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VOICE



Adoption Guide
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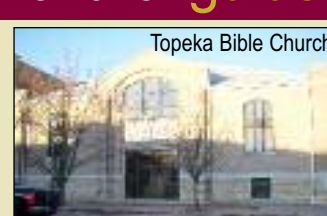
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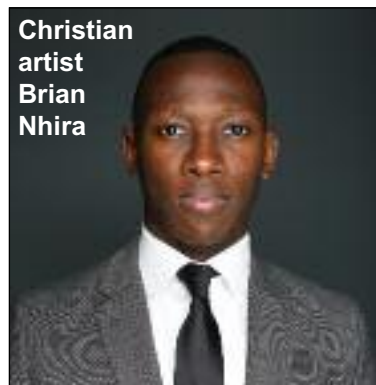
See inside back cover!

Christian Singer Shares New Song on Fatherlessness: It's Not 'Just a Black Issue'

by **Benge Nsenduluka**

Fatherlessness in the U.S. remains a prevalent issue as the number of children living apart from their biological fathers is estimated to be nearly 30 percent (or roughly one in three), according to 2011 Pew Research data.

The number of children living apart from their biological fathers has more than doubled over the last four decades amid a growing decline in nuclear families.



In 1960, 11 percent of children lived apart from their biological fathers as compared to 27 percent in 2010.

One Christian artist says he hopes his music will spark conversations about the growing problem and bring healing to

■ Please see SINGER page 2

IT WAS A CRYSTAL CLEAR DECISION



The Rosati family

How God led us to enlarge our family

by **Kelly Rosati**

My husband, John, and I always believed that if we weren't getting pregnant, there was a reason. And to us, adoption seemed like the obvious reason. We figured that God had a different

plan for us down the road, and we were OK with that. We had full lives and ministries, were active with our church and were all around really happy, content folks.

John and I became involved in the pro-life movement early in our marriage. And my interest in pro-life issues had begun to seriously grow ever since my second and third years of law school. Stemming from my pro-life passion was an eagerness to advance the

cause of adoption.

I learned about a Christian woman named Deeanna Marie Wallace. She had been involved in adoption for decades, both personally and as a calling to help other kids and families. She and her husband, Randy, had nine kids, seven of whom were adopted. She had mentored and supported countless Christian families throughout the adoption process, and her name kept

■ Please see FAMILY page 9

Ventriloquist to appear at fundraiser

Do you like good humor? Do you want to laugh and enjoy a great evening of fellowship? Do you want to see middle school and high school youth reached for Jesus? Do you want to have a part in Jesus being shared to youth in the juvenile correctional facility?



If you answered yes to any of these questions, you need to reserve the evening of Friday, November 13 on your calendar for the second annual Comedy Café. You'll be treated to an evening of fun, food (delectable desserts) and fel-

■ Please see COMEDY page 4

OPERATION CHRISTMAS CHILD KICKS OFF

Anticipation builds in the room. Hundreds of children sit on plastic chairs, all clutching colorfully wrapped shoeboxes. A moment later the room erupts in a flurry of activity. Smiles and squeals of joy abound as the children discover their treasures. Teddy bears, toothbrushes, school supplies, a toolkit or sewing kit. These gifts are given by people just like you who took the time to pack a shoebox through Operation Christmas Child.

Operation Christmas Child, a project of Samaritans Purse, has delivered gift filled shoeboxes to over 124 million children in over 150 countries and territories since 1993. For many of these children it is the first gift they have ever received. These shoeboxes, filled with simple gifts, are only the beginning of sharing the love of Jesus with children. A 12-week discipleship program, The Greatest Journey, follows which

is taught by trained local instructors in their own language.

What can you do to help bring hope and joy to children who need to be loved and encouraged?

Find an average size shoebox and select a special "wow" item such as a doll, soccer ball or stuffed animal. Fill the rest of the box in with other gifts such as a toothbrush, toothpaste, bar soap, washcloths, school supplies or other fun toys. Begin to pray for the child that will receive your shoebox. God already knows who that child will be! Go online to samaritanspurse.org/occ to pay the \$7 donation which covers the cost of shipping the box overseas.

Finally, drop off your shoebox during national collection week, November 16-23 at one of the Topeka collection locations:

■ Please see CHRISTMAS page 3



A dad brings his kids to drop off numerous boxes packed with love .

Sixth Annual Tails on the Trail 5K Run will be held November 7th

Tails on the Trail (TOTT) is a dog-friendly 5k run/walk and family event that raises money for Helping Hands Humane Society (HHHS) in Topeka. This year the event will be celebrating its 6 year anniversary and has donated over \$65,000 in the past 5 years.

The whole idea started back in 2010 with 2 Topeka ladies who wanted to combine their love of running and their dogs into an event that would help HHHS move in to their new building. At the time, HHHS was located in North Topeka. It was an old, dilapidated building that was inconvenient and hard to find. They had recently acquired the opportunity to buy the old Dillion's building at 21st

Street and Belle, but needed funds to get it up to standard and make it livable for the 8,000 homeless pets that come through their door each year.

Lena Hayden and Linda Delarosa knew this new building was an integral part of helping the animals find their forever homes. Most importantly, HHHS would be centrally located with more exposure to potential adopters. In an effort to help raise money, the idea for TOTT came to life. Little did they know it would explode in to Topeka's favorite dog-friendly 5k run/walk and family event. Fast forward 6 years and it's evolved in to a Topeka staple for any dog lover or outdoor enthusiast. All

are welcome, with or without a dog to walk or run.

The event takes place on November 7, 2015 at 10:00 am at Shawnee North Community Center on a scenic nature trail. The \$30 registration fee will cover initial vaccinations and health checks for two animals. Century Group is responsible for the great music that keeps the runners going and the SayCheez PhotoBooth will be onsite for you to get your photo taken with your dog, for FREE!

HHHS will also be on-site at the event with dogs and cats available for adoption. Register online at www.hhhstopeka.org. Click on Events/Tails on the Trail.

SINGER

continued from page 1

families across the nation.

In August, acclaimed singer/songwriter Brian Nhira released his new single "Back Where You Belong" from his debut album Hope's Stand. The powerful track is described as an "anthem for the fatherless," and Nhira says a shopping trip to a local Wal-Mart inspired the song.

"The song was inspired by an experience I had as a college student," Nhira, a graduate of Oral Roberts University in Tulsa, told CP. "I went to this Wal-Mart (across the street from campus) and one of the things the Lord was highlighting in my mind was these mothers who were there shopping with their kids and struggling to look after their kids and shop at the same time. And so the question arose in my mind 'Where is the father?'"

Nhira, who began singing in church at age 4, said it was during that moment at Wal-Mart that the Lord spoke to him.

"Obviously fathers don't always go grocery shopping, but the Lord was [telling me] something bigger," he said. "He was opening my eyes to the issue of fatherlessness, so I began to think about my friends and how many of them grew up without their fathers. They constantly tell me there's a void inside them because they didn't have that fatherly influence growing up."

Nhira was raised by both of his parents

under one roof, but he empathizes with those who grow up without their fathers and says that he wrote "Back Where You Belong" as a tool for hope.

"It's sad to think about how many of these people grew up without their fathers," the singer said. "I'm blessed because I have an amazing father and I wouldn't be the man I am today without my father. So the Lord just began to put these lyrics in my heart and He began to tell me that these are the lyrics of the fatherless everywhere who haven't been able to put the words to the pain that they feel."

Many social, cultural and economic issues directly affect children in father-absent homes, such as poverty, and 2013 U.S. Census Bureau data shows that among the various problems often faced by these children is that they are far more likely to live in poverty than others.

Black fathers are more than twice as likely as white fathers to live apart from their biological children (44 percent compared to 21 percent), while Hispanic fathers fell somewhere in the middle (35 percent), according to Pew. The same data shows that 67 percent of these black fathers see their children at least once a month, compared to 59 percent of white fathers and 32 percent of Hispanic dads.

Nhira said that contrary to what is sometimes portrayed in the media, fatherlessness is not just a black issue — it affects all Americans.

"Yes, it is an issue in the black community

but it's completely wrong to say that it's just a black issue," he said. "Obviously it's very prevalent, 70 percent of children in the black community are born without parents who are married, so that's definitely a huge issue that has to be dealt with because that really contributes to the fatherless epidemic as well."

In recent years, Nhira has performed at over 500 events in 14 states and four countries, spreading messages of hope, which he said is also the purpose of Hope's Stand, which released Feb. 25.

"I think that in some situations people have lost hope. ... I think you look at things like wars, racial tension, economic recession and people look and think, 'How could we ever make it out of this?'" he said. "We've been fighting this fight for so long. Stress is at an all time high. In some situations there are people who are living hopeless lives, but my message is that there's always hope through everything."

Life Lessons From a Little One

EXPECTANT FAITH

by Jessica S. Hosman

Have you ever looked up into the sky on a cloudy morning and seen a breathtaking portrait form as the sun rises and rays of colorful light seem to effortlessly pierce through the clouds? I would gaze at such beauty for hours if I could. Spotting such a sight one morning my son pointed and asked with excitement and hopeful expectation, "Is that Jesus? Is He ready to come down through the clouds now?"

Every morning for over a year my preschooler has had the same request in prayer: "Jesus, I want to see Your face and I want You to come down and live with us forever." He's persistent... and expectant. So when he sees such a magnificent sight in the sky, his thoughts immediately turn to the hope that today just might be the day his prayers will be answered.

Do I have that same kind of expectancy in prayer? Or do I sometimes pray without believing my prayers are really going to be answered or maybe even heard?

"Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours" (Mark 11:24). This verse isn't some type of magic potion that guarantees God is always going to do what we want just because we ask. We know from scripture

that we are to ask in alignment with His heart and plan... not just our own fleshly wants and desires. And the only way we are going to know what His plans are is to draw closer to Him day by day.

I've never told Zechariah that he should daily pray that he might see the face of Jesus or usher in His return. It's just something he does. He's developed a love for his Savior and with a child-like faith he longs to have Him near. To me that's embracing Jesus like a child. To be so desirous of His presence that we ask for it every day... and expect Him to

come. That simplistic faith ignites the passion in my soul. It leaves me hungry for more of my God and King.

What if we started each day with a prayer like Zechariah's - asking to see the face of Jesus, longing for His return - and then walked through our day expectant of Him to appear? Maybe He won't come and part the clouds today but maybe He'll open our eyes so that we might see Him in the things and people who surround us. Maybe we'll experience His presence and truly feel Him nearer than we've ever felt before. And maybe we'll begin to grow accustomed to believing He just might answer our prayers.

Lord, give us the expectant faith of a child and stir up the longing within us all for more... of You.



Jessica Hosman



Shawnee Co. Suicide Prevention Coalition Raises Money and Awareness

The 3rd Annual Shawnee County Suicide Prevention Coalition 5K Run/Walk was held recently to raise awareness and reduce the number of suicides in Shawnee County.

"There have been 21 suicides recorded in just the first half of 2015 in Shawnee County," said Topeka Police Captain Bill Cochran, who is President of the Coalition Board. "This number is up from the previous two years. The money raised this year by the Suicide Coalition will help Shawnee County partner with other suicide coalitions across the state to develop prevention campaign materials and education around prevention."

The number of Kansas suicides increased more than 31 percent between 2011 and 2012. Coroner's offices across the state reported a record-high 505 suicides last year. More Kansans die by suicide than from automobile accidents.

Despite the toll it takes, suicide is less understood than many life threatening illnesses and conditions. Since the early 2000s, the nation's suicide rate has increased about 20 percent. The Kansas suicide rate was higher than the national rate during each year in the 2004-2013 period.

The following changes in behavior are some indicators that a person may be at increased risk for suicide:

- Hopelessness—expresses no reason for living, no sense of purpose in life
- Rage, anger, seeking revenge

- Recklessness or risky behavior, seemingly without thinking
- Expressions of feeling trapped—like there's no way out
- Increased alcohol or drug use
- Seeking access to pills, weapons, or other means
- Talking or writing about death,

dying, or suicide

"If you witness or experience these changes in behavior seek immediate help by contacting a mental health professional or calling the National Suicide Prevention Lifeline 1-800-273-TALK (8255). To find out more visit www.scspsc.org.

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C5 Invites All Topeka Pastors to Appreciation Luncheon

The Capital City Christian Chamber of Commerce (C5) will honor the city's pastors in October at a luncheon at Great Overland Station. The luncheon will take place between 11:30am and 1:00 pm on October 8. All pastors are invited at no charge, but an RSVP is requested.

The featured speaker will be Becki Halloran of Alden's House, who will



give an update on human trafficking in the area. The public is invited to attend.

C5 holds its "POWER" Luncheons on the second Thursday of each month. The November 12 luncheon will be held at The Ritchie House, with Topeka historian Deb Goodrich Bisel as the featured speaker. The cost to attend the luncheons is \$10 for C5 members and first-time guests who

RSVP, and \$12 at the door; non-members and other guests pay \$15. C5 luncheons are open to the public and everyone is welcome to attend, organizers said.

RSVPs can be sent to info@C5Alive.org.

The Capital City Christian Chamber of Commerce was formed in 2009 as a support and networking group for Christian businesses, churches, pastors and non-profit organizations in the Topeka area. C5's mission is promoting Christian values in the Marketplace, seeking excellence in products and services, and working toward unification and cooperation within the community. In addition to monthly luncheons, C5 also hosts periodic business fairs and other events, including the annual Topeka Easter Parade and Family Fun Fest, held in Gage Park on the day before Easter. For more information about C5 events, go to C5Alive.org, facebook.com/C5Alive, or call 785-640-6399.

Chaplain's Corner Uncommon Prayers



Fred S. Hollomon
Chaplain Emeritus
Kansas Senate

Prayers like this may be found in my Book of Uncommon Prayers at Book Boutique at the Library, Wolfe's Camera Shop, the State Capital, and my Web site, fsh-kschap.org

Heavenly Father,
Thou art worthy our Lord and God to receive glory, honor and power.
Rev. 4:11

When things are looking dreary,
And the light is hard to see
While others turn to despair,
Help me turn to Thee.

When everything I undertake,
Is a catastrophe,
When others turn to drunkenness

Help me turn to Thee.

When people I had trusted,
Turn their backs on me,
Don't let me turn to bitterness,
Help me turn to Thee.

When the walls are closing in,
And I am struggling to get free,
When others push the panic button,
Help turn to Thee.

**I Pray in the Name of Jesus Christ
AMEN**

SAT-7 GUIDING ARABS TOWARDS GOD

by **Michael Ireland**

Exciting things are happening and millions are hearing the Gospel across the Middle East and North Africa, thanks to a radio and internet ministry called Sat-7. A worldwide Day of Prayer is planned for Nov. 1, when believers around the world are being asked to lift up the ministry and the many hearts that are being turned toward the Gospel in the Middle East and Africa. God can use you and your church, through prayer, to help transform the Middle East and North Africa through hope in Christ. This year, we will lift up refugees and internally displaced persons, as well as their host countries.

Youth across the Middle East are hearing what God has to say about their toughest struggles, writes Melissa Fleck, a communications and program specialist with SAT-7

In an online article, Fleck says: "They are tuning in to hear their peers hold biblical discussions on teen-related issues they face in a new program called 'We Grew Together' (in Arabic, Kbirna Sawa.)"

According to Fleck, after the popular live youth program 'From Me to You' con-



Right, a Sat-7 TV Bible host, answers live call-in questions. Above, children learn about Bible figures.



cluded its broadcasts, dedicated viewers anxiously awaited the rollout of 'We Grew Together' in mid-March with the same presenters -- members of a renowned praise band called 'Strongholds' who sing hymns and contemporary worship songs on the show.

Fleck reports that Lebanese presenters Jamie, Joyce and Rawad, with Syrian presenters Nour and Tamar, continue to be a Christian witness as they "grow up" alongside their viewing audience. Programming Manager George Makeen says: "They have this special bond with viewers. Every time they are on air, people call to discuss topics, pray together and sing together."

Fleck says that even on the show's Facebook page www.facebook.com/KbirnaSawa, viewers are posting thoughtful responses to sensitive questions. One of the first episodes tackled the difficult topic of how the Bible addresses premarital sex. A related post asked, "How do you think someone can take care of themselves and wait until marriage?"

Lubna writes: "As a person draws near to God, she grows more in her spiritual life and can control herself more in earthly matters."

Raef writes: "Spiritual satisfaction from the presence of the God in our lives. If the Holy Spirit lives in me, I can over-

come lousy desires from approaching."

Fleck stated that upcoming episodes will debate controversial issues, interview Christians recognized for noteworthy achievements in society, and examine the media marketing methodology called subliminal messaging, among other topics.

"Thanks to your support," says Fleck, "this program is applying God's Word to the heart-issues faced by today's youth one issue and one person at a time."

In the years since its launch, SAT-7 has grown from a two-hour a week broadcast, to a network of five 24-hour channels: SAT-7 ARABIC (Arabic Christian programming for every age group), SAT-7 KIDS (the first and currently the only Arabic Christian channel for children), SAT-7 PLUS (The best Arabic programming from the other channels, broadcast to a different audience, over a different satellite), SAT-7 PARS (a 24 hour channel in Farsi/Persian, with some programming in Dari for Afghanistan) and SAT-7 TÜRK (Christian programming for 100 million Turkish-speakers in the region).

CHRISTMAS

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Southwest Topeka Bible Church, 4141 SW 53rd; Rolling Hills Christian Church, 4530 NW Hiawatha Place; First Southern Baptist Church, 1930 SW Gage. Other locations are Grace Chapel Church in Carbondale and First Baptist Church in Holton.

"If you are unable to get out and pack your own box but would like to be a part of Operation Christmas Child you can build a box online and give hope to a child in need."

If you are unable to get out and pack your own box but would like to be a part of Operation Christmas Child, you can build a box online and give hope to a child in need. Visit samaritanspurse.org/occ. There you will also be able to find information about The Greatest Journey, a twelve week discipleship program

Be part of global change this Christmas. Pack a shoebox.

newsbriefs

Navy stands behind chaplain who shared Christian beliefs

(WNS)--The Navy has exonerated a highly decorated and respected chaplain, denying a formal request by his commanding officer to dismiss him from the military based on statements he made to sailors during private counseling sessions. Chaplain Wesley Modder's former commander, Capt. John Fahs, commanding officer of the Navy Nuclear Power Training Command (NNPTC) in Goose Creek, S.C., had sought to remove Modder because he expressed his Christian beliefs on issues of sexuality, marriage, and



Chaplain Wesley Modder prays with service personnel.

homosexuality during counseling sessions with sailors. But after reviewing the evidence, the Navy disapproved Fahs' request. The decision by the Navy's Personnel Command also overrules a March 16 letter by Fahs in which he denied Modder's formal request for religious accommodation under Navy regulations.

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A Majestic Moment

by **John Potter** | Military Chaplain

I will always remember my first trip through the Smoky Mountains. The ancient mountains were in rare form that day. They drew me in and wouldn't let me go.

Everywhere I looked, I found ridge upon ridge of forest. There were trees of every variety. They were too numerous to count. I could behold marvelous wonders in every direction. With spectacular color, they turned each hill into a brilliant masterpiece.

This November day, the Smoky Mountains were alive. Dogwood, maple, sassafras and birch trees welcomed everyone with their red, orange, and yellow leaves. It was more than beautiful. The trees spilled across the landscape and created a canvas that only God could paint.

I marveled at God's handiwork. A kaleidoscope of fall colors, worthy to display all year round. I kept turning around to see it all. I didn't want to miss an inch of this perfect landscape. I took pictures to remember the sight. I didn't want to go. I didn't want to leave. How could anyone leave such a beautiful place?

Creation was providing a reminder to look and see what God has done. This world is no cosmic accident. This is not something that mankind can replicate. There is no way to manufacture something so exquisite. There is no scientific way to make all this happen in such grand fashion. Nature was providing a majestic moment. A testament to the greatness, splendor, and majesty of God. The Old Testament prophet Nehemiah acknowledged that God alone is the creator of the heavens and the earth. He says, "You alone are the LORD. You made the heavens, even the highest heavens, and all the starry host, the earth and all that is on it, the seas and all that is in them. You give life to everything, and the multitudes of heaven worship you."—Nehemiah 9:6 NIV

Take time to bask in the beauty of autumn. Watch the display. Enjoy the splashes of color that transform the slopes and hills. Stop and revel in the gorgeous demonstration. As the fall foliage presents another reminder of heaven, offer a prayer of thanksgiving to the One, who made it possible. Such beautiful handiwork will draw you close and never let you go.

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PARS launches new drug prevention program for kids & parents

Prevention and Recovery Services (PARS) has partnered with the Topeka and Shawnee County Public Library to present #theIMPACT, a new family program aimed at youth 10+ and their caregivers, on Saturday, October 24 at 1 p.m. and 3 p.m. The library is located at 1515 SW 10th Ave in Topeka.

#theIMPACT is a drug prevention program that follows youth through several realistic situations, including a party and the potential consequences. Scenes will be portrayed by local community volunteers and partners. Additionally, the program will feature

components for adults – regarding drug trends to watch for – and one for youth regarding refusal skills.

The goal of the program is to increase participants' negative attitudes toward alcohol, tobacco, marijuana, and other illicit drugs, as well as increase participants' perceived risk of harm from use of these substances. In addition, parents are given resources and challenged to have ongoing conversations with their kids, and establish clear household rules about substance abuse.

In 2014, 36% of Shawnee County

youth (middle and high school) reported that they have drunk beer, wine or hard liquor at least once in their lifetime (more than just a few sips). In 2014, 19% of Shawnee County youth (middle and high school) reported that they have used marijuana at least once in their lifetime.

The event is recommended for youth ages 10 and up and a parent/guardian is suggested to accompany the youth. Advance reservation is necessary, as space is limited. Call 266.8666 to register or go to www.pars2014.com.

COMEDY

continued from page 1

lowskip while learning more about the Youth for Christ ministry outreach and its impact here in Topeka. You'll also be entertained by internationally recognized ventriloquist and stand-up comedian, David Pendleton.

David brings a cast of lovable comedic characters to his show: Blunt 94 year-old Aunt Tilly. Quick-witted trouble maker, Mack Elroy. A dopey but adorable hound dog named Buford; and Vern, a slightly misguided albino vulture.

Whether you're 8 or 80, this seasoned professional, in-demand comedian and top-of-his-class expert ventriloquist will keep you in stitches.

"Our prior Comedy Café events have been extremely positive. So many have commented they are thankful for a great evening of clean, family-friendly comedy," said Bob Hanson, Executive Director of Topeka Youth for Christ. "Lots of people rave about the homemade desserts. They're wonderful!"

The Comedy Café is more than an evening of entertainment and food. It is a chance to partner with a Christ-centered outreach whose goal is reaching students and at-risk teens with the message of Christ's love, hope and help.

"We reach young people everywhere, working together with the local church and other like-minded partners to raise up lifelong followers of Jesus who lead by their godly lifestyle, devotion to prayer and the Word of God and a passion for sharing the love of Christ and commitment to social involvement." Hanson stated.

The Comedy Café is a means of supporting the mission of YFC and there are several ways this is accomplished.

"Individual donations can be made the night of the event for any amount," according to Hanson. "However, monthly pledges are the most common way that supporters donate to Youth for Christ. Attendees at the Comedy Café will have the opportunity to pledge monthly support or give a one-time donation of any amount."

Another way to support the YFC mission is through being a financial sponsor for the event. Table and Builder Sponsors receive eight tickets for the Comedy Café (1 table). Leader sponsors receive 16 tickets (2 tables). Business / Corporate Sponsors receive 32 tickets (4 tables) and special banner recognition on the night of the event.

All sponsors will be listed in the evening

program and in the slideshow at the beginning of the evening.

This event is underwritten by the sponsors, as indicated above. Reservations are required and tickets are free, subject to availability and there is a limit of two tickets per person.

To find out more about Youth for Christ and get more information about sponsorship opportunities, go to topekayfc.org.

To reserve tickets online, go to topekayfc.org/comedy_cafe/res/ or call the YFC office at 785-232-8296. Leave a message with your contact information and a Comedy Café team member will call you back!

Remember, all donations go to support Topeka Youth for Christ. Topeka Youth for Christ is a 501c (3) nonprofit organization. All donations and monthly pledges are tax deductible.



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Pause investing for a luxury?

Dear Dave,

Where should you save for large expenditures when you're doing the Baby Steps?

Heath

Dear Heath,

Depending on what the expenditure is, I would suggest saving for these sorts of things after Baby Step 3. Once you've paid off all of your debts, except for your home, and built an emergency fund of three to six months of expenses, you reach a point where you can breathe a little bit. After all that hard work and sacrifice, you're finally in a position to replace that ratty, old furniture or get a better car. The question then is this: How much do you want to temporarily cut back on investing in order to make this expenditure happen?

Personally, I'd like to see you allocate a fixed percentage of your income

toward play money and still be able to put 15 percent of what you make into retirement. If you want to slow down a bit on Baby Step 5, which is paying off the house, in order to take a once-in-a-lifetime vacation, I'm cool with that. But I don't like the idea of slowing down on funding your retirement.

The basic idea here is to always handle your money with planning, purpose and maturity. You've got a little room to play back and forth once you get past Baby Step 3. But until then, I want you to be hardcore about scrimping, saving and getting your financial house in order!

—Dave

Unauthorized subletting

Dear Dave,

I own a rental property that brings in enough to pay the taxes and insurance with a little left over. Recently, I found



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

davesays

out that my tenant, who just signed a new two-year lease, is subleasing the property for the short term as a vacation site. This kind of thing happened once before and is prohibited in the agreement. Do you think I should approach him about the situation or let it go until it becomes problematic?

Catherine

Dear Catherine,

It's already a problem, because he's in violation of the lease agreement. Call him today and tell him to stop the sublease immediately. Let him know that he'll be evicted if anything like this ever

happens again.

This may sound harsh, but an agreement is an agreement. You may not have experienced any big problems up until now, but what happens when he pulls this again and the next people who come in are a bunch of partiers? You could end up with broken windows, holes in the walls and a bad reputation. On top of all that, what if they leave and he doesn't have the money to fix things? It's all on you. Why? Because you lost control of your property!

As a landlord, I always try to be gentle and nice but really clear about things. But this guy needs to understand that you mean what you say in the lease agreement. Once more, and he's gone!

—Dave

Healing comes first

Dear Dave,

I have a relative who recently entered a rehab center to treat her drug addiction. I've been trying to help with things on the outside, and recently I discovered she has about \$20,000 in debt. This is in addition to the rent owed on her apartment. I don't have a lot of money, but do you think I should start trying to pay some of these bills for her?

Jeremy

Dear Jeremy,

I'm really sorry to hear about your relative. Addiction is a painful thing for the addict and for their family and friends. While what you're suggesting is noble, my advice would be to leave the debt alone. I would, however, notify her landlord of what's happened. If he won't hold her place, then get her stuff out and turn over the keys so he or she can find another tenant.

As far as the debt obligations are concerned, just let her creditors cry and whine. They're going to do that anyway, and you're in no position to help financially at this point. Once she's out and healthy again, one of the first things she'll have to do is recreate her life and income. When that's been done, then she needs to go back and make arrangements with her creditors.

But right now, she needs to concentrate on herself. And as her family, you need to pour as much love and support as you can into the healing process. You've got a great heart, Jeremy, but the money stuff can wait until she's out, healthy and established again. Then, if you want and have been able to save a bit, you might gift her a little money to help her get started again.

God bless you guys.

—Dave

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20328 R3-14

Kansas pension audit finds system at risk of abuse

By Nicholas C. Fondacaro

An audit by the Kansas legislature finds that public employees are double dipping by having an income while collecting benefits from the state's \$16 billion pension system.

The review of the state's disability benefits program flagged 38 cases for further investigation on suspicion that beneficiaries were still bringing in an income and ineligible for disability benefits. Of the 38 cases, the auditors determined that at least 16 of them are ineligible to receive benefits through the disability program.

In addition to disability abuse, auditors investigated concerns about abuse of the retirement and service credits program. "Service credits are used to help determine when an employee is eligible to retire and are awarded in one quarter increments to members who work any length of time during a quarter" the audit says.

Auditors used a targeted sample of 34 teachers and randomly selected 21 other individuals who worked for the state. The auditors discovered that seven teachers were still receiving service credit while they were no longer instructing students. Instead they were working as officers for their local education associations.

The Kansas Public Employees Retirement System is a fairly large system which makes it a prime target for abuse and fraud.

"KPERs is a \$16 billion public pension system for 1,500 public employers and covers about 295,000 state and local public employees" the report stated "KPERs currently has about 100 FTE staff who work in the following five divisions; administrative, benefits and members services, fiscal services, information technology, and investments. KPERs also contracts for actuarial and invest-

ment services."

With so few employees managing such a large pool of beneficiaries, it's easy to understand why abuses can slip through the cracks. But the report doesn't just focus on the problems: it also maps out how the state can prevent future abuse of the system.

The Legislative Post Audit Committee, the group that wrote the report, recommends requiring proof of identity and regular monitoring by the respective agencies to cut down on abuse and fraud in the system. The authors also express optimism that KPERs can cut down on



abuse and fraud, saving the system—and taxpayers—money.

This article was written by a contributor of Watchdog Arena, Franklin Center's network of writers, bloggers, and citizen journalists.

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

opinion

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5 things evangelicals can learn from Pope Francis

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CARRIE
DEDRICK

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Editor

viewpoint

Pope Francis is the man at the head of 1.2 billion Catholics worldwide. He is the spiritual leader of the Catholic Church, and has variety of religious and political duties, including but not limited to, meeting with the leaders of over 100 countries, appointing new bishops, conducting liturgies, and holding general audiences with thousands of Catholics.

Though having a Pope is a foreign idea to Evangelicals, there is much that we can learn from Pope Francis.

1. Be humble. Pope Francis' humble nature has turned heads, as he chooses to live more simply than past popes. In Vatican City, Pope Francis usually rides in your everyday Ford Focus, instead of using a custom-built "Popemobile" with bulletproof glass. When Pope arrived in the United States, he chose to ride in a small Fiat over a luxurious limo.

After Pope Francis addressed Congress, he was invited to dine with Congressmen and women, but declined the invitation to serve and eat with Washington D.C.'s homeless population instead. He shows us that we are not to pursue money or prestige. Instead, we should embrace humility and strive to live more like Jesus.

2. Treat everyone with respect. The Pope has made multiple comments about demonstrating love and respect to everyone. Gay or straight, Christian or non-Christian, child or adult, sick or healthy, wealthy or poor, Pope Francis says everyone deserves to be treated like a person and has demonstrated this himself.



Pope Francis has hugged people with diseases, kissed the feet of teenagers in a juvenile detention center, allowed a child to sit in his chair while he spoke to a crowd, and made a personal phone call to comfort a rape victim. The pontiff goes out of his way to show people that they are important to him and to God. All Christians should be sending this message.

3. Give without expecting anything in return. Pope Francis shows us how to give freely and expect nothing in return. Last year, the Pope auctioned off his Harley Davidson motorcycle to fund a soup kitchen. He also started a campaign to install showers in the Vatican for homeless people to use. The showers opened in February, along with weekly professional haircuts.

Pope Francis gives these services to people who cannot give him anything in return except their gratitude. Many Christians give to the poor, but we need to remember to give cheerfully, remembering that we are commanded to do so in scripture (2 Corinthians 9:7).

4. Promote peace. The Pope has called on Christians to be peacemakers, and said that prayer is a vessel for peace. The pontiff also spoke against the Syrian civil war, saying that using violence only sparks further violence.

On World Peace Day this year, Pope Francis dedicated the day to a different kind of peace -- the fight against human trafficking and slavery. He is committed to ending human ownership, an issue that all Christians should stand firmly against.

5. Don't fear change. The pontiff does

not seem to fear our shifting cultural landscape regarding technology. While some Christian leaders debate how much technology churches should use, Pope Francis has called the internet "a gift from God" for all the potential it has to help others. He also does not hesitate to connect with young Catholics by posing for selfies.

However, Pope Francis warns that while technology can be used for good, it can also distance us from our neighbors.

Though Evangelicals and Catholics disagree on some aspects of Christianity, we can agree to apply these five lessons in our own lives. Humility, respectfulness, willingness to give, peacefulness, and embracing change can translate across all denominations of Christianity.

There are no atheists



CLINT
DECKER

President and Evangelist with Great Awakenings, Inc.

hopefortoday

What is an atheist? This may sound like a simple question, but there are different answers within the expanding atheistic community.

Atheism is growing in the United States and for decades has had a firm hold on entire nations through communistic based governments like China and North Korea.

As best I can tell, only once in the

Scriptures does God address atheism directly saying, "The fool says in his heart, 'There is no God' (Psalm 14:1). Otherwise, the Scriptures do not devote much time to it, because God does not see atheism as His biggest concern. The Ten Commandments show the focus of His concern when He says, "You shall have no other gods before me" (Exodus 20:3).

God assume two things. We will either worship Him or something else. Nowhere does He assume we will worship at the altar of nothing. Since an atheist would admittedly not worship any god then let us ask "What is a god?"

Merriam-Webster Dictionary defines a god as "A person or thing of supreme value." I argue this is what atheists are unto themselves. Since



they have nothing to exalt outside of themselves they become their own god thinking more highly of themselves than they should. They worship the god of themselves and are their own living and breathing idol they bow down to.

Atheists build a box around them-

selves keeping God out with only themselves inside. Their means of living is purely self-sufficient, cutting off all the blessings and beauty of the one true God only doing, controlling and becoming what they can manage. It is like they say, "All I want. All I need is right here in this box."

God the Creator who made us (including all the atheists) put a natural desire within us to seek and know Him. When atheists put a box around themselves, it instinctively sets off a divine internal restlessness.

I challenge every atheist to open the box, step out and seek his or her Creator. You were made to know Him. There is no reason to fear. God loves you and seeks your best for His glory. May Jesus be your hope for today.

Clint Decker is President & Evangelist with Great Awakenings, Inc.
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A human trafficking testimony

"Now you know...what will you do?" Those words froze on my computer screen after watching a two minute video my sister simply posted on Facebook. The video showed faces of small frightened children from overseas and described the plight of millions of children worldwide caught up in the modern day evil of human trafficking. That day in November of 2012, my heart burned, but I could not understand how that video with its haunting challenge would end up changing my life.

Motivated, but frustrated, I knew of few options for a stay-at-home mom with three small children in Kansas to actually "do" something about human trafficking...send money overseas? So several friends and I went about organizing a chili feed fundraiser event to "do" something. Awareness? Fundraising? But that little meeting stirred something even deeper within our community then just raising money to send overseas. A survivor/advocate spoke in detail that night about heart-breaking trafficking that occurred a mere forty-five minutes from my comfortable seat in the church. This wasn't a helpless orphan overseas; this was a beautiful Kansas girl attending a well respected Kansas school. This could be my daughter in several years. This could be your daughter...immediately, my eyes turned to the horror right here.

I began researching domestic sex trafficking. The results stunned me:

- The average age for a girl or boy to be coerced into trafficking is 12-14 years old (although survivors have reported being sold even as young as 18 months old).

- Sixty to eighty percent of these children come from the foster care system and are "forgotten" as no one tries to find them.

- They are lured by shrewd traffickers into the system through a loving relationship (often called "daddy" or "boyfriend") that becomes violent as the trafficker uses psychological torture to enslave a child.

- They are moved around, often along the very same highways we drive for family vacations.

- They are often used 15-20 times a night in truck stops and seedy motels.

- If they survive until they are 18,

estimates say the abuse is over 10,000 times per child.

- In the United States alone there are 100,000 identified children in sex trafficking.

- The most common shelter for those rescued is a juvenile detention center (and identified as juvenile offenders).

- There are around 500 beds in restorative shelters for these 100,000 children; the state of Kansas had four as of 2014.



There are enormous consequences to this societal sin and few resources locally to bring about restoration, so God made His call plain:

to become voices for the voiceless. Initially, we hoped to establish a home shaped around the specific needs of trauma care, but a shelter is only part of the answer. These survivors need a "forever" community to counteract the perverse bonding manipulated through coercion, force and fraud. Survivors and their families need comprehensive help to overcome all these obstacles.

"Now you know... what will you do?"

The Alden's House team (named for two of our team members' grandfathers, Alden means "Old Friend") feels that alone an individual cannot be successful in this war, but God has woven together a team of every day social workers, therapists, pastors, nurses, doctors, lawyers, teachers, business members and many others who believe that our small gifts go far when the Holy Spirit uses them. We are building a team that uses our professional skills but

will also stop to make dinner for a struggling family or just go grocery shopping with our friends. Our mission is that we, the Church as a family community, CAN do these simple things to show Jesus' love and hope and let Him radically restore broken hearts. We firmly believe the Gospel in us allows us to authentically say to the walking dead that the resurrection power is real.

Our prayer is that through God mobilizing us for His children, you also can hear His call. We pray for eyes to see and ears to hear for our community. Come join Him in this battle. You can "do" something.

For further information, check out aldenshouse.org or email tealdenshouse@gmail.com.

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A Heart for Radio

by Pastor Roger Randel

KFGB 97.7FM, Upper Room Radio, is Topeka's LOCAL Christian radio station, and is NOW on the air!

I have had a heart for local radio since childhood; my father was a DJ and Program Director at a local Topeka radio station, so I often went with him to the studio as a child to watch what seemed to me this nearly magical thing called "radio." The seed was planted early. While in Bible College, I worked the weekends as a part-time DJ for the local Christian station and it added fuel to the fire. I spent six years working as Master Control Supervisor for the local Topeka FOX affiliate in TV, which is basically radio with pictures,



all the while serving as Associate Pastor of Family of God Church.

In early 2011, I began sensing that I was going back into full-time ministry; that year I began to really seek the Lord. One Sunday, the Pastor came to me and said that the Holy Spirit was directing him to turn the church over to me, and I became the Senior Pastor of Family of God Church.

With the prompting of the Holy Spirit, I wrote down my vision for LOCAL Christian radio in Topeka (Hab 2:2) and presented it to the congregation. We began to pray and pray. There are several fine Christian radio stations in Topeka, but they are all 100% piped in from elsewhere. My vision is for LOCAL Christian radio, where local events can be promoted, such as bake sales, youth car washes, church yard sales, confer-

ences, with local programming.

In 2013, chatter on the internet was that the FCC was going to soon accept applications for Low Power FM Radio Station Licenses, so we prayed some more. Everything looked good and on track, but then I heard about some application requirements that we had not taken into consideration; my initial reaction was "Oh no, we are going to miss the application window!" We prayed a lot more, and the very week that the application window was to open the federal government shut down! This was our miracle! We sought out an FCC attorney, and an engineering firm, they got on the ball; by the time the federal government reopened we had all of our ducks in a row. Not only that, but we were the only organization in Topeka to apply for the only frequency available, which was another miracle.

The application process was long and detailed with so many hoops, red tape and government hoopla. One example, we had to hire an archeologist from an engineering firm to negotiate with the surrounding Indian tribes to have them sign off on a form to allow us to mount an antenna on our boiler stack, and to reassure them that this was an existing structure. Once all the I's were dotted and T's crossed, it was a waiting game... and we waited...

Late 2014, we received our FCC Construction Permit to start building the station. We officially started broadcasting September 1, 2015 and received word that our license has been granted.

KFGB (Family of God Broadcasting) is a 24/7, 100 watt station (or as I like to say 100,000 milliwatts), which covers about 2/3 of the city of Topeka; our signal originates from North Topeka, our studio and church are in the old Grant



Elementary school.

We air our church services live (FOG Live!) on Sundays at 10:30am and 6:00pm. We are talking to some other churches about airing their services as well; we already have several locally produced shows on air. We have picked up some nationally syndicated programming: Voice of One Witness with Dr. Billye Brim, Gospel Truth Radio with Andrew Wommack, Believer's Voice of Victory with Kenneth Copeland and TruNews with Rick Wiles (see our website for a full schedule: www.UpperRoomRadio.com), However, our emphasis will always remain LOCAL.

Our music format is Christian pop and rock from the 70's, 80's and 90's. Amy Grant, Petra, Larry Norman, Randy Stonehill, DC Talk, Stryper, Carman, Darrell Mansfield, Mylon LeFevre and the list goes on... all the great music that you never hear anymore! We also air some local and regional artists; Topeka has never heard a radio station like this!

Our next conquest is streaming audio for the internet, so people can listen at work or outside our station's coverage area, to the uttermost parts of the earth!

Check out our website www.UpperRoomRadio.com, and like us on Facebook: Upper Room Radio, KFGB 97.7FM, or email me at upperroomradio@hotmail.com.

Pastor Roger Randel is Senior Pastor at Family of God Church, and General Manager of KFGB 97.7FM, Upper Room Radio.

Social Conservatives make Senator Ted Cruz the Winner in Values Voter Summit Straw Poll for Third Year in a Row

WASHINGTON, D.C. -- Sen. Ted Cruz (R-Texas) has won Family Research Council Action's tenth annual Values Voter Summit Straw Poll, receiving 35 percent of the votes cast. Dr. Ben Carson and former Governor Mike Huckabee finished second and third place respectively. Sen. Marco Rubio (R-Fla.) and Donald Trump finished fourth and fifth place respectively.

For the second year in a row, Dr. Ben Carson won the vice presidential straw poll with 25 percent of votes cast.

Nearly 2,700 people were registered for the Summit. Only FRC Action members

who were present at the event were allowed to vote.

Family Research Council Action President Tony Perkins released the following statement in reaction to the 2015 Values Voter Summit Straw Poll:

"This year's record attendance reflects both the angst and the engagement of social conservatives going into the 2016 election cycle. The straw poll sends a message that values voters are looking to support candidates who not only understand the threats to our freedoms, but will boldly lead the way in standing up for and

defending these freedoms.

"Social conservatives don't expect Republicans to win every fight but they are tired of GOP leaders entering political battles waving a white flag. Every candidate who spoke made unequivocal stands on both the social and security challenges facing our nation, which clearly resonated with the values voters.

"While each candidate offered his vision for a post-Obama America, values voters sent their own message: we are not looking for a Republican president who will just stop the detrimental policies of the Obama Administration. We are looking for a leader who will undo the damage this President has done to our country and our culture," concluded Perkins.



Sen. Ted Cruz



The Lord has chosen us



by **Traci Loux**

The Lord has given us a heart for adoption. Early in our marriage, John and I would talk about adoption, but it wasn't until 2005 that we really felt the Lord saying that the time was near.

We moved to Kansas City in June 2006, and God began stirring our hearts more in this area. We began to get a deeper revelation of His heart for us in Ephesians 1:4-6, and began to understand that through "the spirit of adoption" the Father has called us His sons and His daughters.

In November 2006 we decided to move forward with domestic adoption. We started our home study in December and were home study ready by the end of Jan 2007. In just a few short weeks we got a call that a birth mom had chosen our family to adopt her baby girl that was due in April.

Elia Jane arrived early, on March 7, 2007 and our lives have been forever changed. As we welcomed her into our family, each of us was dramatically impacted by the love that the Father has for us and Ephesians 1:4-6 became a reality in our hearts.

In January of 2008 I began to work as an adoption consultant helping guide, educate, and lead others through their own adoption journey. In August of 2008, God put his finger on a little boy named Aiden who would turn 3 on March 1, 2009. Aiden was an orphan in Eastern Europe at the time. We completed our home study for Aiden's adoption on October 21st, went through the approval process, and returned home with him on March 24, 2009. The Lord surprised us by asking us to consider bringing home a second child from Ukraine, and in Jan of 2009 just two weeks before our flight to get Aiden, we decided that if there was a little girl needing a family we would also bring her home. The Lord clearly marked Emma for our family. And we returned home to the US with her along with Aiden on March 24, 2009.

In October of 2010, we welcomed



another child into our family through domestic adoption. Matthias has Down syndrome and has faced numerous medical complications. Mattie spent the first year of life in the hospital and had multiple surgeries during that time, including a tracheotomy and 2 open-heart surgeries. We are delighted that the Lord has chosen us to be Mattie's parents and are so thankful for the miracle of his life!

TAKE CARE OF THE BASICS

by **Shane M. Jones, L.S.C.S.W.**

Many times when parents adopt/foster a child, they get so busy with managing all the newness of the new family member and changes to the family structure that they forget to take care of good health basics. Now, there are some basics that most everyone knows. Sleep well, eat well (especially not too many sweets), and have a reasonable structure at home. However, there are some specific things in these areas that if we know about them, parents will not only help their child, but themselves.



JONES

Children who come from "hard places" often have more trauma than we understand. Our reactions to experiences are based more on our interpretation than on fact. The experiences and feelings of not being safe will alter a child's brain chemistry, which can bring on depression and signs of ADD, and possibly Bi-polar symptoms. I do believe in the use of psychotropic medications, but if a child is on medications that are not really needed, then the brain will have even more difficulty regulating the neurochemistry than it would otherwise. How do things like sleep and diet help regulate neurochemistry?

Let's look at sleep. We all need five sleep cycles a night at about ninety minutes each. With falling asleep and waking up time we are looking at about eight hours, children need more than this. Our brains regenerate the neurotransmitter

Dopamine when we sleep, which if we don't have enough we will display symptoms of ADD. So, parents this is for you too. The reason us adults start thinking we really do best on six to six and a half hours sleep is because we train our bodies to wake up at the end of the fourth sleep cycle when we will feel reasonably good. Waking in the middle of a sleep cycle can be down right painful, and leave us feeling "thick headed" all day long, so seven hours sleep can often leave us feeling worse. However, we generate more Dopamine in each subsequent sleep cycle, so being able to get through the fifth sleep cycle is truly awesome! That is when our eyes just "pop open", and we are feeling ready to get on with our day.

Now let's look a bit at nutrition. When we are in a state of feeling unsafe, our bodies will not spend much time on digesting food, for it will be in survival mode. When the body is responding this way, even if food is taken in, the body will try to ignore it and not fully digest. This lack of complete digestion will cause "mal-absorption." Most of the serotonin in our brains is first produced in the digestive process. Serotonin is the "master regulator" of the brain. So, to help the body improve digestion probiotics (acidophilus like found in yogurt) are very helpful, along with eating smaller amounts every 2-3 hours. Another helpful thing is to (of course) cut back on carbohydrates and increase protein. Increase in protein will give a more stable energy and level of blood sugar mood swings.

These are just a couple of things that can make a big difference if we pay attention to them on a consistent basis, for both child and parent.

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The answer is a parent

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TIPS ON CHRISTIAN FOSTER PARENTING

by Kathryn Rateliff Barr

From their earliest days, God's people have answered the call to care for children who need a home. Deuteronomy 14:29, Psalms 10:18 and James 1:26-27 addresses how believers should extend care and support to orphans.

The Wesley brothers, who founded the Methodist church, set up orphanages to care for children who had no family to care for them. Today, many Christians feel a call to provide foster care for children in need.

TRAINING

If you have the resources and the compassion for parenting foster children, you can contact a Christian foster program such as Lifeline Children's Services or Bethany Christian Service or The Methodist Home; or you can use other good programs like Kansas Children's Service League or KVC. Get the training you need to reach out to children who need foster placement, but love isn't all you need. Fostering can be rocky, and without training and support, you can create additional problems for foster kids if you aren't prepared for the problems that often come when a child is removed from parents because of abuse, neglect or incarceration. Learn how to reach out to these kids and build a bridge of love and trust a foster child can hold on to, according to Adoption.com.



LIVE FAITH

The homes that foster kids come from can be horrifically damaging, providing negative parenting models, according to the book, "The Compassion Revolution," written by Dave Donaldson, cofounder of the charity Convoy of Hope. The book addresses how he and his family become involved in foster care. Your example can provide a healthy, loving, Christian role model for foster kids and for their birth parents, who might someday regain custody. Treat your foster child with love, fairness and impart the hope for a better future. If the foster child has no ties to the Christian faith, your example can create that connection and teach him about a loving God who cares for him. If the child and birth family have no strong objections, include devotions, Bible stories and church attendance in the child's routine.

THE HURT CHILD

Your foster child might be carrying anger, poor personal boundaries, mistrust and fear when she arrives. Communicate your concern and desire to care for her at the same time that you establish clear limits and conditions on her behavior. Pray for your foster child's emotional, physical, mental and spiritual healing at the same time that you apply all of the tools you learned in training. Reinforce the child's belief in herself and her value as a human and a child of God. Praise her in specifics when she does well such as, "I'm pleased with the way you're catching up in school. Your determination is impressive."

BUILDING SUPPORT AND MEMORIES

As a foster parent, you can work within the faith community. Address your child's past in the most loving way, helping your foster child stay connected with his birth family, if possible, as you also help him build connections in the faith community. You can take pictures of the child enjoying various activities, building healthy memories the child can access when times are stressful. Never lose sight of the reunification goal that guides many foster placements. A scrapbook of the child's life can anchor the love you share in the child's memory.

FAMILY

continued from page 1

coming up whenever I spoke with anyone about adoption.

Deeanna was developing a reputation as the Christian go-to lady on adoption. I needed to connect with her. Through a series of phone calls and various connections, Deeanna invited John and me to their home for dinner.

Unknown to us, that night would change our lives forever.

CHILDREN IN NEED

John and I held hands and said grace around the dinner table in Deeanna and Randy's modest home. Joining us were their five girls, who ranged in age from 5 to 15 and represented every size, shape, color, ethnicity and background. Several of the girls were already adopted; others were in the Wallace home through foster care.

"There are orphans right here in Hawaii who need adoptive families," Deeanna told us passionately. "They're trapped in foster care, and the church really needs to get involved."

We looked at their girls. Here they were, former legal orphans in our own state, our own community, our own neighborhood.

Throughout the course of the night, we learned that these girls had experienced abuse, neglect and abandonment. Unspeakable, harrowing things were

blessing of adoption. Deeanna said we reminded her of them.

Honestly, I thought she must be nuts to think that.

My head was spinning. John and I were Christ followers. We knew that God's Word spoke frequently about God's heart for orphans and the Christian's duty to care for them. We had talked about adoption before, and we were always open to it, but we'd never pursued it seriously. We thought maybe it would happen after we had birth children. As pro-lifers, we'd always said we'd adopt any baby who would otherwise be aborted. That was a no-brainer.

Why would these kids in foster care be any different? How could we do nothing about what we'd heard? We'd been so blessed. We had room in our house. How could we turn our backs on kids in need?

We weren't sure what we were going to do, but we knew we had to do something. Hearing about the needs of these kids awakened John's sense of protection. He's a military man, after all, and he couldn't just sit back and not take action. He had to do something!

I kept thinking about the Good Samaritan in Luke 10:25-37. Remember the story? Jesus told a parable about a man traveling from Jerusalem to Jericho who gets attacked. He's beaten, robbed and left for dead.

I sensed that God was challenging us, asking us if, like the religious men in the

"There was no way we could see what we were seeing – precious faces, voices, and lives of real kids in desperate need – and go back to our comfortable life unchanged."

Here are my top five reasons for adopting a child



CARRIE CRAFT
Adoption/Foster
Care Expert

viewpoint

Looking back on conversations with other adoptive parents and my own experiences with adoption and foster parenting, I feel that there are truly five solid rea-

sons to want to adopt a child.

While everyone may have their own motivation to explore adoption, the core of the desire for a family to adopt and what propels that family forward to completing an adoption, should be based on something deeper.

1 The desire to give a child a family. The prospective adoptive family wants to provide a child with a loving home and family. This includes everything that makes a home a loving place to be and a family that is an accepting group.

This desire includes the exchange of family traditions, the sharing of faith, and of memory making moments. It also

means accepting the child for who they are - even their faults. Understanding that the child has a history and heritage that also needs to be respected and embraced.

2 The desire to help a child move on in life. The adoptive parents have an interest in helping a child heal from past grief and pain, whether this comes from abuse, neglect, being abandoned, or orphaned. The adoptive family wants to help the child start a new life and knows that there will be ups and downs with adoptive parenting and is prepared for these challenges.

3 The ability to provide for another child in all ways. The prospective adoptive parent wants to share their home with a child and have the physical space for another child. They also have the time and the emotional space in their heart for a new family member. The adoptive family is also financially secure enough to adopt comfortably.

4 The entire adoptive family agrees to the adoption. Everyone in the family agrees that adding to the home through adoption is the right thing to do. All children in the home are also excited about adopting. Going through with an adoption when children in the home are not on board with the plan is not a good idea.

5 The adoptive family knows a child in need of a family. The prospective adoptive family is aware of a child who needs an adoptive home. The child may be a family friend, a relative, or a child they met at church or within the neighborhood.

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ADOPTING ME: AN ADOPTED CHILD SHARES HIS PERSPECTIVE

by **Jamey Robert Stegmaier**

The day was no different than any other. It was the fall semester of my sophomore year in college; the changing colors of the leaves against the backdrop of weathered stone buildings made the walk to my dorm seem like a stroll through a promotional brochure for the university. I scanned my ID card to enter my residence hall, unlocked my room, and closed the door behind me.

Then I opened the letters from my birth mother for the first time.

I had requested that my parents send me the letters a few weeks before to that day. I had received them over the years—eight in total—forwarded from the priest who had arranged my adoption twenty years in the past.

Whenever I received a letter in the mail, I asked my parents to put it with the others.

“You can read the letters at any time,” my mother assured me. “Whenever you’re ready.”

It wasn’t really a matter of being ready or not; I just wasn’t all that curious. I was adopted when I was three days old, so my adoptive parents had always been my parents. My friends ask when I first found out that I was adopted, and I don’t have a good answer for them.

I’ve always known. My parents didn’t hide it from me. So there was no aura of mystery, no great secret about the contents of those letters. They were available, and I was in no rush to read them.

I should mention that I harbored no resentment against my birth mother. Although my parents didn’t know much, they knew that she had been a young, single mother, and she wanted to give me a better life than the one she was able to give me at the time.

As a child, that made sense to me, and I was grateful to have both a mother and

a father to raise me.

Perhaps you’ve heard someone say on television or in the movies or even in person, “You’re not my real mom/dad!” I’ve heard that line a number of times, but it’s never occurred to me to say it. What does that mean, “real” mom or “real” dad? My real mom is the woman who taught me how to read, who held her cool palm to my forehead when I got a migraine, who cried a little when I went abroad for the summer.

My real father is the man who rigged my Power Wheel tricycle for extra traction, who showed me how to find the best kindling for campfires, who complimented my posture after I received an award in high school. My parents are the people who nurtured me from the beginning.

In the back of my mind, one of the reasons I didn’t open those letters for so many years is that I was protective of my parents. I didn’t want them to feel like I was going to replace them. That one day I’d be done with them and return to my birthmother. Children are surprisingly conscious of their parents’ feelings; although I picked my fair share of fights with them over the years, my adoption was off limits. My parents gave me my life, the greatest gift possible.

But during my sophomore year, I became increasingly aware that there was another person out there who had given me life. I started to have questions: What if there was a disease that ran in my family that I needed to know about? What if my birth mother had passed away or was going to pass away before I even opened the letters? What if my birth mother or biological father were famous? What if I had other siblings out there? What if they attended the same college I did? What if I had met my biological brother or sister?

What if I accidentally dated my biological sister?



STEGMAIER

Enough was enough. I requested the letters from my parents. Including my mother and father in the process, I knew, would be important. I didn’t want them to feel out of the loop, especially since they were already sensitive to the distance between us when I was away at school.

I sorted the letters by the dates on the faded envelopes. The oldest was already open, read long ago by my parents on the day I was born.

I extracted the stationary from the pink envelope (my birthmother didn’t know that I was going to be a boy) as if it were an artifact from a forgotten time, an ancient papyrus that might turn to dust in my hands.

“From day one when I first found out I was pregnant, #1 on my list was to write an ‘open’ letter to my child and his/her parents...” She went on to explain her hopes for me, her blessings, and that her greatest worry was that I would hate her for giving me away.

I turned the handwritten pages one by one, soaking in the information. I felt like I was reading a biography about myself. So far removed from the content of the letters, it wasn’t until I opened the fourth letter and a photo fell out that I truly realized that I was reading about myself, my birthmother, my lineage.

The photo was of a baby, maybe a year or so old. Besides the longer hair that indicated that it was a girl, the child looked exactly—exactly—like me at that age.

Something opened in me and I started to cry. I had two wonderful, annoying siblings with whom I had grown up, but I had never looked upon the face of another and seen myself. I didn’t know that was a type of connection a person could have.

I shared that experience with my birth mother in a letter I wrote a few months later. I described myself, my hobbies and interests, in a matter-of-fact way

before assuring her that I didn’t hate her at all.

“If anything,” I wrote, “I love you for the decision you made. Thank you for giving me life—thank you for giving me this life.”

My birth mother’s one request was that I be raised in a Catholic family. Through the values of my parents, the teachings of Christ in Sunday school, and my personal spiritual awakening at my university’s Newman Center, I’ve come to realize that there’s enough love in me for many people in my life.

God has graced me with enough love for my adoptive parents and my biological mother, my siblings and my biological

more information

Next month we’ll share the adoption from Jamey’s birthmom’s perspective.

siblings. Different types of love, but an abundance of springs to tap.

Not only do I have two parents who have raised and nurtured and loved me for twenty-eight years, but I also have a birthmother who carried me for nine months so that I may live.

I am truly blessed.

Jamey lives and works in St. Louis. He writes a daily humor blog, jameystegmaier.com. Published 2/189

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Cost-Conscious Home Upgrades for Fall

(Family Features) If you're looking for ways to improve your home but don't have the budget for a full-scale renovation, look at upgrades that add instant value with a smaller investment.

Projects that enhance existing features or add new functions to the home are smart ways to spruce up the aesthetics and improve livability without breaking the bank. In between extreme weather seasons is the perfect time to tackle home improvement projects, so this fall con-

sider some small-scale projects that can make a big impact on your home.

Revitalize worn woodwork. Nothing ages a home's appearance faster than tired, weathered woodwork on the front porch or back deck. These structures are typically major focal points of a home's exterior, so sprucing them up can go a long way toward transforming the overall aesthetic. A fresh coat of stain or paint is a minimal investment to bring fresh life back into your entryway or backyard

living space.

Pull out a new kitchen look. If changing out the cabinets isn't an option, you can still create a new look with a minimal investment. Wipe down cabinets thoroughly and apply a coat of paint to make



them look their very best, then look for subtle changes that bring a wow factor, such as new hardware. Simply changing out dated pulls for a more contemporary look in a new color can bring a new mood to the room. Clear away clutter and add some fresh accessories for a whole new look.

Punch up the power. Adding function can be as valuable as aesthetics when it comes to enjoying your home to the fullest. When bad weather or other factors interrupt your power supply, a standby generator lets you run appliances such as air conditioners, heaters, refrigerators, clothes washers/dryers, lights and electronics, minimizing the inconvenience of a power outage. For extended outages, a generator can even save money, preventing unexpected costs from spoiled food or hotel stays. Hooked up to a home's existing propane or natural gas line, a standby generator system, oftentimes called a home generator, switches on by itself when power fails. Models such as Briggs & Stratton's newly redesigned 12 kilowatt standby generator provide whole-house power in a small footprint that maintains curb appeal. Plus, the price point of standby generator systems is continuing to drop because power management systems like Symphony® II continue to get smarter. Symphony II power management, which can be included with all Briggs & Stratton generators, automatically balances the power needs of a home's electrical loads — including high-wattage items. Therefore families get uninterrupted, whole-house power with a smaller — and, thus, more affordable — standby generator. For more information about the entire line of Briggs & Stratton standby generator systems, visit [now.com.](http://www.power-</p>
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Look at new lighting. The lighting in a room has a significant impact on its overall feel: a bright, airy room exudes energy while a dimmer, soft illumination evokes a cozy impression. Changing up the lighting can completely transform a space. Use window treatments such as drapes and blinds to control natural light and lend a stylish addition to the room. Floor and table lamps are ideal for more subtle task lighting, while overhead fixtures can make a stronger statement.

Explore a new floor. Over time, the rich pile of new carpeting loses its inviting spring, and once-sharp grout lines fade and crumble. If a thorough cleaning still leaves your flooring looking drab, it may be time to explore alternatives. Replacing heavily worn carpet in high traffic areas with a more durable option such as wood or tile may not only

improve the look, but also prove a smart investment as it wears better in the future. If you still enjoy the look of your tile, consider removing and replacing the



grout, then sealing it to protect the finish. Don't feel beholden to the original color; a new shade can introduce a whole new color dimension to the room.

Making updates to your home is a good way to protect and grow your investment. Fortunately, making a big difference doesn't always have to come with a big price tag attached.



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Annette's tip

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THE WRIGHTS - Oct. 9, 8pm, Classic Bean. Music of the 60s, 70s, 80s. thewrightsmministries.com. 289-8905.

NEWSBOYS CONCERT. Nov. 12, 7pm, Memorial Hall, 600 N 7th, Kansas City, KS. Featuring Hawk Nelson.

CASTING CROWNS IN CONCERT - Nov. 20, 7pm at TPAC. With special guest Lauren Daigle. ticketmaster.com; 800-745-3000; facebook.com/LMGconcerts. Groups of 10 or more get discount tickets.

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BINGO AT FAIRLAWN HEIGHTS ASSISTED LIVING - 3:00PM, 1st Sat. of ea. month. Facilitator: Pastor Carole LIFFEST - First Thu. of the month, 10am-12:30pm, Covenant Baptist Church, 5440 SW 37th St. Seniors ministering to seniors - celebrating with fellowship, fun, food, learning & entertainment. Potluck lunch at noon. Sep 3: the "Jesus" film. If transportation is needed, call 354-4994 or 478-1729

PASTORAL ANNIVERSARY CELEBRATION/INSTALLATION SERVICES - Oct. 1-4, Faith Temple Church. Oct. 1: 40th Anniversary Banquet with Bishop Marvin Winans, held at the downtown Ramada Hotel at 7:30pm. Tickets \$40 each. Oct. 2: Anniversary service at Faith Temple Church at 7:30pm with Speaker, Bishop Jeronn C. Williams, of New Life International Family Church, Decatur, GA. Oct. 3: 40th Anniversary parade beginning at 10am at Faith Temple. Oct. 4: Official Ordination service of Pastor Elect Ronald K. Lassiter, Jr. at 4pm at Faith Temple Church, 1162 SW Lincoln Street. For info: 235-1834

2015 MISSIONS CONFERENCE: "COME AND SEE" Bethel Baptist Church, 4011 N. Kansas Ave, Topeka, KS. October 2-5. Inspirational speaking and presentations by missionaries Rick Owens and Tony Weedor, uplifting music, food and fellowship. Contact Bob Payne, 785-817-9727 or b.payne7@earthlink.net for more info

CHICKEN OR BEEF NOODLE DINNER - Oct. 4, 11am-1pm, Faith Lutheran, 17th & Gage. The LWML will be serving up their homemade noodles with chicken or beef, along with a variety of salads & desserts. Tickets \$7/adults; \$3.50 ages 5-10; free/under 5. You can also buy chances to win 1 of 3 handmade quilts (the donations received help to pay for shipping the many quilts made this past year to Lutheran World Relief).

HARVEST DINNER, BAZAAR & BAKE SALE - Oct. 9, 4-6:30pm. Fellowship Hall at Kansas Ave United Methodist Church, 1029 N Kansas Ave. Suggested donation \$8.00 Adults, \$3.50 Children 10 & under. Chicken Fried Steak, Mashed Potatoes & Gravy, Green Beans or Corn, Choice of Salad, Roll, Homemade Pie/Cake, Drink. 234-0507

FOUNDER DAY & CHURCH ANNIVERSARY - Oct. 9 & 16, 7pm; Oct 18, 4pm. True Holiness Family Church, 1244 SE Republican Ave. Celebrating 15 Yr Founder Day & Church Anniversary with Pastor Theodis & Lenora Williams

20TH YEAR CELEBRATION OF THE COUNTRY PARSON RADIO PROGRAM - Oct. 10, 7pm, Topeka First Assembly, 500 SW 27th (27th & Topeka Blvd). For the past 15 years, The Country Parson's home has been WIBW - 94.5 Country. Join artists Leo Johnston of CrossCountry the Band, Tommy Brandt, Mo Howard and Dusty Workman as they help celebrate this special event! The fun night will be a cross between the Tonight Show and Church, and will include special showcases by each artist, interviews and much more! \$10 at the door. For info, go to thecountryparson.com or call 785.505.7375.

11TH ANNUAL GREEK FOOD FESTIVAL - Oct. 10, 11am-3pm, Saints Peter and Paul Orthodox Christian Church, 2516 SW Huntoon. (785) 354-7718

MULTI CHURCH FALL CAMP MEETING - Oct 11-16, 7pm. Evang. Chad MacDonald, Sun. 10:30am & 6pm, Mon. 7pm @ Family of God Church, 1231 NW Eugene St.; Tue-Wed, 7pm, @ Top Harvest 4 Square, 522 S Polk; Thu-Fri 7pm, Carbondale Cornerstone, 334 W Main, Carbondale. For info: 234-1111 or FOGchurch.com,

or familyofgodchurch@hotmail.com

HOLY GHOST REVIVAL - Oct. 13 & 14, 7pm. Harvest Family Fellowship Church, 522 SW Polk. Evangelist Chad McDonald from Massachusetts will be ministering. For info: (785) 220-5418 or topekaharvest.vpweb.com or pastorreyrod@gmail.com

THIRD FRIDAY COFFEE HOUSE SERIES - Oct. 16, 7-9pm, Seaman Community Church, 2036 NW Taylor St. Good Coffee, fresh pastries, and live music, free to all and family friendly. Come as you are. Come and go as you please. Use east door. 354-8777 | info@myscc.org

FALL FUN FEST - Oct. 17, 1-4pm. Topeka First Free Will Baptist, 3900 SW Shunga Dr. Free. Bounce house, face painting, games, etc. 272-6810 or topekafwb.com

PANCAKE FEED/SILENT AUCTION/BAKE SALE - Oct. 17, 7am-12pm. Christ the King Church, 25th & Wanamaker. Presented by Kiwanis Club of Topeka. Pancakes, Sausage, Biscuits & Sausage Gravy, Bake Sale proceeds to eliminating neo-natal tetanus around the world. Cost: \$5 / 4 and under Free. Handicap Accessible - all on ground floor. For info: 249-9720 or topekakiwanisclub.org or rcagrizzly@aol.com

PANCAKE BREAKFAST - Oct. 18, 8am-12pm, Faith Lutheran, 17th & Gage. Serving pancakes, sausage, breakfast burritos, OJ and coffee. Free will donation to benefit The Sunshine Connection.

FALL FESTIVAL - Oct. 24, 10am-2pm, Highland Heights Christian Church, 29th & Tecumseh Rd. Games, Food, and Family Fun as we Celebrate God's Provision! Call 379-5642 for info

RUMMAGE SALE - Oct. 30-31, 8am-3pm Faith Lutheran, 17th & Gage. Hundreds of items will be for sale including furniture, household items, children's clothing/toys and lots more! Everything but the furniture will be in the church basement; furniture will be in the Hoffman House garage to the east of the church. Fundraiser for youth ministry.

HALLOWEEN ALTERNATIVES

GARY'S PUMPKIN PATCH & FALL FESTIVAL - Sept. 25-Oct 30. 5991 17th St. Grantville, KS. 8 Acre Corn Maze, Pig Races, Corn Pit, 2 Jumping Pillows, Giant Slides, Animals, and more. Plenty to eat. Home Made Curly Fries, Hamburgers, Brats, Turkey Legs, Apple Cider Slushy and much more. Admission Ticket - \$10.95 2015 Season Pass - \$27.95

JUDGEMENT HOUSE 2015 - HE KNOWS - Oct. 14, 17, 18, 21, 24, 25, 28, 30, 6-9pm, closing times vary, call for reservations, Wanamaker Woods Nazarene Church, 3501 SW Wanamaker Rd. Suggested Donation \$4 per person or \$9 with Laser Tag Game. Reservation Hotline: 785-220-8885. (PG) Some scenes are intense or graphic. Children under 10 must be accompanied by a parent or guardian.

TRUNK 'R TREAT - Oct. 31, Rolling Hills Christian Church, Hwy 75 and N. 46th St. Trick or treating in the parking lot, and games and treats in the church.

TRUNK 'R TREAT - Oct. 31, 6:30-8:30pm, Faith Lutheran church parking lot, 17th & Gage. Kids can walk from car trunk to car trunk trick-or-treating.

TRUNK 'R TREAT - Oct. 31, Crossroads Wesleyan Church, 2121 SW Harrison. Kids can walk from car trunk to car trunk trick-or-treating. 354-7953

SEMINARS & CONFERENCES

MEDICARE EDUCATIONAL SEMINARS - Oct. 6 at 1pm; Oct. 14 at 6:30pm; Oct. 22 at 6:30pm; Oct. 24 at 11am; Oct. 28 at 1pm; Nov. 3 at 6:30pm. Learn the basics of Medicare and all of its options. Seminars designed for those becoming eligible for Medicare as well as those considering making a change during open enrollment. Seminars will be held at Century Health Solutions, a division of Stormont-Vail Healthcare, 2951 SW Woodside Dr. Information: 233-1816 or info@century-health.com



GARY'S PUMPKIN PATCH Fall festival
 Sept. 25 - Oct. 31
 Pig Races
 Goat Mountain
 Jumping Pillow
 Giant Rocking Chair
 Haybale Haven
 Hayrack rides
 Vithles
 \$1.00 off Admission
 Find us on Facebook: [garysberriesfallfestival](https://www.facebook.com/garysberriesfallfestival)
www.garysberries.com
 GET LOST IN THE MAZE

Light snacks and beverages will be provided.

WOMEN OF WORSHIP ANNUAL CONFERENCE - Oct. 23-24, Capitol Plaza Hotel, 1717 SW Topeka Blvd. Kansas & Missouri women join together for fellowship, motivation, inspiration and fun! For info and registration call 816-804-1020

HEALTH INSURANCE EDUCATIONAL SEMINAR - Oct. 24, 2pm, Century Health Solutions, 2951 SW Woodside Dr. Learn how to enroll or change your health insurance option during Marketplace Open Enrollment. Free and open to the public. To register or for info: 233-1816 or email info@century-health.com. Light snacks and beverages will be provided.

LEADERSHIP SIMULCAST - Nov. 6, 8am-1:30pm. Washburn Tech Conference Center, 5724 SW Huntoon. Four great speakers! Tickets are \$79.00 for the Early Bird (Expires 10/1), \$99 for the standard ticket, and group discount tickets are available and can be purchased online at live2leadtopeka.eventbrite.com. For info: Phil 785-249-0846

FAMILY-FRIENDLY EVENTS

MEDICARE MONDAYS - First Mon. of ea. month starting July 7, 1-3pm. Topeka/Sh. Co. Public Library (Menninger Rm 206), 1515 SW 10th. Senior health insurance counseling. 580-4545 or nhorl@tscpl.org

LADIES' EXERCISE - Tue. evenings 7-8 pm & Fri. mornings 8-9 am, First Baptist, 129 w 15th St., Lyndon. free active support! fat burning, strength, fitness. Contact Sheri 207-0380 or pamperedchefsheri@live.com

MONDAY FARMERS MARKET - Monday's through Oct. 19, 8-11:30am, Topeka/Shawnee Co. Library, 1515 SW 10th. Closed on Labor Day.

NET-REACH FARMER'S MARKET - Every 1st and 3rd Tuesday, 4-6p (May-Sept), Topeka Housing Authority,



Fall Festival
 October 24
 10am to 2 pm
 Games, Food, and Family Fun as we Celebrate God's Provision!
 Highland Heights Christian Church
 29th & Tecumseh Rd • 379-5642



Capital City Christian Chamber of Commerce
 Promoting and Supporting:
 • Christian Businesses & Organizations
 • Excellence in Products & Services
 • Christian Values and Ideals
 Topeka area business people, united by their faith in Jesus Christ, making a positive impact in our community, through networking and community service
 Membership open to all Christian businesses, non-profits, churches & individuals!
 Luncheons & Tradeshows & some other events open to the general public!
Pastor's Appreciation Luncheon
 Oct. 8, 11:30-1, Great Overland Station
 Pastors eat FREE! Speaker: Becki Halloran
 Open to the Public! RSVP to info@C5Alive.org or 640-6399.
 • C5Alive POWER Luncheons - (2nd Thur. ea. mo.)
 • Nov. 12, 11:30-1, at The Ritchie Houe
 Featured Speaker: Deb Goodrich Bisel
 Open to the Public! RSVP to info@C5Alive.org
 Find us on Facebook at [facebook.com/C5Alive](https://www.facebook.com/C5Alive)
 For info: www.C5Alive.org or or info@C5Alive.org



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 Wanamaker Woods Church of the Nazarene
 3501 SW Wanamaker Road - Topeka, KS 66614



OCT. 10 BONERAMA HEADLINING DOWNTOWN TOPEKA

2010 SE California. Also demos & other activities.
WOW - WORKIN' OUT ON WEDNESDAYS - 5:30 pm every Wed., south steps of the Capitol building. Free, fun and family-friendly. A combination of aerobic & strength training exercises, coupled with a fun line dance to end each experience. www.makinmoves.com
CAPITOL MIDWEEK FARMERS MARKET - Every Wed., May 13 thru Oct. 14, 7:30am - 12pm, Corner of 10th & Jackson on the South side of the Capitol Lawn
SAFE STREETS COALITION MEETING - First Wed. of the month, 11:45am-1pm. Great Overland Station. For info: 266-4606 or jwilson@safestreets.org
NOTO MARKET ON FIRST FRIDAYS - NOTO arts district. Enjoy arts, antiques, fine crafts, and flea market items.
FRIDAY FARMER'S MARKET - Fridays 7:30-12, KNI, 21st & Oakley.
SAVING DEATH ROW DOGS ADOPTION BOOTH - Every Sat., 1am - 2pm, Petco, 1930 SW Wanamaker
DOWNTOWN TOPEKA FARMERS MARKET - Saturday's through Nov. 2, 7:30am-noon, 12th and Harrison. The open-air market is full of fresh fruits & vegetables, herbs, arts & crafts, flowers, home-baked goods etc.
MOTHER TERESA'S FARMERS MARKET - Sat. 8:30-

11:30, 2014 NW 46th St.
MONTHLY MOOSE MARKET - Second Saturday, 8am-12pm, Moose Lodge, 1901 N. Kansas Av. Free to shop, \$4 for pancakes. For info: 250-6788
OUTDOOR BOOT CAMP - Saturdays, 8-9am, Thunderbird Square Shopping Center, 3627 SE 29th St, Suite 109. Free weekly workout tailored to the participants and open to anyone 18 or older. Participants should bring a water bottle and a beach towel or yoga mat to the workout. For info: Briana Hays, at 783-3923
WHITE LAKES OUTDOOR FLEA MARKET - Sundays 9 - 3, 3500 SW Topeka Blvd. Check facebook or 260-5458
CHURCH GARAGE SALE - Oct. 1-2, 8am-4pm and Oct 3, 8am-12pm. Highland Park United Methodist Church, 2914 SE Michigan.
ANNUAL NEIGHBORHOOD GARAGE SALES - Oct. 1-3, 8am-4pm. Oak Park & Oakwood Hills, SE 43rd & Adams to SE 45th & Adams
TOPEKA NORTH OUTREACH FALL FESTIVAL - Oct. 3, Seaman Community Church, 2036 N.W. Taylor. Attention crafters or vendors: To reserve a \$20 table, contact Rebecca at 785-408-1483 or e-mail rebecca01504@yahoo.com.
WHAT'S UP DOC? - Oct. 4, 1:30-3:30pm, Topeka Zoo. Explore the Topeka Zoo and enjoy a tour with the Zoo Veterinarian. Tour the animal hospital and learn about the Zoo's animal health program. www.topekazoo.com
35TH ANNUAL APPLE FESTIVAL - Oct. 4, 10am-5pm. Old Prairie Town at Ward-Meade Park, 124 NW Fillmore. \$5 in advance or \$6 at the gate. Children 12 and under free. Take the FREE bus from the Judicial Building (301 SW 10th Ave) parking lot. Advanced tickets can be purchased at all Topeka Dillons locations, the Parks and Recreation Administration office (3137 SE 29th St), or at Old Prairie town. Concessions, entertainment, folk arts & crafts and vintage stores. Vendors call 251-2993
ANNUAL AUBURN FAIR - Oct. 3, 9-4. This is an outdoor event with a variety of vendors and activities.
BIG BROTHERS BIG SISTERS TRUCK & TOSS - Oct. 3, 10am-8pm. October 3 @ 10:00 am - 8:00 pm, Westridge Mall grounds, off 17th St. Food truck festival and cornhole tournament, local vendors, and music. For info: 205-420-3092

DART ADVENTURE RACE - Oct. 3, 8am. Downtown Topeka. Multi-leg race will put teams through a variety of challenges and tasks, both physical and mental. \$35 per person. Should take 4-6 hours. Starts at 9am. For info: dothedart.com or 234-6208
SAFE STREETS COALITION - Oct. 7. 701 N Kansas Avenue. The Safe Streets Coalition works to make Topeka/Shawnee County the safest Capital community. Our meeting is open to the public and begins at 11:45 a.m. at the Great Overland Station, 701 N Kansas Avenue. Please call 266.4606 or email jwilson@safestreets.org if you have questions or are interested in ordering lunch.
SMOKE ON THE WATER BBQ COMPETITION - Oct. 9 & 10, Lake Shawnee Campground. Sanctioned with the Kansas City BBQ Society. Cash and prizes will be awarded. 251-2612
DIE DE LOS MUERTOS CITYWIDE FESTIVAL - Oct. 10. North Topeka Arts District. Immerse yourself in Mexican culture with the 4th annual festival. This event honors loved ones with traditional art, dance, music and food. Be sure to get your kids dressed up for the Frida & Diego Costume Contest as well! The festival is part of a month-long celebration across Topeka
TOPEKA ALLEY FEST - Oct 10, from 4:30-10pm. In the Alley between 9th and 10th St. and Kansas Ave. and Jackson. A way to clean up downtown alleys and help encourage people to Rethink Urban Topeka and all the possibilities that are there. various artists will have work on display, kids can be creative with the Mulvane Art Lab and the Washburn Ichabod. Alexander Landcaster from Two Wolves studios will be the lead artist on a mural in the alley; Slow Ya Roll, more!
16TH ANNUAL YOUTH LEADERSHIP GALA - AVIATION EXPLORER SQD. 8 - Oct. 10, 5:30pm, at Ramada Downtown. Reception, Silent Auction and Dinner, with Captain Al Haynes as the Featured Speaker. For tickets or info call 785.862.2100 or go to www.post8.org and select Banquet 2015 button
CAPITAL CITY JAZZ 7 FOOD TRUCK FESTIVAL - Oct. 10, 4:30-9pm, 9th & Kansas Ave. A great mix of jazz - local and national artists. The evening starts at 4:30pm with local jazz street performers and 15+ food trucks; 6pm joined by The Augmented Fifth on the stage; followed by headliner, Bonerama, at 7:15pm. Concert is FREE
BUILDERS CLUB STATE CONFERENCE - Oct. 10. Landon Middle School at 731 SW Fairlawn. Builders Clubs are the youth portion of Kiwanis for grades 6-8. Topeka clubs are French Middle School, Landon Middle School, and Topeka Lutheran. There will be youth from Builders Clubs across the state of Kansas in attendance. Miss Kansas, Hannah Wagner is the Keynote Speaker at 10:30. The youth will also be doing an on-site service project for an hour mid-afternoon. For info: 249-9720, topekakiwanisclub.org or rcgrizzly@aol.com
SUBSTANCE ABUSE TASK FORCE - Oct. 15, 11:30am. Kansas Children's Service League, 3545 SW 5th St. The

Substance Abuse Task Force is comprised of the Underage Drinking Task Force and Marijuana Coalition. It is comprised of representatives from school districts, law enforcement, local businesses, faith community, government representatives, youth organizations and many others! Anyone is welcome. For info: 266-4606
MAKING STRIDES AGAINST BREAST CANCER - Oct. 17, 12pm. Lake Shawnee, Shelter House #1, 3400 SE Leisure Lane. 5k noncompetitive walk to raise money for breast cancer research, education, and free patient service programs. All proceeds benefit the American Cancer Society. No registration fee to walk. Donations accepted. 438-5608, makingstrideswalk.org/topekaks or topekaksstrides@cancer.org
OPEN HOUSE FOR MIDWEST BARTER EXCHANGE AND CAMO-CROSS DOG TRAINING - Oct. 23, 4-7pm at Camo-Cross, 3526 SE 21st St. Enjoy food and drinks while you network with Midwest Barter members and Camo-Cross staff. Learn more about benefits of membership in Midwest Barter, and about what Camo-Cross has to offer. For info call 969-1341.
#theIMPACT - Oct. 24, 1-3pm. Topeka & Shawnee County Public Library, 1515 SW 10th. #theIMPACT is a program by Prevention and Recovery Services and Safe Streets that teaches youth ages 10+ and their parents about the dangers of drugs and alcohol. Groups from our area come together to walk families through scenes that highlight what can happen with this dangerous lifestyle. Perfect opportunity for families to have the important conversation with their youth. Free! Call 266.8666 or email info@parstopeka.com to reserve
SALUTE OUR HEROES GALA - Oct. 24, 6pm. Capitol Plaza Hotel. 3rd annual gala benefitting the Military Veteran Project and honoring hundreds of veterans, service members and families of the fallen for an evening of celebration and tributes. For more info visit www.militaryveteranproject.org or call 785-633-2575
CHILDREN'S ART SHOW IN NOTO - Oct. 24, 11am-4pm, NOTO Art District. Free art activities, sidewalk chalk, photo booth, storytime, parade, food, games & children-related vendors. stacidawnslight@gmail.com
529 RIDE FLINT HILLS GRAVEL GRINDER - Oct. 24, 8:30am. Kaw Valley Bicycle Club and the YMCA's 529 ride, benefiting Learning Quest's 529 college savings plan for the preschoolers at the Downtown YMCA's childcare center. 435-8659 or joeh@ymcatopeka.org Register online at <https://www.bikereg.com/529ride>
SAFE PROPERTY MANAGEMENT TRAINING - Oct. 24, 8-4. Topeka Police Department, 320 S Kansas Avenue. Safe Property Management - Safe Streets offers an eight hour training for landlords and property managers. Registration fee is \$25 and should be mailed to Safe Streets, 2209 SW 29th Street, Topeka, KS 66611 by Oct. 21. For info. call 266-4606.
BOO AT THE ZOO - Oct. 24 and 31. Topeka Zoo. Bring your little monster or princess to the Topeka Zoo for one of the largest family-friendly Halloween parties in the

city! Hold out your basket to collect candy and visit with the zoo animals who will also be in the holiday spirit. When you are done collecting candy, be sure to visit the many vendors and take part in fun activities around the zoo!
2ND ANNUAL HOWLIDAY BAZAAR - Oct. 24, 9am-4pm, Helping Hands Humane Society, Inc., 5720 SW 21st St. Up to 50 vendors will be present with a variety of products in plenty of time for Thanksgiving and Christmas shopping! While there, feel free to visit our adoptable pets in the central part of the building beginning at 11:30 am. There will be a special adoption event on the same day! Proceeds from the event help provide a safe comfortable shelter, medications, and food for homeless pets. www.hhhstopeka.org
RUNNING DEAD 5K - Oct. 31, 11am, at KC Renaissance Festival site in Bonner Springs. \$30 includes one drink, t-shirt, finisher's medal, zombie ammo. Free zombie makeup starting at 8am. Costume contest at 10:30am. Register at runningdeadkc.com or 913-721-2110
COMEDY CAFÉ ANNUAL FUNDRAISER - Nov. 13, 6:15pm. Fellowship Bible Church, 6800 SW 10th Ave. An evening of fun, food (delectable desserts) and fellowship while learning more about the Youth for Christ ministry outreach and its impact here in Topeka. You'll also be entertained by internationally recognized ventriloquist and stand-up comedian, David Pendleton. For info: topekayfc.com or 232-8296 or bob@topekayfc.org

MEETINGS & CLASSES

C5Alive "PASTOR'S APPRECIATION" LUNCHEON - Oct. 8, 11:30am-1pm, at Great Overland Station. This month's Christian Chamber of Commerce luncheon will treat pastors to a free lunch and special speaker Becki Halloran of Alden's House updating us on human trafficking in the area.
 • Cost: \$10 for C5 members & first-time guests who RSVP, \$12 at the door
 • \$15 for non-members & repeat guests.
 • Please RSVP to info@C5Alive.org, so we know how much food is needed!
 Open to the public - Put POWER in your life with great food, great speakers and great company! Invite a friend to join you!
MINISTRY FELLOWSHIP - now meeting every Tuesday, 6:30pm at McDonald's, 11th & Kansas Ave. Christian fellowship & praise. All are welcome. For info: Richard Wilson at 338-3072.

DADDY'S GIRLS EMPOWERMENT MEETINGS - Weekly at various times and locations. Daddy's Girls*Inc. is a faith based non-profit organization that encourages young ladies to make wise choices by providing biblically based education and mentoring. Enjoy hanging out with other young ladies striving to reach their highest potential through the power of JESUS CHRIST! Remember: Modest is still the hottest and Virgin is still His standard! Contact us to find a meeting location near you: (785) 969-0491, daddysgirlsinc.com; daddysgirlsinc@gmail.com

ADULT SINGLES MEETING - Sunday's, 6:30 pm, Countryside United Methodist Church parlor, 3221 SW Burlingame Rd., north entrance.

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

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

BIYS TRAIL LIFE & AMERICAN HERITAGE GIRLS TROUPS - Every Mon. 6pm, Cornerstone Comm. Church, 7620 SW 21st. Faith-based scouting programs are kids age 5-18. Register online at cornerstonetopeka.com. 478-2929.

INNOVATIVE NETWORKING GROUP OF TOPEKA - every other Wed. 11:20am - 12:30pm. www.INGtopeka.com - go to Event page to see future meetings, locations and register to attend. If you do not like a whole lot of rules and costs, this group is for you!

CAPITAL CITY NETWORKING GROUP - every Thur, 7:30am, Jayhawk Tower - www.ccneg-online.com. Membership cost \$37.50 a quarter.

TIBA NETWORKING GROUP - 2nd Tues, 11:30a.m.-1 p.m. MUST RSVP: Lunch is \$10. www.topekataba.org

I.N.G. WOMAN'S CHAPTER NETWORKING GROUP - every 2nd Sat., 11am. Bring your business cards, catalogs, a guest and join in the fun! - No fees. INGtopeka.com

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

ADULT SINGLES MEETING - Sunday's, 6:30 pm, Countryside United Methodist Church parlor, 3221 SW Burlingame Rd., north entrance.

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

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



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

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

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

CONCERNED WOMEN FOR AMERICA (CWA) – 1st Tue., 9-10am, Public Library, Anton Room (202). Also 3rd Fri., 7-8pm, Public Library, Marvin Auditorium. 861-0422.

OUR LADY OF THE FAITHFUL – Every 1st Tues., 6:30pm Mass followed by Dinner, Most Pure Heart of Mary Catholic Church. A Catholic group for those in their 20-30s. For info: Michelle Ann 580-3071 or ourladyofthefairful@gmail.com. All events are also posted on Facebook at "Our Lady of the Faithful."

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

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

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.

MACHINE EMBROIDERY CLUB – 1st Wed., 9am-2:30pm, Our Savior's Lutheran Church, 2021 SW 29th Street (south doors). To teach each other, enjoy fell owship & complete projects. Call Anne 271-1567.

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

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

TGIW: "TEACHING GOD'S INFINITE WISDOM" MEN'S STUDY – Every Wed., 6:15am, Lawrence Wesleyan Church, 3705 Clinton Parkway. Affiliated with CharacterCounts.com. David Scheib, 865-5258 or dvscheib@sunflower.com.

BIBLE STUDY – every Thur. 1pm-3pm in the Prayer Rm at Faith Family Life Centre, 3710 NW Topeka Blvd.

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

LIFE FEST – 1st Thurs., 10am-12:30pm, Covenant Baptist Church, 5440 SW 37th St. Celebrate Senior Life. For info: 273-2811.

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

iMOM – 1st & 3rd Thurs., 9-11:30am, Topeka Bible Church Fellowship Hall, 1135 SW College. For all moms, helping them to be intentional! For info: 234-5545.

SINGLES BIBLE STUDY – 2nd & 4th Thurs., 7pm, Heartland Worship Center Church of God, 1401 NW Harrison. For info: 232-5503.

FULL GOSPEL BUSINESSMEN'S FELLOWSHIP – 3rd Thurs., 6pm meal, 7pm meeting, Coyote Canyon, Hunto on & Wanamaker. Kirk Nystrom, 235-6977.

BIBLES AND BOOTS: Chapter of Cowboys for Christ Fellowship – 3rd Thurs., 7:30pm, Wamego. Call for location. All welcome, no membership dues, livestock ownership not required. Fellowship & fun! Doug Palmer, Pres. 410-9097, or Dave Boyd, V.P. 364-2779.

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. For info: 233-5762 or tgstopeka.org.

KINGDOM ADVISORS TOPEKA AREA STUDY GROUP MEETING – 3rd Thu., 11:30am, Northland Christian Church, 3102 NW Topeka Blvd. Christian financial professionals: Financial Planners, Accountants, Attorney's & Insurance Agents invited to attend. For info: kingdomadvisors.org or Jim Hanna, james.c.hanna@ampf.com or 357-6278 x19.

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

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

VIP LUNCHEON FOR SENIORS – Every Fri. Noon, North Topeka Baptist Church, 123 NW Gordon. FREE lunch with Christian fellowship, devotions & entertainment provided by Topeka North Outreach. Free blood pressure checks the last Friday of every month, and birthday celebrations the 4th Friday. For info: 286-1370.

A GOOD YARN CLUB – 2nd & 4th Sat., 9-11am,

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, 272-9249 or kittens812@att.net

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

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

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

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

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

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

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

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

SUPPORT GROUPS

MIDLAND CARE GRIEF SUPPORT GROUPS: Building A, 200 SW Frazier Circle. **Every Mon., 4-5pm:** 12 Week Adult Group for Reent Loss **1st and 3rd Thu., 10:30am & 5:30pm**—Ongoing Adult Group **1st and 3rd Thu., 5:30pm:** Ongoing Young Adult Group (4-18 years of age) For All Groups: Call for start dates and info packet. Group and individual grief support available upon

request. For info: 785-232-2044 ext.341

ABORTION RECOVERY SUPPORT GROUPS – A 12-step Restoring Joy recovery journey for women. Providing services for women & men who suffer from Post-Abortion Syndrome. For info: Kay Lyn, 272-6212.

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

PURSUIT FOR SEXUAL PURITY – Men struggling with pornography & sexual addiction. This bible study/accountability group uses the Pure Desire book by Ted Roberts. For info: Hunter Ruch, Topeka Bible Church, 234-5545 or hruch@topekabilechurch.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, 271-1844 or email cindy.miller@alz.org.

"BETRAYED HEART" support group/Bible study – For women whose husbands struggle with pornography addictions or have had affairs. Videos & workbook will give you hope for your marriage & emotional healing. For info: Jane Goble, 478-9605.

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.

FRIENDS WITH M.S. – 3rd Mon., 6:30pm, Our Savior's Lutheran Church, 2021 SW 29th St. (Enter East door). A Multiple Sclerosis support group. Donna, 266-7383.

BOUNCE BACK SELF-HELP – 3rd Mon., 6:30pm, Our Savior's Lutheran Church, 2021 SW 29th St. For those living with multiple sclerosis. For info: 273-0799.

INCARCERATED PERSONS & FAMILIES – 1st Mon., 6:30-7:30pm, YMCA, 421 Van Buren. 286-2329.

THE COMPASSIONATE FRIENDS BEREAVED PARENTS GROUP – Meets 4th Monday in Formation classroom at Most Pure Heart of Mary, 17th & Stone. Discussion starts at 7pm with fellowship & refreshments at 8:30. For info: Susan 272-4895

OVERCOMERS OUTREACH – Every Mon., 7-8:30pm, Wanamaker Woods Church, 3501 SW Wanamaker Rd. A bridge between traditional church and traditional 12 step meetings. 409-9111; wcnovercomers@gmail.com.

GRIEF SUPPORT OPPORTUNITIES – Sponsored by Heartland Hospice for those dealing with death or major loss: **1st Mon., 5:30-7:30pm.** Individual appointments; other times are available. Call Terry Frizzell directly at (785)230-6730. **3rd Thurs., 11am, Lunch After Loss,** Paisano's Ristorante, Fleming Place, SW 10th & Gage Blvd., Dutch treat luncheon to meet new friends who have sat where you are sitting. Reservations 271-6500.

OVEREATERS / UNDEREATERS ANONYMOUS: **MON., 7pm** – Westminister Presbyterian, south door, upstairs in Library; 233-6724.

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

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

For info: 357-8774; sunflowerintergroup.org.

NAMI TOPEKA – Every 2nd Tue., 6:45pm, lower level of Valeo, 330 SW Oakley. If door is locked, call 608-1317 to get in. The 1st hour is often a discussion of an important topic or video. The 2nd hour is usually a support talk time, w/ separate consumer & family groups. 608-1317.

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

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

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

■ CALENDAR CONTINUED ON NEXT PAGE



106.9 Listener Appreciation Concert - Oct 3
T. Graham Brown, Leroy Van Dyke, Leona Williams

Topeka RoadRunners Hockey
October 2, 3, 16, 17 - 7:05pm

Public Ice Skating
Oct 3, 17, 18 & Nov. 1; various times

Topeka Gem and Mineral Show
Oct. 10, 10am-6pm & Oct. 11 10am-5pm

Darius Rucker - Southern Style Tour - October 15
- with guests David Nail and A Thousand Horses

National Barrel Horse Association state finals
October 16 - 18

US Weapons Collectors Gun Show
Oct. 17, 9am-5pm & Oct. 18, 9am-3pm

State Volleyball Tournament
Oct. 30-Nov. 1

Blizzard Bash Demolition Derby - Nov. 12-15
- The World's Best Demolition Derby

WingFling - Dec. 5, Noon-4pm

Questions / Comments: info@ksexpo.com
Event Hotline: 785-235-EXPO
Order Tickets: 800-745-3000
Administrative Office: 785-235-1986

Fall Festival

To Benefit Topeka North Outreach
for the Emergency Assistance Fund

Sat. October 3 • 7am - 3pm

Seaman Congregational Church, Lyman Rd. & Polk, N. Topeka

Breakfast 7:30 - 10:00 am
Pancakes, sausage, scrambled eggs, coffee, O.J.

Lunch 11:00 am - 2:00 pm
Homemade Bierocks & Brauts, Hot Dogs, slaw, beans, homemade pie, chips, & cookies

Food, Fun & Entertainment for All!

- Country Store • Baked Goods
- Craft Booths • Gift Basket Silent Auction


For more information call Jody at 286-1189
TNO Emergency Assistance Line: 286-1370

YOUTH FOR CHRIST

COMEDY CAFE

A Night of Laughter featuring:

DAVID PENDLETON



Friday Night, November 13
6:30 pm – 8:45 PM
Fellowship Bible Church
6800 SW 10th Ave,
Topeka, KS 66615

Reservations are required.
To make your reservation or sponsor a table go to: Topeka.yfc.org/comedy_cafe.
The Comedy Cafe is underwritten by individual table sponsors so seating is limited.

entertainment

MOVIES, BOOKS, MUSIC & MORE!

Oyelowo and Real, Gritty Faith ensure this Christian film Has a ‘Captive’ audience

entertainment

Behind every big, breaking news story that flashes across your TV screen, there are real people whose lives will be forever changed.

In 2005, Ashley Smith became one of those people when she went out for cigarettes and wound up as the hostage of a man wanted for multiple murders. Based on her real-life ordeal, *Captive* is a story of second chances, purpose, and hope.

Having lost custody of her 5-year-old daughter, Ashley (Kate Mara, *We Are Marshall*) is trying to clean up her act. She has a job and a new apartment; she's even going to Celebrate Recovery meetings. But the lure of "ice" (crystal meth) is so strong it will take something big to break its hold... something like Brian Nichols (David Oyelowo, *Selma*), a desperate man on a killing spree who decides to hole up in Ashley's apartment with her inside.

Mara nicely captures the just-barely-functioning Ashley. The difficulty of leading a drug-addled life shows in her vacant stare and the visible effort it

film411

STARS: Cast: Kate Mara, David Oyelowo, Michael K. Williams, Mimi Rogers, Leonor Varela, Jessica Oyelowo

RUN TIME: 97 minutes

GENRE: Crime, Drama, Thriller

RATING: PG-13

takes her to slog through everyday tasks.

Her stillness has a palpable presence, like a cornered animal trying to be invisible. The only bright spots are when her genuine love for her daughter periodically breaks through the fog in Ashley's brain.

It's clear from the beginning that Ashley's real enemy is not the fugitive in her apartment; it's the addiction in her body and spirit.

Oyelowo is surprisingly likeable as Nichols, who fights his way out of the Fulton County courthouse, leaving a trail of bodies in his wake. Sure, he'll shoot you as soon as look at you, but Nichols doesn't come off so much "evil" as "terrifyingly unclear on the concept."

He's a man on a mission and if peo-

ple would just get out of his way, all would be well... at least, from his standpoint. Through all of Nichols's moods—and they are many—Oyelowo remains imminently watchable.

The story isn't solely focused on these two, which is a good thing; the pace is slow enough as it is, and some of their conversations are overly full of long, painful pauses. After Nichols eludes capture at the courthouse, the police just about shut down Atlanta in their effort to find the fugitive. As the detective in charge of the case, Michael K. Williams (*The Road*) tries his best but can't quite match Oyelowo's intensity. In the end, just as in real life, Rick Warren's book *The Purpose Driven Life* has more to do with the resolution than the police.

From a filmmaking perspective, *Captive* is a mixed bag. Nichols's courthouse activities are shown in a way that get the point across with just enough violence to be effective without being gratuitous. That's a nice touch.

Not so nice is the picture quality—the camera is often shaky. It's not clear if this is meant to communicate the main characters' fragile emotional states or if it's just sloppy camera work,



but the result is distracting.

From a storytelling angle, best-selling author Dr. Henry Cloud said it best when he described *Captive* as showing "faith as it works in real life... no sugar coating, no platitudes."

He's right: It's not sappy, there's no schmaltzy music or 'heavenly' lighting, and the story does not end with everything tied up in a pretty Christian bow. It's too real for that.

This is unvarnished truth about drug addiction, life and death situa-

tions, and the power of God to work through anyone and anything... even through a murderer and an unwanted book.

If you stick around after the film ends, you'll find a glimpse of the real-life Ashley with Rick Warren and Oprah Winfrey. There's also some "where are they now" info and photos of Nichols' victims. The movie's official site offers free resources including a discussion guide in both youth and adult versions.

Out in the COUNTRY

by **Scott Perkins**



2015. What a year it has been! Diane was diagnosed with breast cancer at the end of February. She had a bi-lateral mastectomy in March. The doctors later found cysts on her ovaries, a cyst inside her spleen and growths on her thyroid. At the end of June, she had her ovaries removed. At the end of July, she had reconstructive surgery. That surgery didn't go well. In October, she will start the process of reconstruction from the very beginning.

The good news is that she is cancer free! That we are thankful for, certainly! This year has been extremely challenging. Along with those surgeries, we have had more financial issues as well. We know what it is like to have to rob Peter to pay Paul. And now Peter is angry and Paul is knocking harder on the door! Due to several circumstances, we have lost quite a bit of income over the past 18 months.

Why would I share all of this with you? First, I wanted you to know why the wind had been taken out of my sails in regards to this article. I love writing about the artists of Christian Country Music. I am not only a fan of these artists, I am their friend. It is important to me to continue to educate folks about this genre any way that I can. I'm trying to do my part.

Secondly, I want to encourage others that regardless of what you are going through, you can lean on Christ and He

will help you through it. Proverbs 3:5 tell us to "Trust in the Lord with all of your heart!" We are only through the first ten months of 2015. We have been challenged beyond belief! And yet, Diane and I know that God has been with us through it all! Oh sure, there have been plenty of down times. Our emotions and our strength have been pushed to the edge. However, we have not turned our back on Christ. As it is, we still have at least 3 surgeries left to go. Our Father God is our sustainer, encourager and strength. We are thankful to those who have helped us through with groceries, kind words and more!

I'm believing that I will be able to start being consistent with the article again to introduce to you artist that you hear on the radio program. I should also share that on October 10th, 7 p.m. at Topeka First Assembly, there is going to be a 20th Anniversary Celebration! The Country Parson has been "on-air" for 20 years! Come on out and help me celebrate! I have special guests, Leo Johnston of CrossCountry, Tommy Brandt, Mo Howard and

Dusty Workman will be coming! The evening will be fun and inspirational. The format will be a cross between the Tonight Show, Hee-Haw and church! The cost is only \$10 at the door. We'll see you then!

Be Encouraged!

Scott and Diane Perkins host *The Country Parson*, heard every Sunday morning from 6 to 10 a.m. on 94.5 fm in Topeka, KS. Contact *The Country Parson*: thecountryparson.com 785.505.PERK

20th Anniversary Celebration!

We are excited to host special artists to help celebrate 20 years of our country music ministry!

Leo Johnston
and songs by CrossCountry

Tommy Brandt
Brandt of The Parson

Mo Howard
Low Valley Roots

Dusty Workman
Husband of Joyce

October 10, 2015

7 p.m.

Topeka First Assembly
500 SW 2nd
Topeka, KS
(www.topekafirstassembly.org)

For more info:
thecountryparson.com
785.505.PERK
785.505.7373

Get your advance tickets now! See you at The Country Parson. It's a 20th anniversary celebration! Join us for a night of fun and inspiration!

EVENT CALENDER CONTINUED

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

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

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

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

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

DIVORCECARE PROGRAMS – locations and times:
WED – 6-7:45pm, Covenant Baptist Church, 5440 SW 37th St. Cost \$15, scholarships available. With children's AWANA & Youth Groups, and a Boundaries in Dating class, at the same time. The next DC4K session will be in the summer of 2016. For info: 273-2811

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. Cost: \$10 registration (scholarships available). Video seminar series featuring some of the nation's foremost experts on divorce and recovery topics, combined with support group discussion of the materials. Free child care children up to fifth grade. Info: 266-7550 or walnutviewcc@att.net. divorce-care.org.

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

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

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

CELEBRATE RECOVERY – Every Fri., 6pm, 1912 Gage Blvd. A Christ centered program, based on 8 principles found in Jesus' Sermon on the Mount. Applying these Biblical principles, become free from addictive & dysfunctional behaviors. 220-0017 or crtpeka.org.

TOPEKA NAR-ANON FAMILY GROUP – For families & friends who are affected by someone else's narcotic addiction. Every Sat. – 1005 SW 10th, next to Oxford House, noon-1:15 pm. www.naranonmidwest.org

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

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facebook

[facebook.com/metrovoice/news](https://www.facebook.com/metrovoice/news)

Art Gallery and Variety Market
Hours: 10:00 - 5:00 Thursday - Saturday

Trails Market & Gallery

109 N Kansas Ave. (south side of bridge) Topeka, KS 66603

Jeff Hisey
785-806-7171

PLENTY OF MUSIC TO HELP THINGS WARM UP THIS FALL

I had an opportunity to visit Nehemiah Fest a few weeks back and see some of the local talent sharing God's love. It was truly surprising to see and hear the variety of musical styles playing throughout the park, during the three days. Bearing Armor, a band with a leg-end all to themselves, played their brand of folk rock perfectly, while Break the Fall performed a loud and rocking show of their own. There were rap and R & B artists, solo folk singers, as well as Alex Sons and his band performing their own brand of worship. Unashamed visited the KC area from Springfield and said they'd plan on coming to perform in our neck of the woods, again, and 9th Hour (fronted



D.C. Jeanes
Metro Voice
Music Critic



up on Facebook and see if you couldn't get out to see them perform live! The Christian music scene is truly alive and well and could use more support. Also check out Nehemiah Fest and see if and how you could get involved with this KC ministry; next year's festival is closer than you think.

In other local music news, Ernie Haase and Signature Sound will be gracing our city on Friday, Oct. 23. Headlining their Brotherhood Tour with special guests the Booth Brothers, Metro



"Overcome what life throws at you. The whole concept of what we are doing; we are ambassadors of joy."

Ernie Haase

Voice got a chance to talk with Ernie about the tour, the Booth Brothers and



trusting God through the good and the not-so-good.

"I've known the Booth Brothers [Ronnie and Michael] a long time," he said, "they used to come and see me per-

form with the Cathedrals." After getting to know the brothers better, as both friends and artists, Ernie says he realized "we actually enjoy working together."

"We've got something the world needs," Ernie says of the two groups touring together, referring to the way the world seems to be spinning out of control, "a sense of brotherhood. This is the essence of the tour."

At one point during the performance, the two ensembles "grab acoustic instruments" and perform together. "A lot of laughter, humor, and," of course, "thick rich harmonies."

Haase mentioned God's hand in all of life's trials, including a newborn for one of the singers, and health concerns for the fathers of two other performers. He says they are hoping to bring a light to the day to day struggles for their fans.

"Turn up the music, dance," He says of the show, emphasizing allowing God's glory to "overcome what life throws at you. The whole concept of what we are doing; we are ambassadors of joy!"

For more information, please visit Ernie Haase and Signature Sound at www.erniehaase.com and the Booth Brothers/Southern Gospel Trio at boothbrothers.com.



by David Lin, the man behind Nehemiah Fest) are another local gem to check out. If you get a chance, look these folks

bookshelf

Book sheds new light to understand liberals and conservatives

by **Dr. R.B.A. DiMuccio**

Social psychologist Jonathan Haidt has cracked the code on why it's so hard for liberals and conservatives to find common ground. That's a big deal. But an even more important benefit of his book, "The Righteous Mind: Why Good People are Divided by Politics and Religion," is its value in helping conservatives understand liberals, and vice versa.

Haidt's book and the body of work it encompasses are all that's good and noble about true social science. In seeking to understand the roots of moral reasoning, it integrates a huge swathe of disciplines, is meticulously empirical, and leads the researcher to unavoidable but surprising conclusions. Haidt explains the gist of his research in a fascinating talk and in many online lectures. For our purposes here, the argument rests on two fundamental findings.

The first element of Haidt's "moral foundations theory" is that the vast majority of moral reasoning rests on six foundations:

- Care/Harm
- Fairness/Cheating
- Liberty/Oppression
- Loyalty/Betrayal
- Authority/Subversion
- Sanctity/Degradation

The resulting "moral foundations" con-

tinuum aligns left to right (liberal to conservative) in political ideologies. To illustrate, think of Care/Harm as cherishing and protecting the oppressed and think of Fairness/Cheating as rendering justice according to shared rules or values. These are the most "liberal" of Haidt's moral pillars. The right-most two pillars—Authority/Subversion and Sanctity/Degradation—emphasize obeying tradition and legitimate authority and holding transcendent categories of behavior or belief as sacrosanct (or abhorrent).

These foundations help us categorize people based on their most essential moral beliefs. Those who tend to see morality mostly through the prisms of Care/Harm and Fairness/Cheating are "liberal."

If your moral compass tends more toward Authority/Subversion and Sanctity/Degradation, you are "conservative." Simple enough.

But Haidt's second major discovery is far more consequential: the concept of "the conservative advantage." Based on painstaking cross-cultural social-psychological experimentation, Haidt establishes that the moral foundations of liberals and conservatives are not just different, they are dramatically unequal. The liberal moral matrix rests essentially entirely on the left-most foundations; the conservative moral foundation—though slanted to the right—rests upon all six.

This is a stunning finding with enormous implications. The first is that conservatives can relate to the moral thinking of liberals, but the converse is not true at all.



Haidt, who is liberal himself, elegantly explains how and why conservatives will view liberals as merely misguided while liberals tend to view conservatives as incomprehensible, insane, immoral, etc.

Another implication is that liberal prescriptions tend to be incredibly single-minded as compared to those of conservatives. Haidt uses the metaphor

of a bee hive to illustrate. A liberal, finding a bee in the hive suffering from injustice, is motivated more or less exclusively by the desire to get justice for the bee. A conservative, being partially driven by the Care/Harm foundation, also desires to alleviate the injustice, but tries to find a solution that also contemplates the survival of the hive itself.

Liberals seek to create justice and equity; whether doing so harms core institutions simply doesn't enter into their moral reasoning. Conservatives, in contrast to their typical caricature, do care about justice and fairness, they merely cherish vital institutions relatively more. If there's a conflict, conservatives will err toward protecting institutions.

And this is precisely why the "conserva-

tive advantage" is a far bigger deal than Jonathan Haidt had likely envisioned. Everyone cares about suffering and injustice.

But most everyone (except liberals) also believes that maintaining core societal foundations is a legitimate, reasonable moral value.

Sadly, "The Righteous Mind" proves irrefutably that trying to explain to liberals that their solutions might undermine vital institutions is fruitless. They cannot and will not relate, or even concede that such concerns fall into the realm of moral reasoning. The good news is that a coalition can be built among the rest of us who understand that destroying the hive to benefit the lone bee results inescapably in suffering for all.

When liberals promote public policies that might help resolve injustices in the short-term while undermining higher-order values (the family, the rule of law, separation of powers, religious liberty), conservatives must thoroughly articulate the long-term consequences to the vast majority of people whose moral foundations span more than the left-most side of the continuum.

Plenty of examples exist. Aid to families with dependent children might have provided relief for many single mothers, but also arguably helped destroy the very notion of "family" in the same precincts. Sanctuary cities protect illegal immigrants but make a mockery of the rule of law and

increase risks to all.

HUD's "Affirmatively Furthering Fair Housing" proposal may increase diversity in certain neighborhoods, but with what impact on foundational notions of individual liberty and property? Or, consider the current debate over same-sex marriage. Is there a way to find fairness and justice for the fraction of homosexuals who want to have legal unions in a way that doesn't do harm to the very institution of traditional marriage? This concern, an overriding one for conservatives, is incomprehensible to most liberals and very likely considered "hate" by many.

Against this vexing backdrop, the "conservative advantage" provides a modicum of hope and help.

The alternative is to stay silent and allow our proverbial bee hives to be weakened into oblivion. As Haidt so thoroughly demonstrates, only the truly liberal few live in blissful indifference toward that eventual-

newsbriefs

Sister Wives star cites gay marriage ruling in defense of polygamy

(WNS)—The polygamous family starring in the hit TLC reality show *Sister Wives* believes the recent U.S. Supreme Court decision legalizing same-sex marriage gives them grounds to live their lifestyle unpunished, according to an appeal filed last month. Kody Brown and his four wives—Meri Brown, Janelle Brown, Christine Brown, and Robyn Sullivan—filed documents with the 10th U.S. Circuit Court of Appeals in early September arguing the state has no right to interfere with consensual adult relationships. The filing cites the landmark *Obergefell v. Hodges* case.



10 Secrets to Living to 100

While eating a healthy diet and regular exercise are the obvious – and most discussed – ways you can live longer, here's a list of 10 secrets to living to 100. Some of them are completely in your control, while others are more luck of the draw.

1. Win the Biology Lottery

Longevity and living to 100 seems to be a three-part puzzle: one-third has to do with your lifestyle, one-third is due to chance, and the final third comes from your genes.

A study by Dr. Howard Friedman, Dr. Leslie Martin, and Dr. Lewis Terman covered eight decades of researching the longevity of participants from childhood until death. They found that some people are biologically predisposed to be more conscientious and healthier.

Conscientious people, they found, tend to avoid unhealthy and risky behavior and are “less prone to a whole host of diseases, not just those caused by dangerous habits.” The precise physiological explanation is unknown, but seems to have to do with levels of chemicals like serotonin in the brain.

Researchers at Karolinska Institute and the Max Planck Institute for Biology of Aging found that the genes we acquire from our mother affect how fast or slow our body ages. Dr. Nils-Göran Larsson, leader of the study explains: “our mother's mitochondrial DNA (mtDNA) seems to influence our own aging... if we inherit mtDNA with mutations from our mother, we age more quickly.”

2. Be a Woman

Women do in fact live about five to 10 years longer than men. About 85 percent of centenarians are women, and among an even more select group of supercentenarians (people 110 or older) the number jumps to about 90 percent.

While scientists are still trying to figure out exactly why this is, one Japanese study suggests women live longer than men because their immune systems age more slowly.

However, Tom Kirkwood, a professor at the Institute of Ageing and Health at the University of Newcastle upon Tyne, suggests the slower aging in a woman's immune system comes from an overall slower rate of “intrinsic aging, rather than the immune system itself setting the pace.”

There is also evidence from studies in rodents that cells in a female body repair damage better than the cells in a male body.

3. Have a Solid Social Network

A new meta-analysis study reveals that a solid social network can boost your longevity by 50 percent. Even

more surprising, the study's numbers show that interpersonal social networks are more crucial to physical health than exercising or beating obesity.

“There's a pretty large literature linking social relationships to a variety of physiological processes that are linked to disease risk. Social support has been linked to lower blood pressure, and a diverse collection of contacts is associated with better immune system functioning,” says Julianne Holt-Lunstad, an associate psychology professor at Brigham Young University and co-author of the study.

In addition, a study by Duke University Medical Center found that Baby Boomers with permanent partners or spouses had a decreased risk of premature death during midlife years.

4. Have a Positive Attitude

While there hasn't been any research to confirm that a positive attitude lengthens your life, there is research out there suggesting a correlation between the two.

One such study, published in the journal Proceedings of the National Academy of Science, found that among those aged 52 to 79 who scored as the “happiest” (having the most positive affective states and other measures of well-being) had a death rate of 3.6 percent – nearly half the death rate of those who scored as the unhappiest (7.3 percent).

Conversely, negative thoughts have been proven to have an effect on your body. According to the Mayo Clinic, negative thoughts manifest into chemical reactions that can affect your body by bringing more stress into your system and decreasing your immunity. In contrast, positive thoughts actually release neuropeptides that help fight stress and potentially more serious illnesses.

5. Get Just the Right Amount of Sleep

A sleep study conducted by Penn State found that men who slept less than six hours per day – after adjusting for other medical conditions that affect sleep – had a mortality rate of 31 percent. While those who slept less than six hours a day and had insomnia had a mortality rate of 51.1 percent – compared to the 9.1 and 12.6 percent mortality rate for the groups who received a full night's rest without insomnia and with insomnia, respectively.

Interestingly enough, there wasn't a significant increase in mortality rate for woman in any of the four study groups.

But be careful, too much sleep – more than 6 to 8 hours on average – has also been linked to a premature

death.

Fun Fact: A 30-minute nap at least three times a week can reduce coronary mortality by 37 percent.

6. De-Stress Your Life

We've all heard that too much stress will kill us. That's no surprise. But do you know why?

Cortisol, one of your body's chemical responses to stress, floods your body when you've encountered a perceived threat (i.e. a fight-or-flight situation) and then returns to normal when the threat has been alleviated.

However, chronic stress doesn't allow an outlet for the cortisol and your body's natural fight-or-flight reaction stays turned on. Not dealing with stress and allowing it to overwhelm you prevents the release of the cortisol, which triggers a cascade of inflammatory reactions that age cells from the inside out.

Dr. Stephen Jones, a specialist in internal medicine and geriatrics and Director of the Center for Healthy Aging at Greenwich Hospital, notes that it's not necessarily the stress that's killing us, but how we chose to react to it.

Fun Fact: According to Scientists at Purdue University, constant worrying shortens your lifespan by about 16 years.

7. Laugh

Laughter is not only a great way to alleviate stress – which as you just learned, is killing you slowly – but it also affects your body's pain response, immune response, and blood sugar levels. In addition to enhancing your intake of oxygen-rich air, laughter increases the endorphins released by your brain, stimulating your heart, lungs, and muscles.

Fun Fact: University of Maryland scientists found that watching 15 minutes of funny videos can improve blood flow to your heart by 50 percent.

8. Be Active

You don't have to be an Olympian to be healthy. In fact, just 15 minutes of exercise a day can add an extra three years to your life, while reducing your risk of death by 14 percent. And for each additional 15 minutes that you do – up to 100 minutes per day – your risk of death reduces by an additional four percent.

Ready to kick it up a notch? People who exercise for 30 minutes a day add about four extra years to their life compared to people who don't do anything.

Another added benefit to being active is that it can decrease your stress levels by allowing a release for the cortisol build-up. Activities that get you up and moving, such as kick boxing,



jogging, biking, recreate the “fight” response triggered by stress, allowing the cortisol to burn up.

9. Brush and Floss

According to research from Michael F. Roizen, M.D., chief wellness officer at the Cleveland Clinic and co-founder of RealAge, regular flossing can add 6.4 years to your life.

Whereas not taking adequate care of your teeth can lead to increased risks for heart disease, stroke, diabetes, and even autoimmune diseases such as rheumatoid arthritis.

“Flossing might also be an overlooked fountain of youth. Gum disease can ruin the youthful aesthetics of your smile by eating away at gums and teeth. It also attacks the bones that support your teeth and the lower third of your face. People who preserve the height of that bone by flossing look better as they age,” says Alla Wheeler, RDH, MPA, associate professor of the Dental Hygiene Program at the New York University School of Dentistry.

10. Take a Vacation

The Global Coalition on Aging has released a report, titled Destination Healthy Aging: The Physical, Cognitive and Social Benefits of Travel, that links travel with positive health outcomes – including decreased risk of heart attack and depression and even the promotion of brain health.

The report looked at a 20-year follow-up study to the Framingham Heart Study and found that women who vacationed at least twice a year had a significantly lower risk of developing a heart attack or coronary death, compared to women who vacationed every six years or less.

The results are similar for men. In a nine-year study, men who did not take an annual vacation were shown to have a 20 percent higher risk of death and about a 30 percent greater risk of death from heart disease. Both studies accounted for pre-existing or traditional health risk factors.

Source: Transamerica.com

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SOCIAL SECURITY QUESTIONS AND ANSWERS

MEDICARE

Question:
I lost my Medicare card. How can I get replacement?

Answer:
The easiest and newest way to get a replacement Medicare card is by using your my Social Security account. Go to www.socialsecurity.gov/myaccount for more information on how to create an account. You also can get a replacement Medicare card by calling us toll-free at 1-800-772-1213 (for the deaf or hard of hearing, call our TTY number, 1-800-325-0778). Keep your card in a safe place. You don't want anyone getting hold of your Social Security number. They could steal your identity.

GENERAL

Question:
I applied for a replacement Social Security card last week but haven't received it yet. When should I expect to receive my new card?

Answer:
You'll usually receive your replacement card in about 10 days. We work hard to protect you, to prevent identity



theft, and to ensure the integrity of your Social Security number. To do that, we have to verify documents you present as proof of identity. In some cases, we must verify the documents before we can issue the card. For more information about your Social Security card and number, visit www.socialsecurity.gov/ssnumber.

Question:
How do I schedule, reschedule, or cancel an appointment with Social Security?

Answer:
For many things, you don't need an appointment to transact business with Social Security. For example, you don't need an appointment to file for benefits or appeal a disability decision. You can file for the following benefits online at www.socialsecurity.gov:

- Retirement;
- Medicare;
- Spouses; and
- Disability.

If you don't want to apply for benefits online, or if you need to speak to us for any other reason, you can schedule, reschedule, or cancel an appointment by

- Calling us at 1-800-772-1213 (TTY 1-800-325-0778) between 7 a.m. to 7 p.m., Monday through Friday; or
- Contacting your local Social Security office.

RETIREMENT

Question:
How far in advance should I apply for Social Security retirement benefits?

Answer:
You should apply three months before you want your benefits to start. Even if you aren't ready to retire, you should still sign up for Medicare three months before your 65th birthday. When you're ready to apply for retirement benefits, use our online retirement application for the quickest, easiest, and most convenient way to apply. Find it at www.socialsecurity.gov/retire.

Question:
I heard that my future Social Security benefits are based on my earnings, and I want make sure my earnings have been accurately documented. How can I do this?

Answer:
Your online Social Security Statement gives you secure and convenient access to your earnings records. It also shows estimates for retirement, disability, and survivors benefits. Get started at www.socialsecurity.gov/myaccount by opening your personalized my Social Security account.

DISABILITY

Question:
I heard that my disability must be expected to last at least one year to qualify for Social Security disability benefits. Does this mean I have to wait until I've been disabled an entire year before applying for disability?

Answer:
No. If you believe your disability will last a year or longer, apply for disability benefits as soon as you become disabled. Processing your application can take an average of three-to-five months. If your application is approved, we'll pay your first Social Security disability benefits for the sixth full month after the date your disability began. For example, if your state agency decides your disability began on January 15, we'll pay your first disability benefit for the month of July. We pay in the month following the month for which benefits apply, so you'll receive your July benefit payment in August.

For more information about Social Security disability benefits, refer to our publication, Disability Benefits, at www.socialsecurity.gov/pubs.

THIS FALL, EASE INTO RETIREMENT, ONLINE

By Bill Holthaus, Social Security Assistant District Manager in Topeka

We want you to be as prepared as possible, and making applying for retirement easy is one of Social Security's top priorities. In fact, applying for retirement benefits has never been easier. You can do it all online. Unlike the leaves that take many weeks to change, you can complete Social Security's online retirement application in as little as 15 minutes. Better yet, you can apply from the comfort of your home or office. There's no need to drive to a local Social Security office or wait for an appointment with a Social Security representative. Simply go to www.socialsecurity.gov/retire/apply.html.

Most of the time, after your online application is submitted, you're done. There are no forms to sign, and we usually require no additional documentation. Social Security will process your application and contact you if we need further information.

Planning for retirement is much like preparing for colder weather — you want to protect yourself and your loved ones as best you can with the best resources possible.

One important, but easy way to do this is to check your Social Security Statement using your secure online my Social Security account. Set up your account easily by answering a few questions to prove your identity. After you have an account, you can check your Statement anytime, day or night. Your Social Security Statement shows your lifetime earnings so you can make sure those records are correct. This way, you'll know your retirement benefit will be accurate.

In addition, there are some useful things you can do with your personal my Social Security account, such as:

- Get an estimate of your future benefits if you're still working;
- Print a letter with proof of your benefits if you currently receive them; and
- Manage your benefits: Change your address; Start or change your direct deposit; Get a replacement Medicare card; and Get a replacement SSA-1099 or SSA-1042S for tax season.

Beginning the season of retirement can be exciting and scary at the same time. At Social Security, we make it easier by providing the tools and information you can use to help you make the best decision for you and then apply for benefits online. And, when you're done, you'll have more time to rake up those pine needles and leaves! Go to www.socialsecurity.gov/retire/apply.html to start that new season in your life today.

senior news/events briefs

LIFEFEST – First Thu. of the month, 10am-12:30pm, Covenant Baptist Church, 5440 SW 37th St. Notice: Seniors ministering to seniors – celebrating with fellowship, fun, food, learning & entertainment. Potluck lunch at noon. If transportation is needed, call 354-4994 or 478-1729

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

VIP LUNCHEON FOR SENIORS – Every Fri., Noon, North Topeka Baptist Church, 123 NW Gordon. FREE lunch with Christian fellowship, devotions & entertainment provided by Topeka North Outreach. For Info: 286-1370.

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

MEDICARE MONDAYS – First Monday of every month, 1-3pm. Topeka and Shawnee County Public Library (Menninger Room 206), 1515 SW 10th. Senior health insurance counseling. For info: 580-4545 or nhonl@tscpl.org

MEDICARE EDUCATIONAL SEMINARS - Oct. 6 at 1pm; Oct. 14 at 6:30pm; Oct. 22 at 6:30pm; Oct. 24 at 11am; Oct. 28 at 1pm; Nov. 3 at 6:30pm. Learn the basics of Medicare and all of its options. Seminars are designed for those becoming eligible for Medicare as well as those considering making a change during open enrollment. Seminars will be held at Century Health Solutions, a division of Stormont-Vail Healthcare, 2951 SW Woodside Dr. Information: 233-1816 or info@century-health.com. Light snacks and beverages will be provided.

sports

RUN WITH IT

Justin Forsett is making the most of his opportunity

(This story appears in FCA Magazine's September/October 2015 issue)

Seattle. Indianapolis. Seattle. Houston. Jacksonville. Baltimore.

It's an itinerary that would wear out the most seasoned airline pilot, much less Justin Forsett, a talented NFL running back weighed down by the dreaded "too small" label for much of his early career. Team

I'd found myself in for His good, whether I was fourth on the depth chart or in the starting lineup."

As it turned out, the starting lineup was exactly where Forsett was headed.

When the Ravens signed Forsett to a one-year deal in April 2014, they probably



after team either passed on him or never gave him much of a chance. After an injury in 2013, even the 4-12 Jaguars parted ways with Forsett, opting instead to play a converted quarterback in the backfield.

The continual lack of respect and recognition reminded Forsett of the story of the Prodigal Son—but not the main character.

"I felt like I was the older son," he said. "I did things the right way. I was going to church, witnessing to my teammates and other people, sharing life with them . . . but to look around and see other guys getting the opportunities I wanted and felt I deserved—man, it was tough.

"It taught me an important lesson: Never let your expectations interfere with the experiences God wants you to have."

A month later, Forsett signed with the Baltimore Ravens, his sixth move in as many NFL seasons. This time, he had a singular goal in mind: give God the glory. Football would take care of itself. He wanted to learn that he "could use each situation

didn't fully realize just how much they would need him.

Ray Rice—the team's star running back since 2009—was in the midst of severe legal trouble, which eventually got him released by Baltimore and suspended indefinitely from the NFL. Bernard Pierce, the team's younger starter-in-waiting, struggled with injuries and, after the 2014 season, some legal issues of his own.

Justin Forsett's time had come. And he was ready.

Despite his relative inexperience as a 28-year-old first-time starter, it hardly showed. Forsett scored eight touchdowns for the playoff-bound Ravens, leading the league with 5.4 yards per carry.

"We were fortunate," Ravens general manager Ozzie Newsome said, "because Justin became such a vital part of our on-field success and quickly became a steady influence in the locker room at an uneasy time for us. He gave us more than we anticipated."

FROM THE CHEAP SEATS

by Rob Mooney

You can definitely tell that the Major League baseball season is a long grind as teams have entered the last week. Most of the playoff spots have already been claimed, although there is still some jockeying for playoff ranks.

As I write this, the Kansas City Royals are one game behind the Toronto Blue Jays for the best record in the American League. The prize for best record, of course, is home field advantage throughout the American League playoffs. It's pretty important, but not that important as the Royals and San Francisco Giants proved last year.

Let's take a look at the teams in the American League that the Royals may have to go through on their way to another World Series appearance.



Toronto Blue Jays: The Blue Jays made a big splash at the trade deadline when they brought in shortstop Troy Tulowitzki and starting pitcher David Price. After they joined the team, the Blue Jays have been rock solid. They surpassed the Yankees in the American League East and then passed the Royals this past week for the best record. Josh Donaldson is having a monster year. He has 41 home runs, 3rd in the American League and 122 RBI's, 1st in the league. Combine that with Jose Bautista who has 39 homers and 111 RBI's, good for 5th and 2nd in the league and the Blue Jays are a formidable foe. Price is 2nd in the American League with 18 wins and 1st with a 2.45 E.R.A.

Texas Rangers: Pitcher Colby Lewis has 17 wins for the Rangers this year and closer Shawn Tolleson has 33 saves. At the time of this writing, they are in a 3 game losing

streak, but they have enough offensive firepower with Prince Fielder leading the way that they can't be overlooked.

New York Yankees/Houston Astros/Los Angeles Angels: These three teams are battling for the two Wild Card spots with the Yankees currently holding on to the 1st wild card by 3.5 games. Of the three, I think Houston poses the biggest threat. They have a lot of power but they tend to hit a lot of solo home runs. Their pitching is solid all the way through the bullpen.

The Yankees just seem to win enough to stay in contention. I'm not sure they have what it takes to make a run through October and the Angels have Albert Pujols and Mike Trout, a deadly 1-2 punch.

I still like the Royals chances though. Sure, they've struggled a bit as of late, but I think the offense is good enough to play with anybody and the starting pitching is getting back on track. Then there's that bullpen. I realize that closer Greg Holland is lost for the year, but I believe that Wade Davis is better suited for that role this year. If the starting pitching can stand tall, don't be surprised if the Royals are playing World Series baseball again in late October.

Forsett's success came as a pleasant surprise to many within the organization, but not to team chaplain Johnny Shelton.

"When I think of Justin, I think of the book of Genesis, the story of Abraham and Sarah and their faithfulness to believe God for their son," said Shelton, who also serves as an FCA volunteer. "Justin believed God was going to show him favor, and he would someday be a starting running back in the NFL."

This past March, the Ravens cemented their relationship with Forsett, inking their late-blooming star to a three-year deal worth \$9 million. At last, Forsett had found a home and stability within the NFL.

"He earned his new contract," Newsome said. "Justin is a tremendous leader by example. He's truly a success story, and we're happy he'll continue that with us."

The new contract gave Forsett and his growing family (he and his wife, Angela, have two sons, Judah and Zion) some added financial security. It also allowed him to continue developing deep, spiritual relationships with his Ravens teammates and coaches, including head coach John Harbaugh and running backs coach Thomas Hammock.

Forsett called Harbaugh "unbelievable" in his faith, recounting a story of the Super Bowl-winning coach leading a post-practice prayer for a group of kids in attendance, all of whom were battling cancer.

"I've been places where that would never happen," Forsett said, "but Coach Harbaugh has an unshamed might that he lives out on a daily basis. No matter where he is, he uses his platform to make an impact for Christ. It's awesome to see."

The son of a pastor, Forsett has always been aware of his worth in Christ, but it wasn't until middle school that he found a true relationship with Him.

"My dad pastored a church for years, so I was there all the time," Forsett said. "I was kind of like a chameleon, though. I would act one way at home and church, but change the way I talked and dressed so I'd fit in at school. I just got tired of it, and I began to really listen about God, how He could change my life and use me to do His work.

"To hear all of that, it made me want it and everything I was hearing about Him. From that day on, my life was changed."

After his family moved from Florida to Texas during his sophomore year of high school, Forsett rushed for almost 5,000 yards and 63 touchdowns for two-time state champion Arlington Grace Prep. He accepted a scholarship to California, where he saw limited playing time behind future NFL running backs J.J. Arrington and Marshawn Lynch.

But, in a foreshadowing of his future NFL career, Forsett finally got his chance at a starting role during his senior season, finishing the year with more than 1,500 yards and first-team All Pac-10 honors. That was enough for the Seattle Seahawks to draft him in the seventh round of the 2008 NFL Draft.

And so began the roller-coaster ride. Forsett bounced from the Seahawks to the Indianapolis Colts and back to the Seahawks all within a couple months of his first season. He saw mainly spot duty over the next three years in Seattle, totaling 1,287 yards and seven touchdowns before signing with the Houston Texans in June 2012.

A year after that, it was off to the Jacksonville Jaguars, a team that hadn't posted a winning record since 2007. The 2013 season, Forsett said, "was one of the darkest moments of my life." But it was a season that forever changed the course of his spiritual journey. While he was languishing on the depths of the Jaguars roster, never receiving more than two carries in any game, Forsett refocused on the importance of giving everything he had to God.

"I was at the bottom of the depth chart, and then spent time on injured reserve," he said. "I just felt so undervalued and under-appreciated. Because of that, I had a lot of idols in my heart and a lot of things I needed His help with, both spiritually and mentally. It was tough, but God took me to a place where I just had to surrender everything to Him.

"It helped make me who I am today. Once I got my chance, I knew I didn't want to let it go. I just wanted to run with it."

NFL stardom comes with a laundry list of potential distractions, but Forsett said the years he spent at the end of the bench, fighting for a roster spot, continue to help

him keep his priorities in line—faith, family, and then football.

"I spent so many days training by myself or sitting in a locker room, without the coaches believing in me or a single reporter wanting to talk to me," he said. "In those times, it was just me and God talking.

"Because of that, even when things are going well, I just hold tight to the fact that He's always with me, and everything I have is because of Him. It's not my might, but His."

Still, temptations do exist, so Forsett takes deliberate steps to avoid straying from God's game plan.

"First Corinthians 15:33 says, 'Bad company corrupts good character,'" he said. "I want to make sure I'm always surrounded by good counsel.

"With everything going on in the world, the opportunities to have Bible study [and pregame chapel] are huge. As a professional athlete and a Christian, there are a lot of things that can get thrown at you, so you have to stay sharp and always be ready."

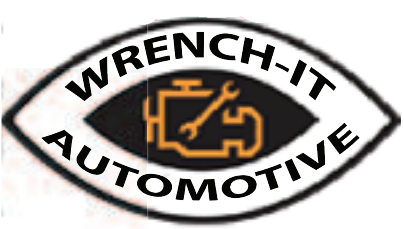
Those things, Forsett said with a laugh, include lots of dirty diapers. In February, he and Angela welcomed their second son, Zion. Forsett's sons are daily reminders of Christ's unending love for His children.

"Just to think about how my kids depend on Angela and me for everything, it warms my heart and puts a smile on my face," he said. "There's nothing Judah and Zion can do that would separate them from me, and to know God loves me like that, it's just amazing."

Forsett's future appears more secure than ever before, but he plans to hold tight to Proverbs 3:5-6—verses that have grown in significance through the good and bad times.

"The Bible says to trust in the Lord with all your heart and lean not on your own understanding, to submit to Him, and He will make your paths straight," Forsett said. "After I left Jacksonville, I didn't know if I was even going to play again, so I'm just extremely thankful to be able to play for the Ravens and do what I love.

"If I was the man I was when I started out in football, I don't know how I would have received this opportunity with Baltimore. I just appreciate things so much more now."



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Lots going on in North Topeka



The North Topeka area has a lot going on this time of year! Of course, NORO Arts District has been a hub of activity for a while now, but there are also many other events going on north of the river.

Topeka North Outreach is holding its annual Fall Festival on Saturday, Oct. 3 at Seaman Community Church, NW Lyman Rd. and NW Polk. The Festival is a major event to raise money to provide emergency needs for the people of North Topeka and Oakland. The event will start with a Pancake Feed from 7:30 A.M. until 10:00 A.M.

Lunch will be served from 11:00 A.M. until 2:00 P.M. The menu will include homemade Bierocks, brats, hotdogs, chips, baked beans, Cole slaw, homemade pie and cookies. There will also be a Country Store with homemade baked goods, snacks, candy, aprons, dish towels and other home made goods. The final silent auction bids for the gift baskets will be taken at 1:45 P.M.

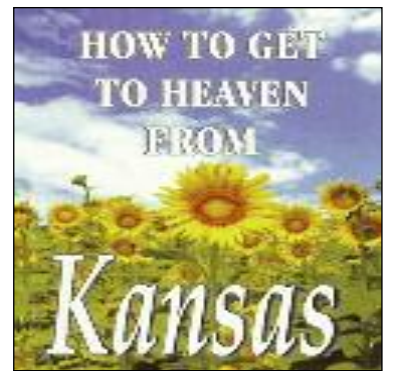
Church-sponsored events include a Missions Conference at Bethel Baptist October 2-5; a Harvest Dinner & Bazaar at Kansas Avenue UMC on October 9 from 4-6:30pm; the Third Friday Coffee House Series at Seaman Community Church on October 16 from 7-9pm; a Trunk'r Treat event at Rolling Hills Christian Church on October 31; and Tails on the Trail 5K + Walk on November 7 at Shawnee North Community Center.

You can also drive a little farther out to visit Gary's Pumpkin Patch near Grantville for a good time with the corn

maize, corn pit, jumping pillows and various animals.

Upcoming NOTO events include Dia De Los Muertos on October 10th (a Mexican culture festival featuring art, dance, music, food and a costume contest), the Volkstober Fest on October 17th, and a Children's Art Show on October 24th that includes free art activities, sidewalk chalk, photo booth, storytime, food, games and a parade!

Of course, there is also the monthly NOTO Market on First Friday with arts, antiques, crafts and flea market items, as well as entertainment.



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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1-800-673-3633
www.church4bikers.org
- 3. TOPEKA BIBLE CHURCH**
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785-234-5545
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9:30 & 11am
www.discovertbc.com
- 4. NORTHLAND CHRISTIAN CHURCH**
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- 5. FAIRLAWN CHURCH OF THE NAZARENE**
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- 6. FIRST SOUTHERN BAPTIST**
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272-0443 www.fsbctopeka.org
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- 7. TOPEKA BAPTIST CHURCH**
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- 8. WANAMAKER ROAD BAPTIST CHURCH**
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- 9. GRACE COMMUNITY CHURCH**
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Overbrook, KS; 785-665-7117
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- 10. LORD'S HOUSE CHURCH**
300 SW Roosevelt, Topeka KS 66606
Pastor Marilyn Hahn McGinnis
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Questions? kawriverlordshouse@att.net
- 12. BUCK CREEK COUNTRY CHURCH**
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Contacts: Logan Barnett 785-597-5498,
Scott Bond 423-0406, Jack Snavely 760-3513
- 13. WANAMAKER WOODS NAZARENE**
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www.wwnaz.org
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 - 17. HIGHLAND HEIGHTS CHRISTIAN CHURCH**
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- 20. HERITAGE BAPTIST CHURCH**
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- 22. NEW CITY LIFE CHURCH**
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- 23. EAST SIDE BAPTIST CHURCH**
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CRAFTERS AND VENDORS WANTED: Topeka North Outreach Fall Festival will be on Saturday, Oct. 3, 2015 at Seaman Community Church, 2036 NW Taylor. To reserve a \$20 table, contact Rebecca at 785-408-1483 or e-mail rebecca_101504@yahoo.com.

MASSAGE FOR HEALTH - Massage by Anne Murphy: Swedish, Sports, Deep Massage.

\$70/hr. Call 272-5755. New Clients Welcome! Relax and enjoy!

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VOLUNTEERS NEEDED - Caring Pregnancy Options has some openings for volunteers. Call 785-249-6130 or stop by 2041 SW McAlister Ave, Mon - Thur 10-5. Ask for Kathy Hart.

VOLUNTEER WRITERS NEEDED - Metro Voice needs volunteer writers or interns who can serve as area correspondents for church and community news around the metro area. Call 235-3340 or email voice@cox.net. Some perks.

VOLUNTEERS NEEDED - Metro Voice needs volunteers to help distribute papers to churches and other locations in Topeka. Call 235-3340 or email voice@cox.net. Gas money and some perks involved.

HELP WANTED

Metro Voice needs full or part-time sales reps to call on businesses and non-profits to help with their advertising.

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ARE CHRISTIAN MOVIES AND TV PREACHING TO THE

Yes, says new Lifeway study

by **Cathy Lynn Grossman**

All the preaching, teaching, music and entertainment beamed by Christian TV and radio is primarily consumed by evangelicals and weekly churchgoers — the folks most often found in the pews. Meanwhile, 2 in 3 Americans are tuned out, a new survey finds.

But Ed Stetzer, executive director of Nashville-based LifeWay Research, which released the data Wednesday (Feb. 25), sees good news in the numbers

“Most people would be surprised that 1 in 3 of their neighbors is watching Christian TV. Do 1 in 3 watch the nightly news? I don’t think so. It’s an overlooked segment of society that is larger than most people think,” he said.

A look at online use found that 1 in 4 Americans say they watch or listen to Christian programming every week on their computer, phone or tablet.

Fewer than 3 in 10 unchurched people — people who don’t attend worship services — are in the Christian media audience, yet Stetzer still strikes a positive note.

“Even if they rarely or never attend a worship service, they may still be people of faith. For some people, Christian media is their church,” he said.

Among those few who said they turn to Christian media sometimes, many said they only tuned in on religious holidays. That may be good news for NBC, which has timed the release of its “A.D.” miniseries — sequel to Mark Burnett and Roma Downey’s series “The Bible” — for Easter.



Willie Robertson and wife Korie, in their cameo role in the movie “God’s Not Dead.”

Stetzer is scheduled to present the findings this month to the National Religious Broadcasters, which sponsored the research. It is based on an online survey of 2,252 U.S. adults and a phone survey of 1,009. The margin of error on the Internet portion of the results is plus or minus 2.9 percentage points; on the phone portion, plus or minus 3.1 percentage points.

Among the phone survey highlights:

■ 67 percent of Americans never or rarely watch Christian-based programming on television. Those who do watch at least sometimes are overwhelmingly self-identified evangelicals (69 percent) and weekly churchgoers (62 percent).

■ 71 percent never or rarely listen to Christian radio. Those who do are similar to the Christian TV crowd — 67 percent are evangelicals and 57 percent are weekly churchgoers.

■ 84 percent of Americans never or rarely listen to Christian-themed podcasts. Books and movies fared slightly better: 33 percent said they at least some-

“Most people would be surprised that 1 in 3 of their neighbors is watching Christian TV. Do 1 in 3 watch the nightly news? I don’t think so. It’s an overlooked segment of society that is larger than most people think.”

Ed Stetzer

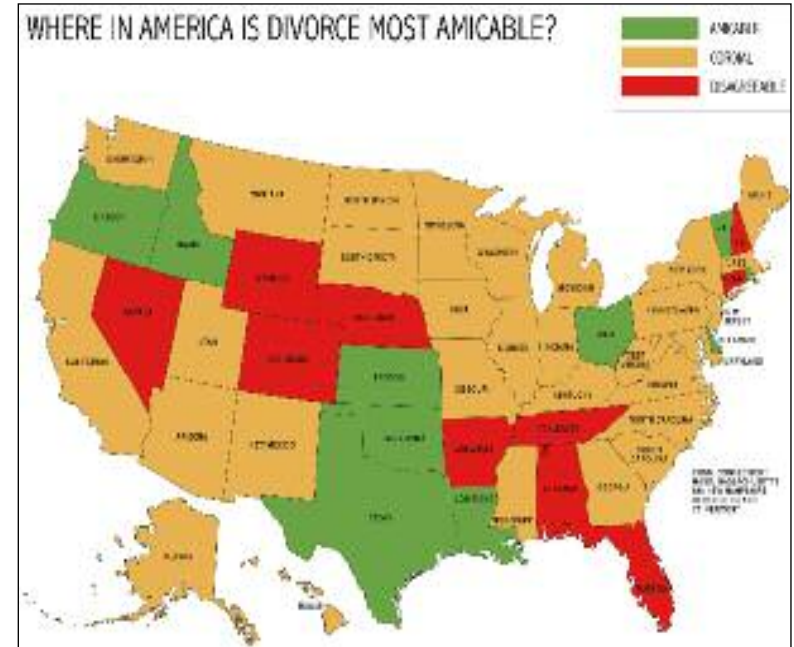
times read Christian-based books. And 40 percent report seeing a Christian movie in the last year.

Stetzer found it “fascinating” that 14 percent of people are using podcasts, “a medium that didn’t exist 10 years ago.”

Most amicable divorces in the U.S. happen in Kansas

It’s generally assumed that once any couple has reached the stage where their marriage is to be legally dissolved, things have reached a low point. Recrimination, bitterness, anger and sadness are common when a long-term relationship ends. Happily, however, a divorce doesn’t always have to be acrimonious — many couples manage to part ways quite amicably; just look at the blissful ‘conscious uncoupling’ of Gwyneth Paltrow and Chris Martin, or observe how Demi Moore and Bruce Willis holiday together with their new partners. There’s even a hot new trend

assets? Coming in the top five when it comes to an easy, amicable divorce is the Midwestern state of Kansas. Completing divorce papers in the Sunflower State, as well as other states from Oregon to Rhode Island can be a pretty painless process as this is where couples are more likely to have an uncontested divorce. Couples in these states might even remain friends afterwards. Things are likely to be pleasantly cordial in states stretching across the nation from Hawaii to New York; there might be a few conversations through



for former husbands and wives to take ‘divorce selfies’ just after leaving court.

Analysis by online divorce form preparation service CompleteCase.com found which states have divorcing couples who are either more amicable, cordial, or, alas, downright disagreeable than each other. This was calculated by comparing couples in each state who declared online that they were in agreement with each other, against those who were not. So which states have the most amicable couples when it comes to parting ways and dividing up their

gripped teeth, or a little bit of sniping back and forth, but generally divorcing couples in these states can politely get through it all without too many recriminations.

However, if you live in Alabama, you’re not likely to have a quick or easy divorce; relationships which break down here can be the most disagreeable in the country when starting the divorce process. From bitter disputes over who owns what, to raging arguments over alimony, lawyers in the Yellowhammer state stand to do rather well.

upcomingmusicreleases

October 2, 2015 Jim Brady Trio - Live At Daywind Studios Manafest - Reborn	October 16, 2015 Israel & New Breed - Covered: Alive In Asia (DVD) Jenny & Tyler - Of This I'm Sure	Stryper - Fallen October 30, 2015 Travis Greene - The Hill November 13, 2015 Kutless - Surrender
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Leadership Simulcast Live2Lead Coming To Topeka

The Live2Lead leadership simulcast will be presented in Topeka on November 6, 2015. The rebroadcast of this worldwide leadership event will be hosted by Leadership Mpack at the Conference Center at Washburn Tech. Doors open at 7:00 a.m. for registration. Live2Lead begins at 8:00 a.m. and concludes at 1:30 p.m. Tickets are \$89 for the standard ticket. Group discount tickets are available and can be purchased online at live2leadtopeka.eventbrite.com.

- The speakers for the event are:
1. John C. Maxwell, leadership expert, coach and author of over 77 leadership books.
 - John Maxwell was recently selected by Inc. Magazine as the #1 Leadership expert in the world and will be talking about intentional leadership.
 2. Pat Lencioni. Topic: Organizational Health. Pat Lencioni is founder and president of The Table Group, a firm dedicated to providing organizations with ideas, products and services that improve teamwork, clarity and employee engagement.
 3. Valerie Burton. Topic: Resilient and Ready. Valerie is a

- bestselling author and Certified Personal and Executive Coach who has served clients in over 40 states and 10 countries. She has written 10 books on personal development, including Successful Women Think Differently, What’s Really Holding You Back?, Happy Women Live Better and her latest, Get Unstuck, Be Unstoppable.
4. A special interview with Kevin Turner on leadership lessons. Kevin Turner is Microsoft’s chief operating officer and leads the company’s global sales, marketing and services organization of more than 47,000 employees in more than 190 countries.
- Live2Lead is designed to deliver the very best leadership content to inspire and motivate, and connect with other influencers in the community to expand your business network with relationships that produce tangible results.
- Live2Lead is being presented to the Shawnee County region by Leadership Mpack. Additional information can be obtained by contacting Phil Walton at 785-249-0846, or by going to the website live2leadtopeka.eventbrite.com, or by email: leadtopeka@leadershipmpack.com.

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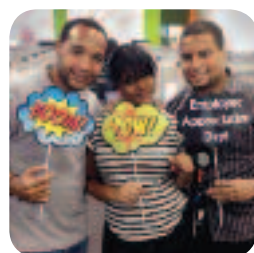
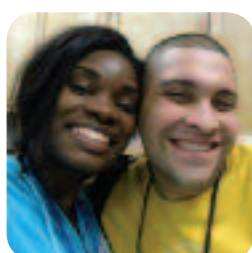
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