The City of Topeka has announced the launch of topeka.mindmixer.com, a new comprehensive community engagement website where residents can engage, communicate, and collaborate with community decision makers on the future of our community.

This platform can be used to get the community involved in the planning process. Feedback from this interactive and accessible website will be used by City leaders—the listeners—in order to lay out plans on a variety of projects.

topeka.mindmixer.com gives contributors a chance to share new ideas, rate the ideas of others, expand on existing ideas, and give feedback on City programs and initiatives. The site also measures and tracks participation, identifying the most interested citizens and compelling topics.

How can you get involved? Go to the site and login with basic information to get started. From there, you can choose your areas of interest to be alerted when new questions are posted on those topics.

How can Topeka grow in an economically sustainable manner? How would you rate your feeling of safety in your community? How can Kansas become a more economically sustainable state? How can Topeka move forward in an economically sustainable manner? How can Kansas become a more economically sustainable state?

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Business coaching team opens Topeka office

Global award-winning business coach Earl Kemper and his team at ActionCOACH Empowerment relocated from Lakewood, Colo. to Topeka at the beginning of 2014. While the firm continues to help Colorado businesses as well as business owners nationally and internationally, Coach Kemper saw a great opportunity in the Topeka market.

“For the past 10 years, I’ve seen Topeka grow culturally and profession- ally. Topeka has attracted new businesses as well as positioned many of its efforts into local business growth,” said Kemper. “My passion is to coach business people who are good and make them great. I ultimately measure my success by the success of my clients.”

Certified Business Coach Andrea Engstrom has been active in the Topeka business community for many years, and has been working through the Colorado office for the last several years. Kemper is her father, and other family members also work in the business. Kemper and Engstrom celebrated the relocation and their new Topeka office on June 17 with a Ribbon Cutting ceremony and Open House.

“The two say their goals and vision for Topeka’s business community are simple: help business owners achieve freedom, finances, and fulfillment. By doing so, business will grow together, generate more revenue, create new jobs, and strengthen our local economy. They plan to complement these goals through one-to-one coaching and group coaching programs, as well as a new business group called ProfitCLUB. Additionally, free monthly training sessions are available for business owners. For more information call 408-5927 or go to actioncoachempowerment.com.

They also work with business owners on how to make their business align with their personal goals.

“Business is a tool that enables you to live the life you desire. Business is not life,” Kemper said.

The Topeka ActionCOACH team has served over 1,200 clients around the world. On average, their clients double their business in less than 12 months, Engstrom said.

ActionCOACH International has a presence in 50+ countries with over 1,000 coaches worldwide. ActionCOACH has been recognized by Entrepreneur Magazine as the #1 Business Coaching Service Franchise in the World nine times. Kemper has been named America’s Coach of the Year five times, and World Coach of the Year twice.
So where do things go from here? For one, pastors and counselors can now say with assurance, marriage makes sense and is likely to last a lifetime.

For religious believers, if they’ll be attentive to practice their faith with their spouse, they can almost double their odds of avoiding divorce.

Therapist Davis said this could go a long way to easing the doubt that Christianity makes no difference. “That there’s no power in it to transform. And that is just not true,” she insisted. “So those statistics I think could help a lot with that.”

Pastor Floyd believes it’ll be a major plus for the church when this new knowledge gets around.

“If you have regular church attendance, then it’s going to make a difference in the longevity of your marriage,” he said. “I think that is incredible firepower, so to speak, for the local church, for the pastor.”

First, the divorce rate is way below 50 percent and much lower for those who attend church.

Feldhahn estimates the overall divorce rate for the country is around 31 percent. The studies of people who regularly go to church all show a much lower divorce rate for them.

“Maybe 15 percent, maybe 20 percent for all marriages, first marriages, second marriages, third marriages,” Feldhahn explained.

Feldhahn cited one example where a pastor tracked 143 couples who he had married.

“Maybe 25, 27 years later. Less than 10 percent had been divorced,” she stated.

Feldhahn hopes these facts she’s uncovered become widespread.

“Pastors need to know this,” she said. “People need to be able to look around the average congregation and say, ‘You know what, most of these people will have strong and happy marriages for a lifetime. Doing what God says matters. This is a big deal to know.”

HURT

continued from page 1

Little

When we think about our calling, it’s usually accompanied by positive, fluffy feelings. We consider how we can use our God-given skills and gifts to change the world and impact our community.

Rarely, however, do we consider the path to our calling and how it may not always resemble a yellow brick road. Undoubtedly, we will experience speed bumps and pit holes along the way.

This first lesson will focus on the hardships of treading the road to our calling and will seek to allow us to embrace them instead of fighting them.

Anytime someone is purposeful or called to fulfill a destiny for God’s kingdom, it has to be realized that the steps to get from, “I think I can” to “Look at what God has done,” may not always be reasonable.

If we take a glimpse at God’s track record, we’ll see that we don’t serve a very logical God – not in our human understanding, anyway. We’ll see that the means that He went about taking every day, ordinary men and women of the bible to people of position and power with the sole purpose of illuminating His glory did not always make sense.

Take Joseph, for example.

Joseph’s purpose and calling was to reign as king ultimately to save the people from starving to death during the famine (Genesis 30 – 50). Who knew one of the most crucial steps required for him to get there would involve being thrown into a pit and sold into slavery by his own brothers.

Look at Daniel. Daniel’s story – alongside Shadrach, Meshach, and Abednego – is a powerful demonstration of God’s sovereignty in the midst of a chaotic culture. It is a story in which the most influential aspects include harmless delivery from both a lion’s den and a fiery furnace.

My personal favorite is Esther.

Once again, the Israelites needed saving and it was Esther who was chosen to liberate them from the persecution of Haman’s hand. Yet, doing so meant that she had to be uprooted from the comfort and security of her home and placed into a new, unfamiliar and unnerving situation.

There are a couple of things that these stories have in common.

First, the people God used weren’t chasing their own agendas. They were intentionally fulfilling a calling that directly lined up with the kingdom agenda to demonstrate the comprehensive rule of God over every area of their lives.

Secondly, in order for these people to move from “I think I can” to “Look at what God has done,” they had to be placed in situations that were beyond their control.

A lot of us know what our purpose is. We see our calling and we’re trying to figure out the steps to get there, but what most of us have yet to accept is that the steps to getting there may involve being placed in situations that don’t make any sense and in which we have no choice but to exercise our faith.

Hebrews 13:7-8 says, “Remember your leaders who spoke the word of God to you. Consider the outcome of their way of life and imitate their faith. Jesus Christ is the same yesterday and today and forever.”

That means when it comes to the making of a great leader, we just might have to face the same issues that these amazing biblical figures had to endure. The fact that they endured is what makes them so amazing in the first place.

The question is: are you willing to be hated on by your brothers if that’s what it means to fulfill your calling?

Are you willing to face the lions to devour you and stand in the fire?

Are you willing to be taken out of your comfort zone in order for His will to be done?

A lot of our knee-jerking reactions are, “No, I’m not.”

Who wants to have to endure circumstances that force us to be vulnerable and that may cause pain? I get that.

More importantly, Christ gets that. He, after all, had to do it, too.

The sole purpose of Jesus Christ being on this earth was to save humanity from eternal damnation and separation from His love. In order to fulfill His calling, He had to not only trade in the luxury of a throne for life as a human being, but he had to die a horrible, brutal death.

And, He did it.

While we’re complaining about the girl we don’t want to disciple or the church ministry we don’t want to carve out the time to lead or the husband we have to force ourselves to submit to, realize that it’s not like He’s asking us to hang on a cross.

Next month, we’ll discuss changing our mindset on how we view the troublesome process of fulfilling our calling and the biblical inspiration to help us bear through.
EVIDENCE SUGGESTS THE STATES THAT SPEND LESS, TAX LESS AND GROW MORE

Debunking CBPP report on tax reform

Dave Trabert | KPI

The Center on Budget and Policy Priorities (CBPP) latest report entitled "Lessons for Other States from Kansas’ Massive Tax Cuts," claims that tax reform hasn’t boosted the economy. Today we tackle their assertion that tax cuts won’t lead to economic growth.

Actually, there is a lot of evidence that tax cuts will improve Kansas economy; CBPP just conveniently avoids it. Instead, they substitute their opinion and employ their standard tactic of making claims without disclosing supporting data; they also reference predictions that Kansas will trail the nation next year in some economic indicators.

We’ll start with a brief history lesson. Private sector job growth in Kansas trailed the national average in ten of the last fifteen years (1998-2013). Kansas’ private sector gross domestic product trailed eight times (1997-2012) and personal income trailed eleven of the last fifteen years (1998-2013). Indeed, Kansas’ history of economic stagnation was the impetus for tax reform. As we have explained previously, the full economic impact of tax reform will take years to unfold. It’s intellectually dishonest of CBPP to imply that tax reform isn’t working because a long term negative trend hasn’t suddenly created tremendous gains.

Now let’s look at the evidence. The study compares the performance of the ten states with the lowest state and local tax burdens with the ten states with the highest burdens, based on the most recent rankings from the Tax Foundation. The low-tax burden states are Wyoming, Alaska, South Dakota, Texas, Louisiana, Tennessee, New Hampshire, Nevada, South Carolina and Alabama. The high-burden states are New York, New Jersey, Connecticut, California, Wisconsin, Minnesota, Maryland, Rhode Island, Vermont and Pennsylvania.

The low-burden states increased jobs at twice the rate of high-burden states. Low-burden states have superior growth in Wages and Salaries and Private Sector Gross Domestic Product. Low-burden states have positive domestic migration while high-burden states have negative domestic migration. In other words, US residents are choosing to move to low-burden states and choosing to leave high-burden states.

Tax reform critics like to attribute the superior economic performance of low-burden states to weather and access to ports and natural resources.

But both groups have states with good weather, bad weather, coastal, land-locked and natural resources. But there is one category which really separates the two groups of states — spending. High-burden states spend 40 percent more per resident to provide the same basket of essential services. States with an income tax spend 49 percent more than those without an income tax.

The key to having low taxes is to keep spending under control by providing services at a better price. A state could be awash in oil revenue and still have a high tax burden if it spent more.

The moral of the story is pretty clear: states that spend less, tax less — and grow more.

FOSTER CARE
continued from page 1

expected abuse or neglect. It expects to field more than 74,000 reports in 2014.

“We have done a tremendous job of working with community organizations to promote the reporting of child abuse and neglect,” Freed said. “Our rate of removal, based on the reports, is constant.”

Though the number of Kansas children in foster care has increased, the number of licensed foster homes has remained flat.

Records show that in April 2013 there were 2,486 licensed foster homes in Kansas; between 2009 and 2013, the state had access to an average of 2,491 homes.

“A lot of homes are taking in multiple kids, more than they have in the past,” said Jeff Piepho, president of the Kansas Foster and Adoptive Parent Association.

“Turnover is an issue,” he said, “A lot of times, foster parents will adopt the children they’ve been caring for and decide they’re not in a position to keep being foster parents, so they quit. Another reason is they do it for a year or two and come away feeling like they don’t have a loud enough voice. They don’t feel like anybody listens to what they have to say.”

The association and DCF, he said, are trying to change that.

“The other thing that’s happening is people don’t want to be foster parents because they think it would be so heart-breaking. They say, Oh, I could never do that,” Piepho said. “We need to address that, too. We need to show people how they can be a positive, interruptive force in a child’s life.”

Piepho, a Salina pastor, and his wife, Meadow, have cared for about 45 foster children in the past five years. The couple have adopted two children and are legal guardians for three others.

FOSTER CARE
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Dear Jennifer,

Take the Roth!
If you put your money into a Roth 401(k), and by retirement age there's $1 million in there, that money is yours tax-free. By comparison, if it's in a regular 401(k), you'll pay taxes on that $1 million, which will come out to about $300,000—maybe $400,000 at the rate things are going now. You'll lose 30 to 40 percent of your money.

My personal 401(k) is a Roth. And in this situation, yours should be too!

— Dave

Dear Amy,

I'm afraid there's not one good, across the board answer, because it all depends on where you are in your financial plan.

When it comes to cars, you should always buy good, used vehicles, unless you have a million dollars or more in the bank. New automobiles drop in value like a rock, so buy smart and let someone else take the hit in depreciation. You don't become wealthy by investing in things that go the wrong way.

If you're talking about clothing, and you're broke or trying to get out of debt, there's absolutely nothing wrong with shopping consignment stores—especially for kids. They wear things three times, and then they've outgrown them. “ Experienced” clothing is a great buy for adults, too.

Of course there are other things, but here's the deal. As your money situation improves, you'll be able to buy more new things. The price of “new” will become a smaller and smaller percentage of your financial world.

But when you're broke, deep in debt or don't have a big income, the money you spend on anything is a big percentage. At times like this, a decent $50 washer or dryer in the classifieds can be the best deal on the planet!

— Dave

Dear Dave,

My employer offers a regular 401(k) and a Roth 401(k). I've got several years before I retire, which one should I choose?

— Jennifer

Dear Jennifer,

Do you familiarize yourself with the different investment options available?

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

HOW MANY TEENS ARE LEAVING THE CHURCH?

JOHN UPCHURCH
Senior editor of the websites BibleStudyTools.com and Jesus.org

myopinion

If you want to get Christian leaders talking, just ask them one simple question: Why are young people leaving the church? More articles have been typed, penned, and scrawled out on napkins on this quandary than perhaps any other topic. Opinions vary from types of music to the way we’re teaching the Bible to the time of our services.

However, Ed Stetzer, president of LifeWay Research, thinks we need to take a deeper look into the data before we begin proscribing solutions. First, he wants us to get our facts straight:

“Dropout is a key word in today’s evangelical churches concerning teenagers and young adults. The quote often sounds like this: ‘96% of evangelical youth drop out of church after graduation, never to return.’ The problem with that statement (and others around that number) is that it’s not true. But that doesn’t mean there is no reason for concern.”

According to LifeWay’s multi-year study, in fact, the number of teens who leave the church comes to about 70%. This mainly clusters around teens from 16–19. But, in what may come as a surprise, two-thirds do ultimately return after a “hiatus.” The researchers also found that most of the teens didn’t set out to reject the church or the theology of their parents; they simply drifted away. They no longer found church to be important.

So, what factors kept teens plugged into church? Stetzer points to four important ones revealed by the study:

• I wanted the church to help guide my decisions in everyday life (prior to [age of] 18).
• My parents were still married to each other and both attended church (prior to 18).
• The pastor’s sermons were relevant to my life (prior to 18).
• At least one adult from church made a significant investment in me personally and spiritually (between 15 and 18).

On a website in which the study appeared, many people had solutions. Rebecca Kenney especially wants us to pay attention to that last point. She says that too many adults see teens’ questions and doubts about faith as an attack, but that’s not always the case:

“The questioners are not malicious. They are at a stage of life where everything is changing. The old foundations, the ones their parents laid for them, are being broken up and scraped away to make room for the new foundations on which they will live their adult lives. This doubt is a natural process, part of the free will that God gave to his image-bearers. But it can be frightening for the parents and the youth leadership of the church.

“Most families or churches respond to young doubters in one of three ways. They ignore the question, they separate the questioners, or they prayerfully give an answer.”

John UpChurch is the senior editor of BibleStudyTools.com and Jesus.org.

Cindy Patton
Attorney at Law

• Trusts • Probate
• Avoiding Probate
• Wills
• Estate Planning
• Family Law
• Small Business Incorporations & LLCs

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

What did our founders believe was the foundation for a civil society? God. They believed if Americans chose to worship and follow Him it would lead us to become moral citizens and assure a civil society. However, if future generations turned from God they warned that immoral behavior would rise and anarchy fill our streets.

Jesus said, “I say to you, unless one is born again he cannot see the kingdom of God” (John 3:3). Jesus suffered, died and rose again centuries ago that we might be made into a new person. If we believe in Him with all our being He will give us a new heart and mind. When that happens everything changes.

We become a new person laying down our lives in love and service to others for the glory of God. Imagine waves of people in city after city being born again and putting the concerns of others above themselves.

This is the answer for America’s future. May Jesus be your hope for today and the next generation.

Clint Decker is President and Evangelist with Great Awakenings, Inc. Contact him at decker@greatawakenings.org.
Ed Popkess

Welcome to north topeka!

TOPEKA Metro Voice _________________________ MetroVoiceNews.com _________________________ Facebook/MetroVoiceNews ________________________ July 2014 • 7

NOTO First Friday Market postponed to July 11 due to Independence Day

NOTO FIRST FRIDAYS will be celebrated on July 11 this month due to Independence Day falling on Friday July 4 this year. The decision was made so as to avoid conflicting with the various Independence Day celebrations scheduled for that day. Enzyu arts, antiques, fine crafts, and flea market items a week later.

Other North Topeka area activities and events for the month of July:

CRUISE NIGHT – 5-10pm, 1st Sat. at Spangles, Hwy 24 & Rochester Rd; 4th Sat. at The Pad, 1730 N. Topeka Blvd.

TOPEKA RESCUE MISSION WAREHOUSE SALE – July 10 & 11, 7am-3pm, 206 NW Norris St. All sales benefit the programs of Topeka Rescue Mission.

4TH ANNUAL BLUES FOR A CAUSE FUNDRAISER – July 25, 6-11pm. Serendipity, 820 N Kansas Ave. For info: 383-7084

SOUTHERN GOSPEL QUARTET THE ARMOURAIRES – July 27, 6pm. Family of God Church, 1231 NW Eugene St. For info: 234-1111

THE PAD

234-3596
1730 N. Topeka Blvd.

35% OFF Burgers!

Capitol City Chiropractic

Dr. John E. Chance
1825 S. Topeka, Ste. 209
Topeka, KS 66608
Phone 234-0900

Hours
MTWF 9am - 6pm
Th 9am - 12pm

HEALTH CARE FOR THE ENTIRE FAMILY
"Staycations help fight "brain drain"

Adults, kids should learn something new during the summer

by Albert Mohler

A teenager I happen to know quite well (seeing that he lives in my house) announced last week that summer is time off for his brain. Well, nothing fires up the parental learning plans like a teenager who announces his plans to learn as little as possible over the summer.

My wife and I have planned almost every summer as a time of learning, and much of that knowledge can never be learned in a book. We have dragged our children through museums and libraries all over the world, retraced movements of battles, seen the seats of government power, sat in cockpits of modern supersonic fighters, enjoyed wildlife (boys especially love to find anything that can eat or kill you), and shared a disastrous experience of car sickness while deprived of the kinds of experiences that teach children (and sometimes their parents as well).

The gap in rich learning experiences turns out to have much to do with socio-economic factors. Children who are deprived of the kinds of experiences that come through travel, conversations with parents, cultural experiences, and contact with nature turn out to have problems reading that have nothing to do with words on a page and everything to do with missing background knowledge.

This research should encourage parents to think of the summer -- and particularly of summer vacation plans -- as an opportunity to provide invaluable "background knowledge" for the entire family. Staycations afford a priceless opportunity for families to learn together. To our shame, many families drive right past incredible opportunities for learning. How did the states get their shape? Where exactly does this river flow? What is the historical marker telling us? Turning the summer into a fun and enriching learning opportunity is, seen in this light, a parental responsibility. It is also a lot of fun. During the school year, whatever the educational model, children are largely directed to learn what is required by the curriculum and, in many cases, individual learning projects and the interests of the children are left behind.

The summer affords an all-too-brief opportunity to let your children learn about what interests them the most -- and become teachers of their siblings (and sometimes their parents as well). Where exactly was the "Little House on the Prairie?" What are the different kinds of bridges and how are they used? Just what is the difference between a frog and a toad?

You do not have to go far to find unparalleled opportunities for learning. While travel remains one of the most intellectually enriching experiences for people of all ages, there are plenty of opportunities close at home. Have you taken your children to the county courthouse or City Hall? Have you plundered all opportunities to visit the museums, libraries, and cultural assets close to home? Do your children even know about the wildlife they can find in the grass outside the back door?

Christian parents are responsible for a particular stewardship of learning, for we are responsible to inculcate a Christian worldview and distinctively Christian patterns of thinking in our children. The summer affords an unparalleled opportunity for this as well, as every event, observation, book, news story and road trip offers a constant and precious opportunity to turn our children's questions into moments of timely learning.

Take every opportunity to add to the Christian "background knowledge" that leads to a deeper understanding of the Gospel and the Christian faith.

So enjoy the summer and make the most of it, whether going to the lake, enjoying a local theater in the park, climbing the local hill, or visiting grand-parents.

Who know? Parents who pay attention to this might well avoid their own "summer brain drain."
Take Advantage of Nearby Attractions

Summertime is the perfect time to take advantage of the many attractions located right here in the Capital City! Beginning with the Capitol Building itself, you can then branch out and try some of the following suggestions. For more options, go to VisitTopeka.com.

A Capitol Tour is a Capital Idea!

Kansas State Capitol Building
785-296-3986; www.KSHis.org/Capitol

After a 13-year, $322 million renovation, it is now complete and gleaming like the day it was built. Experience the magnificence and grandeur from the murals to the souvenir shop and right up to the top of the dome 306 feet dome. Free tours are available on weekdays and are free. The Dome Tour is spectacular and breathtaking with its 256 steps to the very top, and to the outside balcony for a unique birds-eye view of Topeka. Don’t miss the Senate Chamber, the State Library and the Old Supreme Court, plus sculptures, historic photographs and the dome chandelier. Use the ground level entrance on the north side. Free parking is available in the underground parking garage – enter from 8th Avenue.

While in downtown Topeka, take time to stroll down Kansas Avenue and check out the many shops and restaurants there. While street construction is going on, you can get parking garage vouchers at the stops in honor of its favorite daughter, Earhart, and it still accomplishes that today. This year’s theme is “Saddle Up and Enjoy the Ride.”

Take Advantage of Nearby Attractions

Kansas Children's Discovery Center
4400 SW 10th Avenue
785-738-3860
www.kansasdiscovery.org

Hours of hands-on entertainment! Inside you can find science, careers, art and a real tools workshop. Outside: bikes, rock climbing, challenge courses and a treehouse. It's all serious fun!

Topka Zoo
365 SW Gage Boulevard
785-368-9180
www.topkazoocenter.com

Home to nearly 300 animals from all over the world, including elephants, hippos, apes, lions, giraffes and black bears. Latest addition: Two baby tiger cubs!

Mulvane Art Museum and Art Lab
1700 SW Jewell Ave.
785-670-1124
www.Waubburn.edu/Mulvane

One of the oldest accredited art museums west of the Mississippi River, with a varied collection of classic, traditional, modern and unexpected art. Exhibitions change regularly. People of all ages can create their own art souvenirs at the Art Lab in the basement.

AMELIA EARHART FESTIVAL
July 18 – 19, 2014
Atchison, KS 66002
Atchisonkansas.net

Each summer the community pulls out all the stops in honor of its favorite daughter, complete with a downtown music, food and crafts fair, star-filled outdoor concert, children’s activities, carnival, awards and honors, Earhart research and literature, music on the beautiful Riverfront, aerobatic performances and fireworks show.

DODGE CITY DAYS
July 25 - August 3
Dodge City, KS 67801
dodgecitydays.com

It is the second largest festival in Kansas with over 50 events. Its original intent was to celebrate Dodge City’s great Western heritage, and it still accomplishes that today. This year’s theme is “Saddle Up and Enjoy the Ride.”

GEESEL COUNTRY THRESHING DAYS
August 8 – 9, 2014
Geessel, KS 67053
wheatco.org

More than 100 exhibitors from a 7-state area display and demonstrate antique equipment related to farming during the past century. Additional demonstrations and ethnic Mennonite food are provided in conjunction with the Mennonite Heritage and Agricultural Museum.

HILLSBORO ARTS & CRAFTS FAIR
September 20, 2014
Hillsboro, KS 67063
hillsboroartsandcraftsfair.org

Exhibitors from across the nation are selected by a committee of judges and invited to bring their handcrafted products to Hillsboro for its nationally recognized craft show. Local food and homemade hospitality add flavor to this already spectacular event.

THE MCKPHERSON SCOTTISH FESTIVAL AND HIGHLAND GAMES
Sept 27 & 28, 2014
McPherson, KS 67460
mcphersonfestival.org

Festival includes competitions in Highland heavy athletics, Scottish Highland dancing, and solo piping and drumming. Two full days of activities also include clan and genealogy tents, Celtic harp, shepherding demonstrations, display of Clydesdales, Highland cattle and birds of prey. Renaissance sword fighting, children’s pint size athletic games, hands-on crafts, a barrel train, food and product vendors, Celtic musical groups, and a British car show.

Vendor/Craft Show!
Saturday, July 12th • 10am - 3pm
Town & Country Christian Church, 29th & Fairlawn
26 crafters and food vendors with something for everyone!
Free admission and plenty of parking
7pm Quarter Mania!

Puffy’s
STEAK & ICE HOUSE
215 Main St., Maple Hill
785-256-4329

Free Onion Ring Appetizer
w/meal purchase
Tue., Wed., Thur., or Sun. only • Limit one per table

Call About Our Catering Service!
Salvation Army offering feeding program, day camp

The Salvation Army is partnering with the Topeka Public Schools’ Child Nutrition Services to feed children 18 and younger during the summer starting the first week after school ends in May until the first day of school in August.

Nutrition is an essential component to combat food insecurity in children. During the summer months many children go hungry because school is no longer there to provide hot, nutritious meals. The Salvation Army and Topeka Public Schools’ (TPS) Child Nutrition Services is partnering this summer to provide two valuable services for feeding children—an on-site location and two mobile feeding sites. The feeding program is FREE for children 18 years and younger, but The Salvation Army is asking parents to accompany younger children to the two sites for safety reasons.

Mobile Feeding Sites
Starting the first week after school ends, The Salvation Army's mobile cafeteria will be at two locations to feed children 18 years and younger for FREE starting May 27th – May 30th and July 14th - August 12th. Food preparation is being provided by Topeka Public Schools Child Nutrition Services and The Salvation Army will deliver meals to the two locations in their mobile cafeteria.

The Kansas State Department of Education (KSDE) reports that “More than 2.1 million children participated at more than 32,700 sites in the summer of 2008” (www.cnk-eat.org/SESP) Carmen Lovan, child nutrition specialist for the Topeka Public Schools states, “Topeka Public Schools provides approximately 14,000 meals each day during the school year. In the summer, that number drops to 1,700. Our goal is to find ways to increase the number of meals that we serve during the summer. Often this requires having meals available in areas that are near the children’s homes. This goal is only achievable through the partnership with organizations like The Salvation Army.”

On-Site Feeding Program
For the six-week break between the mobile feeding dates, The Salvation Army will be providing an on-site (indoor) location for the FREE Summer Feeding Program at 920 SE St., Topeka that will include both breakfast and lunch. The dates are June 2nd – July 10th (Mondays-Thursdays); Breakfast is served 8:15-9:00 am; Lunch is served from 12:00 – 12:30 pm.

Day Camp Program
While meals are FREE, The Salvation Army is offering a six-week day camp program called "Character Building" for children ages 5-10 years old. There is a nominal fee of $5 per child per week. It features Christian-oriented bible stories, songs, lessons on healthy eating and bodies, arts/crafts and recreational games. Children will be made aware of The Salvation Army’s mission to others and how volunteering is important. The focus will be on building good mental, physical, social and spiritual character. Day camp starts at 9:00 am – 12:00 pm Mondays – Thursdays starting on June 2nd – July 10th. The program is being funded in part by a grant from The Salvation Army’s divisional headquarters in Kansas City, MO. Space is limited and reservations are required by calling The Salvation Army at 785-233-9648.

Top five reasons camp is so great
By Kevin East

1. It’s an opportunity to disconnect. When they come to camp, they turn their cell phones, unplug their music, and begin to breathe deeply again. It is very fun to see kids surprised by a sunset, or in awe at the sound of crickets at night.

2. It’s a great place to be known. The relationship with the counselor should be the best one. Campers often open up to their counselors and share their souls with them. When they do, there is such a sense of relief. They can be known, and loved for who they are.

3. It’s a new adventure to be experienced. Have you ever played laser tag in the woods, jumped off a 25 foot high ropes platform, jumped on a ‘blob’ in a pool, or been on the back of horse? When a child conquers a new adventure at camp, they quickly store it away as a reminder of their courage.

4. It’s a great way to gain confidence. Even high school students can be scared at the idea of going to camp. I’ve talked with seniors in high school that were homesick. However, when they get through it and realize they did it, it is great to see what it does to their countenance. When a child does an activity they never thought they would do, they walk taller, and if they’ve found their new armor. Being away from their parents, making new friends, trying new activities– this all help in the child gain confidence as they grow up.

5. They just might be transformed. This is the main reason why I would want my child to go to camp. I believe God speaks to us through: His creation, His Word, and His people. When a child gets away from home, is surrounded by God’s creation, and is taught the Truth of scripture, they could be transformed. I tell the staff of our youngest kids camp quite regularly to take care of our future summer staff.

As a parent, I want to fill my bag full of tools to help me share with my kids who Jesus is. Camp is one of the tools I plan to use.
New Book Helps Homeowners Combat Home Repair Fraud

Atlanta, GA – Billions of dollars are lost every year and story after story is reported on how homeowners are scammed by con artists posing as legitimate home repair contractors. And it’s not just your expected victims – seniors, disaster victims, low wealth communities. Mayors, celebrities, police chiefs and corporate executives have been scammed as well. Many websites offer the typical do’s and don’ts: don’t give money up front; don’t sign anything you don’t understand; and don’t hire someone who just shows up at your door. Yet, there is so much more you need to know to protect yourself. You need a contractor. Now, how do you get started? Where do you find one? How do you know what should be, and even more importantly, what should not be, in your contract? How do you set up payment schedules so he doesn’t take off with your money? Have no fear; NCPHF is here.

The National Center for the Prevention of Home Improvement Fraud (NCPHF) is a national non-profit whose mission is to educate the public on how to protect themselves from becoming victims of home repair contractor fraud and scams. They have written an instructional guidebook, Don’t Even Think About Ripping Me Off!, to help protect you from dishonest contractors. The step-by-step instructional guidebook offers directions and worksheets to aid in evaluating, hiring, overseeing and paying home repair contractors. It’s so frustrating to get calls from homeowners who have been scammed,” says home repair fraud prevention expert and NCPHF Executive Director, Phae Moore, author of the guidebook, “It breaks my heart because by then, it’s too late. I was tired of hearing nightmare after nightmare, so I wrote this guidebook to make sure it doesn’t happen to anyone else. Now, homeowners can know what to do before they hire anyone, saving themselves time, stress and money.”

Moore has made it her mission to make sure communities do not become easy targets. “Homeowners may not know that even if they pay a contractor in full, if he doesn’t pay the subcontractors or suppliers, they can file a lien against their home” says Moore. “Where homeowners get into trouble is in the payment process. They may not know that they can write into the contract that they can retain payments from the contractor under certain circumstances. Consumers may not know who is ultimately responsible for obtaining the building permit or the consequences of ‘doing it yourself’.”

To purchase a copy of the book, visit PreventContractorFraud.org. All proceeds go directly to the nonprofit to support its mission. The National Center for the Prevention of Home Improvement Fraud is a 501c3 non-profit organization whose mission is to educate homeowners on how to protect themselves from becoming victims of home repair contractor fraud and scams.

City of Topeka: Avoid Scams, Check Licensing

The City of Topeka wants to remind homeowners to be aware of possible scams. Severe weather could cause damage to property, and that damage increases the potential for businesses or individuals associated with roofing and other contracting work to commence door-to-door marketing of their services. City of Topeka officials say residents should confirm that anyone soliciting in their neighborhood has obtained the proper licensing to do so.

Valid solicitors should have in their possession an official license with a City seal issued by the City Clerk’s office, including a valid registration certificate number from the State of Kansas Attorney General’s Office. If homeowners do choose to utilize any contracting services, including roofing, construction, installation, renovation, repair, maintenance, alteration, and/or waterproofing, he/she should verify that the contractors are also licensed by the City of Topeka’s Development Services division.

Any questions can be directed to the City Clerk’s office at (785) 368-3941.
Many times you will find that dealing with locally-owned businesses will benefit you, as well as the community.

Jim Driggers, owner of The Computer Store, says you will get more for your money there than at the big box stores. They also offer a Computer Protection Plan that can not only keep customers’ computers protected, but save hundreds of dollars off computer repairs and virus removal.

"It’s like having your own IT department in your home!" Driggers said.

The Basic plan ($9.99/month) provides a monitoring program installed on your computer that will run 24/7/365 and monitor 247 different aspects of your computer system. Monthly reports will be sent via e-mail explaining any errors and repairs that have been found and fixed. This plan includes free in-store diagnostics and estimates if you need to bring your computer in ($40.00 savings).

The Silver Level ($24.99/month) includes everything on the basic plan, plus it includes Antivirus/Spamware software installed on your PC. Free virus removal is included - if you get a virus it will be remotely removed for you. If that doesn’t work, you can bring your computer to the store and it will be removed at no charge. You also get Unlimited Remote Support with this plan - if you have any problem on your computer, the Computer Store will remotely log in and repair the problem for FREE.

Dynamic Computer Solutions celebrates 30 years in business

Dynamic Computer Solutions celebrated 30 years in business with a Ribbon Cutting Ceremony and 30th Anniversary Reception June 12 at the business’s offices located at 2214 SW 10th Ave. Large tents were erected in the parking lot for the festivities, which included free food, drinks and various prize drawings.

Owners Mitch and Fran Miller were on hand to mingle with the customers and thank them for their patronage over the years. The Millers have also been active in the Greater Topeka Chamber of Commerce and other local organizations, including Junior Achievement, Topeka Fellowship, TARCP and Fellowship Bible Church.

Dynamic Computer Solutions offers sales & consulting in the Internet Technology field, from service to hardware, telecommunications, and even carrier services. They pride themselves on being in the forefront of technology and helping companies with unique service plans that fit within their budgets.

More information can be found at Dynamic-Computer-Solutions on Facebook or at dcstopeka.com.

Porterfield’s Florist Named #1 Retail Florist Nationwide

Porterfield’s Flowers and Gifts, 3101 SW Huntoon Street, has been named the National 2014 Retail Florist of the Year by the Wholesale Florists and Florist Suppliers Association of America and Florists’ Review Magazine.

On Friday, June 13, they held a reception to thank their customers amidst a store filled with beautiful blooms. Store owner - David Porterfield and representatives from the publications were on hand to visit with customers and answer questions.

“it is a pleasure and an honor to serve this community with beautiful floral designs in times of celebration, congratulation and loss. We are proud of our commitment to customer service and quality, and believe that this distinct honor is a reflection of a nearly 50 year tradition of a business built on loyalty, trust and friendship,” said Porterfield, who took over the family business from his parents, Brooke and Virginia Porterfield, in 1981. The business has operated in Topeka since 1965.

The magazine cited a freshness guarantee, same-day delivery and commitment to customers as some of the reasons for the award.

The full article can be viewed at floristreview.com/issues/2014/06/#p=5. More information about Porterfield’s can be found at Porterfieldsflowers on Facebook or at porterfieldsflowers.com.

Family Physician Jones accepting new patients at new Fleming Place office

David O. Jones, D.O. and his wife Shelly have opened a new medical practice in Topeka called Pro Med at 1225 SW Gage Blvd. in Fleming Place.

Dr. Jones has practiced in Topeka for many years and decided to open his own office. He is now accepting new patients and can be reached at 783-3706, or promedtopeka@yahoo.com.

Jones is a family physician and also specializes in FAA exams and preventive medicine. For more information visit the company website at www.promedtopeka.com.
CONCERTS

OPEN AIR CONCERTS – Each Wed. 1:30pm-2pm, thru August. Downtown pop-up performances in a new location each time. Go downtown & track down the tunes.

GOSPEL EXPLOSION – June 27, 7pm. Pilgrim Missionary Baptist church. 533 S.E. 3rd Terrace. Youth choir will furnish the music. Youthful from the churches will speak.


TERRY & MELISSA WRIGHT – July 27, 730pm. The Break Room Cabaret Theater, 911 South Kansas Avenue. Doors open for dinner at 6:00 pm, with the curtain at 8:00 pm. Tickets are $38 and include dessert, and fresh cut flowers) is $60 per person. Make reservations through the box office at 785-380-SHOW (7469).

CULTIVATING CONVERSATION – July 16-18, Prince of Peace Lutheran Church, 3125 SW Wanamaker Rd. Free. Register at parentpracticum.com or Kansas'classicalconversations.com

EXECUTE YOUR PLAN ECU SUMMER SEMINAR – July 17, 8:30-7:30pm. Educational Credit Union, 2808 SW Arrowhead. Free business resources seminar for local business owners. Must included. Must pre-register at educationCU.org or 271-6900

MAXIMIZE PROFITS ECU SUMMER SEMINAR – July 30, 8:30-7:30pm. Educational Credit Union, 2808 SW Arrowhead. Free business resources seminar for local business owners. Must included. Must pre-register at educationCU.org or 271-6900

FAMILY-FRIENDLY EVENTS

NUTO MARKET ON FIRST FRIDAYS – NUTO arts district. Enjoy arts, antiques, fine crafts, province, NC. Benefitting KU Cancer Center & Cancer

NUTO MARKET ON FIRST FRIDAYS – NUTO arts district. Enjoy arts, antiques, fine crafts, and flea market items. NOTE: July’s First Friday will be postponed to July 11 due to Independence Day on the 4th.

DINNER MORE WITH A LOT LESS ECU SUMMER SEMINAR – July 10, 5:30-7:30pm. Educational Credit Union, 2808 SW Arrowhead. Tips on how to stretch your budget. Meal included. Must pre-register at educationalCU.org or 271-6900

CULTIVATING CONVERSATION – July 16-18, Prince of Peace Lutheran Church, 3125 SW Wanamaker Rd. Free. Register at parentpracticum.com or Kansas'classicalconversations.com

FREE EVENING COMMUNITY PANCAKE BREAKFAST – Sunday, at 7:30 am, at Oakland Church of the Nazarene, 533 N.E. Oakdale Ave. Free food, a water slide, bouncehouse, Christian music, facepaint, tattoo.

CARNAVAL – June 29, 9:45 a.m. to 5 p.m. Saturday. Apostolic Church of Jesus Christ, 3120 SE Bellevue. Rides, games, prizes, a dunk tank and food.

SUNBEAMS AND YOUTH OF THE CITY – June 29, 8pm. Second Missionary Baptist Church, 424 N.W. Laurent.

LIFEFEST – July 3 (Every first Thursday). 10am-12:30pm. Conventen Baptist Church, 5440 SW 27th St. Service ministering to seniors – celebrating with fellowship, fun, food, learning & entertainment. Potluck lunch at noon. If transportation is needed, call 354-4594 or 478-1725. Featured: Independence Day testimonies.

FREE COMMUNITY COMMUNITY PANCAKE BREAKFAST – Sunday, at 7:30 am, at Oakland Church of the Nazarene, 533 block of NE Oakdale. Followed by church services at 9:30 am with Pastor John Hinkle – which is in turn followed at noon in room 1 by The Hope House FREE Community Food & Clothing Bank.

RESTRUCT II – WORSHIP DANCE CONCERT – July 15, 7:30pm. Northland Christian Church, 1302 NW Topeka Blvd. New dances, with a fun mix of styles. An uplifting form of exploring the Word and praising God! Admission is free. Any donations will send dancers on Desano, a local mission trip this Aug.

SPAGHETTI DINNER – July 19, 5:30-7:30pm. Heartland Worship Center Church of God, 1624 NW Harrison St. St. For info: 232-5503

SEMINARS & CONFERENCES

“GOD IS CALLING” SPIRITUAL GIFTS WORKSHOP – June 28, 9:30-3:30, Forest Park Retreat Center, at the Dining Hall, 2358 SE 36th St, in Topeka. Hosted by The Great I AM Church as a way to help all Christians, regardless of experience or denomination, to discover the Word of God, learn the truth behind the spiritual gifts, and apply them. This is the point of this workshop to bring a solid biblical teaching about spiritual gifts, including what they are and how they work. This workshop will also be open for questions and answers. Registration is available at www.greatIAMchurch.com . For more information call (785) 861-0422.

CRUISE NIGHTS – 5–2pm, 1st Sat. at Spangles, Hwy 29 & Northeast Rd., 2nd Sat. at Fairlawn Plaza, 3rd Sat. at Advance Auto Parts, 3118 SW Topeka Blvd., 4th Sat. at The Pad, 2730 N. Topeka Blvd., 5th Sat. at Spangles, 278 & Topeka Blvd.

FRIDAY FARMERS MARKET AT NI – Every Friday 7:30–12:30pm through Sept. 14 Kansas Neurological Institute, 3202 SW 21st St.

NODAY FARMERS MARKET AT THE LIBRARY – Every Monday starting July 7, Topeka Shawnee County Public Library, 1155 SW 10th.

CAPITAL MID-WEEK FARMER’S MARKET – Every Wed., 7:30am-noon, 10th & Jackson (south side of Statehouse). Include locally grown on your shopping list. For info: 256-8500.

DOWNTOWN TOPEKA FARMER’S MARKET – Saturdays through Nov. 2, 7:30am-noon, 12th and Harrison. The open-air market is full of fresh fruits and vegetables, herbs, arts & crafts, flower, home-baked goods & more.

DALE EASTON’S THE DRUNKARD – June 27-28, July 11 and 12, The Break Room Cabaret Theater, 101 South Kansas Avenue, Doors open for dinner at 6:00 p.m., with the curtain at 8:00 p.m. Tickets are $18 and include dinner and the show. The special VIP Date Night Ticket Package (tickets for 2, dinner, the show, champagne, dessert, and fresh cut flowers) is $40 per person. Make reservations through the box office at 785-380-5300 (7469).

EXPENSES – the intimate harmonies...experience the joy and fun experience the fellowship...experience the message through song

Tom & Dale 3:30-5:30pm, Forest Park Retreat Center, at the Dining Hall, 2358 SE 36th St, in Topeka. Hosted by The Great I AM Church as a way to help all Christians, regardless of experience or denomination, to discover the Word of God, learn the truth behind the spiritual gifts, and apply them. This is the point of this workshop to bring a solid biblical teaching about spiritual gifts, including what they are and how they work. This workshop will also be open for questions and answers. Registration is available at www.greatIAMchurch.com. For more information call (785) 861-0422.

“Oh, What A Savior” Tour

Thursday, Sept. 18 • 7:30 pm

Countryside Christian Church

1919 South Rock Road, Wichita, KS

Tickets:
Phone: 260-484-1029
Online: www.TrinityCommunications.org
($2 per ticket fee by phone-Save by ordering online)

Also appearing Sept. 20 in Kansas City!
TAP THAT TOPEKA A CRAFT BEER FESTIVAL - June 28, 10:30am-4pm. 8th & Jackson. Sample some of America's finest year round and seasonal craft beer and hard ciders. Learn the art of brewing, and visit with other beer enthusiasts. Tickets are limited. For info: 234-4447.


35TH ANNUAL FESTA MEIESTRAS MS RUN/WALK – June 28, 9am. Lawrence Community Center. $5 registration fee includes shirt. For info-parish.org.

COPPILES FUN SHOW – June 29. 9am-11pm. Ravenwood Lodge. $60 per couple. For info-ravenwoodlodge.com, breces@bellsouth.net, 800-625-0345, or 256-5444.

FIREFORKS, CAR & MOTORCYCLE SHOW – July 4. Lake Shawnee Tiarne Circle. Car and motorcycle show from 8am-6pm. Payment $30, on-site registration $15. There will be other activities including the fireworks at 30pm. For info and registration: 640-9515.


TOPEKA RESCUE MISSION WAREHOUSE SALE – July 30 & 11, 9am-2pm, 25th NW Morris St. All sales benefit the programs of the Topeka Rescue Mission. For info: 232-9010.


FAM ILY-FRIENDLY DESTINATIONS

BOOM TOWN at Ward Meade Park, 121 NW Fillmore. Topeka Civic Theatre fundraiser will be followed by a VIP party. In case of rain the event will be moved to the following day. For info and reservations: 534-4447.

TAP THAT TOPEKA A CRAFT BEER FESTIVAL - June 28, 10:30am-4pm. 8th & Jackson. Sample some of America's finest year round and seasonal craft beer and hard ciders. Learn the art of brewing, and visit with other beer enthusiasts. Tickets are limited. For info: 234-4447.


22ND KANSAS LADIES CHA P L CALLA G H E T H T H O W – June 29, 8am-11pm. Ravenwood Lodge. $60 per couple. For info: ravewoodlodge.com, breces@bellsouth.net, 800-625-0345, or 256-5444.

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TAP THAT TOPEKA A CRAFT BEER FESTIVAL - June 28, 10:30am-4pm. 8th & Jackson. Sample some of America's finest year round and seasonal craft beer and hard ciders. Learn the art of brewing, and visit with other beer enthusiasts. Tickets are limited. For info: 234-4447.


22ND KANSAS LADIES CHA P L CALLA G H E T H T H O W – June 29, 8am-11pm. Ravenwood Lodge. $60 per couple. For info: ravewoodlodge.com, breces@bellsouth.net, 800-625-0345, or 256-5444.

FIREFORKS, CAR & MOTORCYCLE SHOW – July 4. Lake Shawnee Tiarne Circle. Car and motorcycle show from 8am-6pm. Payment $30, on-site registration $15. There will be other activities including the fireworks at 30pm. For info and registration: 640-9515.


TOPEKA RESCUE MISSION WAREHOUSE SALE – July 30 & 11, 9am-2pm, 25th NW Morris St. All sales benefit the programs of the Topeka Rescue Mission. For info: 232-9010.


FAM ILY-FRIENDLY DESTINATIONS

BOOM TOWN at Ward Meade Park, 121 NW Fillmore. Topeka Civic Theatre fundraiser will be followed by a VIP party. In case of rain the event will be moved to the following day. For info and reservations: 534-4447.

TAP THAT TOPEKA A CRAFT BEER FESTIVAL - June 28, 10:30am-4pm. 8th & Jackson. Sample some of America's finest year round and seasonal craft beer and hard ciders. Learn the art of brewing, and visit with other beer enthusiasts. Tickets are limited. For info: 234-4447.
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For info: 785-232-3044 ext.134

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**AL-ANON FAMILY GROUPS**

— for friends & families of alcoholics. For info: 785-409-3072 or topekacommunity.com

**PURSUIT FOR SEXUAL PURITY**

— Men struggling with pornography & sexual addiction. This faith-based accountability group uses Jesus’ Book by Ted Robb. For info: Hunter Ranch, Topeka Bible Church, 234-5445 or hranch@topekabiblechurch.org.

**ALZHEIMER’S SUPPORT GROUPS**

— Monthly support group meetings for caregivers of individuals with Alzheimer’s disease or a related dementia. For info: Alzheimer’s Association, Heart of America Chapter, 771-1844 or info@alzoc.org.

**TRAINED HEART support group**

— Bible study—family study for individuals or groups. Videos & workbook will give you hope for your marriage & emotional healing. For info: Jane Golden, 472-9636.

**BILLERS AGAINST CHILD ABUSE**


**CONVERSATION CENTER SUPPORT GROUP**

— Friends & families of our loved ones with Alzheimer’s. Topeka, 785-232-0647.

**CHURCH, 1912 SW Gage Blvd.**

**ANNOUNCED**


— For全 Group. Call for start dates and info packet.

**FOUR BISHOPS’ FELLOWSHIP**

— 3rd Thurs., 6pm meal, 7pm meeting, Coventry Center, Harrison & Wamego, KS. NAB, 233-6777.

— ABORTION RECOVERY SUPPORT GROUPS

— 1-12 step healing—no recovery journey is too long. For info: 785-232-4322.

**FRONTIER OF FAITH**


**FULL GOSPEL BUSINESSMEN’S FELLOWSHIP**

— 3rd Thurs., 6pm meet, 7pm meeting, Coventry Center, Harrison & Wamego, KS. NAB, 233-6777.

**LEVEL GRIEVING SUPPORT GROUP**

— 1st Mon., 7:30pm, 608-1317. For info: Kelly at 785-232-4322.

**BOUNC Attachments**

— 4th Wed. 7pm, 367-6081. For info: Kelly at 785-232-4322.

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DRAGONS AND SCI-FI HIT THE BIG SCREEN

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EDGE OF TOMORROW

An officer does military strategy and publicity is recruited into a front line battle against an alien life force (much like those in the Aliens franchise) determined to destroy all life on Earth. As the story suddenly takes on a Twilight Zone-like theme, he finds himself caught in a time loop, repeating the same day over and over. His skills increase as he faces the same brutal combat scenarios, aided by a Special Forces warrior who gets him closer to defeating the enemy with each attempt.

Lots of videogame action, some witty humor, and a Groundhog Day-like repetition of events heighten this otherwise bleakly-lit, rather excessive sci-fi thriller. The language and the violence stay within the PG-13 category.

DVD Alternatives: Forbidden Planet. A space adventure derived from, of all places, Shakespeare’s play, The Tempest. A starship crew goes to investigate a far-off planet once populated by an exploration colony that hasn’t been heard from for twenty years. Now, only two survivors remain and one, a Doctor Morbius, has a deadly secret he can’t control. Walter Pidgeon, Leslie Nielsen, and Anne Francis star in this intelligent sci-fi film about space explorers landing on a planet ruled by one man and an evil force. Dr. Morbius and his daughter Altaira have somehow survived a hideous monster that roams the planet. Unknown to the rescue team, Morbius has made a discovery, and has no intention of sharing it.

Preview Review: Mary Dragoon

How to Train Your Dragon 2

How could a team with names like Hiccup (Baruchel) and Toothless (Thorn) be anything but fun? Hiccup has physically matured since we last saw him in the first “How to Train a Dragon”, but he still delights in flying over the sea on the back of his trusty Dragon Rider (Blanchett) and her when Hiccup comes upon the mysterious Dragon community. All of that changes when Hiccup comes upon the mysterious Dragon Rider (Blanchett) and her colony of baby dragons hidden away. Who is she, saint or predator? The answer, my friends, will only be revealed.

There is action, humor, and a Groundhog Day-like repetition of events heighten this otherwise bleakly-lit, rather excessive sci-fi thriller. The language and the violence stay within the PG-13 category.

PREVIEW REVIEWER: MARY DRAUGNON
What’s the fault in ‘Fault in Our Stars?’

by Tim Challies

It has nineteen thousand reviews on Amazon, with an average rating of five stars. I try to keep up with what’s new and notable in publishing but even with nineteen thousand reviews I had no intention of reading this novel until both my son and daughter (separately) asked if they could buy it. After all, they said, all their friends are reading it. It’s called The Fault in Our Stars and the movie adaptation has teen girls across America crying. (I am assigning this review a full-out spoiler alert; you have been warned.) The Fault in Our Stars centers around two teenage characters who are brought together in a common battle against cancer. Hazel, who narrates the book, is sixteen and has lung cancer that is severe enough to cause her to be mostly confined to a source of oxygen. Though drugs are currently controlling her illness, she knows that she has only years, not decades, to live. One day she attends a church-based cancer support group where she meets Augustus who is seventeen and recovering from osteosarcoma.

Hazel and Augustus immediately hit it off and begin a romance centered around Hazel’s favorite book: An Imperial Affliction by the fictional author Peter Van Houten. This book so closely describes her life and condition that she views it as her Bible, the book that best describes reality as she experiences it. Because Van Houten deliberately left the book unfinished, her dream is to go to Holland to meet him and to find closure by finding out what happened to the characters.

As she and Augustus date, we find out that Augustus has an outstanding wish (granted by a Make-a-Wish foundation) and he uses his wish to take Hazel to Amsterdam to meet the elusive Van Houten. They do meet him and find that he is an angry, raving alcoholic and that they will get no answers from him. They deal with their disappointment by going to a hotel and taking one another’s virginity.

No sooner do they return to America than Augustus finds that his cancer has returned worse than ever. Hazel stays by his side, their love growing all the while until he dies.

The story isn’t exactly morbid, but it also doesn’t qualify as feel-good lit. I suppose most people probably cry at the end. But as I read The Fault in Our Stars, I found it very difficult to understand why so many young people are raving about it. I read Twilight and immediately understood why young women had responded to it so strongly; I read The Hunger Games and immediately understood why both young men and young women enjoyed it. But The Fault in Our Stars sets it apart from the bilion-and-one other teenage romance dramas. It is much less clear to me.

But I do have a theory. As far as I can see, Green has not written teens as they are, but as they’d like to be perceived. I remember that when I was a teenager I wanted to be taken seriously and believed that big words and deep thoughts would give me a kind of legitimacy I otherwise lacked. And this is what Green does: he creates characters that talk like, well, middle-aged men—characters who have the philosophical background, verbal expression, and vocabulary of people much older than them. The way the main characters express themselves sounds suspiciously like the way a middle-aged man would express himself, and especially so if he was trying to impress everyone else with his deep thoughts and extensive lexicon. I love how this reviewer says it: “The problem is that indicating that your characters are intelligent by giving them all the voice of a 30-year-old Yale English Lit major who is trying to impress a date is not great writing. It is (brace yourselves) mediocre writing that tramples and ignores and substitutes any genuine character voices with your own.” Indeed. And therefore we find Hazel saying things like this:

“How did scrambled eggs get stuck with breakfast exclusivity? You can put bacon on a sandwich without anyone freaking out. But the moment your sandwich has an egg, boom, it’s a breakfast sandwich. … I want to have scrambled eggs for dinner without this ridiculous construction that a scrambled egg-inducive meal is breakfast even when it occurs at dinner time.”

Of course she also speaks about weightier subjects than scrambled eggs, but typically in a similar voice and with similar language.

So my theory is that the real attraction is that the characters think big thoughts. They think big thoughts and use big words and big concepts to express them. Green takes his teenage characters seriously instead of making them hopelessly shallow and obsessed with trite issues. These aren’t characters from an Archie comic; who care only about who dates whom and whose car is the nicest. These are characters wrestling with the big issues of life and death and who are capable of waging eloquent about them. In fact, in this book the teens are complex and the parents are shallow. In that way its subversive, an upend down world where the kids get it and dance again! Grant said.

To hear Grant personally announce the project, visit her YouTube page.

Audi Adrenaline and Kevin Max recently announced their amiable parting, after Max fronted the band for the last two years. All shared a deep respect for each other, but Max and the band were going in separate directions, artistically. Kevin Max has a new album coming soon, entitled Broken Temples, while Audi Adrenaline has announced they will continue to work with the Hands and Feet Ministry.

Don’t forget to check out the many concerts that are advertising this month including the Kansas City Royals and Matthew West who will appear at Faith and Family Night at the K on July 26.

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Local coalition of healthcare providers aims to reduce hospital readmissions

One year ago, Brewster Place joined with area hospitals, universities and local health care providers to form the Capital Care Transitions Coalition (www.capitalcaretransitions.org), a partnership devoted to improving the transition from hospital to home and reducing unnecessary hospital readmissions. CCTC is a community-based care transitions program created by the Affordable Care Act. Launched in August 2013, the two-year program is the first of its kind in Kansas.

The process starts when qualifying patients are identified by St. Francis Health Center and Stormont-Vail. Brewster Place then provides 30 days of at-home care, working directly with patients to identify the self-management skills needed to stay healthy. “We don’t try to come in and change things,” says Eileen McGivern, director of the project and Brewster’s home services program.

“We meet the patient right where they are. Whatever systems they have in place, we just build on whatever they’re doing and whatever is working for them,” she says.

“We really want to improve the health care system,” says Brewster President and CEO David Beck. “If it works for the individual and the system, it’s a win for everyone.”

According to McGivern, the transitions program works on an empowerment model that helps older adults identify and then reach their goals. Brewster Place has trained eight transition coaches with diverse backgrounds to use open-ended questions and other strategies to help patients uncover for themselves the best ways to carry out their care.

This model is an example of Brewster’s dedication to person-directed care.

“Person-centered care is something we’ve been working on for many years,” Beck says. “It’s all about what they want, their individual preferences, not our preconceived notions.”

Brewster Place leaders view the Capital Care Transitions Coalition as an opportunity to reach more of the community with the organization’s Brewster at Home program, the membership program for older adults who want to remain in their own homes and communities. Brewster at Home offers a package of services customized to each individual’s need. Services are available through a vast network of providers and technology-based health monitoring systems. Technological tools like medication reminders and automatic personal emergency-response systems connect family members and ease isolation. Benefits also include wellness activities, transportation and social opportunities.

Brewster Place was selected to lead the Capital Care Transitions Coalition by the Kansas Foundation for Medical Care (KFMC), which facilitated the formation of the coalition and assisted with program development. The CCTC includes St. Francis Health Center, Stormont-Vail HealthCare, Washburn University School of Nursing, JAAA, Northeast Kansas Area Agency on Aging, Shawnee County Health Department, Topeka Visiting Nurses Association, and Holton Community Hospital.

Assisted Living: More Questions and Answers

How can caregivers deal with the guilt of moving a parent to assisted living?

Guilt is a feeling that many caregivers experience when they move an elderly parent into an assisted living facility. Don’t let guilt get the best of you! Always keep in mind that the move is the best option for your parent. You can still be a caregiver even when your parent moves. For example, you can make sure their apartment has personal touches. You can be a liaison between the assisted living staff and your parent. You still need to make sure that your parent’s needs are being met. Remember that you are doing your best to make sure that your parent is receiving the best care possible.

What can mom or dad bring with them to assisted living?

Your parent can bring any of their personal items that can fit in the apartment. Your parent can bring furniture, too.

Can a senior be denied by an assisted living community?

It is possible. Once the facility assesses your parent’s health, they will decide if he or she is a good candidate. If your parent needs more care than assisted living provides, they will most likely refer him or her to skilled nursing, also known as a nursing home. Also, you or your parent need to be able to pay for the cost of assisted living. If you or your parent cannot afford the costs, then the older can be denied.

Many assisted living communities have waiting lists, so, although your parent may not have been denied, it may be awhile before they can actually move into the community.

How do I know they’re getting good care at assisted living?

Find a good assisted living community and make sure a regular presence in the facility and develop relationships with the staff, if possible. Ask questions. Monitor your elderly loved one’s behavior, what they say, and pay special attention if you notice any bruises or cuts on his or her body. By asking questions and maintaining communication with staff, it is easier to keep tabs on the care your parent is receiving. If you suspect elder abuse or neglect, talk to a supervisor or contact an ombudsman.

What happens when mom’s Alzheimer’s worsens? Will she have to move?

Usually people who are in the early stages of Alzheimer’s and dementia can stay in assisted living. Again, Alzheimer’s and dementia care is handled on a case-by-case basis. Many assisted living facilities offer a secure unit for residents with limited memories. If you do not want your parent in a memory unit, you can always hire a private duty nurse. Private duty nurses allow seniors with dementia or Alzheimer’s to stay in their current apartment, rather than in a secure unit. Check with your parent’s facility to learn its policy. Finally, when seniors can no longer function without 24 hour assistance, the move to a nursing home may be required.

Source: AgingCare.com
**Tips for getting the best night’s sleep**

By Eileen McGivern

Sleep provides health benefits on many different levels. These benefits include energy balance, increased intellectual function and alertness, elevated mood and many cellular and molecular benefits. Sleep affects almost every tissue in our bodies including growth and stress hormones, immune system, appetite, and cardiovascular systems.

Research shows that lack of sleep increases the risk for obesity, heart disease and infections. During sleep, heart rate, breathing and blood pressure rise and fall. This process has been shown to be important to overall cardiovascular health. The body releases special hormones during sleep that repair cells and control the body’s use of energy. The release of these hormones are also related to weight control. Research has shown that lack of sleep can produce a diabetic-type condition that alters the ability to synthesize glucose. Hormones that regulate our mood are also recalibrated during sleep.

A goodnight’s sleep consists of four to five sleep cycles. Each cycle includes periods of deep sleep and rapid eye movement (REM). REM is when we dream. Several cycles of REM and deep sleep are critical to health. Disruptions to these sleep cycles can have serious ramifications. Sleep needs vary from person to person. On average, adults need seven to eight hours of sleep per night, babies need almost 16 hours, young children 10 hours and teenagers require at least nine hours. Studies show that seniors don’t require more or less sleep than middle-aged adults.

As people age, they may not get enough sleep because of illness, medications or sleep disorders. Two common disorders are insomnia and sleep apnea. While sleep apnea is a more common sleep disorder, alterations in heart rhythm such as bradycardia can often exhibit as a sleep disorder. All people experience some degree of insomnia — the inability to fall asleep and stay asleep — during their lifetime. If insomnia is an ongoing issue, speak to your doctor. Often sleep studies are performed by sleep specialists to determine what quality of sleep you are experiencing and what can be done to remedy poor sleep.

Lack of quality sleep can inhibit cognition and alertness. Memory is also diminished by chronic sleep deficiencies. During sleep your brain is busy processing information from the day and forming memories. Our brains process three different types of memories: episodic (based on past events in your life), procedural (how to do something) and fact based (what are the state capitals?).

Without adequate sleep, your brain has a harder time absorbing and recalling new information. Studies involving memory tests show that after a single night of sleep, even a nap, people perform better. Good, restful sleep sharpens the mind, speeds up our physical reflexes, motor skills, judgment and mood! Try to practice quality sleep practices such as:

- Retiring and rising at the same time each night and day
- Sleeping in a cool, quiet environment
- Limiting the use of electronics before bed
- Avoiding caffeine and most certainly(!) nicotine before sleep
- Try a warm bath, herbal tea and reading before you plan to sleep.

**Sheltered Living opens new day service facility**

Sheltered Living has opened a new facility at 3401 SW Harrison to combine its offices and day service programs into one location.

“I don’t think we realized how difficult it was to have operations spread out over several locations,” said Shannon Warta, special events and marketing manager.

The new location is more accessible for people with disabilities, and has showers, a laundry, a storm shelter and a larger kitchen for cooking classes. There are also rooms for arts and crafts and a computer lab.

They are now able to provide services for up to 40 people, Warta said.

The day programs offer social and educational components for adults with intellectual disabilities who aren’t able to work, and includes volunteer opportunities for participants. Sheltered Living also runs five group homes for people who can live more independently.

**Sheltered Living**

7220 SW Asbury Drive | Topeka, KS 66614

Call (785) 478-9440 or visit aldersgatevillage.org!
Students share Christ amid Brazil World Cup frenzy

RIO DE JANEIRO — There were no flashbulbs or television cameras, only team mates — mostly children half his size and barefoot — who celebrated and mobbed Dane Van Ryckeghem after he assisted in a goal during the game. The frenzy of World Cup soccer had nothing on the jubilant Brazilian neighborhood kids playing with visitors from the United States on a soggy field on the outskirts of Rio de Janeiro.

Van Ryckeghem, a student at the University of Alabama in Tuscaloosa, traveled to Brazil with a team of 12 other student volunteers with a mission of sharing the love of Christ against the backdrop of the largest sporting event in the world — the 2014 FIFA World Cup.

“I really wanted to spend my summer doing more than just working at a job and then going back to school,” Van Ryckeghem said. “I wanted to do something that made a difference, and I wanted to see the world.”

The US Patent and Trademark Office recently voted to cancel the federal trademark of the Washington Redskins citing that the name is offensive to Native Americans. Does this mean that the Redskins can no longer use their name? No. All it means right now is that the Redskins and the NFL stand to lose millions of dollars if the decision is upheld.

If you remember, the USPTO did this exact thing back in 1999. The Redskins appealed then and won and they are appealing now. The appeal could take several years so don’t expect a change anytime soon unless team owner Daniel Snyder voluntarily changes it and that seems highly unlikely.

So that is the end question, isn’t it? Will Snyder change the name on his own? I don’t think he will, but I think that he should. I’m not saying that to be politically correct. I’m saying it because the name is disparaging against Native Americans. We wouldn’t name a team the Boston Blackskins or the Tijuana Bordercrossers. Those names would enraged the public and cause riots in the streets. Well, maybe not, but you get my drift.

Of course, with the whole Donald Sterling and the Los Angeles Clippers situation rearing its ugly head, you know that the Redskins name controversy would gain momentum. My question is this: if the NBA can force Sterling to sell his team, why can’t the NFL force Snyder to change the name of his? Just something to think about.

Someone else who has something to think about is LeBron James. His agent informed the Miami Heat that he would opt out of his contract and become a free agent on July 1st. That’s interesting considering he still has two years remaining at about 47 million dollars. It will be interesting to see if Dwyane Wade and Chris Bosh opt out as well.

Remember, just because they opt out does not mean that they will leave. I don’t expect Wade to leave the Heat. He has been with them his entire career and I think he will stay with them. I also expect Bosh to stay in Miami. James is a bit different. With Carmelo Anthony opting out of his contract with the New York Knicks, speculation is that he and James will become a package deal. If that’s the case, where would they go?

There are several options for them. First, don’t overlook a James return to Cleveland. Remember, he is from Akron and the Cavs have the first pick in the draft. James, Anthony, Kyrie Irving and the top pick (Andrew Wiggins?), could be fun to watch.

Then there’s the Los Angeles Lakers who have plenty of room to take on a couple of large salaries. Throw in Kobe Bryant and a lottery pick and that could spell trouble for the rest of the Western Conference. And of course, he could return to Miami and take Anthony with him. The Big Three would have to restructure their deals to free up enough cap space, but I could see them doing it. They’ve done it before.

Wherever he (they) decide to go, the balance of power will shift. I noticed that after the news came out that he was opting out, Vegas withdrew ALL of their NBA odds on next year’s championship. Don’t expect new odds until he (they) signs with someone.

The more important thing to remember is that the Redskins can no longer use their name? No. All it means is that the Redskins and the NFL stand to lose millions of dollars. It’s a shame. If the Redskins want to be truly Christian, they should change the name of their team to the Redskins.”

If you remember, the USPTO did this exact thing back in 1999. The Redskins appealed then and won and they are appealing now. The appeal could take several years so don’t expect a change anytime soon unless team owner Daniel Snyder voluntarily changes it and that seems highly unlikely.

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 rescue your relationship with God. “But God commended 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 whatsoever 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 Amin.

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 Amin.
Peewee Junior Golf Camp and Junior Intro to Golf at Cypress Ridge – call for info 291-2670

Fiesta Mexicana Golf Tournament – July 12, 8 am shotgun at Cypress Ridge. $65 each. Call Jonathon at 845-2013.

Kwans Golf Tourney – July 12, Lake Shawnee GC, 8am shotgun, $75 ea, 4-man scramble. 267-2295

3rd Annual Natalie Gibson Memorial Golf Tourney – July 19, Prairie View CC, $50 each include dinner, steak, prizes & payout. Shotgun start at 9am, 4-man scramble. 473-7733

Women’s Invitational – August 1, 9am at Western Hills. 2-person scramble, 18 holes. $50 each includes lunch. Call Noni at 231-9915 or Sue at sue2458@gmail.com.

RiteCare Charity Golf Tournament, Aug. 8, Shawnee Golf Club, 12:30 shotgun. Benefits Schefelebusch Children’s Speech Clinic in Topeka. Two-person Scramble, $75 per person, cash prizes. 266-3191

Mater Dei Irish Fest Half-Way to St. Patty’s Day Golf Tournament – Sept. 13, Lake Shawnee. For details call 2/2-774/4 or email materdeireishfest@gmail.com


Firekeeper Golf Academy will run a series of junior clinics for juniors aged 7-16. Each clinic will consist of two days and will cost $50 for each session. The dates are as follows: July 9-10th 5:00-6:30pm; July 20th-31st 5:00-6:30; August 12th-13th 5:00-6:30; Call the Pro Shop at 785-966-2100.

"The golf swing is like a suitcase into which we are trying to pack too many things." - John Updike

TOURNETS AND TIDBITS

by Lisa Kaylor

The game of golf gives Zach Johnson and Stewart Cink a platform to glorify God in front of millions of golf fans every day. “On the golf course it's how they manage themselves around the ball, but in life it's how they let the Lord manage them and guide their lives,” said Dr. Morris Pickens, a sports psychologist who joined the pro golfers on stage at the Masters Prayer Breakfast at Warren Baptist Church in April.

“Basically, I have a job because these guys play a very emotional game,” Pickens said. “You see them here and it's Augusta Week and it's all fun, at least what it appears on TV, but there's a lot going on in terms of the struggles of playing good golf and continuing to play good golf.”

The golfers shared personal experiences of very low points in their careers. Johnson said he struggled to find sponsors to help him pay entry fees, travel expenses and other financial realities involved in becoming a professional golfer. In 2000, he had been out of college for two years and went through a rough stretch while he worked on the fundamentals of the game. He played 18 tournaments and missed at least 13 cuts, but he did not earn enough to repay his backers per the stock/ dividend agreement they had.

“I didn't know what real professional golf was until that point,” he said. “It was a very, very rough year, and probably one of the best of my career. A year I learned exactly what I needed to do on and off the course to get better.”

Cink knew he would turn pro and had sponsorships waiting for him when he graduated from Georgia Tech in 1995. But he also had a wife and a son for whom he was struggling to provide, and his first steps into professional golf were definitely on a learning curve.

Johnson said he believes golf is the path God chose for him, because it gives him the opportunity each day to glorify him. “It's an emotional game, but if you have the perspective that you're playing a game, that's a pretty good thing. The way I want to live, the way I want to be perceived, is a Christian man who happens to play golf,” he said.

Cink agreed. He said his faith keeps him grounded during golf’s high points and keeps him going through its lows. It also keeps the game in perspective.

He said his singular goal each day is to glorify God, whether he plays well or whether he plays poorly.

"People are obviously looking at you when you make an eagle, (when) you're on TV, when you're in the Top 10, when you win the Masters. They're looking at you. But what about when you're in 50th place, or you're packing your stuff on Friday? They're still looking at you, but it's then that they see who you really are. I believe that glorifies God, too. Both ways," he said.

The golf tournament and other events are run by the Topeka Metro Voice and Metro Voice News. For more information, visit metrovoice.com.
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It's worth the drive on 75 - 22 money saving minutes from Topeka 1st turn West past Kathy’s Antiques / convenience store Mile Marker 184

Open on June 25th-26th 3pm-9pm; then 10am-10pm daily!
FREE Demo Friday, June 27th onsite at dusk!
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What are you waiting for? Get your fireworks EARLY!
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Totally Awesome and Pyro Power - Plus more! Come On Down!

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$0.49
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500 gram dominator cake

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Gumball Blast
Bubblemum Machine hits the jackpot with vivid rainbow colored balls & new colored lava balls
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Loyal OR Hands Up
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$24.99
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Cutting Edge Special
Hot New Item
10 BIG LOUD SHOTS!!
Just $5.99

SNAFU
9 shots!
Competition price $4.99
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Jumping Skier
Hot Winda Item!!
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Quantities available while supplies last. Actual product may vary from pictures shown.
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✓ Respect for Rights of Conscience Act
✓ Child Interstate Abortion Notification
✓ End Taxpayer Funding of Planned Parenthood
✓ Force ObamaCare exchanges to disclose abortion coverage provisions

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