears to be the case in Shawnee County.

Gregg and Jean Massey of Topeka recently shared about some of the processes local election workers must carefully complete in order to have secure

elections.

“The ballots come in sealed, in bundles of 100,” Massey said. “They are counted when they come in and counted when they go out.” They are counted every hour, she said.

“Nothing is hooked up to the Internet,” Gregg said. “Signatures have to match.” Mail-in voting is also carefully monitored.

One way voter fraud and voter registration fraud occur is when someone il-

legally casts a vote in the name of a dead person or someone who has moved.

Voter discrepancies were reported in Arizona’s 2022 general election. According to the America First Policy Institution (AFPI) “a potential 8,241 vote discrepancy was found between the total number of registered voters listed as voting and the total number of ballots counted in the 2022 Arizona general election...” Results indicated that either more votes were cast than should have been, or the votes were not counted accurately.

Election workers in Shawnee County work hard to prevent such glitches from occurring. Massey reported that one per-



son’s job in the election office is to read the obituaries every day and remove any names from the list of registered voters, so there can be no confusion about names of deceased individuals being

used fraudulently.

“We don’t know how many places could be so screwed up,” Gregg said, and they both urge anyone with concerns to volunteer and see how it’s done.

City of Topeka awarded \$1.7 million in funding for bicycle and pedestrian projects

The City of Topeka has been selected to receive more than \$1.72 million in federal funding

for pedestrian and bike-friendly improvements, Governor Laura Kelly announced today.

The City was selected for Transportation Alternatives (TA) funding that would help advance implementation of the major project priorities contained in the Topeka Bikeways Master Plan’s supplemental plan recently approved by the Metropolitan Topeka Planning Organization (MTPO) policy board.

The recommendations for these streets will help with the safety and comfort of the bike user and create an alternative mode of transportation.

The projects submitted in the TA application include the following locations:

- SW 5th Street - From Washburn to SE 4th Street
- SW 4th Street/Willow Avenue - From Washburn to Kansas Avenue
- SE Adams Street - From SE 10th Avenue to SE 1st Street

“Currently, the streets that have been selected are designed for vehicular traffic only and pose a safety concern to bicyclists trying to use our streets to get across the city,” said Assistant City Manager Braxton Copley. “These projects will help connect existing and future bikeways to Downtown.”

The City of Topeka’s project was one of 31 Kansas projects selected.



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Jon

Dear Jon,

I'm a big fan of leasing the first few years after starting your own business. Now, it's even better if you can work out of your home when just starting out. But I understand that depending on the type of business you're running, that route's not always possible. You should only buy a building when you have a really good idea

exactly what your building needs will be, based on a solid track record. Growth in business is a good thing. But in some cases, you may want to hold off buying a building if you're growing too rapidly. Don't make the mistake of focusing too much on real estate, and not enough on generating revenue and managing your growth wisely. You'd also want to make sure you're going to be in anything you buy for a while, because you don't want to be stuck with a residual value—the remaining value of an asset after it has been fully depreciated.

So, yeah. In the first three to five years of starting your business, it's always a good idea to lease. After that, and once your company has a proven record of success, you can think about leasing with an option to buy, or—in the right situation—buying a building.

Debt-free, of course!

— Dave

On One Condition...

Dear Dave,

How do you feel about people taking money out of savings to pay off credit cards? I have an emergency fund in place, like you recommend,

and a savings account. I also have about \$5,000 in credit card debt. What's your take on this?

Kellye

Dear Kellye,

Honestly, I'd rather see you pick up a side job nights or weekends. That's not a ton of debt, and you could have it paid off in just two or three months with a decent part-time job. Plus, it'd keep your savings intact. But if you're determined to do it your way, I'll give you a couple of guidelines. Number one, don't wipe out your savings to make this happen. The second? Cut up the credit cards, close the accounts and never go into debt again.

Now, whatever you do, here's something I want you to understand. And I need you to really hear me when I say this, ok? The credit cards aren't the problem. The debt you've racked up on the credit cards isn't really the problem, either. Both of those are just symptoms of buying things you don't need, with money you don't have, in order to make yourself feel better momentarily, or impress other people.

Kellye, you won't find the real problem until you take a good, long, honest look in the mirror.

It's you. You're the problem. Whether it's because of overspending, a lack of income or just simply being disorganized, you (and your behavior with money) are the problem.

I'm not trying to be mean, but do you get what I'm saying? Being successful with your finances is 80% behavior, and only 20% knowledge. Your everyday habits and mindset go a long, long way in determining whether you'll live from paycheck-to-paycheck—and in debt—or gain control of your money and become a financial success.

Being broke and weighed down by debt is normal in today's culture. If you're not already doing this, and it sounds like you're not, I want you to start living on a written, monthly budget. I've got a feeling you don't know where your money's going right now. Doing this, and giving every dollar of your income a job to do before the month begins, is the best way I know of to get control of your money.

Because if you don't, a lack of money and planning will control you!

— Dave

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



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Holiday Gift Guide: Financial Gifts with a Lasting Impact

By Jim Hanna



Hanna

The holiday season is quickly approaching and for many that means time with family and loved ones as well as pressure to find a perfect and meaningful gift. If it is important to you to give presents that provide lasting impact and never go out of season, consider a financial gift. Here are a few ideas you can feel good about giving.

Start a savings account. Help instill the importance of saving with the gift of a partially funded savings account. Consider opening a high-yield savings account or Roth IRA for someone you love to help them establish a relationship with a financial institution and learn the importance of a growing investment.

Contribute to charity. Donating to charity on behalf of a loved one can be a powerful way to give back while sharing your values with a future generation. Spread the holiday spirit by planning a day to volunteer together or contribute to a non-profit organization that supports causes important to the person receiving the gift.

Provide education funds. If someone you know is likely to have educational expenses in their future, consider gifting money to help offset the cost. Consider opening a 529 plan for a beneficiary, which allows the funds to be withdrawn tax-free to pay for eligible education

expenses down the road. You may open different accounts for each beneficiary and reassign them as needed. Communicate your intentions with the beneficiaries so they can plan how to best utilize the fund to further their education, keeping your intentions and wishes in mind.

Help chip away at debt. Many young adults are burdened by debt as they work to establish themselves financially. Whether balancing student loans or car payments, juggling work and loan repayments can be challenging. Helping your loved one chip away at loan repayments can relieve stress and allow them to better focus on their future financial goals.

Gift stock. Gifting stock is a great way to introduce a loved one to the world of investing. If you'd like to give stock you already own, the shares need to be retitled in the beneficiary's name. You can also purchase new shares titled in your beneficiary's name. If you are gifting stock to a minor, you can retain some control by placing it in a trust.

Gift an appointment with a financial advisor. Help your loved ones establish a financial plan with the assistance of an advisor you know and trust. This thoughtful gesture has lasting value by helping lay the foundation for future financial security.

As you consider how to gift your wealth to those you care about, ensure your giving strategy is aligned with your financial plan. A financial

advisor working with your tax professional can help you evaluate tax-efficient financial strategies to help maximize your gift this year – and into the future.

Jim Hanna, CFP®, MBA, CKA®, is a Private Wealth Advisor and Certified Kingdom Advisor® with Heart Financial Partners a private wealth advisory practice of Ameriprise Financial Services, LLC. in Topeka KS. He specializes in fee-based financial planning and asset management strategies and has been in practice for over 25 years.

To contact Jim, call (785) 358-6278 x19, 601 S. Kansas Avenue, Topeka, KS 66603, or ameripriseadvisors.com/james.c.hanna.

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One Home Renovation Project With Huge Potential Returns

Adding an accessory dwelling unit (ADU) to your property can increase the value of your home, become a source of rental income, or help you expand your living space for your adult children or parents.

If you don't know what an ADU is, you're in good company. A 2023 Freddie Mac survey found that 71% of respondents were unfamiliar with the concept. ADUs are often known as in-law apartments, granny flats, carriage houses or secondary suites. According to Freddie Mac, here's why investing in adding an ADU may be worth it:

The basics: An ADU is a smaller, independent residential structure built on the same lot as a single-family home. To qualify as an

ADU, the additional living area needs to include a kitchen, bathroom and separate entrance. Common examples include a dwelling over a detached or attached garage, a suite above the main floor of the home, a basement apartment, or a detached structure such as a guesthouse or backyard cottage.

The benefits: Building an ADU on your property may contribute to the supply of affordable housing in your area, but it also has a wealth of benefits for you, the homeowner. It can boost the value of your home by as much as 35%, and become a potential source of extra income if you rent your ADU to a



tenant. An ADU can also make for a great home office, guest house or workshop, or be a good solution if your adult children are returning to live with you, or you are the caretaker to aging or disabled relatives.

Eligibility: Before adding an ADU to your home, you will need to learn about the zoning codes that apply to your property. Ordinances and policies vary by location and change frequently. Make sure you understand any federal, state or local laws involved with renting your ADU. Discussing this with an attorney is one option. To find your zoning code, check your local government's website or reach out to your local zoning or building code office.

Financing: You should create a construction budget and consider how you will pay for a new ADU or renovations to an existing ADU. The good news is that you don't necessarily need to pay the expenses upfront. There are loans de-

signed to help you pay for improvements to your home. For example, Freddie Mac

CHOICERenovation is a financing solution that can provide you with funding to add an ADU on your property. Speak with your lender about the financing options available to you and which may best suit your needs.

visit My Home by Freddie Mac. Whether you're looking for a way to increase your property value or create a living space for a loved one, adding an ADU can be a rewarding investment. While navigating zoning laws, renovation budgets and landlord responsibilities may seem daunting, there are many resources available to guide you through the process.

To learn more about home equity and renovating your home,

—Statepoint

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Celebrate the Holidays in Downtown Topeka!

As the Holiday season begins, Downtown is looking better than ever! People are getting in the Christmas Spirit!

Christmas shopping in Downtown Topeka can 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 and personal.

Following are some tidbits from some of your friendly downtown merchants.

Unique Boutique and Gifts

Hunter & Laine, 826 S Kansas Ave, is a locally owned boutique that offers unique items made by local makers and other small businesses. The selection



includes everything from BBQ sauce and freeze-dried candy to beaded ornaments, wallets, jewelry, quality clothing, and pet accessories. It's also kid-friendly and dog-friendly, so you'll find an area for kids to relax and enjoy coloring

pages and activities, while you browse with your furry friend.

"We love to work with local makers and artists by selling items on commission or buying products wholesale." Said Amanda Turner, Hunter & Laine Manager. "By doing so, we can contribute to a unique shopping experience that gives back to the community."

Check out the great assortment of items that will provide you with unique gifts to share with your family and friends this holiday season. Hours are Tuesday-Friday from 10:00-6:00 and Saturday 10:00-4:00.

Taking chocolate to a new level

Owners Nick & Terry Xidis at Hazel Hill Chocolate, 724 S. Kansas Avenue, have been a Downtown staple for years.

Hazel Hill, Terry's grandmother, is a symbol of their dedication to a family tradition of "the best in everything they do." Nick is the third generation chocolatier, and they use only the finest ingredients, chocolate, fresh cream and butter, to produce handmade treats that explode with flavor.

For the last 6 years, Nick has been making handcrafted chocolate from cacao

(coco beans) that import from around the globe. Much like fine wine, each cacao origin produces a unique flavor profile in the finished chocolate.

It's not just Topekans that delight in Hazel Hill chocolates.

"In 2019, three of our handcrafted chocolate bars won bronze in the International Chocolate Awards Americas competition," Nick said. "In 2020 our sea salt caramel won the gold medal in the Chocolate Alliance competition."

There are now over 20 awards and counting! Whatever your preference – handmade chocolate truffles, home-style fudge, crispy-creamy caramel apples or something else – at

Hazel Hill they fashion delightful treats for every palate.

Need a gift basket, gift box, or just a few delicious chocolates to go? They'll take care of all the packing and shipping, too!

When you need a break

For your coffee emergency, go to Juli's Coffee and Bistro – a locally owned, woman owned, Veteran owned and operated coffee shop offering legit house coffee and all manner of espresso drinks.

Juli's features "Made in the USA" coffee grown and roasted in Hawaii, with aloha flavors like toasted coconut,



chocolate and vanilla macadamia nut. Buy a bag to take home!

Local favorites are still available, like the Turkey Lurkey and house made Cranberry Almond Chicken Salad for lunch. Fresh salads, wraps and tasty paninis make it perfect for casual dining. Daily house made specials keep it fresh and exciting.

Check out the menus online at www.juliscoffeeandbistro.com and order online, pay online and then pick up, or use Eatstreet delivery.

New menu items include made from scratch pies! Using recipes handed down for 5 generations, locally sourced small batch and uniquely tasty. Come in for a slice, or order ahead for the holidays: Apple, cherry, pumpkin, pecan, oatmeal, coconut cream, and more!

A little bit of Heaven

Working side-by-side at Cashmere Popcorn, Bill and Angie Anderson's goal is to create a high-quality product in every handcrafted batch of popcorn, and provide it to you with unmatched cus-



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Faith and family is the driving force behind this amazing company. In fact, their family motto has always been, and will always be, "Thanks Be To God!"

They produce, package and market all the popcorn. With about twenty flavors to choose from, you'll find a little bit of heaven in every bag. Hours are Tuesday-Friday 10-6 and Saturday 10-4.

Cashmere Popcorn would like to wish everyone a Blessed Christmas Season, and thanks for supporting local.

Diamonds are Forever

With the Christmas season in full swing, 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, with over 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.

"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."

Leather and more

Doug Mingus, owner and designer at Mingus Leather Studio, believes the world needs more beauty and joy: More gifts given and used; More smiles, kindness, and real service; More people doing what they love and sharing it.

His business was born to pursue all these when life presented an unexpected change. He created a place where beautiful handcrafted items, that are designed for life, are celebrated and shared. Immediately when walking into this shop

you will be greeted with the intoxicating smell of leather and a warm, kind welcome from Doug.

It all starts with full grain leather items made in his studio, or from other artisans he has partnered with. Belts, bags, journal covers, catch-all and game trays, wallets, keychains, pouches, purses, and more.



Mingus didn't stop at leather. He partners with George's Pen Creations and has jewelry from Kamama Designs, candle makers like Beauty from Ashes, and other artists. Mingus Leather Studio is a place to find unique, useful and beautiful items that bring a smile, and build businesses and families. There is something for everyone on your gift list here and you may even need to splurge on something for yourself.

Doug also does repairs on all kinds of leather items.

Holiday Memories & Events

Check Out These Upcoming Holiday Events & Activities

While you're making your way around the downtown area, check out all of the new things to look at on both sides of the street

There are lots of new features! And watch for these downtown events and opportunities during the holiday season:

FIRST FRIDAY ART MARKET – Downtown and NOTO arts district. Arts, antiques, fine crafts, flea market items, snacks & beverages, entertainment and more.

FRIDAY NIGHT FUNNIES – Every Friday at Cosmos Court, 909 S. Kansas. Weekly comedy show is only \$15, or two for \$25.

GINGERBREAD HOMES FOR THE HOLIDAYS - Nov 15-17,



West Ridge Mall. Fri. 9-5; Sat. 10-5, Sun. 11-4. View and bid on elaborate gingerbread houses. Families, students, youth groups and scout troops, etc. can build their own. Holiday Boutique - crafts, gifts and more;

Sweet Tooth Lane - delicious fresh baked goods and homemade candy. Adm. \$6.

THE KREADY HOLIDAY SPECTACULAR – Nov. 30, 2pm, TPAC. Bringing back Topeka native and Broadway star, Jeff Kready, with his wife, Broadway star Nikki Renée Daniels for the 3rd year in a row!



MIRACLE ON KANSAS AVENUE PARADE – Dec. 7, 6-9pm, Downtown Topeka. Lighted parade at 5th & Kansas. www.topekapartnership.com/gtp-events

NUTCRACKER BALLET – Dec. 13-15 at TPAC. Ballet Midwest's holiday staple. Tickets at TPAC box office, and Barbara's Conservatory of Dance. www.balletmidwest.net

RED STOCKING BREAKFAST - Dec. 14, 8-10:30am, The Pennant, 915 S. Kansas Ave. Get \$15 tickets in advance at www.kcls.org or \$18 at the door. Children 10 & under eat free. Benefits KCSL's child abuse prevention programs and services.

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Dia De Los Muertos is a time for community gathering and remembrance, with festivals and events that bring people together. On November 1st the NOTO Arts & Entertainment District will showcase the different ways that the Topeka Hispanic and Latino community come together through the celebration of a Dia De Los Muertos Festival. Utilizing Redbud Park and other locations throughout NOTO, the community will have a chance to admire traditional papel picado (cut paper) decorations and elaborate

sugar skull designs, listen to traditional music, share stories, and sample authentic food. Presented in collaboration with Mana de Topeka.

See the full schedule for this special exhibition and companion presentations, which runs October 4 - December 14, at explorenoto.org

Join us on Saturday, November 23, 11am to 6pm for our **Winter Celebrations and District Lighting** event featuring FREE Carriage Rides, a Christmas Market



for kids to buy presents (all gifts \$20 and under), our Tree and District Lighting at 6pm, Frozen and Hot Drinks from On The Go Food Truck, and more.

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First Friday Art Walk hours are 10 am to 9 pm. First Friday Art Walk & Market is the first Friday of every month. The North Topeka Arts District has become an attraction to Art Lovers and History Buffs alike with beautiful scenes of art and history. Entertainment can also be found on First Fridays, at various venues during the artwalk up and down N. Kansas Avenue, as well as streetside vendors. The restaurants, locally owned shops, art galleries antiques and studios have become a favorite art walk destination.

You can also visit 3rd Friday's NOTO Night Out! Many Merchants are also open longer hours on Second Saturdays.

For more event information visit explorenoto.org/.

More North Topeka events:

MADE FROM THE HEART HOLIDAY CRAFT FAIR – Nov. 2, 9-4, Sunrise Optimist, 720 NW 50th.

HOLIDAY EXTRAVAGANZA – Nov. 2, 10-3, The Woodshed, 1901 N. Kansas Ave.. An eclectic collection of unique vendors & food trucks, full bar for a festive day of merry fun while supporting local businesses

FAITH-BASED RAP/HIP-HOP SHOW – Nov. 9, 7-10pm, Artismo Gallery, 1035 N. Kansas. ChosenBroken | Eric Cohen | Pretty boi Erun | Ith | Mike V3rt | Brandon New

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

KAW VALLEY WOODCARVERS ART SHOW AND SALE – Nov. 23-24, 9-5 Sat. & 10-4 Sun, IBEW Building, 1620 NW Gage. Adm. \$5; kids under 12 free.

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 metrovoiceneews.com
Get your event **Highlighted in Blue in print, our online calendar and promoted in social media for only \$29!**

CONCERTS

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

GRAND OTTAWA OPRY – 2nd & 4th Saturday, 5:30PM-pre-show, 6PM showtime, Ottawa Memorial Auditorium, 301 S Hickory, Ottawa. Tickets are \$15 and only at the door. Ph. 785-241-6762, email grandotopr@gmail.com. GrandOttawaOpry.com

PICKIN' ON THE PRAIRIE BLUEGRASS JAM, every Sunday 1-3:00, Potwin Drug Store, Old Prairie Town, 785-215-6997 for info.

FAITH-BASED RAP/HIP-HOP SHOW – Nov. 9, 7-10pm, Artismo Gallery, 1035 N. Kansas. ChosenBroken | Eric Cohen | Pretty boi Erun | Ith | Mike V3rt | Brandon New

WOOD VALLEY PICKERS – Nov. 23, 7:00pm, Classic Bean, Fairlawn Plaza. Folk & Country, Free admission. 785-271-5005

THE KREADY HOLIDAY SPECTACULAR – Nov. 30, 2pm, TPAC. Bringing back Topeka native and Broadway star, Jeff Kready, with his wife, Broadway star Nikki Renée Daniels

SPECIAL CHURCH EVENTS

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

HOPE HOUSE FREE COMMUNITY CLOTHING BANK – Wed. 6-8pm and Sat. 12-3pm, Oakland Church of the Nazarene: 939 NE Oakland

HARVESTER FREE MOBILE FOOD DISTRIBUTION - 2nd Saturday each month, 1:30-3pm, Oakland Church of the Nazarene: 939 NE Oakland

FIRST SATURDAY BREAKFAST BUFFET – 7:30 AM - 10:00 AM, Shawnee Heights UMC, 6020 SE 44th

INSIDE OUT FELLOWSHIP CHURCH – Every Sunday 12pm service; Every Tuesday 7:30pm service. Location: 2409 NE Division St. For info: 785-380-7031 or io@insideoutinc.net or www.insideoutinc.net

KIDS for JESUS! - Wednesday's 7 - 8pm, Lakeview Church of the Nazarene, 2835 SE Croco Rd. Bring your friends, family, neighbors, enemies! For info: 785-266-3247, FB: Topeka Lakeview Nazarene, Email: LakeNaz@aol.com

MID-WEEK PRAYER & BIBLE STUDY - Wednesday's, 7-8pm, Lakeview Nazarene, 2835 SE Croco Rd. You are invited! Contact info: (785)266-3247, FB: Topeka Lakeview Nazarene

LOL "LADIES OF LAKEVIEW" - Lakeview Church of the Nazarene, 2835 SE Croco Rd. Monthly Women's Ministry Events! (Cooking, Crafts, Outreach, Bible Study, Fellowship!) Call the church office for info: (785) 266-3247, Facebook: Topeka Lakeview Nazarene Email: LakeNaz@aol.com

ROOTED CHRISTIAN HOMESCHOOL CO-OP, Colossians 2:6-7. Monday's 12-4pm. Cooking class for 4th graders & older at noon. Call the Church Office for more information. Lakeview Church of the Nazarene, 2835 SE Croco Rd. Church: (785) 266-3247. Facebook: Topeka Lakeview Nazarene. LakeNaz@aol.com

SEASON FOUR OF "THE CHOSEN" will be shown at 1 p.m. Sundays through Dec. 1 at Kansas Avenue United Methodist Church, 1029 N. Kansas Ave.

HARVEST DINNER – Nov. 1, 4:30-6:30pm, Kansas Avenue United Methodist Church, 1029 N. Kansas Ave. The cost for a meal is \$10 for adults and \$5 for children.

FIRST-FRIDAY FAMILY-FRIENDLY FREE FLICKS - Nov. 1, 7-15 p.m., Kansas Avenue United Methodist Church, 1029 N. Kansas Ave. The movie "Forty-Seven Days With Jesus" will be shown.

4TH ANNUAL MAKER'S MARKET – Nov. 9, 8:30 am to 2 pm, First Church of the Nazarene, 10th & Buchanan. More than 25 vendors. Topeka Fire Dept. truck on site 10 am to noon.

A HEALING SERVICE - Nov. 17, 2pm, right after "The Chosen" at Kansas Avenue United Methodist Church, 1029 N. Kansas Ave.

THE "THIRD THURSDAY J.A.M. SESSION" - Nov. 21, 5:30 to 7 p.m., Kansas Avenue United Methodist Church, 1029 N. Kansas Ave. A children-youth-and-family event, and a "lite" dinner will be served.

THE ANNUAL OAKLAND COMMUNITY CHURCHES THANKSGIVING SERVICE - Nov. 24, 4pm, Oakland United Methodist Church, 801 N.E. Chester Ave. Participating congregations include Grace Baptist Church; Oakland Presbyterian Church; Oakland New Life Church; Oakland Church of the Nazarene; and Oakland United Methodist Church. All of the churches will take part in the service and a pie fellowship will follow in the church's Fellowship Hall.

THANKSGIVING EVE SERVICE - Nov. 27, 4pm, Oakland United Methodist Church, 801 N.E. Chester Ave.

FAMILY-FRIENDLY EVENTS

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.

MEDICARE MONDAYS – First Mon. ea. month, 1-3pm. Topeka/Sh. Co. Public Library, 1515 SW 10th. Jayhawk Area Agency on Aging offers Senior health insurance counseling. For info: 580-4545 or rhone@tsopl.org

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

FIRST FRIDAY ART MARKET – Downtown and NOTO arts district. Arts, antiques, fine crafts, flea market items, snacks, beverages, entertainment and more.

TOPEKA ACAPELLA UNLIMITED AUDITIONS – Topeka Acappella Unlimited is looking for female singers who would like to sing four-part acappella harmonies. Topeka Acappella Unlimited is a Chapter of Sweet Adelines, International. Cindy Patton: 785-640-7403

HARVESTERS MOBILE FOOD PANTRY, 1st & 3rd Sat, 2-3pm, Shawnee Heights UMC parking lot.
FREE MOBILE FOOD DISTRIBUTION – 4th Tue. thru Nov., 9am, 1231 NW Eugene St. Randel Ministries, Inc., in partnership with Harvesters and Family of God Church will have its monthly food distribution. No ID or proof of income required, first come first served. Distributing fresh produce and other items to families in need. 785-234-1111. RandelMinistries.com

TOPEKA PUBLIC LIBRARY PLAY BUS – 9:30am-noon, Lakeview Nazarene Church, 2835 Croco. Every Tuesday, enjoy story time, play opportunities, books for check-out & take & make art. 785-266-3247.

OPEN INDOOR COURT PICKLEBALL – Sundays at

4pm, Berryton United Methodist Church (7010 SE Berryton Rd. All ages and abilities welcome.

SENIORS PITCH CLUB - Every Tuesday 1 pm at Garfield Community Center. First visit free then a dollar per visit for coffee and replacement cards ...

BREAD BASKET FARMERS MARKET – Every Saturday in the West Ridge Mall parking lot, south end.

WOODSHED MARKET – Sun. 10-3, 1901 N. Kansas Ave.

FAMILY NIGHT AT COSMOS COURT – Tuesdays, 5pm, Cosmos Court, 909 S. Kansas Ave. Pizza, salads, hot dogs, nachos, soup and more! Get a 16" Pizza, 2 side salads, and 4 cups of ice cream for only \$30! Also table games, etc.

"SHARE THE WARMTH" PROGRAM – Thru Nov. 27. Providing coats for those in need. Scotch Fabric Care collection & cleaning at 134 SE Quincy St., 2801 SE California Ave., 2007 NW Topeka Blvd., 1020 SW Wanamaker Rd., and 2848 SW Wanamaker Rd. Distri-

bution: on Saturday, December 7: 9a to 2p at Topeka Salvation Army, 1320 SE 6th St. 785-408-9100

240 CHRISTMAS TREES & ORNAMENT DISPLAY – Nov. 1-Jan. 1, 10am-4pm Mon-Sat., & 1-5pm Sun. at Territorial Capital Museum, 640 E. Woodson, Lecompton. Over 240 Christmas Trees decorated in antique, Victorian, vintage and theme décor – including turn of the century and WW II era decorations, a barb-wire tree and feather trees. Also tour Constitution Hall, a National Landmark 785-887-6148. lecomptonkansas.com

HOLIDAY CRAFT FAIR – Nov. 2, 9am, Lowman UMC, 4101 SW 15th. Craft items and baked goods.

MADE FROM THE HEART HOLIDAY CRAFT FAIR – Nov. 2, 9-4, Sunrise Optimist, 720 NW 50th.

HOLIDAY EXTRAVAGANZA – Nov. 2, 10-3, The Woodshed, 1901 N. Kansas Ave. An eclectic collection of unique vendors & food trucks, full bar for a festive day of merry fun while supporting local businesses

Visit Historic Lecompton and see the **LARGEST Christmas Trees and Ornaments DISPLAY** in the Midwest!

Open Nov. 1 to Jan. 1 • Mon. - Sat.: 10am to 4pm • Sun.: 1 - 5pm

Over 240 trees decorated in antique, Victorian, vintage and theme décor – including turn-of-the-century and WW I-era decorations, a barb-wire tree, feather trees, and many more unique decorations!




Christmas Vespers
Dec. 8, 2pm




While there, tour

- Constitution Hall
- Territorial Capital Museum
- National Landmarks

HISTORIC LECOMPTON

Civil War Birth Place **Where Slavery Began to Die**

Kansas & National Historic Landmarks

Lecompton Turnpike Exit • 10 miles East of Topeka on U.S. 40 & 24

www.LecomptonKansas.com



Developing and Uniting Christian Leadership

• Business • Non-profits • Churches

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

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

Nov. 14, 11:30-1: "POWER" Luncheon at Blue Moose, 3030 SW Wanamaker.

Featuring Irene Haws, First Vice District Governor, Kansas Lions.

Free Admission; Lunch available from the menu

Open to the public. RSVP to info@C5Alive.org

Save the Dates!

- Dec. 12: **CHRISTMAS Luncheon, 11:30-1, West Ridge Mall**
- Jan 9: **POWER Luncheon, 11:30-1**

For info: www.C5Alive.org or Facebook.com/C5Alive



KANSAS CHOCOLATE FESTIVAL – Nov. 2, 10-4, West Ridge Mall. www.topekachocolate.com

DAYLIGHT SAVING TIME ENDS – Nov. 3, 2am. Don't forget to set your clocks back!

ANNUAL NOODLE DINNER – Nov. 3, 10:45-1:30, Faith Lutheran, 1716 SW Gage. Homemade chicken & noodles, green beans, mashed potatoes, salad, pie and more.

ELECTION DAY – Nov. 5. Don't forget to vote!

ING NETWORKING LUNDH – Nov. 6, 11:30-1, Harley Davidson Event Room.

785 SNEAKER FEST – Nov. 9, 12-6pm, Saved Soles, West Ridge Mall. Hottest trends, rare finds, exclusive merch, top vendors. Prizes & giveaways. Adm. \$10.

CAR SEAT CHECKUP EVENT – Nov. 9, 9am-12pm, Shawnee Heights Fire Station #5, 53rd & California. Allow 20-30 minutes for each seat.

LAKE SHERWOOD CRAFT SHOW – Nov. 9, 10-3, 6910 SW Fountaindale Rd. Handmade holiday craft show held at Lake Sherwood Club House

ANNUAL TURKEY DINNER – Nov. 9, 11am, Asbury Mount Olive UMC, 1196 SW Buchanan. \$15, carry-out only.

TOPEKA JOB FAIR – Nov. 12, 12:30-3pm, Hillcrest Comm. Ctr, 2035 SE Iowa.

C5Alive "POWER" LUNCHEON – Nov. 14, 11:30-1, Celtic Fox. **Featured Speaker: Irene Haws will discuss Lions Club activities in Topeka. Free admission. Meals available from the menu. Please RSVP to info@c5alive.org so we know how many to expect. Open to the public - bring a friend!**

SAVE THE DATE: C5 CHRISTMAS Luncheon, Dec. 12, 11:30-1. Christmas fun.

WOMEN WHO'VE CHANGED THE HEART OF THE CITY NETWORKING/AWARDS – Nov. 14, 5:30-6:30pm networking, 6:30-7:45pm awards, Topeka First Church of the Nazarene, 1001 SW Buchanan. TUMI-Topeka invites you to be part of this event that will honor women who've had significant impact in our communities, and empower incarcerated women for significant futures. RSVP to Mary Flin, 785-431-6000 or maryflin@tunitopeka.org

GINGERBREAD HOMES FOR THE HOLIDAYS – Nov 15-17, West Ridge Mall. Fri. 9-5; Sat. 10-5, Sun. 11-4. View and bid on elaborate gingerbread houses. Families, students, youth groups and scout troops, etc. can build their own. Holiday Boutique - crafts, gifts and more. Sweet Tooth Lane - delicious fresh baked

goods and homemade candy. Adm. \$6.

RESTORATIVE YOGA/GRATITUDE WORKSHOP – Nov. 17, 11-1, Body, Heart and Sole, 3345 SW Gage. Designed to help you relax, recharge, and reconnect, for all levels & ages.

GIRLFRIENDS AND GRATITUDE RELAUNCH – Nov. 21, 6:30pm, Rogue Events, 917 N. Kansas Ave.

KAW VALLEY WOODCARVERS ART SHOW AND SALE – Nov. 23-24, 9-5 Sat. & 10-4 Sun, IBEW Building, 1620 NW Gage. Adm. \$5; children under 12 free. Learn to Carve every 2nd Sat. 9-3 every month. Call 785-383-8497 or 785-438-7331

SLI FESTIVAL OF TREES – Nov. 26- Dec. 2, 10am-6pm, Fairlawn Plaza Mall. Wonderfully decorated trees and a silent auction.

TARC'S WINTER WONDERLAND – Nov. 27-Dec. 31, Sun-Thru; 6-9pm; Fri-Sat 6-10. Lake Shawnee, 3435 SE East Edge Rd. View dazzling holiday light displays, featuring one million lights, while winding through a 2-mile scenic drive. Advanced Tickets are available: TARC, 2701 SW Randolph. 785.506-8720. Winterwonderlandtopeka.com

KNIGHTS OF LIGHTS HOLIDAY FESTIVAL – Nov. 29 – Dec. 31, Fridays & Saturdays – 5:30pm – 10pm; Sundays – 5:30pm – 9pm; PLUS December 23 & 24, 30 & 31st 5:30pm – 9pm; AND New Year's Eve Party 10:00pm – 1:00am. Stroll through a Renaissance wonderland with lights, shopping, food, entertainment, visits with Santa and Mrs. Claus, and more! Glow in the dark putt putt, train rides, & snowball fights! (Free tickets available from Metro Voice for advertisers & donors: emailvoice@cox.net)

THE KREADY HOLIDAY SPECTACULAR – Nov. 30, 2pm, TPAC. Bringing back Topeka native and Broadway star, Jeff Kready, with his wife, Broadway star Nikki Renée Daniels

SEASON OF LIGHTS – Nov. 30, 4-7pm, Wamego. Carriage rides and hot chocolate too.

LAWRENCE OLD-FASHIONED CHRISTMAS PARADE – Dec. 7, 11am, Downtown Lawrence. Authentic horse-drawn carriages parading down Massachusetts Street is the perfect way to kick off the holiday season. Cozy up with hot cocoa and blankets. Feel the true holiday spirit while watching dozens of beautiful horses and wagons adorned in garland and bells

MIRACLE ON KANSAS AVENUE PARADE – Dec. 7, 6-9pm, Downtown Topeka. Lighted parade at 5th & Kansas. www.topekpartnership.com/gtp-events

NUTCRACKER BALLET – Dec. 13-15 at TPAC. Ballet Midwest's holiday staple. Tickets at TPAC box office, and Barbara's Conservatory of Dance. www.balletmidwest.net

RED STOCKING BREAKFAST – Dec. 14, 8-10:30am, The Pennant, 915 S. Kansas Ave. Get \$15 tickets in advance at www.kcls.org or \$18 at the door. Children 10 & under eat free. Benefits KCSL's child abuse prevention programs and services.

MEETINGS & CLASSES

CHRISTIAN WRITERS GROUP OF TOPEKA – 1st & 3rd Mondays, 7pm at the Hughes Room 205 of the Topeka Library. Workshop for aspiring writers. Each participant is asked to bring five copies of a two page type written sample of a work in progress. After reading the pages aloud each participant is allowed an equal number of positive and negative comments offered in a spirit of helpfulness. If you would like to read something email Charles at jccccw@gmail.com

CRAFTY, SKILLED OR CREATIVE VOLUNTEERS NEEDED to develop outdoor lighted displays at Ward Meade Park events. Contact Elsie, 785-256-2920.

CONCERNED WOMEN FOR AMERICA MEETING – Join other concerned people 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 for the community. Located at Florence Crittenton Services Center for Integrative Health, 5423 SW 7th. www.flocritkansans.org

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

TAI CHI FOR HEALTH – Mon. 10-11 at Lowman United

Methodist Church and Thu. 9:30-10:30 at Topeka Zoo. No training needed, just watch & follow. Contact Madon Daily at 505-424-8989 or madondaily@gmail.com. To Join from Home via Zoom, contact Madon for the Zoom link

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

SHEPHERD'S CENTER BOOK CLUB – 1st & 3rd Mon. 2-4pm at Westminster Presbyterian Church, 1275 SW Boswell Ave. Call: 785-249-3258 or email shepherdstopeka@yahoo.com for the book of study.

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

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@rhcc.topeka.org

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

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

TOPEKA NEEDLEWORK GUILD – Every Mon. (except holidays) 9a-11a in the Menninger Room of the Topeka Public Library. Bring a project to work on as we share our needleworking skills and ideas. All are welcome

CHRISTIAN HOMESCHOOL CO-OP – Monday's, 1-4pm, Lakeview Nazarene, 2835 SE Croco Rd. Contact info: (785)266-3247, FB: Topeka Lakeview Nazarene

SENIOR ADULT EXERCISE CLASS – Tuesday's 10am, Lakeview Nazarene, 2835 SE Croco Rd. All exercises will be done from a chair, will help you get up out of a chair, & climb stairs safely! Contact info: (785)266-3247, FB: Topeka Lakeview Nazarene

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

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

NARVE (Nat'l Assn of Railroad Veteran Employee) – 2nd Tuesday each month at 9:30AM @ Museum of the Kansas National Guard, 125 SE Airport Dr, Topeka

MENNINGER BIBLE CLASSES – Tuesdays 11am-12:30. 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. For info call the YWCA at 233-1750 or Clara Gamache at 785-408-5433. (The Bible study is also taught on Sat. mornings on 101.5 FM radio.)

FRATERNAL ORDER OF EAGLES Aerie 4319. 1st & 3rd Tue. 7pm; Auxiliary: 1st & 4th Tue. 6pm, 2941 SE Fremont Street. 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

DUPLICATE BRIDGE – Tuesdays and Thursdays at 12:30PM at The Woman's Club of Topeka, 5221 SW West Dr. Bill Gates and Warren Buffett play duplicate bridge! It is great for your brain health. For additional information email janescola@hotmail.com.

O.W.L.S. (Older Wise Loving Saints) – meets the second Tuesday of the month. Location varies and can be found at www.faithfamilylife.com

MAP GROUP (MEMOIRS, ANCESTRY, PHOTOS) – VIA ZOOM - 4th Wed. 10-11:30am. Contact Rich McReynolds at rlm4017@gmail.com. Via Zoom link

FAMILY HISTORY WRITING GROUP – 2nd Wed. 10-11:30am, Lowman United Methodist Church, room 12. Do you have great family stories to tell and want to pass them down to the next generation but don't know where to start? shepherdstopeka@yahoo.com

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.

VIP LUNCHEON FOR SENIORS – Every Wed., 10:45 Bible Study and meal at Noon, Topeka Church of the Brethren, 3201 NW Rochester Rd. (1 mile north of Dil-

Knights of LIGHTS
NOV 29 - DEC 31, 2024
Fri & Sat: 5:30-10pm, Sun: 5:30-9pm
Dec 23, 24, 31: 5:30-9pm
New Year's Eve Party: 10pm-1am

Half a Million Lights • Visit Santa and Mrs. Claus • Mini Train Ride
Snowball Fight Zone • Glow in the Dark Mini Golf • Free Gift Bag for Adults and Children • Free Gift Bag for Dogs • Free Hot Cocoa for Kids
or MAKE A RESERVATION FOR A PRIVATE IGLOO DINNER!

FOR MORE INFO KCFEST.COM * 913-721-2110
QUEEN'S GATE ENTRANCE: 628 N. 126TH ST - SOUTH OF STATE AVE
OPEN RAIN, SNOW, OR SHINE
FREE PARKING PROVIDED BY RENEWAL BY ANDERSON

42nd Annual Show, Competition & Sale November 23-24
Saturday 9AM-5PM Sunday 10AM-4PM
IBEW 226 Building • 1620 NW Gage Blvd. • Topeka KS
Carving Demonstrations & Contests • Silent Auction
• Admission \$5 • Children under 12 free
Come learn to carve! 9am-3pm, 2nd Saturday each month!
Call Joetta: 785-383-8497 or Gary: 785-438-7331

lon's North). FREE lunch with Christian fellowship, devotions & entertainment provided by Topeka North Outreach. Free will donations accepted. For info: 785-224-8803 or vip@topekanorthoutreach.org.

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.

TOPEKA TWILIGHT LIONS BRANCH CLUB - 3rd Thursdays at 7pm at Lakeview Church of the Nazarene, 2835 SE Croco. Social gathering, guests welcome. Topekalions.org

TOPEKA COSMOPOLITAN CLUB: The Club that fights Diabetes — Meetings: first three Thursdays of every month, 12 noon, at the Topeka Country Club.

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

OPERATION BACKPACK — 1st Thurs., 6pm, Indian Creek Elementary School, 4303 NE Indian Creek Rd. Volunteers assemble Weekend Snack Sacks for low-income students. No assembly in August. Sponsored by Topeka North Outreach: 286-1370.

LINE DANCING - 2nd & 4th Thu. 1:30-3:30 at First Baptist Church, 3033 SW MacVicar Ave. Contact Karen Botkin at 785-945-6785 or Jim Baer at 785-256-2432 or jimbaer73@gmail.com to register.

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

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 tgstoepka.org.

KINGDOM ADVISORS TOPEKA AREA STUDY GROUP - 3rd Thu., 11:30am-1pm via Zoom. Christian financial professionals: financial planners, accountants, attorney's & insurance agents invited. For info: kingdomadvisors.org or Jim Hanna, james.c.hanna@ampf.com or 785.357.6278 x19.

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

A GOOD YARN CLUB — 2nd & 4th Sat., 9-11am, Wanamaker Rd Baptist Church, 2700 SW Wanamaker. Doing Good for Others: Knitting & Crocheting for Local Charities, free yarn, needles, hooks & patterns. All are welcome. Info: Anne, 785-272-9249 or kittens812@sbcglobal.net

TOPEKA GEM AND MINERAL SOCIETY - 4th Fridays, 7:15pm, 1st Congressional Church, 1701 SW Collins.

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 GREAT LIGHT AGLOW — For info contact Vickie Lynch at greatlighttopeka@gmail.com.

SUPPORT GROUPS

HOPE AND HEALING ACADEMY harnesses the power of horses to transform the human spirit. For info: 785-224-4232 or www.hopeandhealingacademy.com.

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

BINDING UP THE BROKEN HEARTED — Sessions offered for women who suffer from the after-effects of abortion. All the women who lead these sessions have had an abortion and have received healing from God's Word. For info, contact local Healing Hearts representative Shelly Brush, First Southern Baptist Church at shelly.b@healinghearts.org. All communi-

cation is confidential and secure.

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. Info: 785-232-2044 ext.341

CAREGIVER SUPPORT GROUPS - Jayhawk Area Agency on Aging provides an opportunity for caregivers to get together and share their ideas and feelings. 2nd Monday, 3:30pm, Topeka public library, Anton Rm. 3rd Friday, 12 noon, Jayhawk Area Agency on Aging, 2910 SW Topeka

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

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

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. All of our programs have moved from in-person to virtual.

Caregiver support group via Skype 9:30am every other Wednesday. Email Hayley Young at hdyoung@alz.org or call 785.379.3067 for the meeting link and other info.

Caregiver Support Group via Google Hangouts, 4:30pm every other Wednesday. Email Hayley Young at hdyoung@alz.org or call 785.379.3067 for the meeting link and other info.

COMPASSIONATE FRIENDS/BEREAVED PARENTS GROUP — 4th Mon. in Formation classroom at Most Pure Heart of Mary, 17th & Stone. Discussion starts 7pm; fellowship & refreshments 8:30. 785-272-4895

CAREGIVERS GROUP - Caring Hearts of Hope meet 2nd & 4th Tuesdays 5:30-6:30pm at Highland Heights Christian Church. Encouragement in God's word and prayer as well as conversation and sharing, open to all those who care for others with illnesses such as Alzheimers, dementia, cancer or other debilitating illnesses or injuries. For info: "Weekly Class List" at www.highlandheightscscc.com or call 785-379-5642.

FIBROMYALGIA & CHRONIC FATIGUE SYNDROME SUPPORT GROUP — 2nd Tue., 7-9pm. First Congregational Church, 17th and Collins. For info: Randy at 785-969-4038 or TopekaCFS@outlook.com.

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.

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 at (785)230-6730. 3rd Thurs., 11am, Lunch After Loss, Paisano's Ristorante, Fleming Place, SW 10th & Gage Blvd. For reservations or info: 785-271-6500.

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

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 faithfamilyfeministries@gmail.com.

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.

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. 785-286-1204, www.northland.cc

PROSTATE CANCER SUPPORT GROUP — First Thursday, 3pm, St Francis Hospital, Room 300 on 2nd floor. For info: Jim 785 806 3266

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

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

TOPEKA NAR-ANON FAMILY GROUP — For families & friends 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. 816-453-0884 or 816-966-0927

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.

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



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‘Average Joe’ - Heartfelt True Story Stresses Redemption and Liberty

AVERAGE JOE tells the true story of a high school football coach made famous after he was fired from his job for praying at center field. Joseph Kennedy, brilliantly played by Eric Close, recounts his life in an interview format. He starts with his childhood, where he became acquainted with abandonment and abuse. Despite his adoptive parents leaving him, he found his way into the Marines. However, Joseph still feels far from God. He recalls a conversation with a friend, the first positive influence in his life. Joseph then faces a choice that shapes the rest of his life.

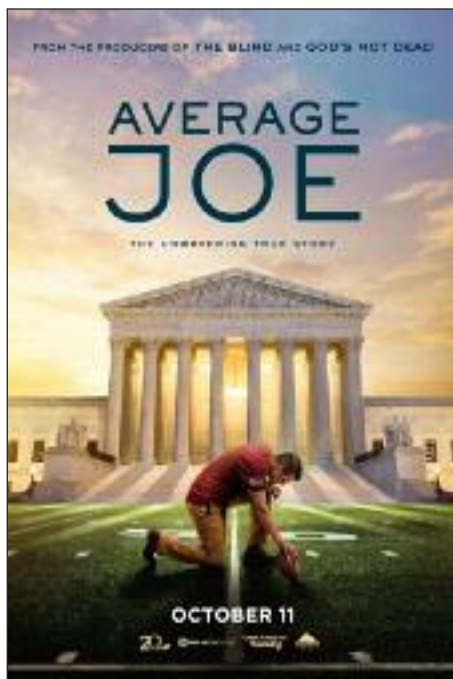
AVERAGE JOE is a creative, well-acted, heartfelt movie based on an inspiring true story. It's shot in an interview style, with Joseph and his wife, Denise, telling their story. Characters often break the fourth wall. This unique style is engaging and serves as a nice balance between the harsh reality of Joseph's life before faith, and a testimony to his life as a servant of God. AVERAGE JOE has some scenes of child abuse and other violence. So, MOVIEGUIDE® advises caution for older children.

Content:

Dominant Worldview and Other Worldview Content/Elements: Very strong Christian, moral worldview, with many Christian elements such as prayer, church and Scripture, plus many moral themes like fighting for what is right, faith, the importance of family, and how God's love prevails over pain and a very strong support for religious liberty;

Foul Language: Some minor obscenities, one use of son of a gun, asses, maggot, and other name calling by a drill sergeant;

Violence: Multiple depicted and implied scenes of physical abuse, child abuse, a boy's face is showed to be bloody and bruised after he is beaten, there are some depictions of war, soldiers are in a fire fight as explosions go off around them, two boys fight and punch each other, some blood is shown, a drill sergeant yells at a group of Marines, multiple examples of domestic abuse, Joseph's wife has a stroke off-



screen, there is a lot of tension between Joseph and his wife, but their faith and love prevail; Alcohol Use/Abuse: There are brief examples of drinking throughout, mostly at bars, a man who abused Joseph is clearly drunk and an alcoholic

Sex: No sex

Nudity: A soldier imagines himself in his underwear while charging into battle

Smoking and/or Drug Use and Abuse: No smoking or drugs

Miscellaneous Immorality: The movie shows title character's difficult upbringing and involvement with violence in a realistic way, but it's never glorified.

More Detail:

AVERAGE JOE is a powerful drama about the true story of high school football coach Joseph Kennedy, who made headlines after he was fired from his job for praying at center field after games.

The movie begins with a sit-down interview with Joseph, played by Eric Close, and his wife, Denise, as they recount their lives starting from early childhood. Joseph, who was given up for adoption, lives a rough life and always finds himself in trouble. He recalls how he gets into his first fistfight with his friend after he meets Denise, the next

door neighbor. He swears to Denise he's going to marry her one day.

The two children's friendship grows as they bond over their shared experience of broken families and abuse. Even after Joseph's adoptive parents send him away, he continues to write to Denise. While at a group home, one of the leaders tells Joseph about God. Due to his pain, Joseph shrugs it off.

The movie then fast forwards to his experience in the US Marines. While serving in the military, Joseph recalls the horrors of war, but also credits his experience in battle to learning the meaning of true leadership.

Ten years pass, and Joseph still remembers Denise. For different reasons, both of their previous marriages failed, and Joseph fulfills his lifelong wish of marrying his childhood sweetheart. Quickly, they both discover that they need to face the pain of their past lives together, and with God at the center. However, will Joseph's fear keep him from surrendering his life to Jesus?

AVERAGE JOE is a phenomenal movie based on an inspiring true story. It tells Joseph's life story in a unique and engaging way, often breaking the fourth wall. It also stresses faith, prayer and how God's love can heal the deepest of wounds. It highlights the importance of doing the right thing, no matter the cost. Joseph's story is a refreshing encouragement to fight for freedom, but ultimately that God is the greatest good in our lives.

The movie does show the harsh reality of Joseph's pain and struggle before finding God, and there are some scenes that depict child abuse and other violence. However, the movie never showcases these occurrences in excessive ways, and they only serve to make Joseph's redemption story more powerful.

Eric Close delivers a standout performance as Joseph Kennedy, and there are some great moments of prayer. Due to its depiction of abuse and violence, MOVIEGUIDE® does advise caution for older children.

Great American Media expands options



Great American Media announced the launch of Pure Flix Premium, an enhanced tier of the faith and family streaming service, priced at \$14.99 per month or \$149 annually.

Pure Flix Premium members will have early access to high-quality content, on-set and behind-the-scenes footage of movies in production and breaking news from Great American Media. This enhanced service elevates the viewing experience with extras that build on the brand's current faith and family programming.

"In the entertainment industry, only a few brands truly stand out," said Bill Abbott, President and CEO of Great American Media. "Pure Flix is already recognized as the go-to destination for faith and family-friendly streaming content in a marketplace that is rarely family focused. We're excited to offer our members Pure Flix Premium, fostering an even more vibrant, likeminded community that inspires us to fulfill our mission to create uplifting and inspiring programming."

Several upcoming programs have been announced:

September 27. Film and television ac-

ress Danica McKellar, star of "Swing Into Romance," joins fans for a live virtual screening party for the premiere of the film on Pure Flix and will hold a question and answer session following the movie.

October 11. Actress, director and 2024 Movieguide Epiphany Award Winner Shari Rigby will lead a discussion for fans about women in faith and entertainment in a live virtual screening.

October 14. An exclusive extended cut of "God's Not Dead" will be shown,

November 11. Actor Cameron Mathison will be the host for a live virtual screening for the premiere of his original Christmas movie, "A Kindhearted Christmas," followed by questions and answers.

November 15. Actor Jesse Hutch will join Abbott in a pretaped Zoom conversation about the making of the upcoming "A Little Women's Christmas."

November 21. Food and baking influencer Emily Hutchinson will be the host for a pretaped Zoom conversation about God and food just in time for Thanksgiving.

More programming information is available at www.gacmedia.com.

Kready Holiday Spectacular Coming Back

For the third consecutive year, TPAC is bringing back Topeka native and Broadway star, Jeff Kready, with his wife, Broadway star Nikki Renée Daniels, with special appearances by their daughters, Lena (11) and Louise (7), in a holiday concert for all ages. Accompanied by musicians from the Topeka Symphony Orchestra, Jeff and Nikki will sing a wide range of holiday favorites from the classic to the contemporary. Other musicians on the program include The Shawnee Choral Society under the direction of Nicolas Carr

With 17 Broadway shows between them, Jeff Kready and Nikki Renée Daniels promise to thrill you with vocal



stylings that are direct from New York City, but have hometown heart. The Topeka Performing Arts Center benefit show is an opportunity to celebrate the season at a holiday concert for the whole family.

For more information or tickets, visit the TPAC Box office or go online at Ticketmaster via www.topekaperformingarts.org/events.

Full slate of Christmas movies now showing on Great American Media

One of the first signs of the holiday season is when networks begin airing Christmas movies. Great American Media, which is committed to productions about faith and family, already has started broadcasting holiday movies.

Here is the lineup for coming months:

October 19, 7 p.m., “A Vintage Christmas.” A dedicated preservationist battles a developer’s ambitions to tear down a historic post office with ties to her family. The choice of old vs. new threatens to divide the small town unless there is a solution for the greater good of all concerned.

October 26, 7 p.m., “A Christmas Castle Proposal.” starring Rhiannon Fish and Mitchell Bourke. Olivia, a commoner, travels with Prince Alexander to his family’s magical palace, Torovia, so their families can spend a first Christmas together. The couple’s plans for an enchanted Christmas are threatened by comedic mishaps caused by cultural differences between the families.

November 2, 7 p.m., “Tails of Christmas.” starring Ash Tsai and Eric Guilmette. Caleb is injured in the Army and recovers through help from shelter therapy dogs. As a sign of thanks, Caleb returns home to help Amber run the local shelter and, in the process, discovers his feelings for Amber go beyond gratitude.

November 9, 7 p.m., “A Royal Christmas Ballet.” starring Brittany Underwood and Jonathan Stoddard. A retired ballerina is pressed into service working with a visiting team of royal ambassadors to put on the season’s performance of “The Nutcracker” and finds herself center stage in an unexpected Christmas romance.

November 16, 7 p.m., “A Christmas Less Traveled,” starring Candace Cameron Bure and Eric Johnson. A local business owner finds an audio cassette in the player of her recently departed dad’s classic red truck. The message instructs Desi to go on a holiday road trip down memory lane where she meets a man who needs her help and who offers help in return.

November 17, 7 p.m., “A Christmas Quilt,” starring Ferelith Young and Harmon Walsh. Firefighter Liam and quilting teacher, Amy, come together to make the perfect quilt for Liam’s sister’s Christmas wedding. Two headstrong people discover the importance of putting personal differences aside to create what is most important at Christmas.

November 23, 7 p.m., “A Little Women’s Christmas,” starring Trevor Donovan, Jen Lilley, Jillian Murray, Laura Osnes, Julia Reilly, Jesse Hutch and Gladys



Knight. A modern retelling of Louisa May Alcott’s classic novel.

November 24, 7 p.m., “Christmas by Candlelight,” starring Erin Agostino and Harmon Walsh. Juliet pitches Christmas candles to her boss to earn a promotion and enlists the help of a candle store owner (Tom) who refuses at first but reluctantly agrees when he realizes the money will help make his daughter’s Christmas wish come true.

November 30, 7 p.m., “I Heard the Bells,” starring Stephen Atherholt, Jonathan Blair and Rachel Day Hughes. “I Heard the Bells” is the inspiring, true story behind the beloved Christmas carol and the song’s writer, America’s beloved poet, Henry Wadsworth Longfellow. Known as America’s Poet, Henry Wadsworth Longfellow leads an idyllic life until the day his world is shattered by tragedy. With a nation divided by Civil War and his family torn apart, Henry puts down his pen, silenced by grief. But it’s the sound of Christmas morning that reignites the poet’s lost voice as he discovers the resounding hope of rekindled faith.

November 29, 7 p.m., “A Cinderella Christmas Ball,” starring Danica McKellar and Oliver Rice. Choreographed by Gleb Savchenko. With only the Internet, a plane ticket and a lifelong determination to find her birth family Chelsea travels to royal hamlet, Havenshire, at Christmas. Along the way, Chelsea sneaks into a castle, teaches a stubborn Prince how to dance, and looks to be in the perfect place when the bells toll Christmas Eve.

December 1, 7 p.m., “Home Sweet Christmas,” Candace Cameron Bure and Cameron Mathison. Two former childhood friends reunite after a beloved family member passes, leaving the future of his magical maple sugar farm in their hands.

December 7, 7 p.m. “Once Upon a Christmas,” starring Mario Lopez and Courtney Lopez. A local mayor discovers his childhood Christmas wishes are coming true. With his childhood friend, the

pair can inspire residents to showcase the town’s warmth and values while pushing back a major developer’s desire to take the community in a different direction.

December 8, 7 p.m., “Let It Snow,” starring Candace Cameron Bure, Jesse Hutch and Alan Thicke. An executive evaluates her company’s property and begins to draw up plans for transforming the rustic old lodge into a hot tourist attraction.

December 14, 7 p.m., “Christmas Under the Northern Lights,” starring Jill Wagner and Jesse Hutch. A historian seeks inspiration for her next project in her family’s hometown of Aurora, which is famous for experiencing the Northern Lights. While there, she bonds with a local tour guide who shows her the town’s Christmas traditions and witnesses a harbinger of miracles to come.

December 15, 7 p.m., “Christmas in Scotland,” starring Jill Winternitz and Dominic Watters. A New York installation designer helps a small Scottish community create a dazzling light display to win “Best Christmas Village” festival. The designer is forced to work with a wealthy heir who doesn’t like Christmas, though feelings may change if the pair succeeds in creating joy for the community.

December 21, 7 p.m., “Get Him Back for Christmas,” starring Alexa PenaVega and Carlos PenaVega. Special appearance by the Dallas Cowboys Cheerleaders, Mario Lopez, Victoria Jackson, and Natasha Bure. Bella made it big in music. Jack stayed behind in his hometown working at The Salvation Army to help his family after his dad passed. Bella returns home after a heartbreaking split with her chart-topping singing partner and asks Jack to write the perfect song to get her boyfriend back. Carlos PenaVega wrote and performs an original song, “Get Him Back for Christmas” performed for the film at AT&T Stadium.

December 22, 7 p.m., “Coupled for Christmas,” starring Sara Canning and Marcus Rosner. Two heartbroken strangers pretend to be dating others to win the affection of their true soulmates.

CeCe Winans wins Artist of the Year, two other categories at Dove Awards

CeCe Winans was the big winner at the recent Dove Awards in Nashville, taking home awards for Artist of the Year, Gospel Music Album of the Year and Inspirational Recorded Song of the Year.

Winans, during a post-show news conference, credited the “goodness of God” for her longevity. She won her first Dove Award in 1996 (Female Vocalist of the Year). This was her second Artist of the Year award (2022).

“The gospel is always relevant to me, singing songs that uplift the heart and doing what God has called you to do,” she said, according to “Crosswalk Headlines.” “You know that never gets old. It’s just God. He’s just faithful, and he’s called me to keep going, and I’ll do it until he tells me I can stay home with my grandkids.”

Other Dove Award winners include:

ARTIST OF THE YEAR: CeCe Winans

NEW ARTIST OF THE YEAR: Forrest Frank

SONG OF THE YEAR: Holy Forever
WORSHIP RECORDED SONG OF THE YEAR: Praise — Elevation Worship (ft. Brandon Lake, Chris Brown, Chandler Moore)

WORSHIP ALBUM OF THE YEAR: I Believe — Phil Wickham

RAP/HIP-HOP ALBUM OF THE YEAR: His Glory Alone II — KB

RAP/HIP-HOP RECORDED SONG OF THE YEAR: Love Like That — Hulvey (ft. Torey D’Shaun, Alex Jean)
SPANISH LANGUAGE



RECORDED SONG OF THE YEAR:

Tantas Historias — Christine D’Clario

CONTEMPORARY RECORDED SONG OF THE YEAR:

God Problems — Maverick City Music

(ft. Naomi Raine, Chandler Moore)

POP/CONTEMPORARY ALBUM OF THE YEAR: Coat of Many Colors —

Brandon Lake

POP/CONTEMPORARY RECORDED SONG OF THE YEAR:

Good Day — Forrest Frank

ROCK/CONTEMPORARY RECORDED SONG OF THE YEAR:

Grave Robber — Crowder

ROCK/CONTEMPORARY ALBUM OF THE YEAR: Manna — Chris Renzema

SOUTHERN GOSPEL ALBUM OF THE YEAR: Live In Amsterdam — Ernie Haase & Signature Sound

SOUTHERN GOSPEL RECORDED SONG OF THE YEAR: Here Comes Jesus — Jeff & Sheri Easter (ft. Mo Pitney)

FEATURE FILM OF THE YEAR: Unsung Hero.

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Do you know all the benefits of adopting a child?

Experts estimate that there are around 2 million hopeful adoptive families in the US who are waiting to adopt a baby. However, annually only around 20,000 babies are placed for adoption privately (meaning directly with an adoptive family through an agency or an attorney rather than through the foster care system.) Don't worry, I'll do the math for you.

This means there are 100 waiting adoptive families for every baby placed for adoption.

What is adoption?

It is establishing a parent-child relationship, legally, with someone else's child.

When you adopt, you are taking all responsibility for the child which include emotional and financial. There are many different types of adoptions including stepparent, relative, agency, or non-agency adoption. Adoptions can be open where the birth parents keep in touch with the parents

and get updates on the child, or it can be closed where all information is kept confidential.

No matter what type of adoption you choose, there are so many positive effects for the child and the potential parents alike.

There are many benefits of adopting a child, some you may not even realize.

10 Benefits of Adoption

1. Love:

Every child is entitled to a loving family for the entirety of life.

When you choose to adopt, you are choosing to emotionally bond yourself with love to a child and them to you, which has positive effects for both. The parental relationship provided by adoption will allow a child to thrive. A birth parent may not have the ability to provide the love a child needs.

2. Support:

Every child needs support

through their life as well. Supporting a child is more than physical needs. An adoptive parent provides a child with emotional support through all of life's ups and downs.

A child who is adopted is provided the ability to thrive in life.

3. Resources:

Children who are adopted typically do not have the right amount of resources in the current situation that they need. Birth parents will make a selfless decision to give up their child for adoption sometimes based on their lack of resources.

As an adoptive parent, you are providing the child with financial resources and support. Birth parents usually are not financially capable of such needed provision and you are allowing for a lifestyle that every child should have.

4. Education:

A child also deserves that chance for a great education and an opportunity to reach whatever goal they set. Not only does adopting a child give them a chance at an education, but the financial security and support will push the child to accomplish more. Plus, it can provide the birth parents the opportunity to finish their education

5. Social Relationships:

Life in the Foster care system can be difficult for children to grow socially, especially if the child moves from home to home frequently. A child who remains in foster care is less likely to develop long term relationships.

When you adopt, you give a child the ability to make stable relationships through a school setting or near their home. This will drastically help the child to make long term friendships which will positively impact the child.

6. Opportunities:

As for birth parents, putting a child up for adoption rather than other methods is saving a life. Not only does that child get to have opportunities, but you are allowing for

those opportunities to be carried through by a better-equipped family.

It also can provide opportunities for a birth parent as they may be able to attend school and acquire an education.

7. Growth:

Parents who adopt receive an experience that continues to grow in positive ways not only for themselves but for the child as well. A child has the ability to grow in a family where they will be loved, supported, and most of all wanted.

8. Traditions:

When an adopted child becomes a part of a family, parents can pass down traditions, spread culture and faith. Children should understand the heritage and family rites of passage. In an open adoption,

the child can still have access to their birth family so they can learn where they came from as well as how they were raised.

9. Gratitude:

If a family adopts a child, they will have feelings of gratitude. People often find fulfillment from helping a child in need, especially those who are in seriously negative situations.

The child will also have gratitude especially if they are rescued from their current situation.

10. Experience:

Raising a child is an overall amazing experience that any person should be able to enjoy. Adoption makes that possible for every individual who desires to be a parent.



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sports

How the Gospel is Spreading Throughout College Football



The Ohio State Football Team is on a mission to give God all the glory.

Per Sports Spectrum, “On Sunday evening, a number of current Ohio State players held a faith event on campus, organized by former receiver Kamryn Babb and attended by both OSU students and others from around the United States. The Lantern, Ohio State’s independent student newspaper, reported that the event was made possible through a collaboration of a number of local Christian churches in the Columbus area.”

You might not know, though, that the gospel is spreading throughout other college football programs, too.

Following a game against Auburn, Arkansas players decided to join together in prayer on the field.

A video posted by Christlete on Instagram shows three players praying.

“Beautiful to see Taylen Green, Addison Nichols and Josh Braun from Arkansas football team coming together to pray after their victory over Auburn on Saturday night,” the outlet wrote.

Christlete also referenced the Bible verse, 1 Thessalonians 5:16-18, which says, “Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you.”

Green is the quarterback for the Razorbacks and often shares his faith on his social media.

In a recent post, he shared several photos of him on the field and captioned them with Isaiah 43:19: “See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.”

Green’s goal? To be a light for Christ on and off the field.

“I try to display that every time I go out on the field...I want everybody that watches me to, you

FROM THE CHEAP SEATS

by Rob Mooney

How about those Kansas City Royals this year? It was fun to watch them, (when I could considering Bally Sports is a joke). I didn’t think that could be much worse than they were in 2023 when they finished with a record of 56-106. It was tough to listen to their general manager and owner say over and over that they were going through an evaluation period as the losses mounted up. However, once they hit free agency, they put their money where their mouths are.

You might say that the Seth Lugo transaction was the most important of the year. You might say bringing in Michael Wacha was the top move. There are so many different transactions that you could point to and say, yep, that’s the one that’s moving this team forward, and you probably wouldn’t be too far off base. I believe that there is one transaction that

stands head and shoulders above the rest, and that is the re-signing of Bobby Witt Jr. to an 11 year contract worth a guaranteed \$288.7 million with options that could see it rise to 14 years and \$377.7 million.

To me, this showed Witt the commitment and desire of the ownership to put a winning team on the field. There was no way Witt would have resigned for so long if he didn’t believe that the Royals were moving in the right direction. They identified him as the cornerstone of the franchise and they proved it to him. They proved to Witt that they were serious by signing Lugo, Wacha and Hunter Renfroe, all within 8 days of each other in December of 2023.

What does it look like for the Royals as we enter the free agency period going into next year? Currently they have seven players eligible for free

agency this year. Infielders Yuli Gurriel and Paul DeJong, outfielders Tommy Pham and Robbie Grossman, utility man Garret Hampson and pitchers Wacha, Will Smith and Michael Lorenzen. It’s hard to determine what they might do but I would think that they would try to retain Pham and DeJong at least. I can’t imagine that they would look to keep Smith around. Lorenzen had an ERA of 1.57 and 22 strikeouts in 7 games but he also walked 12 batters.

If it was my money, try to resign Wacha. If not, go after Blake Snell or Corbin Burnes. Free agent pitchers are all in their 30’s with many of them in their upper 30’s. Then I’d try to get a bat to help the offense out a bit. Juan Soto Cody Bellinger will be way out of the price range so we can forget about them. Alex Verdugo made 8.7 million this year and I’m sure that will go up but he would be a nice addition, plus he’s only 29.

There are lot of options out there. It will be interesting to track the Royals this offseason. Whatever they do, I’m expecting some sort of splash in free agency to get the team to the next level.

know, see that light — see Jesus in me,” he told Sports Spectrum in August. “I want to take it off the field too...you know, God created me for more than just being a football player. I know, like, that’s my ability for sure, but, you know, I just wanted to be that light in the community.”

—Movieguide.com

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A Guide to Enjoying Life in the Best Years

Top Digital Literacy Tips for Older Adults

If current trends continue, decades of gentle teasing and jokes about older adults' confusion with technology may be on their way out. Not only do digital tools and technology help this generation stay connected to family and friends, but technology is also making it more practical for these individuals to remain independent and age in place.

Assistive and health-related technology is also on the rise, according to a "U.S. News & World Report." Tools like medical or health apps, wearable trackers, hearing devices and some smart home products make it easier and safer for older adults to age in place.

Whether for social, practical or entertainment purposes, growing your confidence with technology and digital tools can be a slow, steady process that allows you to increase your comfort level while building a solid understanding.

Boost your digital literacy with these tips from the tech experts at Cox Communications:

Find resources that allow you to participate in digital literacy education. Many community groups offer

classes geared toward older adults, and you can also find resources from internet providers. If you're comfortable searching the internet, you can also find support groups and user-friendly guides online.

Slow down. When it comes to digital literacy, the internet can be fast-moving, which can be overwhelming for older adults who are not used to the environment. The pace can also expose you to the risk of cybercrime. Approaching online activity in small bites may help you take in a manageable amount of information and process it before piling on more information.

Research options. With so many technology devices and services available, it's possible, and even advisable, to explore the various options before making a purchase or signing an agreement. Consider the features you need against your budget to make the best choice. For example, options like Cox Communications' Connect Assist program can help you find fast, reliable and affordable internet plans to fit within your retirement budget.

Take breaks. Digital media can become addictive for older adults;

with so much to see and learn, it's easy to lose literally hours. That's why it's a good idea to take a balanced approach and limit the time you dedicate to your smartphones and computers each day.

Use digital media to improve connections. Social media and online groups can add social connectivity, but this digital interaction shouldn't replace your personal relationships. Be sure to prioritize live social connections, and don't use digital media in place of conventional in-person connections that can provide important benefits for your overall physical and mental health.

Stay informed about cybercrime. Because of their limited experience with technology, older adults are major targets of cybercrime. Stay informed about methods and tactics used by these criminals so you can protect yourself, your identity and your assets.

Use strong passwords. If your memory isn't what it used to be, you may be tempted to repurpose your passwords so you don't have to remember as many. Unfortunately, that approach may mean that if someone figures out how to access one account, they have access to many more. Create passwords that are a mix of letters, numbers and symbols and write them down in a safe place. Generally, it's best to avoid using easily guessed information like birthdays and names of children.

Be cautious about what you read and share online. If something seems questionable, verify it with multiple sources before accepting it as true.

Explore more resources for older adults in this digital age at cox.com/digitalequity.



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4 Tips to Keep Cold and Flu Season at Bay



problem, finding the root cause of the symptoms can be a more effective treatment strategy.

For example, some common remedies for chest congestion only mask the symptoms. Many doctors recommend an option like Mucinex 12-Hour because it treats the cause of chest congestion by thinning and loosening excess mucus. One dose lasts up to 12 hours, helping you clear mucus and relieve chest congestion.

It doesn't take much for cold and flu symptoms to take over. Even a mild case of the sniffles can make it difficult to navigate the demands of everyday life. It's virtually impossible to avoid germs altogether, but you can make sure you're ready to fight off an infection, whether it's a minor cold or a full-blown case of the flu.

"I always share a few easy and simple methods with my patients when cold and flu season comes back around to keep them in the best shape," said Dr. Tim Tiutan, board-certified internal medicine physician. "Not only does getting ahead offer protection, but knowing what to do when symptoms start to come on, and what to have in your medicine cabinet, can help ease the burden of an oncoming illness."

Preparation and prevention play important roles before a bug hits, but it's also valuable to know how to effectively treat an illness and keep your loved ones from getting sick.

Prevent

Short of stashing yourself away in a bubble, there aren't many failsafe ways to fully avoid germs. However, some basic hygiene and preventive care can go a long way toward minimizing your risk. Regularly washing your hands can help get rid of germs before you accidentally introduce them to your eyes, mouth or nose.

Maintaining an overall healthy lifestyle also helps ensure you're in optimal condition if you do get sick. That means eating a nutritious, well-rounded diet and keeping up with your exercise routine. Also be sure to talk to your doctor or pharmacist about getting a flu shot.

Prepare

Knowing you can't completely eliminate your exposure to germs, it's a good idea to ensure you have everything you need to fight a cold or flu on hand. At least once a year, give your medicine cabinet a thorough cleaning. Discard any expired medications and replace products that have run low, especially those designed to help fight symptoms like pain relievers, fever reducers, decongestants, antihistamines and cough syrups. It's also a good time to restock items like tissues, cough drops, hand sanitizer and antibacterial soap.

Treat

Once you're sick, sleep is one of the best remedies. Your body can redirect energy toward healing when you're sleeping, which helps boost your immune system. In addition to getting enough rest, it's important to treat your symptoms, not just mask them. Because symptoms like fever, runny nose, chest congestion, cough and more can indicate a more serious

Contain

Getting rest and managing your symptoms are easier when you stay at home, but it's also the best way to prevent spreading germs to others. It's not always practical, but if you can, limit yourself to one area of the house, away from family members. Cough into your elbow or a tissue, never your hands. Use antibacterial hand sanitizer and wipe down surfaces to minimize others' contact with your germs. Take advantage of delivery or curbside services for essentials like groceries and talk with your employer about working remotely or using sick time until you're feeling better.

Find more advice to help fight this cold and flu season at Mucinex.com.

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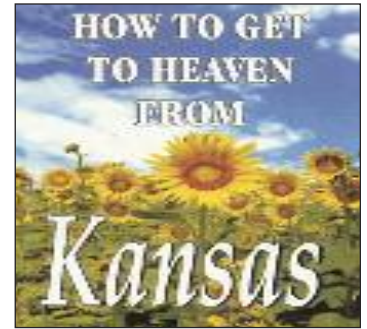
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More important than living in KANSAS is where you will live forever. Just as you would look at a map of KANSAS to find your way, so you must look at the Bible to find your way to heaven. The Bible says, "Narrow is the way, which leadeth unto life, 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.



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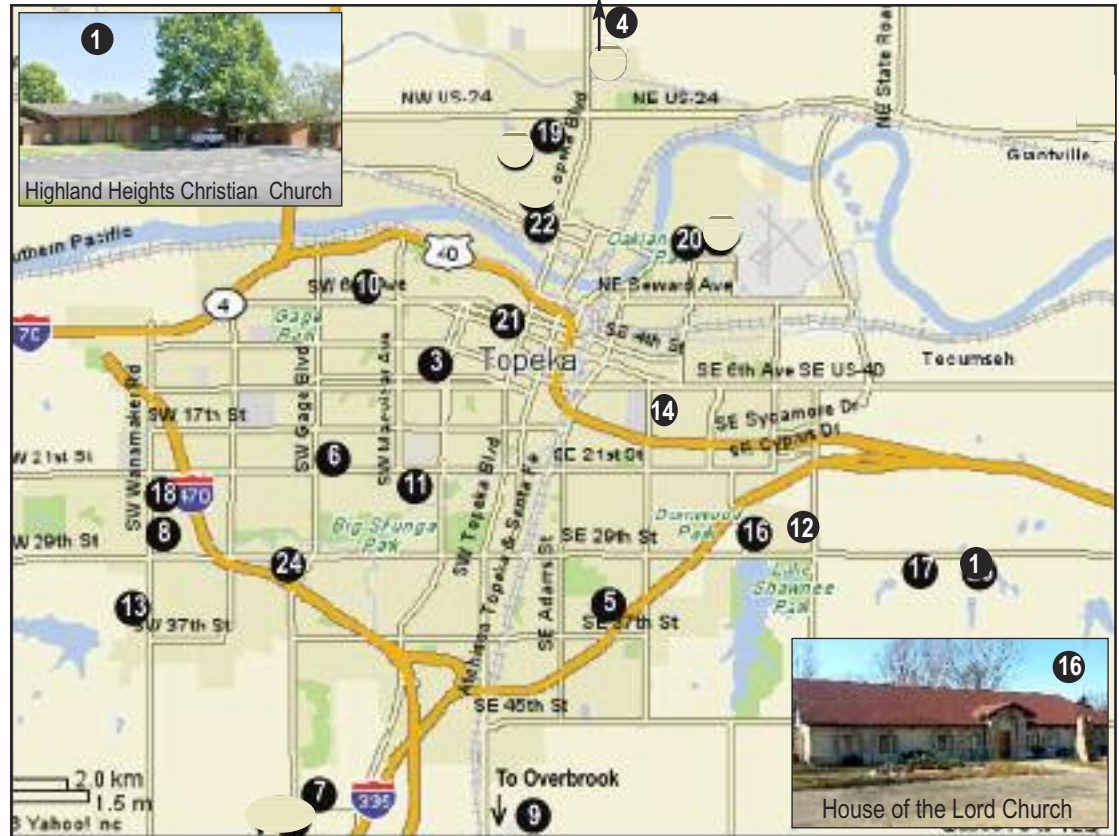
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Top 5 Threats to America

By Kerby Anderson

What do people in the intelligence community believe are the greatest threats to America? I had an opportunity to watch one presentation that listed five threats.

The first is the possibility of an EMP attack in which a nuclear weapon is detonated at high altitude over this country. The Congressional EMP Commission has stated this could bring down our entire power grid.

The second threat could have a similar impact. This is the concern that sleeper agents from foreign countries in this country get activated and take down this country's power grid or conduct terrorist actions.

A third concern is the possibility that massive supply chain disruptions surface because of looters or rioters who target food production facilities and supply chains. We have seen many suspicious fires at food production plants. This overlaps with a fourth concern that the country breaks out into a civil war with certain states deciding to secede and close their borders.

A fifth concern results from China invading Taiwan. Some fear that that could trigger World War III if the US decides to respond. China has the largest navy in the world and more warships than the US.

I listed these in descending order of disruption. The first two threats would have a devastating impact on the country. Supply chain disruption would be harsh



in some areas, perhaps less in others. And we might hope that the likelihood of a national civil war or the onset of World War III would be less likely, but very devastating if it occurred.

These threats are a reminder that we need to have serious and capable people in office. It is also a reminder that each of us need to also prepare for scenarios like these we hope and pray never occur.

Is My Loved One in Heaven?



CLINT DECKER

President and
Evangelist
with Great
Awakenings, Inc.

Speaking Truth

While his hands gripped the casket and tears streamed down his face looking at his daddy, little Jimmy was devastated, along with many others. He did not understand what was happening. His dad had been playing with he and his sister a few days ago, then went to bed but never woke up. Jimmy's grandma with a small and weak voice tried to bring comfort saying, "Your daddy is with grandpa now. No doubt they will be golfing together on the best courses and fishing on the most beautiful rivers."

When death comes to visit our loved ones and friends, in the midst of our pain and sorrow we may try to imagine the best with where our loved one might be at that moment. We are believing there is an afterlife, and our loved one has gone on there and met up with other loved ones and good friends and are thoroughly enjoying themselves in one of the most beautiful

places that can be envisioned.

This brings us comfort as we grieve, but is it true?

In the Bible there is this question, "If a man dies, shall he live again?" (Job 14:14) Who can answer this, and also the truth about heaven? Jesus once said, "No one has ascended into heaven except he who descended from heaven, the Son of Man." (John 3:13) Jesus verifies that heaven truly exists. He came from there, and after He died and rose again from the dead, He returned.

Can a person truly live again after they die? Jesus answers this too, saying "I am the resurrection and the life. Whoever believes in me, though he die, yet shall he live, and everyone who lives and believes in me shall never die." (Jn. 11:25-26)

Yes, there is life after death, and there is a heaven, but the Builder of heaven set it up to only be occupied by people who meet His terms. Let me explain the conditions the Lord God laid out, which are both simple and very difficult.

Repentance. "Turn away from evil and do good" (Psalm 34:14) God has laid down laws against things like lying, sexual immorality, drunkenness, as well as, anger, unforgiveness and jealousy. He says we must stop these things, turn to Him and start doing good.



Belief. "Believe in the Lord Jesus, and you will be saved." (Acts 16:31) Belief is an overlapping word along with trust and faith. It means not only to have a sense of acknowledgement of the existence of Jesus, but also refers to committing one's entire life under His complete authority.

Evidence of obedience. "Why do you call me 'Lord, Lord,' and not do what I tell you?" (Luke 6:46) What is the proof of turning away from evil and believing in Jesus? If someone is truly a follower of Christ it will show in their obedience to Jesus and the Word of God.

Evidence of love. "You shall love the Lord your God with all your heart and with all your soul and with all your might." (Deuteronomy 6:5) Following Jesus is about love for Him. Love is not just about feelings and emotions, but a total devotion to Christ, where you serve Him with all your being, because of who He is and what He did on the cross for you.

There are two places in the afterlife:

heaven and hell. Hell is an awful place for those who have rejected Christ and refused to live for Him. But for those who have turned from sin, placed their faith in Christ, and give evidence of that through obedience and love for Jesus, then I can confidently say they are in the presence of the King of kings this very this moment. And if you follow Christ, then when you face death, you will be in heaven as well.

A prayer for you – *Lord God, I pray for those who have had to bury a loved one or close friend. Bring peace to their heart. Help them to cast their cares on you and prepare them for their own eventual appointment with death. Bring them to turn from their sin and trust in you with all their being. In Jesus' name. Amen.*

–Clint Decker is President of Great Awakenings. Share your comment at cdecker@greatawakenings.org and follow his blog at clintdecker.blogspot.com.